

Crown Chakra - Sahasrara

-Crystal: Clear Quartz, Amethyst, Selenite

-Sound: OM, (pronounced "AUM")

-Emotions: Spiritual, Connected, Transcendent

-Language: "I know the connection to the divine and the universe."

-Movement: Meditation, Prayer, Reaching Upwards.

-Foods: Fasting, consuming pure water and light foods that nourish the body without overburdening it.

-Day: Sunday

-Color: Violet or White

-Herbs: Frankincense, Lotus, Lavender

-Blockers: Materialistic force, Closed Mindfulness, Disconnection from spirituality.



@VEROBEACHAURA