

CROWN CHAKRA JOURNAL PROMPTS

WHAT (OR WHO) IS GOD TO ME? WHAT IS MY RELATIONSHIP WITH A HIGHER POWER?

HOW DO I COMMUNICATE WITH THE UNIVERSE? HOW DOES THE UNIVERSE COMMUNICATE WITH ME?

DID I HAVE ANY CHILDHOOD EXPERIENCES THAT NEGATIVELY AFFECTED MY BELIEF, ATTITUDE, OR RELATIONSHIP TOWARD GOD? HAVE I BEEN ABLE TO HEAL FROM THESE EXPERIENCES, OR IS THERE STILL HEALING TO BE DONE?

WHAT EVIDENCE DO I SEE IN MY LIFE OF THE UNIVERSE ALWAYS LOOKING OUT FOR ME? WHAT ARE SOME VISIBLE AND NON-VISIBLE SIGNS OF THE UNIVERSE'S LOVE?

DESCRIBE YOUR CONNECTION TO OTHER LIVING BEINGS: PEOPLE, ANIMALS, PLANTS, THE EARTH, AND THE UNIVERSE AS A WHOLE. WHAT DOES IT MEAN TO BE CONNECTED TO ALL?

CAN I RETAIN MY SENSE OF INDIVIDUALITY WHILE STILL FEELING CONNECTED TO ALL? IS THIS IMPORTANT TO ME?

EVEN WHEN I'M ALONE, HOW CAN I FORGE A SENSE OF CONNECTION WITH NOT ONLY MYSELF, BUT OTHER LIVING BEINGS AND THE UNIVERSE AS A WHOLE?

WHAT DOES IT MEAN TO ME TO SURRENDER TO A HIGHER POWER? IS THIS EASY OR HARD FOR ME?

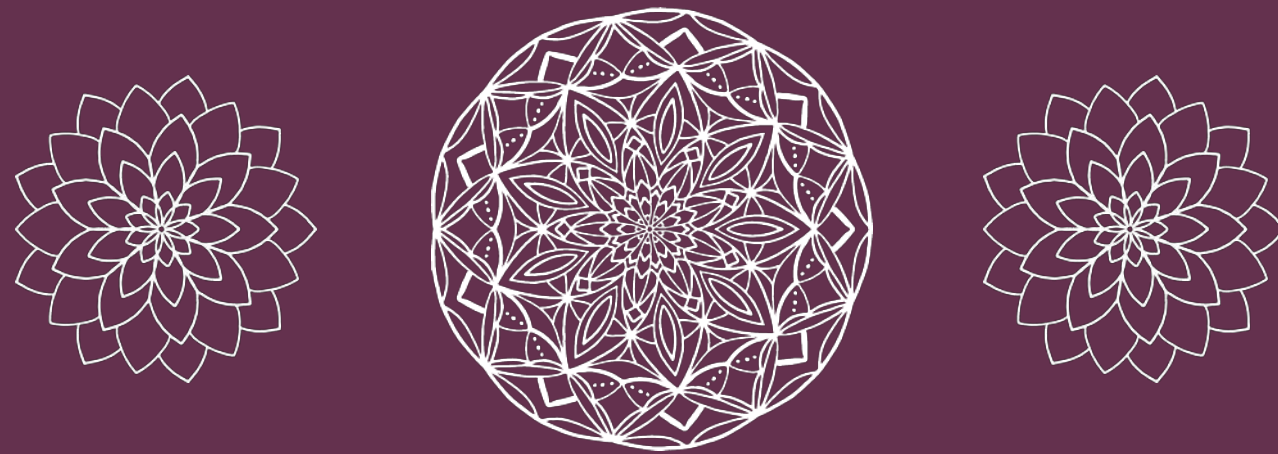
WHAT ARE THREE WAYS I CAN PRACTICE SURRENDERING IN MY DAILY LIFE?

SURRENDERING TO A HIGHER POWER CAN BE DIFFICULT BECAUSE IT MAY FEEL LIKE GIVING UP PERSONAL CONTROL AND LOSING A SENSE OF PERSONAL POWER. HOWEVER, IN WHAT WAYS DOES SURRENDERING ACTUALLY GIVE ME A GREATER SENSE OF PERSONAL POWER?

DO I ALWAYS FEEL WORTHY OF THE UNIVERSE'S LOVE? WHY OR WHY NOT?

WRITE TEN AFFIRMATIONS TO AFFIRM THAT YOU ARE WORTHY OF UNCONDITIONAL LOVE FROM THE UNIVERSE (AND FROM YOURSELF). REPEAT EACH AFFIRMATION TWICE.

WHO IS MY HIGHEST SELF? HOW DOES MY HIGHEST SELF SHOW UP IN THE WORLD?



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WHAT IS MY SOUL'S PURPOSE? DO I FEEL CONNECTED TO THIS PURPOSE? DO I BELIEVE THIS PURPOSE CAN CHANGE THROUGHOUT MY LIFE, OR DO I HAVE A SINGULAR ALL-ENCOMPASSING PURPOSE TO LEAD ME IN MY JOURNEY?

HOW CAN I CONNECT WITH MY HIGHEST SELF IN MY DAILY LIFE?

DO I CONSULT MY HIGHEST SELF IN MY ACTIONS AND DECISIONS? IF NOT, HOW CAN I BEGIN TO INCLUDE MY HIGHEST SELF IN MY LIFE'S JOURNEY?

WHAT DOES SPIRITUAL ENLIGHTENMENT MEAN TO ME?

WHAT IS A TIME IN MY LIFE WHEN I HAD FAITH AND TRUST IN THE UNIVERSE, AND EVERYTHING WORKED OUT PERFECTLY?

WHAT IS A TIME IN MY LIFE WHEN MY PRAYERS WEREN'T ANSWERED (OR IT SEEMED AS THOUGH THEY WEREN'T ANSWERED), AND THIS ACTUALLY WORKED OUT POSITIVELY FOR ME?

WHAT ARE SOME EXAMPLES OF PAST EXPERIENCES WHEN THE UNIVERSE GAVE ME EXACTLY WHAT I NEEDED AT EXACTLY THE RIGHT TIME?

WHEN DO I FEEL MOST PEACEFUL? WHAT DOES DIVINE PEACE FEEL LIKE TO ME? HOW CAN I CULTIVATE THIS FEELING IN MY DAILY LIFE?

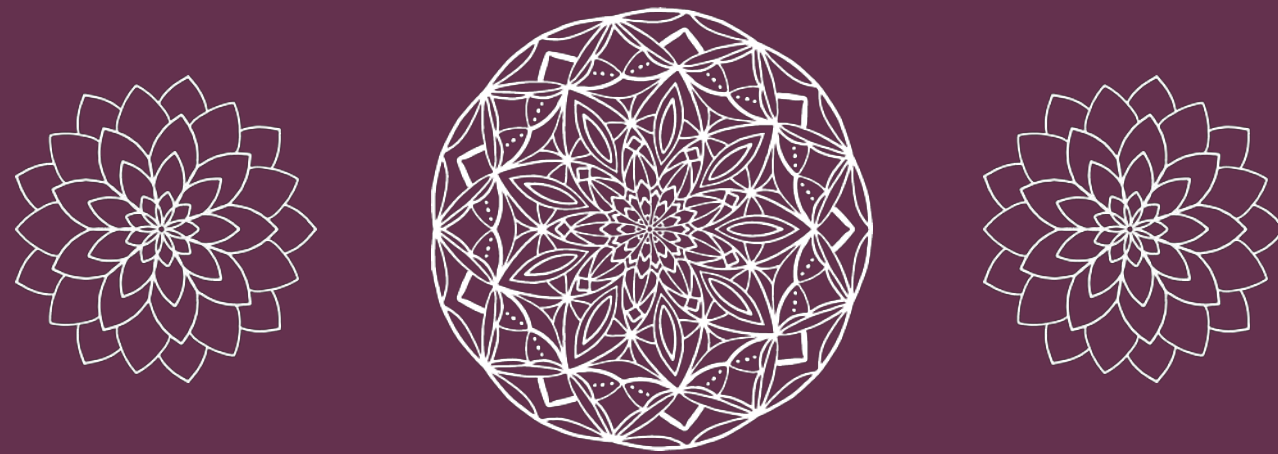
HOW CAN I REMAIN PEACEFUL, FOCUSED, AND TRUSTING WHEN MY OUTER WORLD FEELS CHAOTIC AND/OR WHEN I'M SURROUNDED BY THE NEGATIVE ENERGY OF OTHERS?

REFLECT ON THIS STATEMENT: "I AM A SPIRITUAL BEING IN A HUMAN BODY." WHAT DOES THIS MEAN TO ME?

LIST TEN BLESSINGS IN YOUR LIFE RIGHT NOW. HOW DOES EACH OF THESE BLESSINGS SUPPORT YOUR HIGHEST GOOD?

IN WHAT WAYS IS MY DAILY LIFE A MIRACLE? LIST ALL THE MIRACLES ABOUT THIS DAY AND YOUR LIFE RIGHT NOW, EXACTLY AS IT IS.

WHERE IS ONE PLACE IN THIS WORLD WHERE I FEEL MOST CONNECTED TO A HIGHER POWER? WHAT MAKES THIS PLACE SO SPECIAL? EVEN WHEN I'M NOT PHYSICALLY IN THIS PLACE, HOW CAN I CARRY THE FEELINGS OF BEING THERE WITH ME THROUGHOUT MY DAILY LIFE?



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WRITE TEN POSITIVE AFFIRMATIONS ABOUT YOUR SPIRITUALITY, SPIRITUAL ENLIGHTENMENT, AND YOUR ABILITY TO TRUST AND SURRENDER. REPEAT EACH AFFIRMATION TWICE.

WHAT DOES MY HIGHEST, MOST AUTHENTIC SELF LOOK LIKE? DESCRIBE WHO THIS PERSON IS, INCLUDING BOTH THEIR OUTWARD APPEARANCE AND THEIR INNER WORLD.

WHY IS IT IMPORTANT TO ME TO HAVE AN OPEN AND BALANCED CROWN CHAKRA?

WHAT DOES AN ORDINARY DAY AS MY MOST TRUSTING, PEACEFUL, SPIRITUALLY ENLIGHTENED SELF LOOK LIKE? HOW DO I CARRY MYSELF THROUGHOUT THE DAY? HOW DO I TREAT OTHERS AND MYSELF? WRITE ABOUT THIS DAY IN DETAIL.

You are love. You are light. You are whole.