



# CROWN CHAKRA



## CROWN CHAKRA (SAHASRARA)

**Location:** Crown

**Element:** Beyond, Thought

**Colour:** Crystal Light

**Balanced:** Wisdom, Connected, Serenity

**Issues:** Disconnected, Depression, lack of empathy

**Body Areas:** Brain & Nervous System

**Endocrine Gland:** Pineal

**Essential Oils:** Melissa, Chamomile, Frankincense

### RITUAL: MEDITATION

Balance this sacred energy centre with meditation.

'Meditation means the recognition or discovery of one's own true self. – Sri Chinmoy

### CRYSTALS

#### PURPLE FLUORITE

A powerful wind element stone utilising the power of thought, focus & concentration, making it ideal for meditation & achieving a "no mind" state of consciousness. It is capable of producing rich visions & insights, as well as strengthening one's ability to receive & interpret psychic information.

#### CLEAR QUARTZ

Amplifies energy & brings heightened spiritual awareness, Opens chakras & expands consciousness, Encourages clarity & amplifies psychic abilities. Stimulates the nervous system, growth of hair & fingernails.

#### SELENITE

Opens & activates the third eye, crown chakra & Soul Star chakra. Cleanses the auric field, Clears congested energies, Lifts awareness to higher planes, Compels one to move forward in life, Helps remove stagnation.

### AFFIRMATIONS

'I AM A BEING OF LIGHT & LOVE.  
I AM DIVINELY GUIDED & INSPIRED.  
I AM AT ONE WITH THE UNIVERSE.  
I LIVE THROUGH MY HIGHER SELF.  
I AM ENLIGHTENED'

'I AM CONNECTED'

## CROWN CHAKRA

Placing one hand on the heart, draw a deep loving breath in, and a long slow exhale release... journal on the following:

I AM CONNECTED TO A LIMITLESS SOURCE OF CREATIVITY,  
ABUNDANCE, HEALTH,  
HAPPINESS, AND LOVE

What evidence do I see in my life of the Universe always looking out for me? What are some visible and non-visible signs of the Universe's love?

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Describe your connection to other living beings: people, animals, plants, the earth, and the universe as a whole. What does it mean to be connected to all?

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Can I retain my sense of individuality while still feeling connected to all? Is this important to me?—

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More than anything, today, I am grateful for ....., because.....

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## CROWN CHAKRA

Placing one hand on the heart, draw a deep loving breath in, and a long slow exhale release... journal on the following:

I SURRENDER TO THE LOVING WILL OF THE UNIVERSE

What does it mean to me to surrender to a higher power? Is this easy or hard for me?

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What are three ways I can practice surrendering in my daily life?

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Surrendering to a higher power can be difficult because it may feel like giving up personal control and losing a sense of personal power. However, in what ways does surrendering actually give me a *greater* sense of personal power?

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More than anything, today, I am grateful for ....., because.....

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## CROWN CHAKRA

Placing one hand on the heart, draw a deep loving breath in, and a long slow exhale release... journal on the following:

I AM ALIGNED WITH MY SOUL'S PURPOSE AND TRUTH

What is my soul's purpose?

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Do I feel connected to this purpose?

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Do I believe this purpose can change throughout my life, or do I have a singular all-encompassing purpose to lead me in my journey?

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More than anything, today, I am grateful for ....., because.....

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## CROWN CHAKRA

Placing one hand on the heart, draw a deep loving breath in, and a long slow exhale release... journal on the following:

I KNOW DEEP INNER PEACE

When do I feel most peaceful? What does divine peace feel like to me?

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How can I cultivate this feeling in my daily life?

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How can I remain peaceful, focused, and trusting when my outer world feels chaotic and/or when I'm surrounded by the negative energy of others?

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More than anything, today, I am grateful for ....., because.....

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