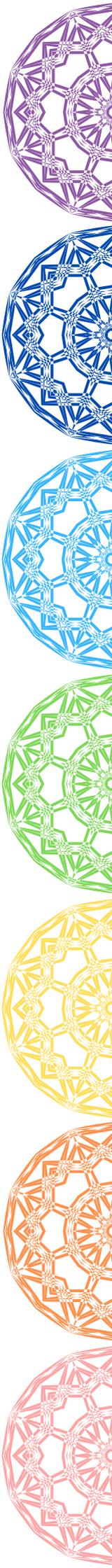


# Warrior Rising

## Crown Chakra



Above the head  
Higher Self, spirituality



# Channelled Message

Hello Dear One

We are so very pleased with the journey of self-discovery you have taken.

Whilst we understand it is not easy at times to look at oneself and change and grow, we are proud of how you have evolved.

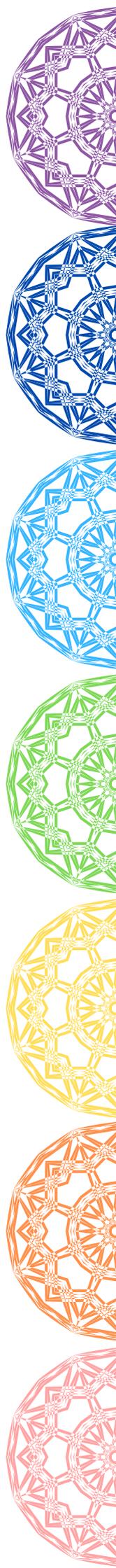
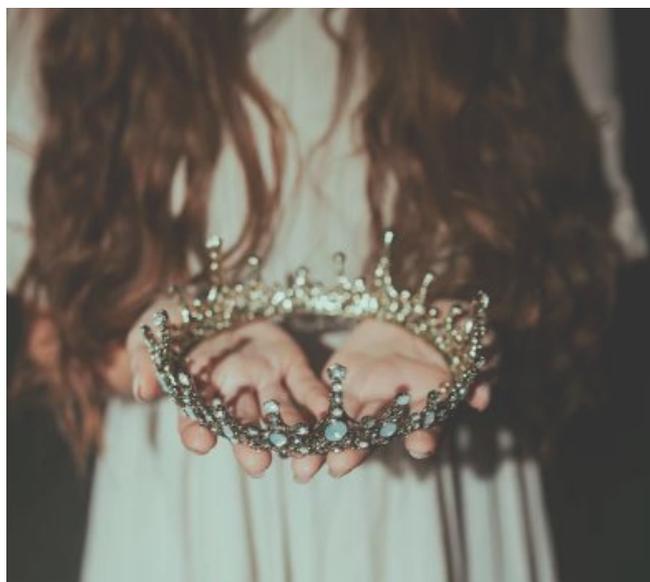
Now it is time to check in with yourself and have a true conversation about your needs and wants. You still have work to do on ensuring your inner and outer world match but it will be fun to do so.

You have earned your crown, Dear One. There will be many times in which you come back to this information on your personal journey as we are ever evolving.

It is time to celebrate.

You are so very loved.

*The Collective*



# If the crown fits.....

This week is the Crown chakra which is all about higher self and spirituality.

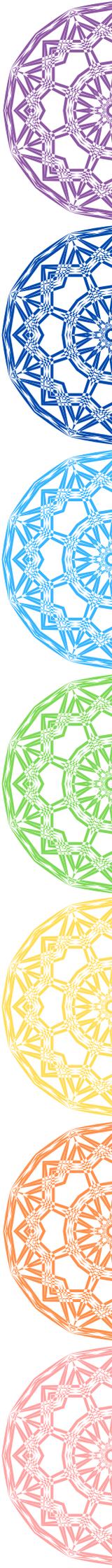
The Crown Chakra chakra can be affected by not grounding enough and investing in the negativity of others. Stay true to you dear.

The particular crystals and Archangels for this week are Amethyst (Archangel Michael) for calming and accelerating development of psychic abilities, Selenite (Archangel Michael and Haniel) which helps to heal and clear negativity and fears and assists in cleansing which is why many card reader and crystal owners have selenite to cleanse their Woo Tools.

Chaorite (Archangels Michael, Haniel and Raziel) is another crystal related to this chakra which helps bring fears to the surface so as they can be healed Clear quartz is another crystal for this chakra in particular which assists in bringing about spiritual awareness.

When taking your few moments in the morning or throughout the day, just grab your crystal as it will help you to come back into spirit. You may be drawn to colours such as dark blue's and indigo.

When the Crown chakra is opening its like you feel downloads of information from the Universe and can't actually pin point where or how you know that information but you do and you feel it right in your core to be true.



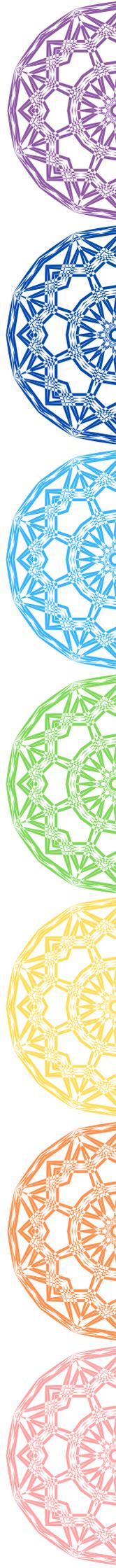
# Claircognizance

## - the gift of clear knowing -

Claircognizance is the Clair of Clear Knowing and while its not the most talked about clair, it is just as important as the ones we have already covered.

This particular clair is focused on not only your Crown Chakra but also your Solar Plexus and Sacral as it is generally a feeling you receive in your gut while recognising the message being downloaded from Spirit or via our ability as empath's to pick up on what is going on around us.

The words that come to mind with this Clair is "notice the force". Your hands and feet tingle as though dipped in glitter around certain situations and you just know what you know but not how you know. So many stay quiet when they tap into this ability because trying to tell others how they know is exhausting and they note it down for themselves and watch the events unfold.



# Guiding Titan

## - Selene -

Such a beauty is Selene who in Greek Mythology is the Goddess of the Moon. Yep, it is she who we go and spend time with when under the moon asking for assistance, guidance and support when moving through life.

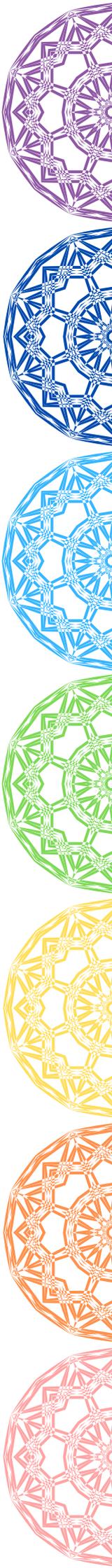


The Greeks told the story of Selene riding a white chariot across the sky every evening as the Sun (her brother Helios) moved to the other side of the world.

Selene, like all women, is everchanging with the cycles. Full Moon's are intense and shed light on current life while New Moon's aka Dark Moon's ask us to trust that in the darkness there is always a chance for rebirth and beginnings.

While Selene is a Titan not a Goddess (Titan's preceded God's and Goddess's), she is the granddaughter of Gaia and such a beautiful guiding diety when working with your Crown Chakra as she will assist you in noticing your personal cycles and who they link in with the moon phases.

To call her in, you can dedicate an altar (or space on your altar) to her by placing silver, moonstone, poetry or song lyrics and a horse figurine. Even a unicorn will suit this beautiful Titan's energy as she is all about magic and clarity.



# Guiding Tarot Card

## - The Star -

The Star Card is perfect to work with regarding the Crown Chakra as she brings in the energy of new beginnings and possibility.



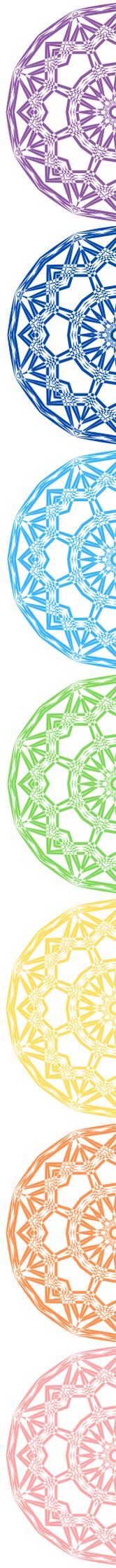
This card asks that you stay true to who you are be guided by your own spark of knowing as its not for others to understand. Your journey is yours honey and while there will be times you may feel all is too hard remind yourself that you are the product of the women who came before you and they are cheering you on every step of the way.

Link into your star guidance everytime you need confirmation and validation and she will come forward with support - you just need to be prepared to sit and listen. This is a card/chakra that can assist you in stripping back your BS beliefs for better stronger ones to take their place.

The Star card encourages you to share your renewed energy for connection to source and your ancestors as you navigate how you want to feel and partake in the world.

Remain grounded while visioning as that spark of inspiration will carry you forward on your quest.

The Star Card from The Light Seer's Tarot



# Guiding Archangel - Michael -

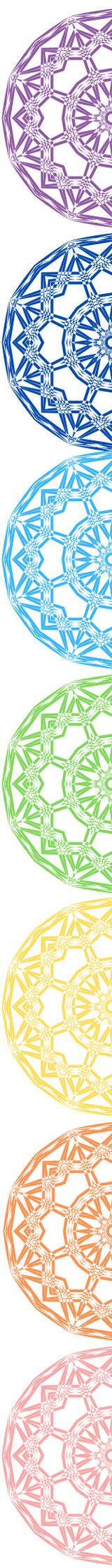
With so much feminine energy wrapped up in this and the previous few chakra's, Archangel Michael is perfect to work with when in the Crown Chakra zone.

Archangel Michael is a celestial warrior who take no BS from those around you whose intentions are less than you want or deserve. He can assist in cutting and releasing energy ties with those who you have come across on a daily basis as well as those who continue to drain your energy long after your physical contact has ended.

He also has the ability to shield you and can be called upon to protect those you love, as well as your house and workplace.

Flashes of blue and purple can be experienced when he is nearby as well as just a feeling of comfort and security.

Consider AA Michael you Energetic Bouncer and watch things shift when you call on him.

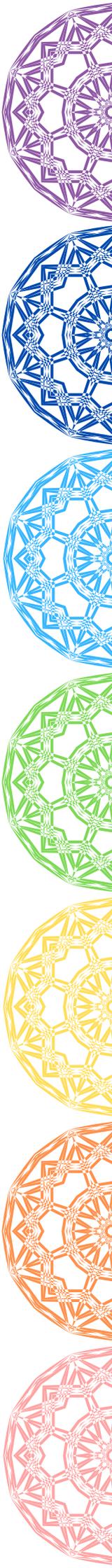


# Mini Tasks for the Crown Chakra

Please remember that these tasks are opportunities for you to learn about yourself and grow. I will be doing them right alongside you.

There may be tears, a-ha moments and real clarity in where you are now and where you want to be going. Writing about your journey allows you to process and pull from your mind things you may not have realised need releasing and things your higher self is trying to lead you towards.

Light your candle, grab a cuppa or glass of wine and let the words start to flow xx

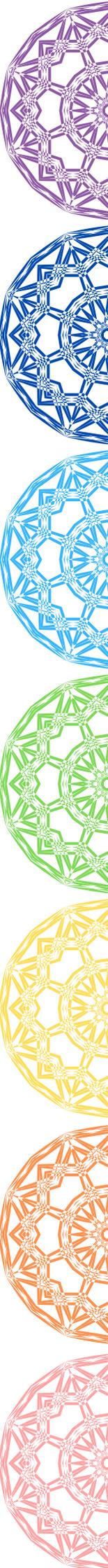


# Get Your Crown on Honey

Find pictures or physical representations of your crown chakra having opened or at least cracked a little to let in the light.

Place them on the screen of your phone or around your office so that you can be reminded of your opening up to woo.

You have done such amazing work in moving forward and opening yourself up to the communication from your Pit Crew and the Universe in general.



# Soul Star Chakra

The eighth chakra aka The Soul Star Chakra is located about 8 inches (2 feet) above your crown chakra and is often referred to as the "seat of the soul".

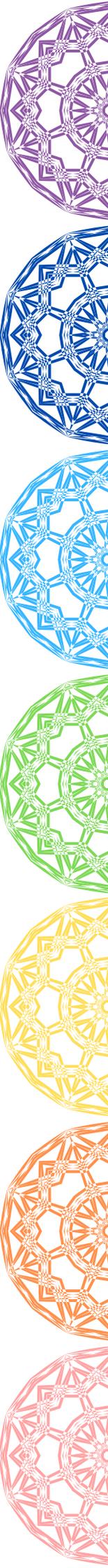
The colors that resonate with this particular chakra are white and gold and this chakra is where you can meet with your Higher Self and can also be given access to the Akashic Records.

By opening up your 8th Chakra and removing any separation between you and your Higher Self, you can attain answers to questions you have been wanting answered. I love that the 8th Chakra is where you find out more about your Soul's Purpose and is where details regarding your Soul's Contract can be accessed.

Opening and activating your 8th Chakra can actually help you to release any Karmic residue. Karmic energy or residue can build up in this chakra which can manifest in confusion re Life Purpose or when we ask the question "why am I here?"

Archangels Zadkiel and Mariel are the Archangels who work with this energy and you can indeed call them in to help activate your "Soul Star Chakra".

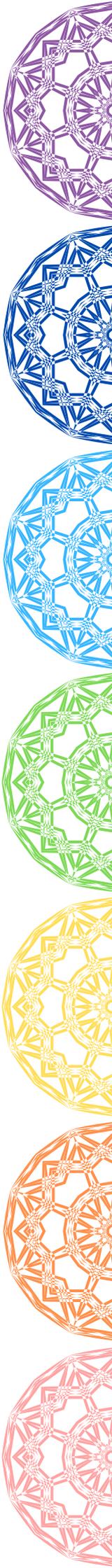
Remember this is all about the intention you set and if you are willing to be open to the information from your soul that will come forward then your open to receiving knowledge that you have carried with you for centuries.



# Chakra Wrap Up

This particular task is to go over your last 7-8 weeks and really notice the amazing changes you have made. Notice the energy in and around you and really feel how amazing it is to work with each one of your chakras

You can at any time do a chakra check in at any time by working your way from the Base through to the Crown (or even Soul Star) and see which one may feel as though she needs some TLC.



# Congratulations

Now I understand that you may not have completed the entire course or all of the tasks but I am truly proud of you for coming to the end and taking on board what you can.

You will be able to recall necessary information as you go and can always come back to do a "Chakra Check In" when you need too,

It has truly been an honour to be your Tour Guide into Chakras and Energy work.

Thank You

