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Crown Chakra

WOUNDED TO WELL: HEALING THROUGH THE CHAKRAS™

Kundalini is the great power that creates and sustains the universe



The movement of Kundalini brings a state of bliss that is momentarily experienced and a prolonged, life-changing spiritual experience

Kundalini

KUNDALINI is depicted as a snake or as the Hindu goddess *Shakti*, who lies dormant, slumbering at the root chakra

Shakti ascends ecstatically through the chakras to couple with the Hindu god *Shiva* and eventually, upon reaching the crown chakra, brings enlightenment

HOW TO ACTIVATE KUNDALINI

YOGA

Shakti • Kundalini • Tantric

KEY

Right Intention • Correct Breathing • Yoga Asanas • Meditation



HOW KUNDALINI WORKS IN EACH CHAKRA

ROOT - connects us to Nature

SACRAL - increases our understanding of other people

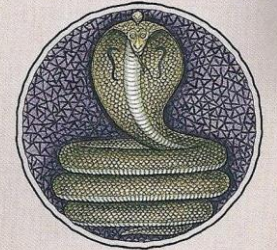
SOLAR PLEXUS - connects us deeper to who we are

HEART - helps us to feel intense love

THROAT - boosts the way we express ourselves

THIRD EYE - enhances inner perceptions

CROWN - takes us into altered states of consciousness



नाग

Naga, the cobra, is a symbol of *kundalini* power, cosmic energy coiled and slumbering within man. It inspires seekers to overcome misdeeds and suffering by lifting the serpent power up the spine into God Realization. Aum.



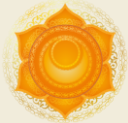
Growth and Development

The Chakras Align to Life Stages



ROOT CHAKRA - Mūlādhāra

Survival, fight or flight, self-preservation, safety, basic needs, physicality, aspects of self, family values
Ages 1-7



SACRAL CHAKRA - Svādhiṣṭhāna

Joy, creativity, sexuality, emotional balance, relationships, fluidity, freedom - sexual, emotional, creative
Ages 7-14



SOLAR PLEXUS CHAKRA - Maṇipūra

Expression of will, intellectual abilities, forming opinions and beliefs, making decisions, setting course of direction, clarity, personal identity, confidence, self-discipline, will, personal power
Ages 14-21



HEART CHAKRA - Anāhata

Love, generosity, dedication, empathy, compassion, trust, acceptance, forgiveness
Ages 21-28



THROAT CHAKRA - Viśuddha

Listening, authenticity, purity, truthfulness, alignment, clarity, influence, idealism, receptivity, peace
Ages 28-35



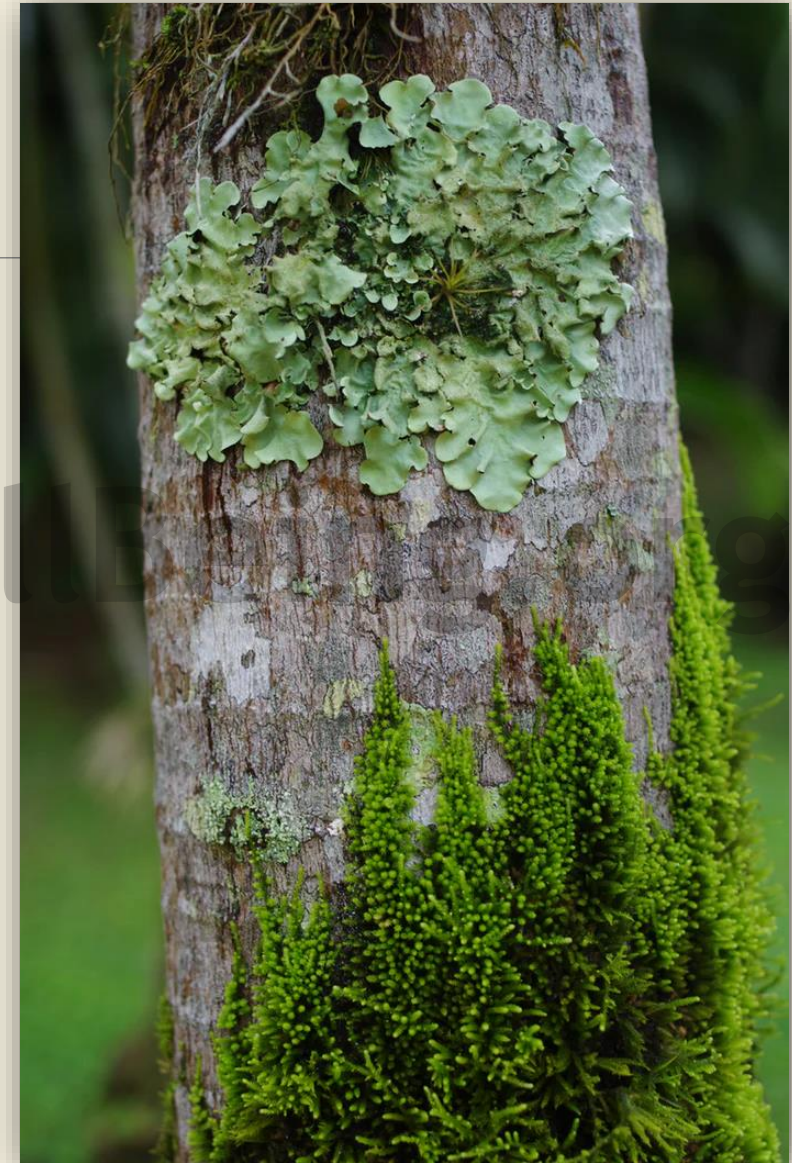
THIRD EYE CHAKRA - Ājñā

Vision, intuition, perception, psychic abilities, illumination, wisdom, insight, inspiration, creativity
Ages 35-42



CROWN CHAKRA - Sahasrāra

Self-transcendence, loss of ego-boundaries, connection with the infinite source of life, enlightenment, final liberation, unity, Divine-consciousness
Ages 42+



Your task is not to seek for love, but merely to seek and find
all the barriers within yourself that you have built against it.

- *Rumi*



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Sahasrāra



Enlightenment, Unity
and Liberation

Crown Chakra

SANSKRIT: *Sahasrāra* - translated as “*thousand-petaled*”

LOCATION: Center of the top of the head

COLOR: The dominating color of the crown chakra symbol is bright white or golden light. Its petals are multicolor, like a rainbow. The circle is sometimes compared to the symbol of the full moon - Goddess energy.

ELEMENT: Cosmos - pure light and the source of all creation

REPRESENTATION: A lotus with one thousand or infinite number of petals; the circle symbolizing infinite and complete

MANTRA SEED SYLLABLE: AH

PHYSICAL ASSOCIATION: Pineal gland, gap between the two hemispheres, skull; because of its location, the crown chakra is closely associated with the brain and the whole nervous system

SPIRITUAL FUNCTION: Self-transcendence, loss of ego and self-imposed boundaries, connection with the infinite source of life, enlightenment, ultimate liberation, unity, Divine-consciousness

CHALLENGE: The quest of returning to one’s original spiritual nature and home and for final release from illusion and earthly bondage and identification

Physical Signs

- Neurological disorders
- Nerve pain
- Thyroid and pineal gland disorders
- Recurring headaches, migraines
- Light sensitivity
- Insomnia
- Depression
- Mental fog/confusion



Psychological Signs

- Loneliness
- Apathy; chronic fatigue; boredom with life
- Lack of care and compassion towards others
- Excessive egotism
- Insomnia
- Nightmares/Night Terrors
- Feelings of alienation from others
- Narrow-mindedness/dogmatism
- Existential depression
- Spiritual disconnection
- Greed and materialism
- Lack of purpose and direction
- Mental illnesses that involve delusions (e.g. schizophrenia)



Understanding Imbalances



Imbalance is likely to occur with anyone who has ever experienced:

- living in stressful environments and/or fast-paced lifestyles
- unresolved trauma
- deeply rooted core beliefs which developed in childhood and have been reinforced throughout life
- being conditioned to believe that we are separate and isolated beings
- ego-centric existence where the self operates without general concern for others

BLOCKED

- Isolation and loneliness; inability to connect with others, lack of direction, inability to set or maintain goals, feeling disconnected spiritually
- **Manifests as:** neurological disorders, nerve pain, thyroid and pineal gland disorders, recurring headaches, migraines, Schizophrenia and delusional disorders, insomnia, depression

OVERACTIVE

- Feelings of superiority toward others, aggression, a tendency to be judgmental and critical of others, distrustful of others, feeling lost, feeling in constant crisis
- **Manifests as:** Depression, lack of empathy, dizziness, confusion, mental foginess, seizures, light sensitivity

BALANCED

- Grounded; centered; feeling at peace
- Emotionally mature; in control of emotions
- Intuitive; understanding one's place in the whole
- Connected to the divine

Activities

GROUND AND CONNECT WITH SPIRIT

Create a daily ritual that nourishes your Soul. Prayer creates an energetic bridge between you and your Crown chakra. The more you pray, the more your Crown chakra is opened to the Divine. In this way, prayer can be perceived as the key that opens the door to higher consciousness and connection to the Divine.

YOGA

Spending time in Savasana is especially important when working on the crown chakra; other poses are:

- **Supported Headstand (Salamba Sirsasana)** - This advanced pose nourishes the head with oxygen and blood to help open, balance, and soothe the crown chakra
- **Plow (Halasana)** - inverted position stretches the spine and shoulders; helps soothe and balance
- **Supported Shoulder Stand (Salamba Sarvangasana)** - this inversion helps alleviate depression while balancing and calming the crown chakra
- **Lotus (Padmasana)** - stimulates the spine and core while balancing and calming

MEDITATION

Stop-Believing-Your-Thoughts Meditation - Watch your mind and observe how it operates. Practice creating a space between you and your thoughts.



Nutrition

HERBS

- **GOTU KOLA** - an important Ayurvedic brain function herb, is used to nourish the brain and help with memory issues. It is believed it is one of the foods that elephants prefer, and elephants never forget! It can be used as a tea, tincture, or eaten in salads
- **TULSI** - also known as **HOLY BASIL**, is an adaptogen which can help put one in a state that allows for the ability to expand knowledge
- **GINGKO BILOBA** - perhaps the most well-known herb for brain health

FOODS

In general, light raw foods and superfoods, purple, violet, white or golden colors: artichokes, cauliflower, cabbage, garlic, onions, chives, horseradish, parsnips, plums, purple grapes and blackberries

FOOD FOR THE PINEAL GLAND

- The largest problem with the pineal is that it is prone to calcification, especially as the result of too much sodium fluoride
- Seaweed (rich in iodine) may help, as may kale, spinach, broccoli, almonds, oranges, flax and sesame seeds, and any chlorophyll rich food

SPECIAL TIP

When working with the crown chakra, sometimes one must force themselves to eat. Light meals and lots of liquids are advised, especially when doing spiritual work. With this chakra it is often said that food is optional. Drink lots of water and **Herbal Tea!**



Essential Oils

PEACEFUL - SPIRITUAL - HARMONIOUS SCENTS

- **FRANKINCENSE** - known as a spiritual oil for thousands of years; put a tiny bit on the crown of your head
- **SANDALWOOD** - known to release one from negativity and negative past experiences
- **LAVENDER** - well-known to lessen stress and allow for relaxed meditation
- **SPIKENARD** - a member of the same family as valerian and native to the Himalayan area of the world is an ancient plant used for religious purposes for thousands of years across many cultures; diffuse for meditation
- **HELICHRYSUM** - has been used for enlightenment when inhaled or on the crown; inhale when one is feeling stressed, traumatized, or hopeless
- **ROSE** - inhale to bring peace and harmony and to rid oneself of fear



Stones

HEALING STONES AND CRYSTALS

- Celestite
- Clear Quartz
- Spirit Quartz
- Selenite
- Danburite
- Charoite
- Nuummite
- Amethyst
- Apophyllite

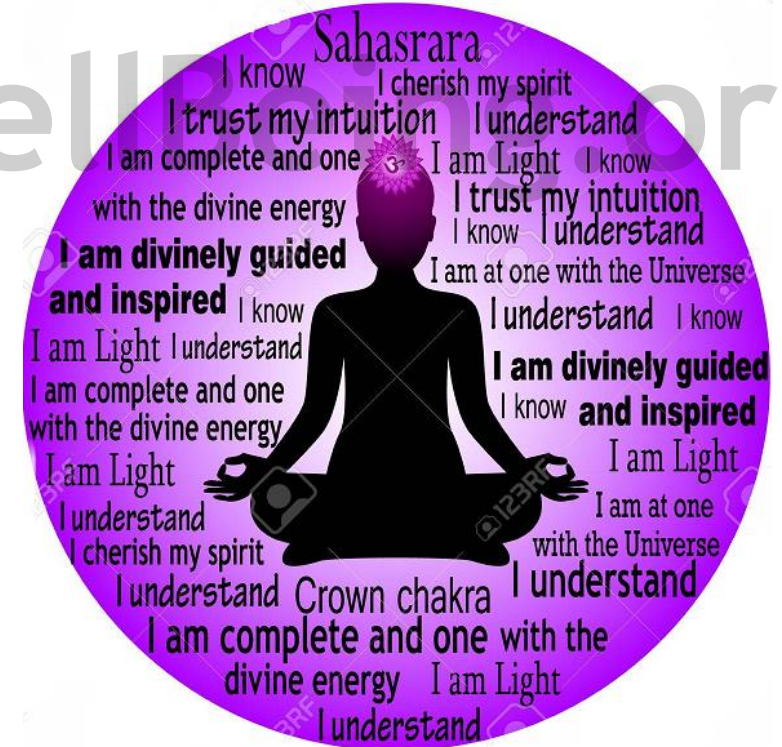


Affirmations

AFFIRMATIONS FOR THE UNCONSCIOUS MIND

Repeat positive statements to yourself multiple times a day to reprogram thought patterns

- I understand
- I honor the Divine
- I am complete
- I am at peace
- All life is connected
- I am divinely supported
- I honor the Divine within me



Mind Work

EXPLORE ROOT CAUSES

- Isolation and loneliness
- Inability to connect with others
- Distrustful of others
- Feelings of superiority toward others
- Aggression
- Tendency to be judgmental and critical of others
- Lack of direction
- Inability to set or maintain goals
- Feeling lost
- Feeling in constant crisis
- Feeling disconnected spiritually



Purity of the Soul

Embracing the Spiritual Connection

PROCESS EMOTIONAL WOUNDEDNESS

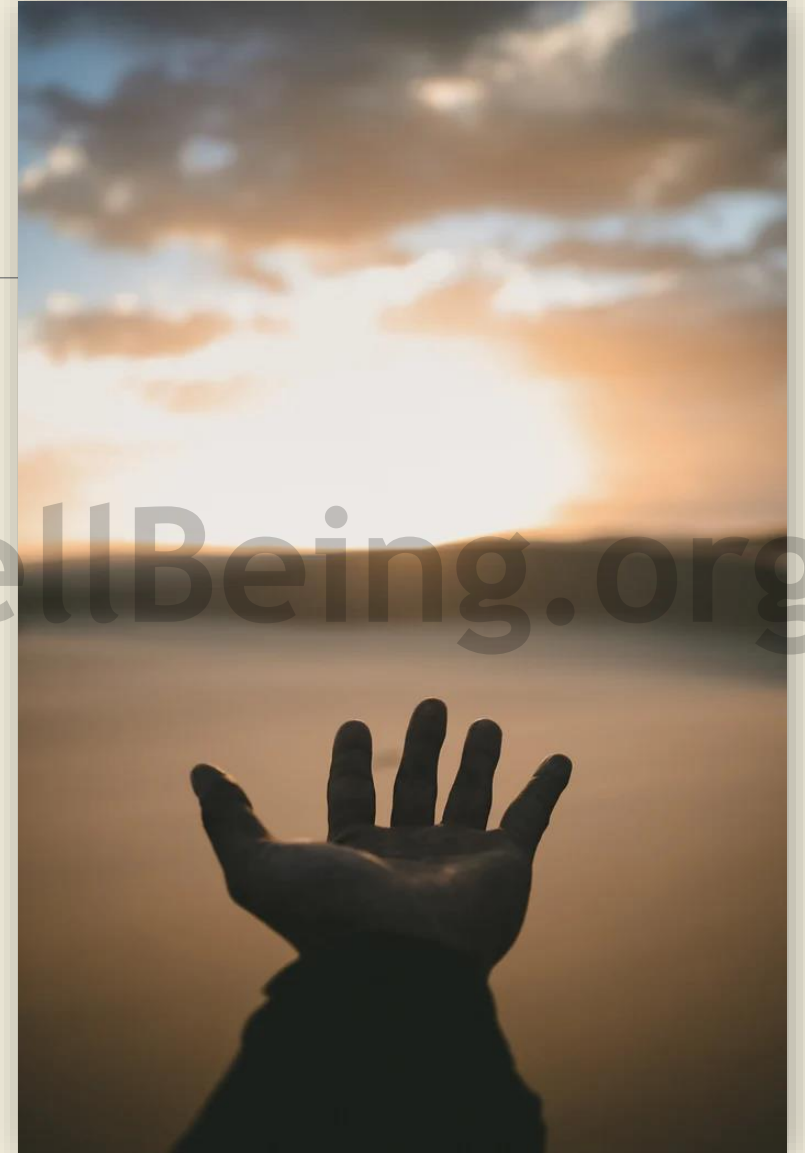
- Unhealthy learned behaviors
- Trauma
- Family of origin issues
- Connection to Self



A Spiritual Connection

OPENING TO YOUR SPIRITUAL NATURE

- Allow yourself to see past your own perceptions and release ego
- Connect to the power within you and allow it to connect to the creative force



Pathway to Spiritual Enlightenment

CONNECTION

Connect with the Crown Chakra energy to continue on the path towards spiritual enlightenment, unity with the Divine and ultimate liberation.



THANK YOU FOR COMING

We will hold this series again beginning January 2021



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They help us continue to deliver
these workshops and charitable services
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