

## Crown Chakra (Sahasrara)



### Relationship to yoga sequencing: Savasana & Meditation

Element: Thought/Space

Color: Violet/White

Location: Top of head

Mantra: Silence

Physical: Brain, pineal gland, nervous system

Mental/Emotional: detachment, understanding, spirituality, connection to the whole

Physical signs of imbalance: insomnia, migraines, chronic exhaustion

Mental/Emotional signs of imbalance: lack of emotional intelligence, lack of self-awareness, feeling disconnected from spirituality, feeling meaningless/purposeless

Actions to balance: Meditation, pranayama, silence, stillness

Affirmation: I NURTURE MY SPIRIT, DIVINE ENERGY FLOWS THROUGH ME, I AM COMPLETE

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### Journaling

- Do you believe in a higher power? How strong is your faith or trust in that power?
- What do you worry or think about in regards to divine power?