

Module #7 - The Crown Daily Itinerary 52 days

FULLY KNOW & UNDERSTAND YOU - Your Crown -- Complete the Owner's Manual to YOU and your Body Map to know and understand yourself as a whole, healthy, well being!

Day #1 - Welcome + Itinerary. *15-min.*

Day #2 - Introduction of the Crown Energy Center. Look over pdf. *5-min.*

Day #3 - Brain/Nervous System Body Map Assignment. Create an outline of your Brain and Nervous System Pdf. *10-min.*

Day #4 - Continue creating your Brain/Nervous System Body Map Assignment. Create an outline of your Brain and Nervous System Pdf. *10-min.*

Day #5 - Neck + Head Release - Sit on a block or bolster with your hip into the wall. Swing your legs up the wall with your sacrum on the block or bolster. Bring your arms overhead. Move your head and neck around. Relax and breathe allowing your blood to re-circulate through your brain cleansing your nervous system video *6-min.*

Day #6 - Read BodyMind by Ken Dychwald. Chapter #10 - Take notes for discussion on Group Zoom and for your body map (place significant finds on your body map). *15-min.*

Day #7 - Continue to read BodyMind by Ken Dychwald. Chapter #10 - Take notes for discussion on Group Zoom and for your body map (place significant finds on your body map). *15-min.*

Day #8 - Finish up reading BodyMind by Ken Dychwald. Chapter #10 - Take notes for discussion on Group Zoom and for your body map (place significant finds on your body map). *15-min.*

Day #9 - Recharge your brain. use a restorative pigeon pose to release control and fear. — bring in relaxation. video *8-min.*
video *8-min.*

Day #10 - Roll a ball around on your head to feel your cranium. Look over Color the bolded bones and joints of your cranium found on your pdf in The Anatomy Coloring Book pg. 22 (Cranial) & 23 (Cranial) pdf. *10-min.*

Day #11 - Finish rolling a ball around on your head to feel your cranium. Color the bolded bones and joints of your cranium found on your pdf in The Anatomy Coloring Book pg. 22 (Cranial) & 23 (Cranial) pdf. *10-min.*

Day #12 - Color the bolded brain and nervous system found on your pdf in The Anatomy Coloring Book pg. 68 pdf. *10-min.*

Day #13 - Finish coloring the bolded brain and nervous system found on your pdf in The Anatomy Coloring Book pg. 68 pdf. *10-min.*

Day #14 - Crown Movement Practice #1 - Bath your brain with new energy - Place any ah haaaas on your body map noting any places of pain with the color-coding system - red equals very painful, orange mildly painful, and yellow slightly painful video. *29-min.*

Day #15 - Go into nature and find an image that matches the feelings of joy. Place the image on a separate piece of paper. You can add words or colors to your image. When done place the image in your 3-ring binder pdf. *15-min.*

Day #16 - Again -- Go into nature and find an image that matches the feelings of joy. Place the image on a separate piece of paper. You can add words or colors to your image. When done place each image in your 3-ring binder pdf. *15-min.*

Day #17 - Do your EGS Full Meditation Video. *10-min.*

Day #18 - Neck + Head Release. Sit on a block or bolster with your hip into the wall. Swing your legs up the wall with your sacrum on the block or bolster. Bring your arms overhead. Move your head and neck around. Relax and breathe allowing your blood to re-circulate through your brain cleansing your nervous system *6-min.*

Day #19 - Who is your Higher Power? Pdf *10 min.*

Day #20 - Finish up the pdf -- Who is your Higher Power? Pdf *10 min.*

Day #21 - Practicing detachment pdf.

Day #22 - Finish practicing detachment pdf.

Day #23 - Do your EGS Full Meditation Video. *10-min.*

Day #24 - Do your EGS Full Meditation Video. *10-min.*

Day #25 - Do your EGS Full Meditation Video. *10-min.* Keep going until your EGS meditation has become a habit.

Day #26 - Recharge your brain. Use a restorative pigeon pose to release control and fear. — bring in relaxation. video *8-min.*

Day #27 - Read *Frontiers of Health* by Christine Page - Chapter #13 Take notes for discussion on Group Zoom and for your Body Map (place significant finds on your body map). *15-min.*

Day #28 - Finish reading *Frontiers of Health* by Christine Page - Chapter #13 Take notes for discussion on Group Zoom and for your Body Map (place significant finds on your body map). *15-min.*

Day #29 - Neck + Head Release. Sit on a block or bolster with your hip into the wall. Swing your legs up the wall with your sacrum on the block or bolster. Bring your arms overhead. Move your head and neck around. Relax and breathe allowing your blood to re-circulate through your brain cleansing your nervous system *6-min.*

Day #30 - Crown Inquiry Questions - Place significant finds from your inquiry questions on your body map pdf. *15-min.*

Day #31 - Continue your Crown Inquiry Questions - Place significant finds on your body map pdf. *15-min.*

Day #32 - Finish-up your Crown Inquiry Questions - Place significant finds on your body map pdf. *15-min.*

Day #33 - Full Crown Movement Practice #2 - Recharge your brain and nervous system. Place any ah haaaas on your body map noting any places of pain with the color-coding system - red equals very painful, orange mildly painful, and yellow slightly painful video *27-min.*

Day #34 - What is fascia & Why it is Important? - "Fascia is the missing element in the movement/stability equation," says Tom Myers. Author of *Anatomy Trains*. Read all about your fascinating fascic system. You'll discover how this little known part of yourself is the missing link to your overall health and healing. Pdf *10-min.*

Day #35 - The sympathetic vs parasympathetic nervous system + the vagus nerve pdf *5-min.*

Day #36 - Know your root - video

Day #37 - Know your pelvic bowl - video

Day #38 - Know your belly - video

Day #39 - Recharge your brain. Use a restorative pigeon pose to release control and fear. — bring in relaxation. video *8-min.*

Day #40 - Read Eastern Body Western Mind by Anodea Judith Chakra Seven - Take notes for discussion on Group Zoom and for your Body Map (place significant finds on your body map). You'll have two days to complete this assignment. *10-min.*

DAY #41 - Finish up reading Eastern Body Western Mind by Anodea Judith Chakra Seven - Take notes for discussion on Group Zoom and for your Body Map (place significant finds on your body map). You'll have one more day to complete this assignment. *10-min.*

DAY #42 - Neck + Head Release. Sit on a block or bolster with your hip into the wall. Swing your legs up the wall with your sacrum on the block or bolster. Bring your arms overhead. Move your head and neck around. Relax and breathe allowing your blood to re-circulate through your brain cleansing your nervous system *6-min.*

Day #43 - Know your Heart - video.

Day #44 - Know your Throat - video.

Day #45 - Know your Eyes - video.

Day #46 - Connect the dots to know your whole self - video.

Day #47 - Go into nature and find something the color white - Sit before your white object and bring its energy and color into your brain. Visualize a

spinning ball of white light like a spinning atom. Notice which direction your ball is circling — right to left or left to right. The spin can change from one direction to another. Pausing to notice the direction of spin on a regular basis is an important way to connect to your crown. Place your object or a picture of it on your body map. *15-min.*

Day #48 - Third Eye to Crown Spiral Meditation. Move up from your third eye energy center to your crown energy center video *15-min.*

Day #49 - Crown Mantra Meditation. The vowel sound of the crown is eeee as in meee. Sit comfortably and with each out-breath chant eeeee. *10- min.*

Day #50 - Recharge your brain. Use a restorative pigeon pose to release control and fear. — bring in relaxation. video *8-min.* Do whatever you gotta do to catch up today so you can reap the benefits of this Heal.thy Self program. NO one else is going to heal you but YOU!

Day #51 - Connect to Your Crown Body Map. Sit in front of your Whole Body Map and connect with what you've created. *15-min.*

Day #52 - Now, that you know your Whole Self where do you go from here? Video + Celebration!