

# *Italian Garlic Causal Chakra: Beyond the Crown*

Original “slow art” by Kristen Palana

This artwork is designed to connect you with the wisdom your soul has always carried, inviting **clarity, protection, and deep spiritual memory** into the spaces where you live and cook and gather.

This image is part of the Italian Chakra Series, a body of work connecting the ingredients, craftsmanship, and heritage of Italy to the extended chakra system. Each piece is drawn by hand using ink, acrylic, and drops of Mediterranean seawater collected in Italy, honoring the art of slow living and the sacred in the everyday.

The Causal Chakra sits above the Crown and holds the accumulated wisdom of the soul across lifetimes. Garlic, revered across the Mediterranean world for centuries as a force of protection and purification, is depicted here as a hanging bunch against hand-drawn blue Sicilian tilework. Together they form a single image of the kitchen as sacred space.

**Suggested Placement:** Kitchen, meditation room, healing room, home altar, or any space where you want grounding.

This piece works as a daily anchor and act of protection. Whether placed where you cook, rest, or tend to others, it encourages **presence, spiritual awareness, and the protection of what matters most.**

✨ *May this piece remind you that the ordinary and the sacred have always lived in the same room.*



A handwritten signature in black ink that reads "K Palana".

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## **A Gift of Intention**

This artwork was chosen as a heartfelt gift, meant to surround you with protection, spiritual depth, and the warmth of a kitchen that knows it is also a sanctuary.

# A GIFT

*from me to you*

To:

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From:

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Message:

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*K Palana*

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