



Video Transcript

Crown Chakra Breathwork: Journey to Divine Consciousness

Hello, beautiful beings, and welcome to balancing our crown chakra meditation. Our crown chakra governs our connection to all that is, to higher consciousness and wisdom. We will be using the breath today, sound vibration, visualization, and affirmations. Plus a little long -distance Reiki to assist in opening your crown chakras and aligning them.

If you haven't practiced three -part breath yet, it's very simple. You breathe into your diaphragm with your mouth open and then into your heart with your mouth open and exhale with your mouth open.

Looks like this. Perfect.

For this meditation, you'll be lying down. You can have your knees bent and your feet on the floor or just lay flat. Take a moment to grab what you need.

Start breathing. And as you do, I invite you to imagine your feet, or if you're laying flat out, your sits bones, growing beautiful, sturdy roots like the roots of a tree. Imagine sending these roots down through whatever structure you're in when it would be a home or apartment.

Through the structure, through the dirt and bedrock, all the way down, down, down, down, with the speed of the lightning. around your cord.

Put a little lock around the roots that are wrapping and anchor yourself. Now I want you to imagine that energy, the center of the Earth,

the molten lava, crystal energy, whatever you imagine it to be, the energy of our planet coming up through your roots all the way up through the many layers through the bedrock through the

dirt and back into your body feel yourself grounded and connected to the planet we're going to be working on the crown chakra which is the higher chakra So keep breathing.

You want to still our mind so that we can connect to universal consciousness. We want to connect to our own higher selves that are always guiding us.

So keep breathing these first few minutes. We will be calming the mind and connecting. This breath allows you to connect to your own spirit.

You may notice energy like a tingling sensation starting to move in your body. That's the breath and your spirit doing its magic.

Keep breathing. I want you to now imagine this beautiful bright white light beaming down from the heavens right onto the top of your head.

While you breathe, visualize that. I hear visualizing and breathing.

I'm going to give you one more layer and affirmation to work along with the vibration of the sound bowl that you're here. I am one with all.

I am one with all. Keep breathing.

I am one with all. And there's this beautiful white light shining down from the heavens. Breathe this in,

as these beautiful, spiritual beings, having a human experience. We need to stay connected.

Breath work,

meditation, are highly effective ways to open up our crown chakras to receive information from source and our higher selves.

To know there's an aspect of you that is all knowing that you can access through the breath, through your crowned chakra.

Let's breathe into that. forming this white bubble of protection.

Only the highest vibrations are allowed in your energetic wheel. Keep breathing.

can start slowing the breath down. If energy arose during the session,

that is just the energy of your soul. If any emotion came up, I was something that came up today to be released. You don't have to overthink it.

You don't have to worry about it. You can just be in witness of it. As you start to slow down your breath,

come more and more back into your grounding in your body. See those roots going down to the center of the earth again.

Feel yourself anchored. to relax for as long as you need,

would like. And thank you for joining me, balancing your crowned chakra. Namaste.