

# Crown Chakra - Sahasrara



Your crown chakra is located just above the top of your head and can be seen as either violet or sometimes white. It can be represented by the thousand petal Lotus flower. It is your connection to the spiritual realms and the Divine and is all about transformation.

It connects you to your higher consciousness and infinite wisdom and where you get a sense of oneness. It is thought your crown chakra develops between 43 and 49 years of age.

Things that can affect your crown chakra being blocked are if you are closed or narrow minded, have closed your psychic abilities off or choose to ignore or deny your intuition and that you are soul embodied. Hold materialism above and in greater esteem than your spiritual growth.

If your crown chakra is blocked then you could feel disconnected with your spirituality and emotionally blocked, be unwilling to be open to others points of view, feel isolated, limiting belief's, confusion, be cynical.

If you have an overactive crown chakra then you could be an over thinker and suffer from confusion and not being able to focus. If you work on your crown chakra without first aligning all your others, and you don't feel grounded you could be described as having your head in the clouds and suffer from delusion.

When your crown chakra is open, healthy and aligned you may feel calm and peaceful. Being able to connect to your inner wisdom with a sense of ease. Feel an sense of oneness and be in flow with your life. Be able to let go of any fear by having an inner knowing that everything is as it should be. Feel a strong connection to universal consciousness, the Divine.



# Here are some ways of healing your crown chakra

As with all chakras guided or unguided meditations are an extremely good way of healing your chakras and your crown is no exception. Meditations helps us to open-up an inner space where we can find peace and calm, to focus on and connect with our infinite Divine wisdom.

Your crown chakra is your connection or portal to the Universal or Divine wisdom from within, your higher self. It is recommended you balance all your other chakras before opening/aligning your crown chakra and doing a grounding visualization. This is so your energy can flow freely and you are also fully grounded and anchored into the earth.

Bring your awareness to your crown chakra which is a couple of inches above your head. Visualise it as a thousand petal Lotus flower opening to reveal a violet/white light becoming brighter and stronger. Swirling, cleansing and clearing any blockages and aligning with your whole energy system. Maybe say some affirmations or repeat some mantras that resonate with you for the crown chakra whilst visualizing this. Then see the violet or white light spiralling around and throughout your whole being. Feeling a sense of oneness, peace and your whole being connected to a deep inner wisdom of all that is.

If your crown is overactive then imagine your crown chakra becoming smaller to realign with you whole energy system and being in flow. You could call your chakra back asking it kindly to return to a size that is healthy and balanced.

Doing Inner and Shadow work can be extremely beneficial in healing your Chakras. Wearing Violet/ Purple or White clothes will also help.

## Mantras and Affirmations

- I trust my higher self.
- I know my higher self only has my best interest at heart.
- I am whole.
- I am one.
- I am peace.
- I am love and light.

## Crystals to use

Working with or wearing crystals whilst doing a meditation/ visualization or throughout your day to help heal your crown chakra can be very beneficial.

- Amethyst.
- Moonstone.
- Selenite.
- Clear Quartz.
- Labradorite.

You could say any of these mantras and affirmations whilst doing a visualisation/ meditation or holding one of the crystals mentioned above.

Getting out into nature and if you can, walking bare foot on the earth/ sand. Taking your time to appreciate mother earth and all that you see. Any exercise or movement is good.

## Essential Oils and incense

- Jasmine.
- Frankincense.
- Cedarwood.
- Lavender.
- Sandalwood.

## Physical signs your crown chakra could be unaligned

- Difficulty sleeping.
- Poor balance.
- Headaches or migraines.
- Extreme fatigue.
- Dizziness.
- Poor concentration.

As with any physical symptoms always get advice from a medical professional for any of the above ailments.

Your chakra energy system plays an important part in your over-all wellbeing and spiritual growth. By recognising this and which ones needs attention, means you can then work with your chakras to balance, align and heal any imbalances you may have in them. Helping and supporting you in your daily life and spiritual growth.



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