

## Chakra Seven: Crown Chakra

### *Opening and Clearing the Spiritual Communication Center*

The Crown Chakra is associated with the color violet or white. We use the seventh chakra as a tool to communicate with our spiritual nature. It is through this vortex that the life force is dispersed from the universe into the lower six chakras. It has been referred to as our "GOD SOURCE" - a spiritual connection or communicator. This chakra is often pictured as a lotus flower opening to allow spiritual awakening in an individual. The crown chakra could also be considered the well from which intuitive knowing is drawn.

### Chakra Seven - Associations

- **Color** - violet, white
- **Sanskrit Name** - sahasrara
- **Physical Location** - top of head
- **Purposes** - intuitive knowing, connection to one's spirituality, integration of the whole
- **Spiritual Lesson** - spirituality, living in the NOW
- **Physical Dysfunctions**- mystical depression, diseases of the muscular system, skeletal system and the skin, chronic exhaustion not associated with physical ailments, sensitivity to light, sound, environment
- **Mental and Emotional Issues** - discovery of the divine, lack of purpose, loss of meaning or identity, trust, selflessness, humanitarianism, ability to see the bigger picture in the life stream, devotion, inspiration, values, ethics
- **Information Stored Inside Crown Chakra** - duality, magnetism, controlling patterns, emotional feelings (joy, anger, fear)
- **Area of Body Governed** - top center of the head, midline above the ears

### Crown Chakra Exercises

Chakracise your crown chakra through prayer or meditation.

### Feeding Your Crown Chakra

- **Air:** fasting / detoxing
- **Incense and Smudging Herbs:** sage, copal, myrrh, frankincense, and juniper