

Earth's Chakras: #7 CROWN

Location: Mount Kailash, Tibet



(Image from tibetravel.org)

Description:

It is only fitting that the crown jewel of the Himalayas serves as the crown chakra. Reaching almost 22,000 feet tall, Mount Kailash is often called the "roof of the world," and is considered to be the most sacred mountain in the Himalayas. The crown chakra's power lies in its spirituality. Mount Kailash serves as a powerful connector to something greater than oneself, both physically — because of its grandeur — and non-physically — because of its sacredness. So holy is the mountain to Tibetans that even attempting to climb it is considered an offense to the realm of spirituality.

Known as the Sahasrara in Sanskrit, the crown chakra lies at the very top of your head, and represents the connection between us and the Universe beyond. This is where you experience feelings of transcendence, bliss, and liberation, some of the highest planes of experience that exist. Arguably the most complex chakra, the crown is not concerned with the trappings of earthly life, but calls you forth to feel the oneness of the Divine.

Our intention: (if you like, place your hands on the top of your head)

1. To connect in with the majestic energy of the crown jewel of the Himalayas
2. To send love and gratitude to Mother Earth for our sacred connection to the divine
3. To transcend the day-to-day trappings of our earthly life, if even for a few moments

Music:

[Wah! Opening to Bliss – Anusara Prayer](#)