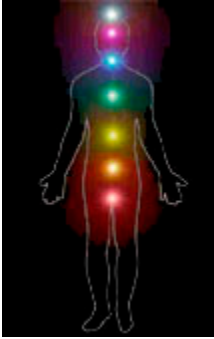


Your Crown Chakra

Balance your Seventh Chakra and Tap into the Oneness of the Universe

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The seventh chakra, which is situated at the crown of your head, is the energy center associated with divine purpose and destiny -- the seat of higher wisdom, if you will. When in alignment, your exterior and interior life is in harmony; you are no longer separated from the object of your perception. In essence, you are at one with the universe and totally aware of your true self.

The seventh chakra is where body and spirit fuse. This center, which is depicted as a lotus flower within a lotus flower and is violet in color, is connected to your skin and your skeletal, muscular and nervous systems. This chakra also governs the pituitary and pineal glands.

When this chakra is unbalanced or blocked, chances are you'll feel a little off, and cut off from the divine. Rather than feeling as one, you feel like many little pieces scattered all over the floor. Disruption in your seventh chakra can also prevent you from gaining closure on unfinished business. Most of all -- lack of flow leads to a feeling of fear and an inability to live in the present. People with blocked seventh chakra energy seem to always be either revisiting their past or looking ahead to the future.

Cleanse Your Thoughts

Negative thoughts and emotions and/or self-defeating behaviors and subconscious messages impair our chakra function, says Dr. Georgianna Donadio, Founder and Director of the National Institute of Whole Health, an organization that embodies a natural outlook on healing while integrating the most current medical research with the wisdom of various spiritual teachings.

"Thoughts are things -- they are in fact, protein molecules called polypeptides that communicate with all the cells of the body. That is why what we think we become. So, if you would want to clear your chakra system start from the top down -- start with your thoughts and then bring every other aspect of your life into balance," adds Donadio.

Balance is the Key

All seven of the chakras work in coordination with one another. It is only when they are balanced and doing their job together harmoniously that we find ourselves in a state of health. A balanced lifestyle, with moderation as the underlying principal in what we do, think, feel, eat, express (and so forth) is vital. Any excess activity, thoughts, feelings or behaviors causes one chakra to respond excessively and others to be suppressed, explains Donadio.

As we bring more balance into our lives, we also bring more balance to our chakras.