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Our Seventh Chakra, Sahasrara

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Well we've reached the crown of our chakras! We've climbed up our lower six chakras and have now reached the peak of the mountaintop; we have arrived at our 7th chakra, Sahasrara. And what a gem of a chakra Sahasrara is. In fact, it is such an extraordinary chakra that years long ago, kings and queens would wear crowns adorned with jewels to cover their crown chakra. Even today, MISS USA is "crowned" with an elegant, crystal headpiece once her name is announced as the winner of the pageant.

But putting glamour aside, the main attribute of our crown chakra is Spirituality and connecting as one. It is about selflessness. It is instinctively "knowing" if you are living your Life Purpose, as you signed up to do before entering this realm of life. It is also about living in the here and now. Our 7th chakra is a beautiful chakra, as it is the most spiritual of all the chakras. Located at the top (on the crown) of our head, our seventh chakra is represented by the lotus flower, with its thousand petals turning upwards, reaching up toward heaven.

Typically, I note that each chakra is represented by a certain color. With Sahasrara, however, there are three colors associated with it: violet, white and gold. The color which I associate Sahasrara with is violet, simply because that's what I was taught and it's also part of the progression of a rainbow's colors, to which we equate all our other chakras. White is also related to Sahasrara, thus the white lotus flower, as is the color gold. I encourage you to see this chakra with the color that best suits you. There is no right or wrong here, so go with the color that has either been taught to you or the one that just "feels right" to you.

As you live your life, day-to-day, do you fully engage yourself in your daily tasks or do you do them half-heartedly? As you prepare to do laundry, yet once again, do you mumble at the mountainous piles of darks, whites, towels and linens that need to be washed, folded and maybe even ironed? Or as you start the washing machine, do you pause to enjoy how the warm water feels running over your hands? And as you take clothing out from the dryer, do you enjoy the warmth that surrounds you as you fold each clean, fluffy towel? Do you neatly and lovingly fold each piece of clothing, thinking about the fun that your child had when he last wore his small toddler sized jeans, as chocolate ice-cream freely dripped down in his lap? There is peace that can be found in even mundane tasks, when we fully "present" ourselves in the present moment at hand. And if it's a task that you absolutely cannot stand, as we all have them, try giving thanks instead of doing the task begrudgingly. If balancing the checkbook makes you want to turn and run the other way, instead try being thankful that you had enough funds to pay check #248 to the air-conditioning repairman, so that you can now stay cool on a hot summer's day. Or give thanks that you still have your eyesight and can see the numbers that fill each page of your checkbook's register.

In addition to living in the here and now, another important attribute of Sahasrara is living your Life Purpose. Do you believe you are living your Life Purpose? That is a question that only you can answer. And to answer that, you must really go within and connect with God. Every so often, for some inexplicable reason, a person is "pulled" in a certain direction to do or try something new. It could be something that is so out of character for them, yet they just KNOW this is what they're supposed to do. And although that one uncharacteristic act may not be their actual Life Purpose, it could be a stepping-stone that is leading them closer to their Life Purpose. When called upon, God and His Angels of Light and Love, will always intervene on our behalf, pulling us in the right direction. We just need to learn to be still, so we are able to receive their messages. And then once the messages are received, we need to follow their Divine

Wisdom and Guidance. For instance, a fitness guru is compelled to go to the bakery and treat himself to a sweet, high caloric, delicacy; something he rarely does, if at all. And while standing on line in the bakery, he is noticed by a TV producer who is searching for just the right person to do a weekly segment on his show about fitness and weight training. Coincidence? No! Divine Guidance and Timing? YES!! And so a fitness guru's dream of teaching those who can't afford gym memberships begins to come true.

Some physical/mental associations with Sahasrara include: depression, Alzheimer's, epilepsy, dwelling obsessively over matters, skin conditions and chronic exhaustion. The sound associated with our crown chakra is OM, while its verb is "I KNOW." If you like to incorporate crystals during your meditation, consider using clear quartz, amethyst or white tourmaline when focusing on your crown chakra. © **Copyright Protected**