



CROWN

Sahasrara

Consciousness, Unity,
Spirituality, Oneness



CHAKRA NUMBER: 7
SANSKRIT: Sahasrara
MEANING: Thousandfold
ELEMENT: Thought
COLOR: Violet
SEED SOUND: OM
AFFIRMATION: I Know
LOCATION: Top of Head
PLANET: Jupiter
GLAND: Pituitary

Affirmations

- 1 I am divine
- 2 I am a spiritual being
- 3 I am one with all that is
- 4 I am infinite and boundless
- 5 I am at peace

Healing Practices

- **Meditation** - experiment with different forms of meditation
- **Intentional Silence** - limit your speech to absolute minimum
- **Visualization** - envision violet-colored lotus at the top of head
- **Energy Work** - tai chi, qi gong, reiki, acupuncture, acupressure
- **Get Outside** - feel the connection with the world around you
- **Aromatherapy** - myrrh, elemi, cedarwood, jasmine, lavender
- **Light Diet and Fasting**
- **Affirmations & Mantras**

Health State

Balanced: Trust in Divine, Strong Faith, Spiritual Connection, Deep Awareness, Feeling of Oneness

Unbalanced: Loneliness, Lack of Purpose, Weak Faith, Depression, Detached from Divine, Spiritual Disconnection

Yoga Poses



Headstand
Sirsasana



Tree Pose
Vrksasana



Forearm Stand
Pincha Mayurasana



Backbend
Anuvittasana



Lotus Pose
Padmasana



Rabbit Pose
Sasangasana



Corpse Pose
Savasana

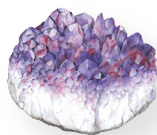
Crystals & Gemstones



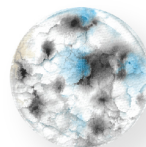
AMETRINE



LEPIDOLITE



AMETHYST



MOONSTONE



CRYSTAL QUARTZ



SELENITE