

## The Crown Chakra



Western Colour: Violet, White, Gold

Traditional Colour: None

Bija Mantra: visarga  
(pronounced as a nasal 'ng' sound, rhyming with 'nun').

The Sanskrit name for the area above the crown is Sahasrara – meaning 'thousandfold'. This refers to the image of the thousand-petalled lotus, given to what we now refer to as the crown chakra that in Hindu thought represents the epitome of the human condition. The chakra is described as being just above the head.

Traditional texts never linked endocrine glands to the chakras, but the gland most often associated with the crown chakra is the pituitary, though some books do quote the relevant gland as being the pineal. The pituitary gland is located at the base of the brain. It has two sections, the anterior and posterior, each responsible for releasing particular hormones. The pituitary is often referred to as the 'master gland' because it affects so many body functions and other glands. The crown chakra from viewpoint of physical health, is mostly concerned with co-ordination needed from the level of individual cells to ensure the smooth running of the bodily functions. The cerebellum helps us to co-ordinate our muscles for balance, posture and movement. The child who crawls on all-fours helps to ensure that the nerve patterning in the brain is fully activated.

The development of expanded awareness underpins the crown chakra at the emotional level. The opportunity to begin to see and understand our individual role in the world does not present itself until our teenage years, as we begin to move away from a family base.

The drive to help others in the community and to be of service is a response to awareness of the needs of others. People expect this service to be truly self-less but we often act because we may only feel useful if needed by others or we don't want to see the suffering of others. When there is a lack of awareness of personal requirements it is easy for the enthusiastic helper and healer to effectively martyr themselves to their ideals. Being emotionally attached to something is fundamentally an unwillingness to allow that thing to change, this rigidity closes down possibilities. This can be faced and dealt with by being compassionate with yourself to let in all possibilities. Unless this open compassion is primarily directed to oneself to allow healing at the crown chakra, it is impossible to be truly compassionate with anyone or anything else.

Thought processes associated with the crown chakra fall into two main categories, how we think the world operates and those thoughts linking us to the universal scheme of things. What we expect and what we fear, has a knack of being drawn towards us in some way.

A natural maturing process initiates the search for greater knowledge. If this is seriously hampered by family, social and religious backgrounds that do not accept individual exploration, the crown chakra is prevented from working normally and it is unable to provide all the energy and information required by the other chakras.

A healthy crown chakra is a fine balance on all levels. Thoughts which come and go need to be treated in a way that appreciates that fact – they come and go. It is only when we hold onto thoughts without allowing alternatives or the possibility of change that disruption of the crown chakra happens. . The more our consciousness expands the more we understand what we see, and so on, in a self-fulfilling, ever-increasing awareness.

The mind is a wonderfully restless, inventive and very slippery faculty to rein in, unless great understanding or cunning is used. Good meditation techniques offer a task for the mind to do to keep it occupied or active in a tight focus. The more we experience the gap between the thoughts, the more relaxed our bodies become and the clearer we can see how our thoughts rule and shape our lives.

**Imbalances in the Crown Chakra**, such that they are; lack of co-ordination, constant self-martyrdom, delusion, inability to deal with the physical world.