**7th Chakra-Crown**

**\*Read Attributes, Affirmations and Mudras Cards**

**\*Visualization:** Envision a sacred room in the center of your head, behind your eyes. This space is for you only, unless you choose to bring other energy in. Make yourself comfortable in this space, in the center of your head. See yourself as perfectly balanced and at ease, in this sacred space. Notice any energy in the space that does not fit you, and invite this energy to leave. Allow yourself to just be. When you leave your sacred room, tell yourself that you will return soon.

**\*Be in the pyramid-Meditate, high pitch humming**

**\*Journaling/writing prompt:** “What or who is your source?”