

Sahasara Chakra-associated with hypothalamus(pituitary gland)

Bridges a gap with the higher consciousness: The crown chakra is the seventh chakra. Located at the top of the head, it gives us access to higher states of consciousness as we open to what is beyond our personal preoccupations and visions. The function of the Crown chakra is driven by consciousness and gets us in touch with the Universal.

The following set of questions may help to determine your chakra system. It's a self-test program. If you feel any of your chakra is imbalanced do sound meditation. Each chakra resonates with a particular frequency.

- Do you have a great intuitive knowledge?
- Are you very wise?
- Are you aware of your spiritual self?
- Are you selflessly devoted to others?
- Do you believe in GOD?
- Do you lack purpose in life?
- Do you think it is all meaningless?
- Do you feel unloved or angry of GOD?
- Coordination difficulties?
- Do you find hard to adapt new ideas or newer positive outlook in life?
- Are you scared of dying?
- Do you have any of the following Muscular diseases, chronic exhaustion sensitivity to light, certain sound or environment?
- Are you a vegetarian?
- Are you short tempered?
- Do you meditate?
- Do you feel a strong connection with some kind of higher or greater power, God, spirit, angel or divine soul?
- Are you able to work through and release attachments easily?
- Do you enjoy reading?
- Does your life have significant meaning beyond personal gratification?
- Are you open-minded in regard to other ways of thinking or being?

Too many Yes or too many NO is where you get to know if your chakra is balanced or not.

Once this chakra is balanced then you are connected to The Cosmic . Your mind and spirit are connected to the Divine Source . You are the Light. In order to balance this chakra one needs to chant sound OM by keeping your thought at the tip of the head . You can also place the yantra picture in front of you , visualize violet color around you and chant by gazing at it. Feel the vibration on complete head.