

## Crown Inquiry Questions



The color is white like an opal, the sound is Eee as in me. It represents your connection to your higher power. Here duality no longer exists. The right is to know, the shadow is attachment. The Crown's element is thought. This a a Spiritual center.

Here you completely immerse with Universe, Source, God, Higher Power, whatever you call that which is greater than you. In order to achieve the highest spiritual connection you must detach from everything and everybody. A very challenging achievement for us human/spirits.

What questions are answered by the body. Write down the first thing that comes to your mind. In other words, don't overthink!

### **The Basic Right to Know Questions:**

What is the relationship to the person you love the most like?

What is your relationship to Source, God, Higher Energy like?

What are the similarities between your relationship to the person you love the most and your Higher Power?

What do you do when you do NOT know what is going to happen next?

What are you attached to and unwilling to let go of?

What do you need to be right about?

What do you do when you are wrong?

**The Brain and Nervous System Trauma Questions:**

What is your mental state? Have you been diagnosed with any mental disorders or challenges?

What makes you nervous or anxious?

What do you do to handle your anxiety?

What do you do to soothe and calm yourself? Does it work?

What depresses you?

What do you do to handle your depression?

What is your level of acceptance of other people's own unique idea of Source/God? Or do you believe that there is only one truth?

How do you feel when you encounter others with different belief systems than your own?

What were you taught to believe about God as a child?

Does that work for you?

**Spend a Moment With The Top of Your Head:**

What do you feel when you place your hands on the top of your head and push the energy out away from your crown?

What do you feel when you place your hands over the top of your head and push energy into your crown?

What do you feel when you rest your palms facing down on the top of your head?

### **Brain Pain Questions:**

What causes your head to hurt?

Describe your head pain in detail — including other parts of the body that are affected.

### **Frontiers of Health by Christine Page Questions:**

What illness do you have or have you experienced that is listed in Chapter #13 The Third Eye Chakra — Associated Illnesses?