

# Pathways Yoga Series Session #7

## Energy Center: The Crown



“Watch your thoughts, they become your words;  
 watch your words, they become your actions;  
 watch your actions, they become your habits;  
 watch your habits, they become your character;  
 watch your character, it becomes your destiny.”

— Lao Tzu



## I Know

- I am connected to others
- To live in the present moment
- To live with a grateful heart
- My inner self is the real me
- To believe in myself
- To listen within
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## CONNECTION

### WORD SEARCH



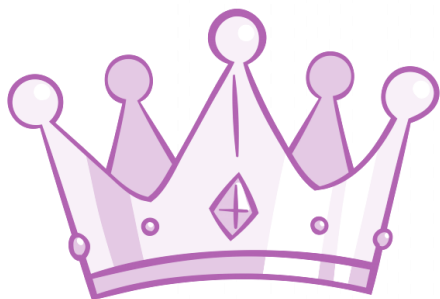
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GRATITUDE  
 WISDOM  
 EMPATHY

PRESENCE  
 MINDFULNESS  
 MEANING  
 ACCEPTANCE

THOUGHTS  
 CROWN  
 MINDSET

Today I am Grateful for ...



**Mindfulness** means paying attention. It is the essential key in living a conscious life. It is the fundamental quality to cultivate the crown chakra, for it becomes the lens that guides the journey as well as the healing salve for the scrapes and bruises that we get along the way.

— Anodea Judith



## Questions for your Reflection:

- We are all connected to each other. Write about one thing you would like to do to make the world a better place. Think big — don't place limits on yourself. Imagine you had all the resources (money, support, etc.) you need.
- One of the main benefits of yoga is that it helps us to live more mindfully in the present moment. This means letting go of things that happened in the past and not worrying about the future. Write down at least one strategy to remind yourself to live in the present moment.
- Think of a recent disappointment that you're having a hard time letting go. There have been a LOT of them because of COVID. Reflect on why you are having a hard time accepting what happened.



## Reflection



**“It’s not happy people who are thankful,  
it is thankful people who are happy.”**