

## # 7 - Sahasrara: the crown chakra



Finally we arrive at the seventh chakra, the highest, the last one that reaches the kundalini in this ascent: **the crown chakra**.

It is located at the top of your head, just like a crown, and controls the top of the head, the nervous system and the brain. It is associated with the color purple.

The **Sahasrara** is the chakra of liberation, knowledge and bliss. It is not found in the physical body, but above, above the head. **It is linked to the energy of the universe**, to the connection with the Divine, to the Enlightenment.

Whoever reaches this stage will have understood the mysteries of life, including birth and death.

This chakra is represented by a **lotus with a thousand petals**, a symbolic number that indicates infinity. Its energy will dissolve your Ego in the Whole and transform us in turn into energy.

**The opening of the seventh chakra** will give you wisdom, well-being, tranquility and happiness. You will be patient, understanding and compassionate.

But what happens if **the energy flow of the seventh chakra is blocked**? When the flow is blocked, we will not be able to cultivate our spirituality. We will then feel apathetic, despondent, unwilling to live, depressed.

If **it is too open**, then we will be attached to unimportant things, material goods and power, overwhelmed by ignorance and dissatisfaction, and we will always feel anxious, arrogant, impatient.

Even on the physical plane we will be affected and suffer from exhaustion, mental confusion, depression, apathy to the point of ending up in psychosis and schizophrenia.

Other problems with this chakra can cause the need to dominate and manipulate others to get what you want, the fact of always wanting to be right, bullying, rigidity in the form of thinking, a high ego, materialistic values, the difficulty in concentrating, the difficulty of thinking independently.

## How to rebalance the seventh chakra

In addition **to Reiki sessions**, the yoga positions that help us rebalance **the seventh chakra** are those that stimulate the top of the head, such as Sirsasana or Sasangasana, but also Padmasana, also called lotus position, which will help you find the concentration for meditation, perhaps listening to the **mantra Ah**.

You can also activate the crown chakra with **meditation and prayer exercises**, you can also try to keep your mind free of thoughts for at least **20 minutes** with the help of a mantra and in a sitting position with your back upright.

# Summary of Sahasrara



**Position:** above the head

**Function:** knowledge, universal awareness or pure awareness

**Color:** white, deep purple

**Element:** Metal

**Sense:** thought and empathy

**Stones:** hyaline quartz, amethyst, diamond

**Mantra:** ah, om, I

**Lotus:** a thousand symbolic petals indicating infinity with a light in the middle

**Note:** Yes

**Animal:** The symbolism does not include a representative animal for this chakra