

The Crown Chakra To Know

by Regina Ann

According to Wikipedia, **Chakra** derives from the Sanskrit word for “wheel” or “turning.” The chakras are considered to be a number of wheel-like vortices that exist within the subtle body being the focal points for the reception and transmission of energies. It is generally accepted that there are seven main chakras in the body system which include the root, sacral, solar plexus, heart, throat, third eye, and crown.

Many traditions, therapies and disciplines have found connections between the health of each chakra and the health of specific areas of the physical, mental and emotional bodies. When life energy is allowed to flow through the energy points, chakras, with ease and in balance, the body systems respond in balance and harmony. Through life experiences and daily life we may develop blockages that become trapped in one or more chakra resulting in imbalance and disharmony. Those of us who work in the fields of healing commonly see the physical, mental and emotional results of these blockages.

In an effort to promote healing we will look in depth at each of the commonly accepted chakras over the next few months. Along with information that is widely accepted pertaining to each chakra, each article will also include some real world pertinent experiences with that chakra.

The Crown Chakra ~ The Crown Chakra center is located at the top or crown of the head. This chakra is commonly considered to be the chakra of pure consciousness. The crown chakra is expressed by thought and is our connection to Source and our higher self or higher consciousness.

The physical organs affected by the Crown Chakra include the upper brain, right eye and generally the area of the head above midline. When in balance a being experiences intuitive knowing, connection to their spirituality, wholeness, and oneness.

Symptoms of blockage may include: depression, hopelessness, and feelings of alienation or feeling alone or separated. Physical symptoms may include diseases of the muscular, skeletal or skin systems; chronic exhaustion, and hypersensitivity to ones environment. Mental and emotional symptoms may include: lack of purpose, loss of identity, trust issues, or lack of values or ethics.

Methods of balancing and healing the Crown Chakra include taking time to be still and quiet, connecting with self and spirit, and creating a gratitude journal in which you write all the things you are grateful for each day. Crystals which benefit the Crown Chakra are clear quartz and moonstone. Beneficial essential oils are Frankincense and Lavender.