

CROWN CHAKRA

Location: Top of your head

Sanskrit name: *Sahaswara* (meaning "thousandfold")

Represents: Consciousness + enlightenment

Color: Purple

Gemstone: Amethyst

Associated with...

- Spirituality
- Awareness
- Higher states of consciousness
- Ecstasy + bliss
- Presence
- Clarity + wisdom

When blocked or out of alignment, you might experience:

- Isolation or a feeling of being disconnected from others
- Cynicism
- Living in your head
- Closed-mindedness
- Depression + mental fog
- Chronic fatigue + migraines

How to heal it: Meditation is the No. 1 way to heal your Crown Chakra, so sticking to a regular practice is incredibly important. Nourish your body with healthy, wholesome foods, and take some time to sit in silence whenever possible. Practice slow, gentle yoga poses, and try soothing aromatherapy scents like jasmine, rose and lavender.

Physical Ailments associated with a blocked crown chakra:

- Neurological Problems
- Headaches
- Nerve Pain
- Psychological disorders
- Alzheimers

- Insomnia

Mental Ailments:

- Loneliness
- Inability to connect with others
- Feeling of being lost
- Confusion about ones direction
- Frustration
- Discontent
- Depression
- Spiritually Disconnected

AFFIRMATIONS

- I am.
- I trust.
- I am at ease.
- I am at peace.
- I am enlightened.
- I know.
- I am connected.
- I understand.
- I am light.
- I am divine.

FOODS

- Purple Potatoes
- Figs
- Plums
- Purple Grapes
- Blueberries
- Purple Cabbage
- Purple Asparagus
- Purple Carrots
- Prunes
- Eggplants
- Elderberries
- Purple Peppers

CRYSTALS

- Selenite
- Amethyst
- Clear Quartz

ESSENTIAL OILS

- Lavender
- Frankincense
- Sage

https://in.pinterest.com/pin/322992604511398293/?nic_v2=1a4McJg7b

<https://soultruthgateway.com/blog/the-ultimate-guide-to-the-7-chakras-for-beginners>