

Lavender Single-Sphere Therapy

Crown Therapy

Overview

Lavender spheres are placed on the Six Crown Points (six special points on the head) to heighten one's awareness of the spiritual aspects of life. This therapy can also alleviate certain kinds of headaches and help correct fluid imbalances in the brain and cerebrospinal column.

Therapy Tools

- Six Lavender spheres of the same size
- Thin cotton cloth or scarf
- Non-plastic first aid tape

Indications

- When you wish to enhance your conscious awareness of the spiritual aspects of life and your own being
- When you are experiencing:
 - Headache, especially one caused by misaligned bones in the skull or cervical vertebra
 - A fluid imbalance in the brain

Effects

Placing single Lavender spheres on the Six Crown Points constructs a temporary column of Lavender energy from the top of the head down through the backbone. This Lavender energy encourages the alignment of the physical and subtle bodies, which in turn increases the flow of spiritual energy through the subtle bodies into the physical body. The result can be a heightened awareness of the spiritual aspects of life and of your own being.

Because it concentrates Lavender's energy in the head and spine, this therapy also alleviates certain kinds of headaches, especially those due to misaligned bones in the skull or cervical vertebra. It can also help correct fluid imbalances in the brain and improve the flow of the brain's cerebrospinal fluid.

Procedure

1. Tape a Lavender sphere on each of the Six Crown Points in any order. Cover the sphere as little as possible with the tape.

The Six Crown Points surround the crown chakra and form a hexagon. Each point lies approximately 1 to 1½ inches away from the crown chakra, and all points are equidistant from each other (see the figure below for an illustration of the approximate location of the Six Crown Points).



The six crown points (denoted by the small circles), and the crown chakra (denoted by the large circle). Note that the exact location of these points may vary slightly among individuals.

To avoid taping the spheres to your hair, you can do the following—

- Tape the spheres to a thin cotton scarf in a pattern that corresponds exactly to the position of the Six Crown Points.
 - Place the scarf on your head, making sure the spheres are positioned over the points.
 - Tie the scarf securely beneath your chin. The spheres should stay in place as you sit, lie down, or move about.
2. Sit up or lie down, and make yourself comfortable.
 3. Spend the treatment time in quiet contemplation. Let your thoughts, feelings, and memories wander. Let your physical body move if it wants to. Your head or shoulders may want to gently roll, stretch, or make circles. You may feel an urge to get up and walk around, or you may even fall asleep. All of these are fine.

Time Guidelines

Perform this therapy for at least 15 minutes. If the spheres are causing any pain, pressure, or other discomfort, remove them sooner. If the spheres place too much pressure on your head that is not necessarily painful but just uncomfortable, try using smaller spheres.

After performing this therapy several times, you may fall asleep for the night with the spheres in place. If you fall asleep, remove the spheres as soon as you wake up.

You may perform this therapy daily. Use your discretion and be alert to your responses. If you are experiencing any spaciness from the treatment, wait a few days before repeating it.

Cleansing the Lavender

Cleanse the Lavender spheres after every treatment. If necessary, use alcohol to remove any oils or glue left by the tape. Then rinse the spheres in alternating hot and cold running water several times and dry them with a soft cloth or towel. At least once a week of regular use, revitalize the spheres and provide them with a deeper cleansing by placing them in direct sunlight for a maximum of one hour.