

# *Your 7<sup>th</sup> Chakra and Your Emotional Guidance System*

By Anne Marie McCusker © October 2011, All Rights Reserved

Imagine for a moment this beautiful, fool-proof system providing insight to you daily about which choices to make, what directions to move, which people to hang out with, what new ventures to begin in order to make yourself happier and healthier at home on planet earth as a human being.

That would be GREAT!? Right? Fail safe. No way you could go wrong. No way you could make the “wrong” choices. “Whew,” you say, “that’s a relief. Here, all along, I have been thinking that I need to get this all figured out by myself.”

Surprise, buck-a-roo! You have this kind of help available all the time - the kind of help to make every day more enjoyable, to help you heal, grow, expand and make your dreams come true!

## **This help is your Emotional Guidance System – aka: your Chakra System.**

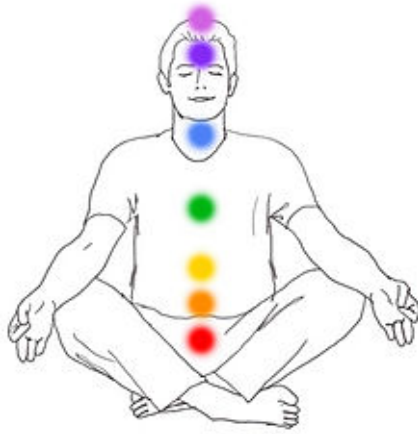
The Chakras are responsible for everything you think, everything you feel and everything that comes to all of your senses, throughout the body. Your entire Chakra system is like your own personal internal GPS. It tells you what to eat, how you feel, whether you like someone, whether you want to hang out with certain people and whether you are on the right track for feeling good and expanding into this wonderful experience of being a HUMAN.

It’s difficult being a human, right? And then sometimes it is the most wonderful experience and you want to keep getting more of the good stuff. Being HUMAN is both wonderful and painful. The blessing is that you can begin to use simple strategies, tools, others’ ideas, and your own EMOTIONAL GUIDANCE SYSTEM to begin to feel better NOW, right where you are, in the midst of all the stuff you’ve got going on.

This Chakra System consists of many energy portals designed to help guide you through life much like we’ve been discussing. All of the Chakras are responsible for all incoming and outgoing VIBRATIONAL TONES that you emit into the Universe, and those corresponding VIBRATIONAL TONES that come back to you through the ever present, immutable, unshakable, unfailing LAW of ATTRACTION.

For the next 7 weeks we’ll be talking about the 7 main Chakras that people are most familiar with. Starting at the top with the 7<sup>th</sup> Chakra located at the crown of the head, and working our way down the body to the 1<sup>st</sup> Chakra located at the base of the spine, we’ll reveal the strengths and great possibilities that lie within each of us and this wonderful personal power that we can use to begin to create true magnificence in our lives.

NOW, right where we are, in the good of the good or the worst of the worst, we are going to learn how to get better access to Universal Consciousness, love and light.



## **Charka 7- The Crown Chakra: “I Deserve”**

This statement, “I Deserve”, is the base belief of the system’s structure of the 7<sup>th</sup> Chakra. All of your ideas, beliefs and concepts about your worthiness and deservingness reside in this Chakra.

Remember, the Chakras are responsible for everything you think, everything you feel and everything that comes to all of your senses, throughout the body.

Charka 7, the Crown Chakra, holds all of your ideas about your worth in the world, what you think you deserve around love, money, finances, friendships, jobs, etc. The way to determine if this Chakra is working at its optimal performance is to find out if you are balanced in this area of your life.

Ask yourself this question: are the things that you have been wanting in all this area of your life showing up and manifesting for you right here and now? If your answer is yes, then, good for you! This means that your 7<sup>th</sup> Chakra is in excellent balance!

However, if there is even a smidgen of a doubt, an inkling that you could feel better about yourself, then you could use some Chakra balancing.

Here are 3 really simple, beautiful exercises I’d like to share with you so that you can begin incorporating them into your spiritual practices today in order to open this Crown Chakra. When you practice these exercises you will see how easily you’ll be able to begin making changes to those core beliefs about your worthiness and deservingness, allowing an opening of your EMOTIONAL GUIDANCE SYSTEM to flow in a more positive direction.

To begin, if you know how to muscle test or use a pendulum, you can test these statements for strength or weakness. If you test weak, then surely you would want to incorporate these daily. If all are strong, awesome for you! Either way, you may want to start working with these exercises today to strengthen this Chakra even further and keep these a regular practice to continue shifting these and other beliefs that need to strengthen new belief systems or release old belief systems. This will assist the process of REALLY using the LAW of ATTRACTION for your health, wealth and happiness.

1. Place your left hand on your heart, and repeat this affirmation:

**“I allow the Creative Flow to come to me, through me and for me.”**

Say it every time you remember to think of it. Write it down, put in on your bathroom mirror, your computer at work, somewhere your sub-conscious mind will be able to work on it, while you are doin' life.

2. Stand with your feet shoulder width apart, raise both arms over your head, so that while you are standing you look like a Y and repeat this next affirmation:

**“Please give me GRACE.”**

Repeat this affirmation often throughout the day, breathing for 30 seconds, silently.

3. Now sit comfortably in a chair, close your eyes, and imagine a column of silver white and gold light. Imagine the silver and gold light sparkling like your 4<sup>th</sup> of July Sparklers, when you were a kid.

Imagine this column of sparkling light streaming down through your Crown Chakra, all the way through your spine, down to your 1<sup>st</sup> Chakra at the base of your spinal column. It is then going to rise back up, with the Silver and Gold colors sparkling all the way. This sparkling light is going to shoot up through your entire Chakra system, up over your head and fall all around you like graceful branches from a willow tree.

With this last exercise you might find that the energy stops at one of the Chakras and feels “stuck.” Make a note of anywhere you feel this happening and proceed to finish the exercise.

If you find that you had places where the light felt stuck, take time after the exercise to ask for guidance in looking into this “stuckness”. This would be an indication of a Charka that needs attention. Remember, UNIVERSAL LOVE and LIGHT are there for us at all times. We just need to remember to love ourselves and ask for help from Source on HIGH. When we take the time to ask for assistance, we'll be guided to the right people and/or information to help us clear those blockages from our minds and bodies. Then the next time we perform this exercise we'll discover these blockages are either gone or less intense.

Sometimes it's helpful to contact someone professional who can help us dissolve a blockage that we can't seem to get through on our own. This is why people such as myself are here to assist.

**REMEMBER: You deserve to have a healthy, happy Chakra System! Your 7<sup>th</sup> Chakra says so!**

Until next week, may peace follow your heart as surely as love will follow you.

Blessings of Love & Light,

Anne Marie McCusker

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