

Crown Chakra Worksheet



Questions to ask yourself:

- Are you feeling isolated or disconnected from humanity?
- Is there a sense of separation in your life?
- Do you have an inability to empathize with others?
- Do you lack an open mindset?
- Have you experienced feelings of confusion or being lost?
- Are you unable to remember things?

If you answered "yes" to three or more of these questions, you may have a blocked Crown Chakra. Healing the Crown Chakra can take many forms. Meditation is one of the most effective methods for balancing the chakras.

AFFIRMATIONS:

Choose one of the following affirmations to meditate on to open up your Crown Chakra.

"I receive guidance from my higher self."

"I am an extension of the Universe."

"I trust that I am loved completely and unconditionally."

"My light attracts others that respect my unique vibration."

"I am here to make a difference."