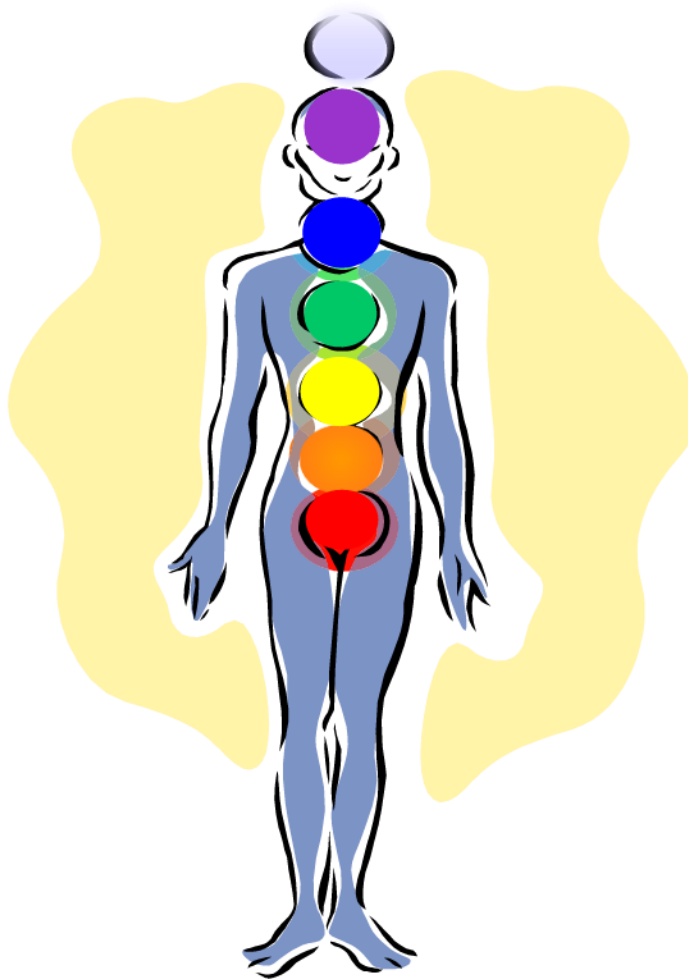


---

Seventh CHAKRA  
Crown Center  
Violet-White

*The Power of Spiritual Thought: Consciousness  
Lessons in Bliss and Divine Connection*



---

# Consciousness Thought Information Knowing Understanding Transcendence Immanence Meditation

*The seventh/ Crown chakra is our connection to our spiritual nature and our capacity to allow spirituality to become an integral part of our physical lives. We use the seventh chakra as a tool to communicate with our spiritual nature. It is through this vortex that the life force is dispersed from the universe into the lower 6 chakras.*

**Location:** The Crown Chakra is located at the top of the head. It is related to the cerebral cortex and the central nervous system

**Endocrine Gland/s:** Pituitary

This chakra governs part of the spinal cord, the stem of the brain, the pain center of the brain, the cerebral cortex, and part of the nerves.

When people become sick and suffer a lot of pain that they cannot handle, it is because the energy flow is blocked to this chakra. A lot of people are able to control their pain threshold levels through focusing on this chakra and flowing energy through, to stop any pain that is inflicting them.

Different cultural people who walk on hot coals, beat themselves and stitch sharp objects into their bodies, could come away from these ceremonies without any physical burns, wounds and pain, through the focusing and belief in this center, and it's role in understanding divine belief.

The Crown is at the very top of the body. As the base chakra connects us to Mother Earth, the crown chakra connects us to the heavens, to the stars and beyond. The sky, and all the power and wisdom that belongs to our higher mind is governed by this chakra. This chakra is the life force energy channel for healing and spiritual awakening.

This chakra governs the connection that we have to the Divine. It embodies belief, unconditional love and beauty.

- When we believe, we are open to learning.
- When we learn we open ourselves to life's experiences that challenge us to grow and evolve into better people.
- When we open ourselves to unconditional love, we allow ourselves to love and accept all beings.
  - We are free from judgement and we are open to others and their beliefs.
  - We embrace the concept that we are apart of every living thing that exists.
- If you believe in God, the Creator or Great Spirit, you believe that these beings are apart of you.
- With unconditional love you are ready to accept other cultures and their beliefs.
- You embrace the concept of brother hood and sisterhood.

*"We are in the realms that are less physical, so instead of asking about your head, it is more appropriate to ask how you feel about your mind. This involves how you regard yourself as a thinking being, how you relate to your mental capacities, what problems you may experience."*

*- Anodea Judith, **The Sevenfold Journey**, p. 251*

## The Energetic Body As a Gateway to Healing

### 7th Chakra

---

**On a spiritual level**, the Crown chakra is our connection to healing and life force energy. This center is connected to your higher mind. Your higher mind is the part of you that knows all the answers. This chakra can also send healing energy down through to the others' chakras.

The Crown chakra is like a transmitter to the whole universe:

- If you send out thoughts and ideals, dreams and goals through this chakra you will be heard and a lot of the times your prayers are answered.
- Through inner healing and deep meditation we are able to unlock our true potential.

**On the physical level**, when functioning positively, you will feel alive and filled with spiritual energy. Your health is radiant and you are strong in mind, body and spirit.

**On the mental and emotional levels**, you have an established sense of:

- Values & ethics
- Trusting life
- Courage
- Humanitarianism
- Selflessness
- Ability to see the larger pattern
- Faith
- Inspiration,
- Spirituality and devotion,
- Intuitive knowing
- Connection to one's spirituality
- Integration of the whole

**When functioning negatively**, on a physical level this chakra causes a loss of control over a person's ability to live and interact with the world. Some people suffer from diseases that cause them to lose movement. Some of the problems that come from this chakra are blindness, deafness, paraplegics, loss of limbs and any disease that attacks the nervous system, brain stem and spinal cord. There is a loss of belief and energy flow, which causes this chakra to become unbalanced.

### **Sacred Truth: Live in the Present Moment**

Achieve a personal relationship with the Divine. All physical, psychological and emotional illusions or fears, need to be removed from your life. Let go of the past, do not anticipate the future and live in the presence of the Divine.

*Despair is the pre-requisite for growth.*

### **Color: Violet to White**

There are two major colors that you can use with this chakra. One is violet and the other is white. White represents all the colors combined together. So all the energies that exist with all the colors flow and vibrate a powerful healing frequency through this chakra. White is divine, pure, honest and new.

---

## EXPERIENCE OF THE 7th CHAKRA

This chakra is the chakra that can create miracles. If you believe and have hope, working with this chakra can bring about true healing on any level

- Of course, negative imaging will also bring forth results, so it is very necessary to monitor what our imagination is producing!!<sup>1</sup>

The seventh energy center monitors our transition into other dimensions, such as those of altered states, sleep, coma, death and the Light realm of Divine Force.

- It functions as an energetic roadway that facilitates our movement into territory other than the earthly dimension.
- It is the center through which our energy is released from the physical body when we die.
- It can also be a passageway that we use to evacuate our energy from the body when we get scared, or experience trauma.
  - When we do this, we are essentially running away from the physical plane because it frightens us. We run into the arms of a Divine Force, knowing that there we will experience safety and support and unconditional love.

The seventh center is our link with Spirit, and we activate and strengthen it every time we pray.

It contains the energetic configuration of the quality of faith and also holds all our beliefs about a Higher Power.

It can be a channel for receiving the gifts of Spirit, which bring us everything that we need, in any area of our life.

### COCREATING WITH SPIRIT

The seventh center bestows upon us the quality of attention, the ability to concentrate energy on a goal in order to bring it to life. The act of paying attention to something aligns our sixth center and seventh energy centers and allows them to connect with the will energy in the fifth. The impetus of the will provides the force to send the focused energy exactly where we want it to go.

*The energy of Mercury presides over the seventh center. In mythology, it was the job of the messenger god Mercury to be the mediator between the gods and humanity. Mercury brought the wisdom of the higher spiritual realms to the earth, and by doing so encouraged the transformational process.*

In this way, the seventh center can be said to be the home of our waking conscious minds. The waking consciousness, ... mediates between what we call superconsciousness (that part of us that is linked to Divine Forces, sometimes called the Higher Self) and subconsciousness in the sixth center. When waking consciousness can be a clear channel, the Divine energies of Spirit can travel directly and cleanly through to direct the subconscious to connect us with what we want to create. Then whatever we create will be linked with Spirit, and will have the ability to bring more Spirit into our life and the lives of all humanity. <sup>1</sup>

**Another quality associated with the seventh energy center is that of surrender or release.** Think of the word "surrender" as being linked with the idea of acquiescence and consent, as giving permission and accepting, rather than with the idea of submitting to someone else's control.

The idea of release can likewise be defined as freedom and liberation that delivers independence.

- In order to be connected with Spirit, we must surrender to its Force, accepting It as the guiding and loving authority in our lives.
- We acquiesce to the idea that our personalities are not the main show;
- They are merely structures that are perfectly suited to carry the force of spirit into our lives.
- Upon this acceptance, we experience a sensation of release -
  - Of freedom from fear
  - Emancipation from negative beliefs
  - And utter independence as we reclaim our birthright of our true selves.

## TASKS

Developing expanded consciousness: The crown chakra relates to the process of *knowing*. We look at the way we think -- both content and pattern -- and ask the questions, "How do we know what we know?" and "Who or what is it that does the knowing?"

The answer to this question is the very consciousness that we seek to understand, embody, and enhance.

---

<sup>1</sup> Privett, Nancy. *Stepping into the Aquarian Age*, pp146-148

Our task here is to examine:

- Our thoughts
- Our beliefs,
- Our process of receiving, analyzing and storing information
- (the examination of consciousness itself)

To work on the crown chakra is to examine and expand our consciousness. We do this through:

- expanding our information bank,
- by exploring and reaching out,
- by learning and study. We do it
- by examining our belief systems,
  - our internal programming,
  - and working the "bugs" out of our operating system.

We do it through **meditation**, which allows our consciousness to turn within and transcend the smaller patterns of the mundane.

*And we do it through coming into our bodies, paying attention to the information that comes through our sensory receptors, and expressing our consciousness through the actions of the body.*

For these efforts we obtain:

- Clarity ,
- Sensitivity,
- Intelligence,
- Understanding,
- Inspiration,
- And peace.

## LEVEL OF CONSCIOUSNESS

In the crown chakra, we often speak of "higher consciousness." This refers to perspective - one can see further from the mountaintop than from within the forest.

In terms of chakra levels, we have moved beyond perceiving "things" to the relationships they describe, to their patterns and their deeper **metapatterns**.

Higher consciousness is not necessarily "better" but it is broader and this is in keeping with the pattern of expansion created by moving upward in the Chakra System. It is the embracing of larger and deeper metaphysical patterns of which our daily patterns are but subroutines. The view from the mountaintop, however, cannot

see the small flowers growing by the stream in the valley, and this view is equally valid and worth seeing.

#### Transcendence And Immanence...

In transcendence we are moving away from the smaller patterns to embrace a deeper, broader point of view. We are moving upward toward the crown chakra leaving behind the limitations of the small, the physical, the individual.

We can reach a meditative state of oneness through transcendent consciousness, a place of peace and understanding, leaving the body for the vast and unlimited realm of the mental planes.

Transcendence allows us to escape, to rest, to renew ourselves with new perspective.

Immanence is the path of consciousness coming *into* the body.

Immanence means that we pay attention to the here and now, to the specific and the finite.

- we enliven and enrich, charging otherwise inert matter with divine intelligence. consciousness is creative, embodied, made manifest.
- we challenge and change what we need to escape from and make the profane sacred.

In balancing the Chakra System we seek to experience both.

*Consciousness, however expansive, is an internal experience. A single human brain contains some 13 billion interconnected nerve cells capable of making more connections among themselves than the number of atoms in the universe. This staggering comparison presents us with a remarkable instrument. As there are 100 million sensory receptors in the body and 10 trillion synapses in the nervous system, we find that the mind is 100,000 times more sensitive to its internal environment than the external. It is truly from a place within that we acquire and process our knowledge.*

*Moving within is a way of accessing a dimension that has no locality in time and space. If we postulate that each chakra represents a dimension of smaller and faster vibration (higher frequency), we theoretically reach a place in the crown chakra where we have a wave of infinite speed and no wavelength, allowing it to be everywhere at once and yet having no perceivable location. Divine states of consciousness are described as omnipresent. By reducing the world to a pattern system occupying no physical dimension, we have infinite storage capacity for its symbols. In other words, we carry the whole world inside our heads. <sup>2</sup>*

---

<sup>2</sup> Judith, Anodea, and Vega, Selene, *The Sevenfold Journey* , pp259-260

## Issues Related to the 5th Chakra

### Physical

Paralysis  
Muscular system disorders  
genetic disorders  
bone cancer  
multiple sclerosis  
amyotrophic lateral sclerosis (ALS)  
sensitivity to light

### Mental & Emotional

Depression  
Alienation  
Confusion  
Boredom  
Apathy  
Inability to learn  
chronic exhaustion not associated w/ physical

## When This Center Is In Harmonious Functioning, The Following May Be Apparent:

*There are no blockages as such in the seventh chakra. It can only be developed to a greater or lesser extent.*

When your crown chakra begins to open:

- You will experience more and more moments when the division between inner being and outer life recedes into the background.
- Your consciousness is completely calm and open,
- And you experience your real self as being part of the omnipresent pure being which contains all matter.

As the development of the crown chakra increases, these moments occur more frequently until they become permanent reality.

When your Self is ready for this final step of enlightenment, it may happen quite suddenly:

- You will feel as if you have woken up from a long dream and that you are finally now beginning to live in reality.
- There will be no backward steps in your development. You have transformed yourself into an empty vessel, and the Divine Being fills this bowl to the rim.
- You realize you have found your true Self, the only permanent reality.
- Your individual ego has been transformed into a universal ego.
- You translate the purpose of the Creator into action in your behaviour, and the light you radiate opens the hearts of those receptive for the presence of the Divine.



- If you want to know something, you only have to direct your attention accordingly, because through your oneness with the divine Being every- thing exists within you.
- Creation is a game which takes place within your own boundless consciousness.

You realize that matter is nothing but a form of thought in the Divine Consciousness and does not really "exist" as such. All that you have accepted as real until now becomes an illusion. You experience the greatest emptiness -but this emptiness is identical with the greatest abundance, for it is life in its purest essence. And this divine essence is pure bliss.

During the years of the seven-year cycle in which you are particularly open to the energies of the crown chakra, you can develop a depth of insight and wholeness you would have considered previously impossible.

Meditation and selfless devotion now provide you with insight into your Divine origin and help you experience a feeling of oneness. You should use this opportunity to dwell more within yourself.

In this context it is interesting to note that a baby's fontanel remains open for the first 9 to 24 months of its life. During this initial period of their lives on earth infants live in an awareness of undivided unity."<sup>3</sup>

## Centering Techniques

### **Mantra Meditation**

This is the technique popularized in this country by the Transcendental Meditation Society (TM). Sit comfortably, spine erect, in your favorite meditation posture. Calm your mind and focus your thoughts by picking a simple one or two syllable sound, and uttering it internally, very slowly, over and over again. Common mantras are sounds such as Om, So Ham, I am, etc. The idea is to internalize the mantra, and let its vibration create resonance in your brain waves, breathing, and heartbeat.

### **Daily Check-In Meditation**

#### **Daily Practice Your Seventh Chakra**

- \* Allow the truth 'Live in the Present Moment' to penetrate your body.
- \* Pull your attention up and out, and hold the idea 'live in present time.'
- \* Let go of the past and do not anticipate the future.
- \* During the day, practice the discipline of telling yourself, "This is all I have. This is all there is to my life right now."

*Invoke this prayer:*

"I am committed to feeling a bond with each person I meet, to respecting my own integrity and honor, to living within the energy of love and compassion and returning to that energy when I don't feel it, to making wise and blessed choices with my will, to maintaining perceptions of wisdom and non-judgment, to release the need to know why things happen as they do, and not to project expectations over how I want this day to be and how I want others to be. And finally, my last prayer, 'to trust the Divine'. And with that I bless my day with gratitude and love."

<sup>3</sup> Sharamon, Shalila and Baginski, Bodo J. *The Chakra Handbook*, p127

## The Energetic Body As a Gateway to Healing

### 7th Chakra

---

At the beginning or end of each day you can set a balanced, centered tone. Here's one way to de-fragment ourselves and connect with the spiritual. This meditation can be done alone, or in the company of others who are of like mind.

*Sit quietly, on a straight-backed chair with feet flat on the floor and hands resting quietly in your lap, palms up with fingers relaxed, or, if it's comfortable for you, in a lotus or half-lotus yoga posture. You may use silence or calming music, but try to limit distractions by turning off the phone ringer, the television and radio. Your eyes may be relaxed in a half-open position or closed. Remember to breathe gently; do not hold your breath, but allow it to move your body in whatever way is natural for you.*

*Imagine cords running into the earth from your feet or from your tailbone, to keep you grounded, and to gather solid energy from the planet. Imagine that energy running in a continuous flow up your spine. Now, imagine a cord running from the top of your head out into space, gathering spiritual energy, which then flows back along the cord and down your spine. Imagine those two forms of energy intermingling up and down your spine, the grounding and the spiritual.*

*Now take your focus to the top of your head. Ask yourself how your head feels, and how you feel about spirituality. Focus on the energy collected there, at the spot that was your "soft spot" when you were an infant. If you can't feel anything there, imagine something. It will be right for you*

*Now, allow this energy to flow into your head. Encourage it to run through the bones of your face and ears. As it passes your forehead and eyes, pause a moment to reflect on your thinking, on what mental processes will be required of you today, and on the state of your physical health. Are you suddenly aware of eye strain or a headache?*

*Move the energy down into your shoulders and throat. What will you be saying today? Is there stiffness in your neck or arms? Does the energy feel blocked or stagnant here, unwilling to move?*

*Take a breath and exhale as you move the energy into your chest. Do you have heart pain, either emotional or physical? Does your back hurt?*

*Allow the energy to flow more downward, into your mid section (solar plexus). Is there a lump in your stomach? Do you feel like laughing? Will you be making decisions that challenge your integrity today?*

*Let the energy continue to move like a waterfall, into your soft belly. Allow your breath to reach there. Do you find emotional pain, relationship issues, uncomfortable changes there?*

*Breathe the energy to the base of your spine, between your "sit" bones. What's going on with your stability in the world? Your finances, your connection with family?*

*Allow the energy and your breath to fill your whole body now; breathe gently for a moment and, without judgment, just awareness, take note of any places that feel sticky or "dark."*

*Now, imagine the energy taking the form of a stream and flowing up your spine, out the top of your head and surrounding you like a round waterfall, cascading with a steady, powerful flow to the floor, returning up your spine, and flowing out again. Continue this image until you sense that you are in the midst of smoothly moving energy inside and out.*

*This energy can be your protective armor today. If you are so inclined, you can imagine that it is permeable only by information that is healthy and helpful to you.*

## The Energetic Body As a Gateway to Healing

### 7th Chakra

---

*After you finish, while you are still in a calm and relaxed state, you may want to jot down notes about particular problem areas you found. There's no need to do this during the meditation; the important things are the ones that you will remember long enough to write down.*

*This daily "running the energy" meditation can be done in a quick five minute session before you step into the busy-ness of your day, or, if you have the time, fill an hour of intense meditative stillness for you.*

*The process brings the spiritual healing power of seventh chakra energy through your entire body, and connects it with each of the seven main chakra points along your spinal column. This impacts us in all areas of our life, since we are hooked together in such amazing ways it is impossible to affect one aspect of our life without a ripple effect to all others--the spritual, the emotional, the physical and the mental.*

*As you surround yourself with the waterfall of energy at the end of the meditation, you are generating a healing of your aura which has dramatic impact on relationships with the world around us.*

### **Counting The Breath**

This meditation simply focuses the mind on the breathing. Sit comfortably and count your breaths, following them closely as they go in and out, in and out. Allow them to settle in a slow, steady rhythm.

### **Running Energy**

This meditation allows the energy to run through you from above the crown chakra, down through each of the chakras, into the Earth. Think of the energy flowing down upon you and through you the way water flows out of a shower, lands on the top of your head and flows on down your whole body, and on down the drain. Like a shower, this is a cleansing meditation. The only difference is that we run energy through the *inside* of us, rather than just the outside:

*Simply imagine your crown chakra opening like the lotus flower that its name implies. As it opens, imagine a shower of energy coming down from the Heavens into your crown chakra. You can visualize this energy as a shaft of light, a cool breeze, or the warmth of the sun, but make sure it is a kinesthetic experience of being infused with an energy source from above.*

*As it comes into your crown, it flows downward and runs through your third eye, your throat, chest, belly, genitals and perineum and right out of your body into the ground. When you get to the bottom, go back up to the top and get some more from this infinite supply within your imagination, and repeat the same downward flow of energy. Work towards feeling it flow through you in a constant stream, cleansing and soothing you. Once you learn the basic meditation of running energy, then you can practice running different kinds of energy . You may choose to run hot or cool energy, male or female energy, red, blue or yellow energy. Each of these will produce a different kind of experience, and leave you in a slightly different state. You can pick an energy suitable to your needs at the time, such as running cool energy when you want to calm down from a tense day, or running powerful energy before a job interview.<sup>2</sup>*

### Questions for Self-Examination<sup>3</sup>

1. What guidance have you sought during meditation or praying?
2. What type of guidance do you fear the most?
3. Do you bargain with the Divine? Do you complain to the Divine more than you express gratitude?
4. Are you devoted to a particular spiritual path? If not, do you feel a need to find one?
5. Do you believe that your God is more authentic than the Divine in other spiritual traditions?
6. Are you waiting for the Divine to send you an explanation for your painful experiences? If so, list them.
7. How would your life change if the Divine answered your questions by saying: "I have no intention of giving you insight at this point in your life"? What would you do then?
8. Have you started and stopped a meditation practice? If so, what are the reasons that you failed to maintain it?
9. What spiritual truths are you aware of that you do not live by? List them.
10. Are you afraid of a closer relationship with the Divine because of changes it might trigger in your life?

### Affirmations<sup>4</sup>

1. It's OK for me to be here now
2. It's OK for me to know
3. I am one with the Universe
4. I am OK with God
5. God is OK with me
6. I learn from my past: I gain wisdom from all my experiences and move forward
7. My learning has blessed my life
8. I see myself as I am
9. I am well grounded and filled with purpose
10. It's OK to bring forth my spirituality
11. I am open to all knowledge
12. I enlighten others
13. I surrender to Divine Intelligenece
14. It is OK for me to be \_\_\_\_\_ in this life. (as aspect of self)
15. My life is filled with grace
16. Life is change
17. I radiate vitality with each breath I take
18. I feel universal energy surging through me
19. I take time to nurture myself
20. I put my trust in a positive solution
21. I am in charge of my mind and emotions
22. I am creating a beautiful life.
23. I radiate passion and strength.



**PLANT ENERGY** <sup>5 6</sup>  
**Bach Flower Remedies**

**Chestnut Bud**

Keywords: Fails to learn from past mistakes, repeats self destructive patterns, learns lessons the hard way, slow to learn, tries to forget the past

Affirmations: *I learn from my past mistakes*  
*I gain wisdom from all my experiences and move forward*  
*My learning has blessed my life*  
*I see myself as I am*

**Clematis**

Keywords: Daydreamers living in a world of their own, absent minded, prefer to be alone, sleep more than usual and avoid confrontation by withdrawing, spacey, don't fight to get well

Affirmations: *I live in the present moment*  
*I am here now*  
*I am in my body*  
*I am well grounded and filled with purpose*  
*It is safe to be in my body*

**Honeysuckle**

Keywords: Lives in the past, bereaved, homesick, can release certain memories, pessimistic

Affirmations: *I live in the present moment*  
*I am here now*  
*My life is filled with grace*  
*It is time to move on*  
*Life is change*

**Mustard**

Keywords: Sudden melancholy for no apparent reason, unable to hide despair and the cloud of doom

Affirmations: *My life is full of joy*  
*A deep love and aliveness is within me*  
*I radiate vitality with each breath I take*

- Olive** *It is OK for me to be happy*
- Keywords: Lack of mental and physical energy to the point of tears, no pleasure in life, "at the end of the rope"
- Affirmations: *I listen to my inner guidance to heal me*  
*I feel universal energy surging through me*  
*I take time to nurture myself*  
*The wellspring of life is within me*
- White Chestnut**
- Keywords: The mind races with recurring, obsessive, unwanted thoughts, can't let go of old events and arguments
- Affirmations: *My mind is focused on the light*  
*My mind is still*  
*I put my trust in a positive solution*  
*I am in charge of my mind and emotions*
- Wild Rose**
- Keywords: Resigned and apathetic, non-complaining, little energy, speak in monotones, weary and dull
- Affirmations: *My life is filled with good health and good friends*  
*I am vital and curious*  
*I am creating a beautiful life*  
*I radiate passion and strength*

## Aromatherapy<sup>7</sup>

**Olibanum:** This is the classic incense that is burnt in religious ceremonies. It consists of the resin of the olibanum tree. Its fragrance has a revitalizing effect on mind and soul, and purifies the atmosphere.

**Lotus:** "The blossom of the lotus plant, which grows in the mud, is a symbol of beauty and spiritual completeness in the East, indicating that while the enlightened person lives in the mud of the material world, this in no way affects his true Self in his union with God."<sup>4</sup>

---

<sup>4</sup> Sharamon, Shalila and Baginski, Bodo J. *The Chakra Handbook*, p. 130

---

## Stones and crystals:<sup>8</sup>

The clear quartz crystal is one of the most powerful crystals on earth. It promotes clarity and transmits energy that opens us up to all the wisdom of the universe. This crystal is very powerful when you focused it on the crown chakra.

Also:

**Amethyst:** Transmits a vivid calmness that dissolves fear and disharmony while providing us with trust in and devotion to the energies of the universe.  
Stimulates meditation and inspiration.

---

<sup>1</sup> Privett, Nancy. *Stepping into the Aquarian Age* (Old Lion Publishing, Westhampton, NY, 2001)

<sup>2</sup> Judith, Anodea, and Vega, Selene, *The Sevenfold Journey* (The Crossing Press, Freedom, CA, 1993. pp 266-67)

<sup>3</sup> Myss, Caroline. Workshop - *Anatomy of the Spirit*, 1995.)

<sup>4</sup> Delaney, Andrew & Laborde, Leta, DC - Workshop - *The Wisdom Within*, 1998.

<sup>5</sup> Ibid

<sup>6</sup> Bach, Edward. *The Bach Flower Remedies* (Keats Publishing, New Canaan, CT, 1979)

<sup>7</sup> Sharamon, Shalila and Baginski, Bodo J. *The Chakra Handbook* (Lotus Light Publications, Wilmot, WI, 1997)

<sup>8</sup> Ibid

<sup>13</sup> Judith, Anodea. *Wheels of Life* (Llewellyn Publications, St. Paul, MN, 2000)