

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 to Your Crown Energy Center + Itinerary. (pdf) *10 min.*

Day #2 - Introduction to Your Crown Energy Center. (pdf) *5 min.*

Day #3 - Brain and Nervous System Body Map Assignment. Create an outline of your brain and nervous system. (pdf) *10 min.*

Day #4 - Finish Creating Your Brain and Nervous System Body Map. Create an outline of your brain and nervous system. *10 min.*

Day #5 - Neck and Head Quick Release. (video) *6 min.*

Day #6 - Read BodyMind by Ken Dychwald, Chapter 10, Bodymind. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *10 min.*

Day #7 - Continue Reading BodyMind by Ken Dychwald, Chapter 10, Bodymind. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *10 min.*

Day #8 - Finish Reading BodyMind by Ken Dychwald, Chapter 10, Bodymind. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *10 min.*

Day #9 - Recharge Your Brain. Use a restorative pigeon pose to release control and fear, and bring in relaxation. (video) *8 min.*

Day #10 - Roll 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 & 23 (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 & 23. *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. *10 min.*

Day #14 - Crown Movement Practice #1: Bathe 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 feeling 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. *15 min.*

Day #16 - Finish finding an image that matches the feeling 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. *15 min.*

Day #17 - Do your EGS Full Meditation (video) *12 min.*

Day #18 - Recharge Your Brain. Use a restorative pigeon pose to release control and fear, and bring in relaxation. (video) *8 min.*

Day #19 - Who is Your Higher Power? (pdf) *10 min.*

Day #20 - Finish Who is Your Higher Power? *10 min.*

Day #21 - Practicing Detachment. (pdf) *10 min.*

Day #22 - Practicing Detachment. (pdf) *10 min.*

Day #23 - Do your EGS Full Meditation. (video) *12 min.*

Day #24 - Do your EGS Full Meditation. *12 min.*

Day #25 - Do your EGS Full Meditation. Keep going until your EGS meditation has become a habit. *12 min.*

Day #26 - Recharge Your Brain. Use a restorative pigeon pose to release control and fear, and bring in relaxation. (video) *8 min.*

Day #27 - Read *Frontiers of Health* by Christine Page, Chapter 13, The Crown Chakra. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *20 min.*

Day #28 - Finish Reading *Frontiers of Health* by Christine Page, Chapter 13, The Crown Chakra. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *20 min.*

Day #29 - Neck + Head Release. (video) *6 min.*

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

Day #31 - Continue Your Crown Inquiry Questions. Place significant finds from your crown inquiry questions on your body map. *15 min.*

Day #32 - Finish Your Crown Inquiry Questions. Place significant finds from your crown inquiry questions on your body map. *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 and Why is it Important? "Fascia is the missing element in the movement/stability equation," says Tom Myers, author of Anatomy Trains. Read all about your fascinating fascia 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) *17 min.*

Day #37 - Know Your Pelvic Bowl. (video) *11 min.*

Day #38 - Know Your Belly. (video) *11 min.*

Day #39 - Recharge Your Brain. Use a restorative pigeon pose to release control and fear, and bring in relaxation. (video) *8 min.*

Day #40 - Read Eastern Body Western Mind by Anodea Judith, Chakra Seven, Opening to the Mystery of Heaven. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *25 min.*

Day #41 - Finish Reading Eastern Body Western Mind by Anodea Judith, Chakra Seven: Opening to the Mystery of Heaven. Take notes for

discussion on Group Zoom and for your body map. Place significant finds on your body map. *25 min.*

Day #42 - Neck + Head Release. Relax and breathe allowing your blood to re-circulate through your brain cleansing your nervous system. (video) *6 min.*

Day #43 - Know Your Heart. (video) *10 min.*

Day #44 - Know Your Throat. (video) *10 min.*

Day #45 - Know Your Eyes. (video) *5 min.*

Day #46 - Connect The Dots To Know Your Whole Self. (video) *10 min*

Day #47 - Chakra Color Meditation. Go into nature and find something the color white. Collect or take a picture of the white object. Connect with the object with a short meditation. 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) *5 min.*

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

Day #50 - Recharge Your Brain. Do whatever you need to 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! (video) *8 min.*

Day #51 - Connect to Your 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) *10 min.*

Congratulations on creating the Owner's Manual for YOU!