



CHAKRA 7 – Crown

Source of All Intelligence, Higher Self, Energy Flows

COLOR: Clear light, white, violet, gold halo - 1,000 Lotus Petals

SANSKRIT NAME: Sahasrara (thousandfold)

LOCATION: Top or just above the top of your head

MANTRA: AUM (OM)

ELEMENT: Empty Space

GEMSTONE, or CRYSTAL: Amethyst, Clear Quartz and Diamond

HERB: Lavendar

INCENSE: Frankincense, Sandalwood and Myrtle

As with each chakra the desire is to reach a balance. Chakras are great indicators of how your internal barometer is functioning at any given moment. Each chakra can be in balance or out of balance, too much one way or the other.

The 7th Chakra known as the Crown Chakra, pathway to your spiritual source and giving you access to wisdom (some say universal consciousness) available to all. You may experience moments of enlightenment from an opened crown chakra. It is the ability to hear that which is known as “the still, small voice” that can speak to us about the way things should be, or what and how to do with what we hear.

The Crown Chakra corresponds to the pineal gland. The pineal gland is an important part of our endocrine system and also corresponds to the influence of Higher Beings, or for some known to be the aspect that channels in that which is for the greater good. The pineal gland is the link between the physical and spiritual, and the source of a person's accessible etheric energies.

An unhealthy, or unbalanced, crown chakra tend to be joyful and purposeful, in touch with their inner nature and comfortable their form of expression of spirituality. They tend to have a sense of higher purpose, are selfless, able to act without ego and have a connection with something greater than themselves.

Those individuals that may be experiencing an unhealthy, or not in balance, crown chakra may have a feeling of lack of purpose, feel alone or even fear death. Spirituality may be lacking and may also experience energetic imbalances.

Below is a yoga pose you may want to consider to ground and focus this chakra – again, be gentle on yourself! Only do as much as is comfortable for you.

***As always, please check with your physician before trying any exercise, food, yoga pose or breathing exercise for this and the other chakras. Below is a yoga position if you are comfortable and able to perform – be gentle and easy on yourself, no need to strain and overdo.*

Yoga Pose (for focusing on the Crown Chakra): Sit quietly with your thumb and first finger gently touching and relaxed on each knee as you focus on your breath sitting straight on the floor. Your back may be rested against something to steady you. Hold this for as long as comfortable and without strain or injury. Quietly breathe in and out regularly. This is just to be a time of peaceful breathing and stillness.



Mudra that can be used during your Crown Chakra clearing.

