



# CROWN CHAKRA

*Sahasrara*

## Awareness, Divinity, Spirituality

- **Location:** Top of Head
- **Color:** Violet
- **Element:** Thought
- **Seed Sound:** AH
- **Gland:** Pituitary
- **Affirmation:** *I know*

### Balanced:

Trusting The Divine,  
Feeling Of Oneness

### Unbalanced:

Feeling Lost,  
Feeling Lack Of Purpose

### Essential Oils:

Spikenard, Palo Santo, Camphor, Frankincense, Lotus

### Crystals & Stones:



Amethyst



Selenite



Clear Quartz



Howlite



Moonstone

### Yoga Poses:



Headstand Pose  
*Sirsasana*



Corpse Pose  
*Savasana*



Lotus Pose  
*Padmasana*



Standing Backbend  
*Anuvittasana*



Tree Pose  
*Vrksasana*