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 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

- 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.
“\textit{I am connected with myself, and the universe.}”
Repeat “OM” three times.