



# Crown Chakra – Sahasrara

I am one with all creation. I am consciously living my divine purpose.

I honor the divine within me and all living things.

Love and light are my language.

The seventh chakra is considered one of the highest vibration centers and is associated with “spiritual quest.” This chakra is most open when people are in prayer or embracing the meaning of life. The Crown Chakra allows one to enter the higher states of consciousness.

The Crown Chakra is about oneness with Source, beauty, creativity, divine inspiration, faith and spirituality.

This chakra is located at the top of the head. Through the seventh chakra we get our divine inspiration and our divine creativity. This is the chakra where everything comes together and we get the big picture. This is where all the information from all the chakras merge. When this chakra is healthy there is a sense of peace, serenity, knowing and a connection with the universe.

Being dedicated to one’s life path is characteristic of a strong Crown Chakra. These people have a soul connection with Source and are able to access knowledge from this higher intelligence. When your seventh chakra is balanced, your life is working in all areas and you feel totally at peace with yourself, your higher power, and life itself.

**Basic Principle:** To know and to learn

**Color:** Violet/White (Complimentary Color: Yellow) / **Sense:** Thought / **Element:** All / **Planet:** Uranus

**Season:** All / **Astrology Signs:** Leo / **Metal:** Gold / **Sound:** Note B / **Mantra:** Om

**Emotional Component:** Attachment / **Physical Component:** Brain and the central nervous system

**Associated Glands:** Pineal/Pituitary / **Associated Meridians:** Central and Governing

**Nutrition:** Fasting – spiritual practices

**Crystals:** Selenite, Clear Quartz, Amethyst, Spirit Quartz, Purple Fluorite, Purple or Clear Calcite

**Oils:** Myrrh, Neroli, Sandalwood, Frankincense, Benzoin

**Karmic Lesson:** Eliminate earthly attachments and ego. Know you are being led by something higher than yourself for a divine purpose.

**Yoga Poses:** Rabbit pose, headstand

## Harmonious Function of the Crown Chakra

Intelligent, thoughtful, and aware – Uses intuitive abilities – Mastery – Wisdom –  
Sense of spiritual connection – Assimilate Information – Open-minded –  
Ability to perceive and analyze

### **Underactive Crown Chakra Energy**

Lack of purpose  
Coordination problems  
Depression  
Confusion  
Lack of faith

### **Emotional Seventh Chakra Imbalances**

Superiority complex  
Lack of empathy  
Light Sensitivity  
Distrust  
Rigid beliefs

### **Physical Crown Chakra Imbalances**

Mental illness  
Seizures  
Epilepsy  
Varicose veins  
Blood vessel problems  
Skin rash

### **Overactive Seventh Chakra Energy**

Over-intellectualization  
Spiritual addiction  
Confusion  
Dissociation from body

## How to maintain a healthy Crown Chakra.

The maintenance of a healthy Crown Chakra begins with how well you are maintaining the six energy centers that come before it. Do you have a strong life foundation? Are you tapped into your creativity and your sensuality? Do you have secure boundaries? Do you feel worthy and valuable? Do you operate from your heart space? Are you a kind, compassionate, and forgiving individual? Do you speak your truth and are you your authentic self? Do you have a healthy imagination? Do you trust your intuition?

But the most important question of all is, do you believe in something greater than yourself? When we get caught up in this dense three-dimensional, materialistic world, we lose faith and trust. The 21<sup>st</sup> century is an immediate gratification existence. We can drive up to windows and get instant food. We can open up apps and order just about whatever we want. We can go on the world-wide web and find the answer to just about anything in seconds. These things are not inherently bad or good, however, they make life easier and softer. In that ease we can sometimes lose sight of what truly matters.

Anything in life that is worthwhile takes time, patience, nurturing and care. When you plant a seed in your garden it grows slowly with the right nutrients and daily maintenance. When you remember that you are a seed and that it takes a lifetime to learn and grow, you will discover how valuable it is to pause in prayer and gratitude. To find peace in the waiting. To let go of expectations, attachments, and the constant need to know.

What brings you peace? Where do you find serenity? If it's a place, go to it. If it's a group of individuals, spend time with them. Allow yourself to enter the quiet spaces. Join a meditation group; begin a yoga practice; attend church or temple, or another spiritual community that you feel drawn to.

Seeing isn't believing – believing is seeing. Allow yourself to believe in the unbelievable. Let go of the restrictions and limitations you've put on yourself and step into the unknown. You are a divine being. Embrace your divinity.