



CROWN CHAKRA

EGO MANAGEMENT EXERCISE

In the spaces below respond to the questions designed to identify hidden ego states. You may feel there are times you need to prove, defend, protect or hide for our true survival, IE: smuggling Jews into safe territory, when our rights are truly being threatened in present reality, when you don't want your kids to see what you have purchased for Christmas. However, being in a constant state of needing to prove, hide, defend and protect allows the ego to dictate what new revelations can flow in through the gate of our conscious awareness. Identifying and releasing these hidden aspects about our self allows us to empty the mind and make welcome inspiration from Spirit.

PROVE

1) What do I try to prove about myself? _____

2) What behavior do I exhibit or actions do I take or things do I say when I am trying to prove these things about myself? _____

3) What would my life look like, or how would it feel if I no longer needed to prove these things about myself?

DEFEND

1) What do I feel like I need to defend? About myself or about my beliefs or something/someone else?

2) What behavior do I exhibit or actions do I take or things do I say when I am trying to defend these things? _____

How does it make others feel around me when I am in defending mode? _____

3) What do I fear will happen if I stop defending these things?

Is it true? _____

4) What would my life look like, or how would it feel if I no longer felt the need to defend these things?

PROTECT

1) What do I feel I need to protect? _____

2) What behavior do I exhibit or actions do I take or things do I say when I am trying to protect the above?

3) What do I fear might happen if I don't protect these things?

Is it true?

4) What would my life look like or feel like or what would I do differently if I no longer felt the need to protect these things?

HIDE

1) What do I feel I need to hide?

2) What behavior do I exhibit or actions do I take or things do I say when I am trying to hide the above?

3) What do I fear will happen if I don't hide these things?

Is it true?

4) What would my life look like or feel like or what would I do differently if I no longer felt the need to hide these things?

CONTROL

1) What or who do I feel I need to control?

2) What behavior do I exhibit or actions do I take or things do I say when I am trying to control the above?

3) What do I fear will happen if I do not control these things?

Is it true?

4) What would my life look like or feel like or what would I do differently if I no longer felt the need to control these things?

CROWN CENTER AFFIRMATIONS

I am spiritually and emotionally supported

I connect easily with life and the people around me

I am safe wherever I go in the Universe. I am safe to be in the presence of God

I am the only one who does the thinking in my mind

I am an individual and I am also connected to the oneness of all things

I am integrating the higher aspects of myself

I easily see the higher purpose in every experience

I feel alive and excited about my life because I am connected to my purpose and I make a difference

I create as a high joy vibration. It is safe for what I think and feel to be manifested into the physical realm

Surrendering and letting go are becoming easier every day

I am divinely connected to my highest good.

I open the doors of revelation and allow wisdom to flow freely