

Sahasrara

Crown Chakra



Sahasrara or the crown chakra are the “thousand petals,” where creatresss makes their home. Here we realize our deep and an unequivocal connection with Spirit. Sahasrara is the site from where we live liberated + realize states of liberation, a liberation that is only possible through bliss. Caroline Shola Arewa reminds us, “*anandamayakosha* [or the bliss sheath] ..is the destiny of all spiritual practice. It is our birthright to know and dwell, at our will, in a state of peaceful bliss.” From the crown chakra we gaze on the beauty of the lives we live, witness the medicine around us, and recognize the divinity in all beings. Here we cultivate a state of peace that allows us to live as ONE, experiencing unity with everyone and everything around you in reverence, gratitude and love. Through our peace we are able to elevate our awareness, tap into our collective + past consciousness, and transcend physical form.

The intersectional bipoc experience while living under a criminalizing, militarized, and an unforgiving system is one where our existence is resistance without a doubt. AND STILL, liberation lives in divesting from relations and systems where our freedom is choked. Our spiritual practice is a liberation practice, where we transform the deficient [lifeless, passive] and excessive [reactive, aggressive AF] states that our lived reality pushes us into. Today Sahasrara calls you to [re]commit to your spiritual practices of liberation, here lives how we survive + transform these times.

Chronology

35-42 years

Rites of Passage: Acceptance as an Elder

Developmental Stage: Wholeness, Individuation

Spiritual Correspondences

Color: White, violet, or gold

Element: Pure spirit

Symbol: Circle

Seed Sound: Silence

Planet: Sun ☉ Uranus ♅

Main function: Liberation

Deities

Africa: Amun/Amen, Ra [Egyptian], Olodumare [Yoruba]

Asia: Shiva, Aditi

Mexica + Mayan: Ometeotl [Mexica], Hunab Ku [Mayan]

Europe: God, Zeus

Mythology: Creation and cosmological myths

Psychological Correspondences

“I am [Divine]”

Peak experience

Peace

Oneness

Connected to spirit

Feel connected to Higher Self

A part of all

Leading from compassion

Blockages, Wounds + Imbalances

Disorientation

Constant worry

Fragmentation

Disconnection from spirit

Disconnection from Higher Self

Sense of alienation

Lack of compassion for self +

From our ancestors + experiences:

created + blessed by xóchicoatl of [la mala yerba](#)

2020

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others

Physical Correspondences

Gland: Pituitary

Nerve Plexus: Central nervous system

Body Parts: Transcends the physical body and controls esoteric anatomy

Expression: Insight and knowledge

Disturbance: Dismissive of own personal spiritual experience

Physical Manifestations:

Inability to connect to the physical world, headaches, hallucinations, mental imbalances/illness

Traumas to the Crown Chakra:

Colonization + neocolonization via white supremacy, surveillance + capitalism

From our ancestors + experiences:

Healing Therapies

- Practice of prayer
- Meditate, meditate, meditate
- 5-10 mins of sustained silence a day
- Laying on earth, communing with plants, especially tree elders
- Positive self-talk, releasing the stories of your separateness
- Visualizations
- Awareness of ego, journaling, talk therapy, community accountability
- Energy work, such as reiki + somatic practices
- Simplifying your surroundings
- Consciousness shifting plant medicine journeying/TAKE A TRIP
- Observing what + who inspires you, stay with them
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Foods: fasting, light meals, nourishing your connection with love + the Divine

Oils: bay laurel, cedarwood, frankincense, hyacinth, lavender, lotus, neroli, rosewood, sandalwood, spikenard, valerian, vetiver

Minerals: amethyst, charoite, clear quartz, diamond, howlite, moonstone, okenite, pearl, selenite

From our ancestors + experiences:

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Plant Comrades

Blessing herbs!

Bay leaf
Copal
Frankincense
Jasmine

Myrrh
Sandalwood
Sweetgrass
Tobacco
Yarrow

Gentle consciousness shifters

African dream root
Blue vervain
Cacao
Damiana
Datura/Jimson Weed
Egyptian Blue Lotus
Elderflower
Gotu kola
Kava kava
Mugwort
Passionflower
Wild lettuce

Serious consciousness Shifters

African dream root
Ayahuasca
Betel nut
Cannabis
Coca
Magic Mushrooms
Mescaline
Sage of the diviners/
Salvia divinorum
Peyote
San Pedro

Any plant ancestor that roots you in enlightenment + centers you in your psychic abilities, including those with white flowers + roots

Prayers + Affirmations

- I honor the Divine within me
- I am an extension of spirit
- I am connected with my Higher self
- I live in integrity with my Spiritual truths
- I am fulfilled in all that I am
- Today I am open to divine guidance
- I am love, I am light, I am joy
- I am the seven generations past, here, + coming
- I am child, student and elder all at once
- I am at peace
