



# Fountain of Spiritual Wisdom



## Matt Jones

Shamanic Energy Healer

*“Align with the universe, heighten your awareness, and experience peace.”*



FULL CIRCLE  
HEALING

At Full Circle Healing, we offer specialized energy healing practices that can significantly aid in addressing and healing severe Crown Chakra blockages. Our approach combines ancient shamanic techniques with modern energy healing practices to provide holistic and profound healing experiences.

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## More Information

[fullcirclehealing.co.uk](http://fullcirclehealing.co.uk)

FULL CIRCLE HEALING



# CROWN CHAKRA (Sahasrara)

Your Guide to  
Crown Chakra  
Aftercare



## Affirmations

"I am connected to the divine" and "I am one with the universe" affirmations reinforce spiritual connection and enlightenment.

4

## Mindful Meditation

Incorporate meditations focusing on the colour violet or white and the element of thought to sustain the balance and clarity.

5

## Consistent Routine

Establish and maintain a stable daily routine that includes time for introspection, spiritual practices, and self-care to promote a sense of spiritual well-being.

6



## Crown Chakra Aftercare

### Spiritual Practice

Maintain balance by engaging in activities that promote spiritual growth, such as meditation, prayer, and reading spiritual texts.

1

### Healthy Diet

Nutritious foods like fruits, vegetables, nuts, and seeds. Light, healthy meals can help keep your energy clear and vibrant.

2

### Regular Exercise

Engage in physical activities that promote overall well-being and relaxation, such as yoga, Tai Chi, and gentle stretching.

3

## Your Journey to Wholeness

The Crown Chakra, or Sahasrara, is the center of spiritual connection and enlightenment, located at the top of the head. It represents our connection to the divine and the universe, fostering a sense of oneness and higher consciousness. Balancing this chakra is essential for achieving spiritual growth, inner peace, and a deeper understanding of existence.

SENSE OF UNITY AND ENLIGHTENMENT

SPIRITUAL AWARENESS AND PEACE

HIGHER CONSCIOUSNESS



Maintaining Your Spiritual Wellness!