

7th Chakra | Sahaswara (Crown)



Sahaswara ~ One Thousand

This Chakra resides at the crown of the head and is therefore sometimes called the Crown Chakra. It connects us to higher consciousness and pure awareness. The 7th Chakra is known as the "Thousand-Petaled Lotus," which bursts open when we remember our true nature and experience enlightenment.

Colour:

- ☯ violet

Affirmation:

- ☯ I am, I understand

Location:

- ☯ top of head

Element:

- ☯ thought and/or will

Functions:

- ☯ vitalizes the upper brain (cerebrum)

Glands/Organs:

- ☯ pineal gland
- ☯ cerebral cortex
- ☯ central nervous system
- ☯ right eye

Gems | Minerals:

- ☯ amethyst
- ☯ alexandrite
- ☯ diamond
- ☯ sugilite
- ☯ purple fluorite
- ☯ quartz crystal
- ☯ selenite

Foods:

- ☯ associated with the idea of fasting
- ☯ violet (purple) fruits and vegetables

Qualities | Lessons:

- ☯ unification of the higher self with the human personality
- ☯ oneness with the infinite
- ☯ spiritual wills
- ☯ inspiration
- ☯ unity
- ☯ divine wisdom and understanding
- ☯ idealism
- ☯ selfless service
- ☯ perception beyond space and time
- ☯ continuity of consciousness

When Out of Balance:

- ☯ lack of inspiration
- ☯ confusion
- ☯ depression
- ☯ alienation
- ☯ hesitation to serve
- ☯ senility

Mantras:

- ☯ SILENCE
- ☯ I am ever walking in the light ~ om mani padme hum

How to Work:

- ☯ inversions

When to Balance:

- ☯ suffering from insomnia
- ☯ would like to establish a meditation practice
- ☯ lacking clear direction in life