



A Little ZEN BOX



HOW TO BALANCE YOUR CROWN CHAKRA

What will you find
in your A Little Zen Box this month?

Hello Magic Maker!

We are so excited to share the last chapter of this magical journey through the chakras with you this month! We'll be covering the Crown Chakra this month and we crafted a super magical A Little Zen Box just for you! Today we are sharing with you all the special tools, and instructions to help you heal, balance and magnify your crown chakra so you can flow through the crown. Here is what you will find in your box:

- Crown Nitiraj Natural Chakras Incense
- Amethyst Orgone Pyramid
- Angels Influence Candle
- Water Bath Soak Kit
- Purple Feather Dreamcatcher
- Buddha Teas Organic Crown Chakra Tea





Welcome, Gorgeous, to this month's box!

We are soooooo excited to share the magic with you! Are you ready to create some damn magic?

Are you ready to embark on a transformative journey of self-discovery with this specially curated A Little Zen Box dedicated to the crown chakra? Good! So are we! Now, let's unlock the power of flow so you'll tap into your divine connection with all that there is. Join us on this mystical path as we guide you through the remarkable tools within this box, opening the gateway to inner vision and limitless possibilities.

WHY IS THE CROWN CHAKRA IMPORTANT?

As we journey through the depths of our chakra system, we've reached the pinnacle of spiritual enlightenment - the Crown Chakra. Welcome to a magical realm where consciousness expands, and the divine connection between mind, body, and soul thrives. This month, we invite you to explore the profound mysteries and ethereal energies of the Crown Chakra.

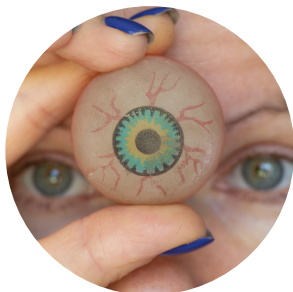
Located at the top of the head, the Crown Chakra, also known as Sahasrara in Sanskrit, is the gateway to our higher self and universal wisdom. Representing the highest level of consciousness, it serves as a bridge to the spiritual realm, transcending the limitations of the physical world. When balanced, the Crown Chakra aligns us with universal energy, guiding us toward enlightenment and divine understanding.

The Crown Chakra is like a luminous crown, radiating with pure white or violet light. It connects us to our innermost being, the essence of our existence, and opens the door to cosmic knowledge. In this divine space, we find solace, peace, and unity with the universe, transcending the boundaries of ego and material desires.





+ One of the most significant aspects of the Crown Chakra is its role in accessing higher states of consciousness. When fully activated, it allows us to tap into spiritual realms, receive divine guidance, and access profound insights. We experience a sense of oneness with the universe, understanding that we are part of a greater cosmic tapestry. +



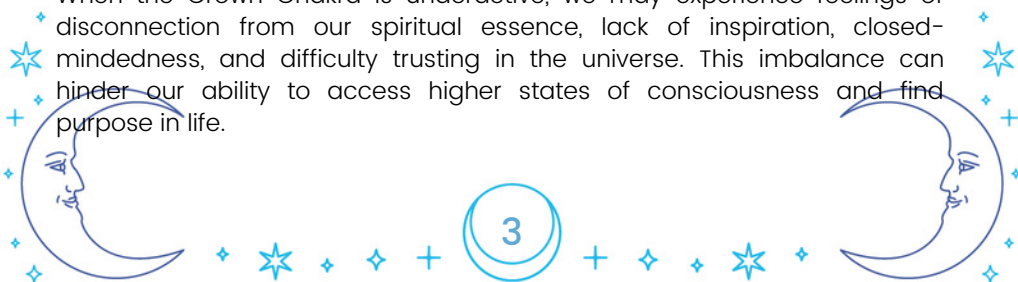
Furthermore, the Crown Chakra is the seat of our spirituality and connection to our higher purpose. It inspires us to go beyond our mundane concerns and embrace a deeper meaning in life. As we balance this chakra, we develop a profound sense of trust and faith in the universal flow, surrendering to the divine will and finding peace in the unknown.

The Crown Chakra is instrumental in fostering a sense of peace, clarity, and profound contentment. It dissolves the illusion of separateness, revealing the interconnectedness of all beings and the divine order that governs the universe. When we awaken this chakra, we experience a deep sense of purpose and divine guidance, leading us on a path of self-discovery and spiritual growth.

So, let's step into the luminous world of the Crown Chakra and embrace the divine connection within. May this sacred journey fill your soul with bliss and lead you to the realm of higher consciousness, where the magic of the universe awaits!

SIGNS OF AN UNDERACTIVE CROWN CHAKRA

First, let's dive into Crown Chakra Health starting with when it's underactive. When the Crown Chakra is underactive, we may experience feelings of disconnection from our spiritual essence, lack of inspiration, closed-mindedness, and difficulty trusting in the universe. This imbalance can hinder our ability to access higher states of consciousness and find purpose in life.



To harmonize and activate the Crown Chakra, it is essential to engage in practices that foster spiritual growth and connection. Regular meditation, mindfulness, and spending time in nature can help quiet the mind and open ourselves to divine guidance. Embracing new perspectives and seeking spiritual teachings can broaden our understanding and strengthen our connection with the spiritual realm. By nurturing the Crown Chakra, we unlock the potential to access higher consciousness, experience inner peace, and find a deeper sense of purpose and alignment with the universe.



SIGNS OF AN OVERACTIVE CROWN CHAKRA

An overactive Crown Chakra can manifest as an excessive focus on spirituality, leading to a disconnection from the physical world and neglecting practical aspects of life. Feelings of spiritual superiority and constant questioning without finding clarity may arise, causing an overactive mind and difficulty staying grounded. Sleep disturbances and overwhelming spiritual experiences can also be signs of an overactive Crown Chakra, as well as a sense of disconnection from others and feelings of being ungrounded or spacey.


To restore balance, it's essential to engage in grounding practices that bring awareness to the present moment and connect with the physical world. Spending time in nature, practicing yoga, or working with grounding crystals can help reestablish a sense of stability. Finding a healthy integration of spiritual pursuits and practical responsibilities is crucial for harmonizing the Crown Chakra and fostering a well-rounded and spiritually aligned life. Embracing a sense of humility and openness to learn can also help in easing an overactive Crown Chakra, allowing for a more balanced and enriching spiritual journey.




SIGNS OF A BLOCKED CROWN CHAKRA

A blocked Crown Chakra can lead to various imbalances in our mental, emotional, and spiritual well-being. Some signs of a blocked Crown Chakra include:

- Lack of connection to spirituality: You may feel disconnected from your spiritual self or higher power, experiencing a lack of meaning or purpose in life.
- Closed-mindedness: A blocked Crown Chakra can result in rigid beliefs and an unwillingness to explore new ideas or perspectives.
- Feelings of isolation: You might feel isolated or alone, as if you're unable to connect with a higher purpose or find a sense of belonging.
- Lack of inspiration and creativity: A blocked Crown Chakra can stifle your creativity and hinder your ability to tap into your intuition and inner wisdom.
- Difficulty making decisions: You may struggle to make decisions or feel uncertain about your path in life due to a lack of clarity and guidance.
- Physical and emotional imbalances: A blocked Crown Chakra can manifest as physical symptoms, such as headaches or mental health issues like depression and anxiety.
- Ego-driven behavior: Instead of embracing humility and openness, you might be driven by ego and self-centeredness, leading to a lack of connection with others and the larger universe.
- Disconnection from higher self: You may feel disconnected from your higher self or inner wisdom, leading to a sense of confusion and lack of direction.
- Inability to meditate or experience mindfulness: A blocked Crown Chakra can make it difficult to engage in meditation or experience mindfulness, hindering your ability to access spiritual insights.
- Skepticism or cynicism towards spirituality: You may develop a skeptical or cynical attitude towards spiritual practices and concepts, dismissing their significance or relevance.



Now that you know all the signs of when your Crown Chakra is imbalanced or blocked, let's talk about when it's functioning correctly...





SIGNS OF A HEALTHY CROWN CHAKRA

A healthy Crown Chakra is characterized by a balanced and harmonious flow of energy, fostering a sense of spiritual connection, inner peace, and higher consciousness. Here are some signs of a healthy Crown Chakra:

- **Spiritual Connection:** You feel a deep and meaningful connection with your spiritual self and a higher power. You have a sense of purpose and meaning in life, embracing a broader understanding of existence.
- **Open-mindedness:** You are open to new ideas, perspectives, and spiritual beliefs. You approach life with curiosity and a willingness to explore different paths of spiritual growth.
- **Clarity and Insight:** Your thoughts are clear, and you experience moments of profound insight and intuition. You trust your inner wisdom and make decisions with a sense of knowing.
- **Inner Peace:** You experience a sense of inner peace and serenity, even in challenging situations. Your ability to remain centered helps you navigate life's ups and downs with grace.
- **Humility and Gratitude:** You approach life with humility, recognizing the interconnectedness of all beings and feeling a deep sense of gratitude for the gifts of existence.
- **Balanced Ego:** Your sense of self is balanced, and you have a healthy ego without being ego-driven. You understand your individuality while recognizing the oneness of all life.
- **Mindful Awareness:** You can engage in meditation and mindfulness practices with ease, experiencing moments of stillness and heightened awareness.
- **Connection with Higher Self:** You feel a strong connection to your higher self, accessing wisdom and guidance from within.
- **Compassion and Empathy:** You cultivate compassion and empathy towards others, recognizing their divine essence and supporting their spiritual growth.
- **Joy and Inspiration:** A healthy Crown Chakra brings a sense of joy and inspiration to your life, allowing you to experience beauty, wonder, and awe in the world around you.

What's In The Box?

So, what will you find in your magical zen box this time? We have included all the magical healing tools you will need to balance and heal and balance your crown chakra. In your box, you will find:



Crown Nitiraj Natural Chakras Incense

An aromatic blend to stimulate and balance the Crown Chakra, promoting spiritual connection and clarity.



Water Bath Soak Kit

Immerse yourself in a soothing bath ritual, cleansing and aligning the Crown Chakra to enhance spiritual awareness.



Purple Feather Dreamcatcher

Hang this beautiful dreamcatcher to symbolize protection and facilitate divine connection, fostering a sense of peace and serenity.



Amethyst Orgone Pyramid

Channel the Crown Chakra's energy with this powerful amethyst pyramid, promoting spiritual wisdom and insight.



Angels Influence Candle

Illuminate your space with this votive candle, invoking angelic energy and divine guidance for Crown Chakra healing.



Buddha Teas Organic Crown Chakra Tea

A harmonious blend of herbs to elevate your consciousness and support the balance of the Crown Chakra.



How to Balance Your Crown Chakra

Now that you learned all about the Crown Chakra and you understand how it works, and why it's super important for your spiritual progress, it's time to balance it! Here is how to balance your Crown Chakra with the tools from your box:

SITTING IN FLOW

Creating a sacred space is essential for any energy-focused ritual. A sacred space can be anywhere that you will not be disturbed, that's quiet and brings you a sense of calm. Once you've picked out the best spot, you can prepare the space by setting out a blanket or yoga mat so you are most comfortable as well as placing the items from your box in front of you or on an altar.

Once your space is ready, it's time to invigorate your sense of smell. The **Nitiraj Natural Chakras Crown Chakra** Incense holds significance as it carries the gentle aroma of Frankincense, known for its ability to elevate spiritual awareness and deepen meditation. Lighting this incense helps purify the energy around you, allowing for a clear and focused environment to balance your Crown Chakra.

As you light the incense, take deep breaths, allowing yourself to enter a state of calm and relaxation. With each breath, visualize the smoke enveloping your tools, infusing them with the desire to connect more deeply with the universe and all that there is.

- Now, holding the incense stick, focus your intention on opening your Crown Chakra, allowing your connection to Source to strengthen.
- With deliberate intention, write in the air using the incense stick, "connection," followed by "insight" and "clarity."
- Visualize these words floating in the air, creating a sacred symbol of your desire to activate and balance your Crown Chakra.



- As you engage in this ritual, feel the connection with Source growing, drawing you closer to a state of deep spiritual connection. Embrace the power of your Crown Chakra and trust in the guidance it provides on your spiritual journey.
- Now, place your Amethyst Pyramid on your crown chakra, right on the top of your head, and feel the beautiful strong energy it emits. The use of crystals, like the **Crown Chakra Orgone Resin Pyramid Amethyst**, in energy work can be traced back to ancient civilizations such as Egypt and Greece. Amethyst has been associated with spiritual healing and enlightenment throughout history. Placing this pyramid on your Crown Chakra allows its purple energy to resonate with the crown energy center, facilitating spiritual connection and balance. Amethyst's serene vibration is said to purify the mind, enhancing intuition and clarity. Feel it energizing your chakra, brimming and bright. You can imagine it as a brilliant, purple orb, charging you up. As your chakra lights brighter and brighter, tune in to that intuitive and connected energy inside of you. Tune into your sense of knowing. Understand that you have a deeper connection to the universe and can tune into its intelligence.
- Once you feel connected with this energy open your eyes and sit up.

BALANCING YOUR CROWN CHAKRA

Now that you are all connected and energized, it's time to harmonize your crown chakra.

The ritual of cleansing with water dates back centuries, across various cultures, as a powerful means of purification and spiritual renewal. The **Water Bath Kit** provides a meaningful connection to the element of water, which symbolizes emotional healing and cleansing. Submerging yourself in this bath infused with Himalayan salts, rose petals, and essential oils helps wash away any energetic blockages in your Crown Chakra, creating space for higher consciousness and spiritual growth.

Go ahead and prepare your bath with the intention of clearing away all that keeps you from accessing your birthright to a deep connection to Source.

After your bath, you can further amplify this intention by indulging in a cup of tea.

The **Buddha Teas Organic Crown Chakra Tea** contains a harmonious blend of herbs like lavender, saffron, and gotu kola, which have been historically revered for their spiritual benefits. In ancient traditions, herbal teas were used as an aid to meditation and introspection, providing a soothing and calming effect on the mind and body. As you sip this tea mindfully, embrace the meditative qualities it brings, enabling you to open yourself to divine wisdom and higher states of awareness.

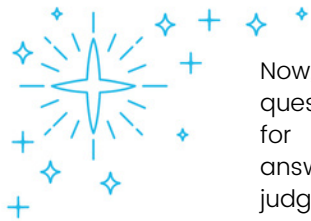


UNLEASH THE LIGHT OF YOUR CROWN CHAKRA

The act of lighting a candle during rituals has been practiced across cultures as a symbolic representation of divine presence and illumination. The **Angels Influence Soy Herbal Votive Candle** serves as a beacon, calling upon angelic guidance and support during your Crown Chakra balancing journey. As you gaze into the flickering flame, recite affirmations that align with your intention to connect with your higher self and embrace the divine wisdom that flows through your Crown Chakra. Here's how:

- First, take your Angel's Influence Candle and hold it over your Crown Chakra. This candle will represent your heightened awareness and connection to your Source. Imagine energy floating between the candle, your Crown Chakra, and the flow of Source all around you.
- Next, take a moment to light your candle and then reflect on the flame, acknowledging the presence of divine guidance all around you. Imagine that this flame represents the crown chakra energy glowing within you.
- While your candle is burning, it's time to allow your Crown Chakra to brighten.
- Close your eyes and ask your guides to come forth. Visualize these loving entities coming forth to share their wisdom and love as representatives of the all there is. It's important to suspend judgment about how your guides appear to you. Their presence could come to you as a color, sound, feeling or even a vision. Take as long as you need with this step and be gentle with yourself.

Once you feel your guides are close to you, it's time to grab your journal and a pen. We are going to take some notes!



Now, in your journal, write down the first question below and then ask your guides for guidance. When you feel like an answer is coming through, without filter, judgment or pause, write down whatever

comes to you. When you feel the answer has come through fully, move on to the next question. Continue doing this until you have finished all the questions. Then, at that point and only that point can you go back to review.

- What does my connection to the Source feel like?
- What symbols, colors, or sensations can I anticipate to confirm my connection?
- When I'm not connected with Source, what are some signs I should notice within myself as indicators?
- What are some things I can do to restore my connection?
- What else should I know right now?
- What activities do I need to do on a consistent basis to keep my crown chakra open and healthy?
- What does spiritual enlightenment mean to me, and how do I pursue it in my daily life?
- How can I approach the concept of surrender and letting go of control in my life?
- How can I express my gratitude for the blessings and experiences in my life?
- Anything else on your mind...





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- Once you have finished this writing exercise, take some time to read through your answers. Did any of them surprise you? Did you feel anything different in your body or spirit when you were writing? If you did, note it for when you repeat this exercise in the future.
- When you feel ready, and have asked all the questions you could think of, you can extinguish the flame of your candle by wetting your fingers (just don't blow out the candle). Feel free to relight this candle when you are ready to connect with your inner voice again. Remember, the more you practice this, the easier it will become.
- Last but not least, Native American cultures believed that Dreamcatchers act as protective talismans, filtering out negative energies and promoting positive dreams. The **Purple Feather Dreamcatcher** serves as a potent symbol of protection for your spiritual connection and inner peace. Hanging it above your bed or in a prominent place ensures that your sleep is restful, and your Crown Chakra remains in balance, nurturing your connection to higher realms.

And that's all, love! Please continue working with your intuitive writing and remember that the universe has your back! And, remember to always express gratitude for your ability to connect with source. Life could be so much tougher without that connection. Sending you so much love and light!!!

Thank you!
We hope you enjoyed it!

