



SAHASRARA CHAKRA

Meaning: Thousandfold or Thousand-Petals

Colour: White, Light, Violet

**Physical: The space between the crown and several inches above the head,
Pineal Gland, Skull**

**Governs: Consciousness, Relationship with the divine, Understanding,
Enlightenment, Your relationship with your highest self, Your connection
with the universe**

Bija Mantra: Silent AUM (The vibration that follows Aum)

When this Chakra is UN balanced:

Physical/anatomical: Light sensitivity, headaches, dementia, autoimmune disorders, neurological disorders, (the crown chakra affects the health of our brains and therefore our entire mental, physical, and spiritual health).

Energetic/Experiential:

Lack of faith. You feel as though there is no greater connection and that you are not influential in the greater scheme of things. You are confused by faith and become apathetic and bored. You only accept your physical reality, and feel separate from who you are inside. Overly practical and unimaginative, your ideas are limited and this limits your possibilities. You may be obsessed with your physical appearance, or self conscious. On the other hand, an overactive Sahasrara can present as an inability to connect to the physical world, an obsession with enlightenment and an inability to experience.

When this Chakra is IN Balance:

When Sahasrara is in balance, you are in BLISS. There is an innate connection to the universe that steers you constantly on your path and provides you with the tools you need to move forward. You are a natural leader and inspire the people around you effortlessly and with complete humility. You are able to connect thoughts, ideas, people, and sensations without being judgmental. You experience a constant sense of universal order that allows you to be confident and live with an attitude of abundance and gratitude!