

Crown Chakra

The **Crown Chakra** is the seventh chakra, located at the top of the head. Its Sanskrit name is **Sahasrara** or “*thousandfold*”. This chakra is concerned with spirituality. It is the entry point for life-force energy which energises and nourishes body, mind and spirit.

The **Crown Chakra symbol** is a halo of a thousand white petals, representing infinity, each one tuned to the highest states of consciousness. Once the **Crown Chakra** is awakened, one becomes open to Divine wisdom, enabling a state of connectedness with the universe; a state of bliss or rapture. This chakra resonates with the colour **violet** with flashes of gold and white.



The **colour violet** is warm, gentle, nurturing and protective. This colour increases blood flow to the brain and the sympathetic nervous system. It can assist in the relief of headaches, high blood pressure, chronic tiredness and nervous breakdown. It also helps calm violent and aggressive behaviour.

The **Crown Chakra**, when functioning normally, allows one to show much love and compassion towards others and gentleness to all human beings. It reflects one's spiritual maturity and allows one to think more of the needs of others and look at the positive rather than the negative side of life. The opposite of this can appear as a domineering, egocentric person who may operate under the guise of being a 'spiritual' person, but instead manipulates others for their own gain. A good example of this is cult leaders.

When the **Crown Chakra** is out of balance, it is reflected in all the lower chakras. As it controls the functioning of the Pineal Gland, an imbalance can cause problems with the production of melatonin (which regulates sleep), the sympathetic nervous system, headaches and other brain problems.

The **Crown Chakra** opens significantly during meditation and prayer, and highly evolved beings have this chakra open all the time. Note the halo in Christian paintings and the topknot on statues of the Buddha, all of which represent an outpouring of spiritual energy from the **Crown Chakra**.

The corresponding gland is the **Pineal Gland**. It energises the upper skull, cerebral cortex, the skin and the muscular and skeletal systems.

Physical imbalances of the **Crown Chakra**:

- Sensitivity to pollutants, sound and light;
- Chronic fatigue;
- Epilepsy;
- Alzheimer's;
- Headaches, migraines;
- Sleep disorders.

Emotional imbalances of the **Crown Chakra**:

- Depression;
- Obsessive thinking;
- Confusion;

Balanced **Crown Chakra** expresses itself as:

- Magnetic personality;
- Able to achieve 'miracles' in life;
- Transcendent;
- At peace with self;

Essential Oils for the **Crown Chakra**:

The **Crown Chakra** is about spirituality. Sandalwood would be the first choice as it is said to bridge the gap between heaven and earth. Frankincense assists with connecting to the Divine within and without, and both oils are perfect for use in meditation. Frankincense is used in incense in churches and religious ceremonies. Rosewood can assist with the opening of the Crown Chakra and is perfect to add to a meditation blend.

Essential oils that help balance the **Crown Chakra** are:

- Sandalwood, Frankincense, Alpine Lavender, Rosewood, Elemi

Crystals for balancing the **Crown Chakra**:

- Amethyst, Clear Quartz, Diamond

Bush Essences to heal **Crown Chakra** issues:

Alpine Mint Bush helps those who serve others to not lose sight of themselves.

Angelsword allows one to discern spiritual truths and access past life gifts; releases negative energies;

Bush Iris brings about spiritual awakening and understanding.

Freshwater Mangrove helps one to awaken spirituality by letting go of preconceived ideas.

Gynea Lily helps one move away from mainstream thinking.

Mint Bush helps the spiritual awakening process.

Red Lily helps keep one grounded while accessing spiritual realms.

Slender Rice Flower helps one see that we are all connected.

Tall Yellow Top alleviates feelings of alienation and loneliness, realizing we are all one.

Sydney Rose focuses on unconditional love, working on the crown and heart chakras.

This document was created with Win2PDF available at <http://www.daneprairie.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.