

CROWN

Sahasrara

CHAKRA



What is a Chakra?

- In sanskrit means “wheel” or “disk”
- Spiritual energy center
- Seven along the spine
- If they are open, closed, or balanced, they can affect the physical, emotional, and spiritual body



Sahasrara – 7th Chakra

- Located at crown of your head
- Related to thought, universal identity, transcendence, and wisdom.
- Symbol is a Lotus Flower with 1,000 petals



Opening and balancing

Opening this chakra calls for us to be present in the moment.

- Dim the constant inner chatter
- Pray or meditate
- Having empathy for others

Bliss and letting go of your ego activates this chakra.



Effect of imbalances

The crown chakra is connected to:

- Our whole being
- Cerebrum
- Pineal Gland

A blockage of this chakra can lead to:

- Depression
- Confusion
- Loss of faith
- Apathy
- Materialism



Crystals & Aromatherapy

Crystals

- Amethyst
- Clear Quartz

Aromatherapy

- Cedarwood
- Frankincense
- Lavender



Healing foods

o Anything
VIOLET!



Journaling + Painting

- What do I believe about the Universe?
- What spiritual truths am I aware of but don't follow?
- What do I know?
- Who am I?
- Am I open to perceive subtle energies/non physical realities?



Mantra - “OM”

Envision the color violet glowing just above the crown of your head.

“I am connected with myself, and the universe.”

Repeat “OM” three times.

