

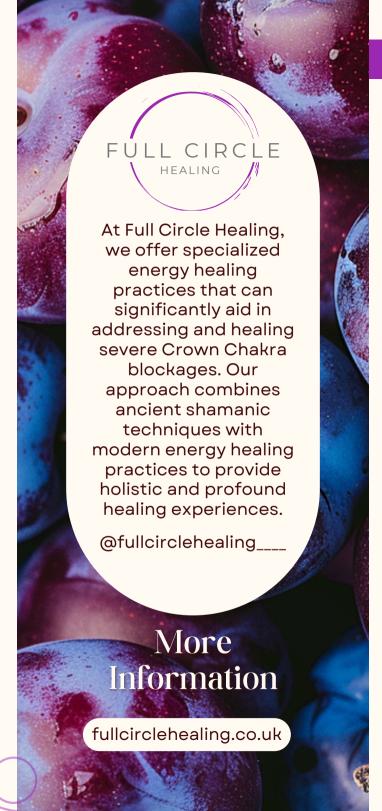
# Fountain of Spiritual Wisdom



# **Matt Jones**

Shamanic Energy Healer

"Align with the universe, heighten your awareness, and experience peace."



#### **FULL CIRCLE HEALING**



# CROWN CHAKRA

# (Sahasrara)

Your Guide to Crown Chakra Aftercare



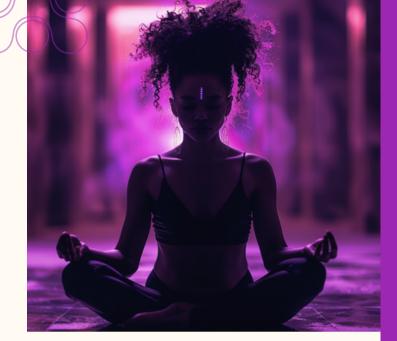
#### Affirmations

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



#### Mindful Meditation

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



#### **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.



# Crown Chakra Aftercare

# **Spiritual Practice**

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



## **Healthy Diet**

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



## Regular Exercise

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



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# 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



Your Spiritual

Wellness!