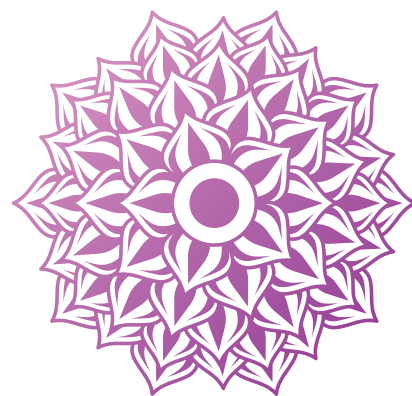
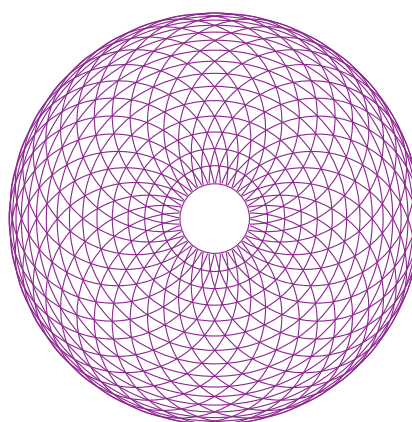


SAHASRARA

Sanskrit Name	Sahasrara (thousand fold)
Common Name:	Crown
Location/Anatomy:	Crown of the head at brow level, Carotid Plexus, Pineal Gland, Circadian Rhythms
Purposes:	Universal Source, Connection to God, Spirituality
Colour:	Violet
Element:	Consciousness
Principle:	Awareness
Developmental age:	Early 20's & throughout life
Orientation:	Self-knowledge
Demon:	Ignorance, attachment
Keynote:	B
Frequency:	480 Hz.
Balanced form:	Awareness, intelligence, presence
Direction of spin:	Female clockwise/ Male anti-clockwise



Mantra ANG



Affirmations

I am part of the Divine.

I honor the Divine within me.

I seek to understand and to learn from my life experiences.

I cherish my spirit.

I seek experiences that nourish my spirit.

I listen to the wisdom of universe.

I trust my intuition.

I am open to letting go of my attachments.

I live in the present moment.

I appreciate all the goodness in my life.

I love and accept myself.

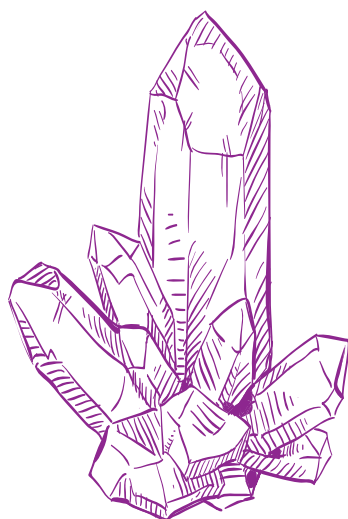
I know that all is well in my world.

I am connected with the wisdom of the universe.

Mudra

The Mantangi mudra creates an atmosphere of calmness and serenity. Tames conflicts. This hand gesture resembles the trunk of an elephant.

How to form the Mantangi mudra: Fold both hands together with fingers inter-twined. Extend both middle fingers outward and point them toward the skies.



Crystals

Azurite

Azeztulite

Clear Apophyllite

Spirit Quartz

Herkimer Diamond

Crocoite

Selenite

Sugilite

White Topaz

Tanzanite

Kyanite

Quartz

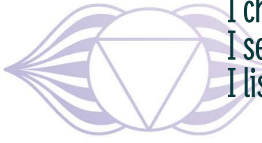
Lemurian Seed Crystals





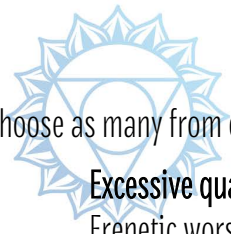
Affirmations

I am part of the Divine.
 I honor the Divine within me.
 I seek to understand and to learn from my life experiences.
 I cherish my spirit.
 I seek experiences that nourish my spirit.
 I listen to the wisdom of universe.



I trust my intuition.
 I am open to letting go of my attachments.
 I live in the present moment.
 I appreciate all the goodness in my life.
 I love and accept myself.
 I know that all is well in my world.
 I am connected with the wisdom of the universe.

Intention setting: Choose an affirmation or combo of 2 or 3 words that you feel you need some help to really embody. Write out the affirmation followed by the Mantra for Sahasrara and the colour.



Choose as many from each column that you resonate with:

Excessive qualities

Frenetic worship
 Intellectualising
 Spiritual addiction
 Dissociation from the body, the world
 Excessive purity, righteousness

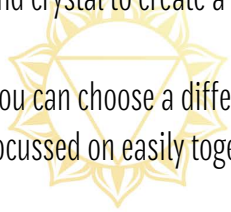
Deficient qualities

Cynicism
 Rigid belief systems
 Apathy
 Learning difficulties
 Materialism, self-indulgence

Balanced qualities

Equanimity
 Open-mindedness, wisdom
 Intelligence
 Presence
 Spiritual connection

Be kind and authentic with yourself as you own each starred box. Celebrate every box you chose in the 3rd column dear one! If you have one or more stars in the first 2 columns let's feel into the symptom/s and meditate with affirmation, mantra, mudra, colour and crystal to create a fluid environment for the conscious understanding of the core of this to come to the surface.



You can choose a different excessive or deficient quality each time you do the meditations or maybe a few are related and can be focussed on easily together.

Journal after your meditation...



Now that you have some insight around this, and you've captured some of the thoughts, you will find that over the next day or so you may have dreams, random thoughts, synchronicities etc that remind you of this process. Integration time is really crucial to look at how you apply what you have found going forward.

These questions below are a good review to come back to before next week's module arrives. So read through the questions below and see how you are integrating the work on this chakra into your everyday life.

- How do you need to hold space for yourself as you work through this?
- Did you need to dismantle a meaning that you have attached to that situation/event etc?
- How have I seen the differences between the mind brain and the heart brain?
- Do you need to renew your faith in yourself around what has emerged for you?
- How have you loved yourself in the process?
- Where did your ego come out to play?
- What resistance do you now feel, if any?
- How are you judging yourself for this - good, bad or indifferent?
- What do you need to let go of now to move forward?
- What new awareness have I come to of myself?
- What small actions can you take or change to support yourself?
- Have you tried to divert yourself from answering these questions?

