

## The Crown Chakra and Violet



Violet (purple) is the color of the Crown chakra, also known as Sahasrara. This chakra is located at the top of the head. The Crown chakra is linked to the crown of the head, the nervous system, and the brain, and is representative of pure thought.

This chakra connects one with the infinite consciousness. Opening this chakra will help tap into a deep spiritual understanding.

Gemstones that will aid the Crown chakra include diamond and clear quartz.

## The Crown Chakra and Violet

The Crown Chakra is at the very top of your head. Associated with the color violet, it governs the brain and the pineal endocrine gland. As a result, this chakra's malfunction leads to many mental disorders and brain-related diseases; while the well-being of the chakra means spiritual health, understanding and knowledge. The problems caused by this chakra include depression, schizophrenia, Alzheimer's disease, Parkinson's disease, dizziness and epilepsy. Like all things, the chakra's energy is two-faced, and an imbalance of the violet energy in the crown chakra leads to a feeling of superiority, coldness towards other people, and an emotional withdrawal. Violet's positive properties, however, include idealism, sacrifice for others, deep love and respect for all living beings and a clarity of thought and perspective.



### Violet chakra color meanings:

The seventh, crown chakra. Like the first violet crocus opening up to the light of a new spring, our awareness pulls itself up out from the strata of matter, layers of time, and levels of perception. No experience can compare or relate to this one. We recognize, with surreal objectivity, that our outward spanning and unfolding petals of consciousness is *not* an achievement. Rather, the unfolding has been happening all along. It's as if a grand, orchestrated momentum of expanding energy has been **surging in our conscious background** all the time. It is only when we hopped over a few fences of reality that we see we had access to this surging growth all the time. Violet is the culmination of our time, place and being. In this luscious lotus of life, we realize our progress is not hammered, merely channeled. Indeed, violet asks us to simply be, because we have always been, and our expansion is inevitable.

### 7 - Crown chakra

The Crown chakra is about wisdom and being one with the world. When this chakra is open, you are unprejudiced and quite aware of the world and yourself.

If it is under-active, you're not very aware of spirituality. You're probably quite rigid in your thinking.

If this chakra is over-active, you are probably intellectualizing things too much. You may be addicted to spirituality and are probably ignoring your bodily needs.

## Crown Chakra



The crown chakra is home to the pure essence that connects to All That Is. A **healthy** crown chakra will manifest as the ability for individuals to be confident in their faith in a Higher Power, higher self, or in a force that is highly intelligent and creative.

**Chakra Colors:** White, **lavender**, **pastel colors**

**Health Associations:** Responsible for infusing the body with life force, allowing the entire individual to function as a divine creature, intelligent and connected to Spirit. Oversees the "electrical" functions of the body through the central nervous system.

**Crown Chakra Healing Foods:** Since the crown chakra is more "spirit" than "matter," it is not nourished with physical foods in the same way that they feed other chakras, but the crown chakra thrives on the sustenance that comes from sunlight, air, and love.

## Open the Crown Chakra

Put your hands before your stomach. Let the ring fingers point up, touching at their tops. Cross the rest of your fingers, with the left thumb underneath the right.

Concentrate on the Crown chakra at the top of your head.  
Chant the sound NG.

**Warning:** don't use this meditation for the Crown chakra while you don't have a strong Root chakra (you need a strong foundation first).



Meditation Commentary: Violet-photon rays of Shiva Baba, my Supreme Child now fills my violet photon-field of Bliss ...I experience Supreme Bliss ...These bliss-rays now spread over to the corporeal world filling the violet fields of millions of souls there ... These violet rays of Shiva Baba now unite to form strong violet waves of bliss that spread over the entire universe...As a result people become free from fears, sorrow and tension...



मैं आनन्द के सागर का सन्तान आनन्द स्वरुप हूँ ।  
सारे विश्व में आनंद की जामुनी किरणें फैला रहा हूँ ।

I am the child of the Ocean of Bliss....I am an embodiment of bliss...  
I spread the Violet rays of bliss in the whole world...