

The Sacred Connection

LISTENING TO YOUR CROWN CHAKRA VOICE™



Pause. Receive. Remember you
are part of something greater.

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Your Crown Chakra

There may be a reason you've felt **disconnected... or searching** for something more.

Your Crown Chakra — the centre of **connection, meaning and higher awareness** — may be asking for your attention.



When this voice is **balanced**, you feel **supported by something greater than yourself**.

When it becomes **quiet**, you may feel **lost or alone**.

When it becomes **too loud**, you may **disconnect from your body and the present moment**

This is not about reaching for something outside of you.

It is about **remembering the connection** that already exists.

GENTLE REFLECTION

Take a moment to consider:

- When do I feel most connected to something greater than myself?
- Do I allow space for stillness in my life?
- Do I feel supported... or alone?
- Do I try to “figure everything out” instead of allowing?

There is no right or wrong here.

Only awareness.



THE SACRED PAUSE PRACTICE (PREPARATION)

Find a quiet space.

Sit or lie comfortably.

Let your hands rest gently.

Close your eyes if it feels safe to do so.

Take a slow breath in...and out.

There is nothing you need to do.

Only to be here.

Guided Crown Meditation

Bring your awareness to the top of your head.

Imagine a soft violet or white light just above you.

With each breath, allow that light to gently expand.

Not forcing.

Not striving.

Simply allowing.

You may feel:

- warmth
- lightness
- stillness
- or nothing at all

All experiences are welcome.

Repeat silently:

‘I am connected.

I am supported.

I am part of something greater.’

Stay here for a few moments.

Integration

Slowly bring awareness back to your body.

Notice:

- your breath
- your physical presence
- the space around you

Connection does not require you to leave your body.

It deepens when you are fully present within it.



What next for your Crown Chakra

If you take one thing from this guide, let it be this:

You are not separate.

You are not alone.

You are already connected.

You've just listened to your Crown Chakra Voice™.

And like all the others, it becomes clearer when given space to be heard.

If you're ready to go deeper, I invite you to explore your Chakra Voices™.

One way is to start by experiencing the Root Chakra Voice™ Taster session – a guided exploration you can access here

This live session introduces the structure of working directly with your Root energy – not to override it, but to understand what it has been communicating.

From there, you may wish to heal or activate all your Chakra Voices™ through the 7 Chakra Voices™ Journey.

Join Chakra Voices™ – Listening Within HERE

CHAKRA VOICES™



The 7 Chakra Voices™ Journey



[Watch The Video](#)

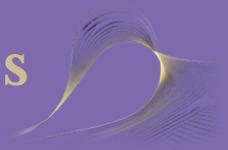
*'Honestly, I don't know what magic you've worked
but something has FINALLY clicked after years!'*

Claire, UK



Jillian Shiers

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