



Crown (Sahasrara)

Spirituality, Consciousness, Oneness, Sacred Knowledge

CHAKRA NUMBER: 7

ROLE: Freedom

FOCUS: Spiritual (I Understand)

LOCATION: Top of Head

GLAND: Pituitary

COLOR: Violet

SEED SOUND: AUM (Om)

HEALING FREQUENCY: 963 Hz

SOUND: Silence

ELEMENT: Consciousness

PLANET: Jupiter



Affirmations

- 🌸 I am divine
- 🌸 I am a spiritual being
- 🌸 I am one with all that is
- 🌸 I am infinite and boundless
- 🌸 I am at peace

Healing Practices

MEDITATION

Meditation is the most important technique to bring balance to your chakras

INTENTIONAL SILENCE

Limit your speech for periods of time

ENERGY WORK

Reiki, acupuncture, qigong, tai chi, yoga, acupressure, falun gong

VISUALIZATION

Picture a ball of violet light in your crown chakra location

GO OUTSIDE MORE

Get plenty of fresh air, nature, and sunlight

COLOR THERAPY

Surround yourself with the color violet

GROUNDING MUSIC

Listen to music tuned to 963 Hz healing frequency, or 963 Hz healing bowls, bells, or tuning forks

AFFIRMATIONS & MANTRAS

Use the suggested affirmations and the mantra "OM"

Foods To Heal

Fresh Air, Sunlight, Nature
This chakra focuses more on fasting, detoxing, and the spiritual aspects of our bodies.

Essential Oils

Rosewood, Frankincense, Sandalwood, Lavender, Myrrh, White Lotus Flower

Crystals & Gemstones

Lepidolite, Selenite, Moonstone, Clear Quartz, Labradorite, Amethyst

Health State

BALANCED

Strong Faith
Sense of Divine Guidance
Spiritual Connection
Deep Awareness
Wisdom

IMBALANCED

Depression
Frustration
Spiritual Disconnection
Melancholy
Apathy

Yoga Poses



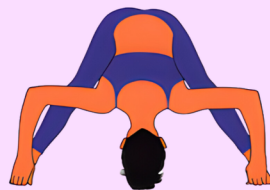
Lotus Position



Corpse Pose



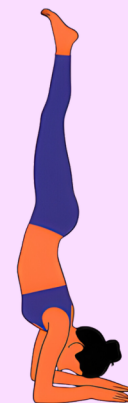
Scorpion Pose



Wide-Legged Forward Fold



Backbend Pose



Headstand



Tree Pose