

More on Chakra Seven

The Crown Chakra is about wisdom and being one with the world. When this chakra is open, one is unprejudiced and quite aware of the world and the self.

If it is under-active, a person is not very aware of spirituality. One may be quite rigid in his or her thinking.

If this chakra is over-active, a person probably is intellectualizing things too much and ignoring bodily needs. He or she may be addicted to spirituality, and be overly detached from the material plane.

Opening the Crown Chakra

Put the hands before the stomach. Let the ring fingers point up, touching at their tops. Cross the rest of the fingers, with the left thumb underneath the right. Concentrate on the Crown chakra at the top of your head. Chant the sound NG.

Warning: don't use this meditation for the Crown chakra if the Root chakra isn't strong (one needs a strong foundation first).

