

The Seventh chakra: Sahasrara

With the seventh chakra, we have come to the end of our journey through the chakra system, through all the stages of human development. Near the crown of our head we find the 7th chakra. The material realm is far away, we have arrived in the middle of the spiritual domain. The crown chakra is the center of cosmic consciousness that connects us to divine intelligence, the All or the universal intelligence.

Our consciousness manifests itself in two ways: in the unconscious part as the wisdom of the body and in the conscious mind as our intellect and our thoughts on life.



On the left you can see the symbol of Sahasrara Chakra. The color associated with this chakra is violet. Sahasrara means "thousands" and that refers to the number of leaves of the lotus in the image.

The number of leaves is "infinite" as a representation of the infinity of the universe with which this chakra makes contact. N.B.: For Hindus, the number 1,000 is an example of an infinite number.

The 7th chakra refers to 'knowing'. We will therefore investigate the concept of 'consciousness' further. The element of this chakra is thinking- which is not measurable. Through the crown chakra we come into contact with an infinite and higher body of 'information'. Through the crown chakra, this external knowledge can flow into our other chakras where it then manifests in images, words, relationships, actions and products. In the teaching on the third chakra we reflected on the downward flow of manifestation (from idea to end product) and discussed that in the world of ideas there are no limitations, the world is completely free of physical boundaries. In the downward flow of manifestation, an idea becomes more concrete with each step down.

The world of ideas (7th chakra) is on the other hand the final stop of the upward flow of liberation from the constraints of the material, physical realm that is connected to the lower chakras.

About freedom and infinity in our thinking:

In our minds we can make a leap from Roman times to the distant future, we invent science fiction movies, we can be in our backyard and right after that at the Eiffel Tower in Paris. We can create and destroy, learn and grow and we do this from an inner place and there is no need to move or change anything outwardly. See here the infinite freedom in thought and consciousness.

Some say that Sahasrara is the seat of the soul as a dimensionless point of consciousness that never leaves us. Others say that this is the point at which the divine spark of Shiva enters the body and awakens intelligence.

Consciousness

Each chakra is a manifestation of consciousness at different levels of reality, where Earth is the most compact level and the 7th chakra is the opposite, especially when it reveals itself as 'pure consciousness'. Consciousness, the last frontier, the key to the ultimate mystery of who or what we really are. What exactly is "it" that now reads or hears these words, what is "it" that has prompted you to follow this training, what is "it" that sees, hears, remembers, feels, thinks. We can apparently observe our own existence through consciousness, but what is consciousness? Is it some kind of silent "administrator" or a silent "witness"?

These questions have been asked by men and women and as soon as you wonder who is actually "the administrator" and start asking the questions above, you automatically turn inwards with your gaze, you'll start to search within yourself.

Consciousness is nothing miraculous, we all have it. We just can't hold it, see it or measure it and that makes it confusing in our ratio-dominated world. We are talking about a boundless force that regulates our bodies, that ensures that we play music, speak languages, make paintings, remember phone numbers, enjoy a sunset, solve issues, love, have fun, desire, act, see, and so on and so forth. The properties of consciousness are endless and the forces wondrous.

Consciousness is also called The Self or you can choose your own name if you want to. The Self contains memories, views and the ability to record endless

new data and forge them into a coherent whole with meaning. It's very special to discover that we have that in us.

The crown chakra is seen as the gateway to a higher field of consciousness, the universal intelligence. Opening the crown chakra is like connecting a PC to the Internet, you open up yourself to that universal intelligence. You don't so much increase your own consciousness as you get started with the 7th chakra, you increase your ability to work with that universal field of consciousness. On this subject you can read a lot of books and do workshops. For this moment, let's say that we pay attention to the fact that it is there, both consciousness and the universal field of consciousness.

Meaning and Beliefs

The primary activity of the 7th chakra is to find meaning. If we feel pain somewhere, we go to the doctor to find out what it means. When we get fired, we want to know if it's because we didn't do our job well or because the company is in a bad financial state. If we know the meaning, we know what to do and we can move on.

In the human psyche, meanings are brought together in a system of beliefs. These beliefs then become the operating system that lets the programs of the other chakras run. In our development as human beings beliefs come about through interpretations of new experiences, and once they are formed, the opposite arises: our beliefs are the basis of our interpretations of next events.

An example: a girl whose parents were constantly promising things but never kept their promises (ranging from presents to cute outings) develops, over time, the belief that no one can be trusted. As an adult, that can mean that as soon as she notices another person hesitating in voice or attitude, her conclusion is directly that the other person cannot be trusted. This is the operating system that makes this woman live from a place of distrust.

Learning to take a look at your limiting beliefs is therefore an important step in personal development. This will allow you to work on yourself in your adult life to make room for new experiences, for new information, for more awareness of what really is now. And not live "in the past" driven by your once created operating system.

Development of the 7th chakra

The development of the 7th chakra continues throughout life starting as an adolescent. The difference compared to the awakening of the 6th chakra is the degree to which the ego is involved. In the 6th chakra the question is mainly "who am I?" and upon the awakening of the 7th chakra the question becomes "what is the meaning of everything?"

In the course of adolescence, the hunger for knowledge grows, it is one of the motivations for the child to eventually close the door of the family home and move into the world, to live a life of its own. The family gave direction for a long time, now the young adult starts the development of an increasingly individual operating system.

As parents, you can't provide much more than a healthy foundation for the crown chakra and that new operating system. We can do this by offering opportunities to learn, to acquire information. Also by encouraging them to ask questions, answer their questions seriously and if we don't know the answers, recognize them and help them find answers elsewhere.

Demon of the 7th chakra: attachment

Attachment is, on the one hand, necessary for keeping commitments that are essential for the lower chakras (think for instance safety!), on the other hand, attachment keeps us in one place while movement is the hallmark of the universal system. Dealing with attachment is like tightrope dancing so you can stay open to the movement of the universe while also be connected with your loved ones, your goals, etc.

When people go too far in their spirituality, they often reject all the "earthly things" and put everything in the hands of a guru and by doing so this resembles an escape from life.

Are you aware of your attachment to certain things, beliefs, ways of doing things (addictions?) and can you see where they get in your way in your development? Do you want to analyse your attachments and question them? At that moment you have a healthy relationship between both attachment and the desire to continue to grow, to keep moving with the universe.

Trauma

Violations of the crown chakra are subtle and can work deeply. They can take place at any age.

The most important violations are the structural withholding of information, the punishment or the mockery of the questioner. Children intuitively sense everything that is happening around them and will search for information and explanation. An example: When the father drinks a lot of alcohol, in many families this drinking issue will not be discussed, but a child will ask why Dad is lying on the couch so often or behaves so angry (“unpredictable”). If this kind of questioning is repeatedly met with aggression or a story is fabricated, the child will register that asking for information to clarify a situation leads to punishment or lies. It’s not hard to see how thus a conclusion is formed and the belief is developed that asking questions is not a safe/smart thing to do.

Children are hungry for knowledge and if the information is withheld the child either makes up statements or it stops asking questions. In both cases, the search for information will end.

Fundamental Right

The right to know.

Balance or unbalance

A balanced 7th chakra shows itself in humans as follows (not limited to):

- The ability to observe, analyse and record information
- Intelligent, perceptive, aware
- Unbiased, able to question cases
- A sense of spiritual connection to the world around you
- Wisdom and mastery, a broad understanding of what is happening.

If your seventh chakra is not balanced:

From deficiency	Out of excess
<ul style="list-style-type: none"> • Spiritual cynicism • Learning disabilities • Not flexible in beliefs • Apathy • Excess in lower chakras: materialism, greed, wanting to dominate over others 	<ul style="list-style-type: none"> • Over-intellectualizing • Spiritual addiction • Confusion • Dissociation of the body

Healing of the 7th chakra/stimulation of the 7th chakra

- Meditation
- Critically consider your beliefs
- Examinations of attachment and do exercises with detachment
- Restoring the connection with body and emotions (in excess)
- Restoring the connection to the mind (deficiency)
- Learning and studying (taking information to you).

Affirmations

- I carry the divinity in me
- I'm open to new ideas
- I get the information I need
- The world is my teacher
- I am guided by my inner wisdom.

Integration: the journey through body, chakra system and development

We have discussed each chakra, which gives us a beginning of insight from which we can examine the whole chakra system.

No chakra functions on its own. The chakras, which we presented as rotating wheels in one of the first sessions, are responsive to each other and work together. Imbalance in a chakra will affect other chakras.

In general, we strive for reliable support for spiritual growth, in other words we want our lower chakras to be solid. After all, we want to be able to fall back on clarity, casualness and we want support from our fundament/grounding in the targeting of our willpower.

As far as the upper chakras are concerned, we want freedom and flexibility, creativity and expansion. We would like new ideas, new information and time to think about them.

For our heart chakra, our core, we want a sense of harmony and peace, balance between our higher and lower chakras, balance between inner and outside, between giving and receiving and between body and mind. Balance in ourselves gives the possibility to maintain balanced relationships with others.

For example, if we are stronger in the higher chakras and weaker in the lower, we have an energy system that works mainly from top to bottom. At the higher levels we absorb more energy and that goes down slowly. We reason and think for some time before we decide to feel and act. We fantasize about things for a long time before we move on to action. An energy system that works from the bottom up is the exact opposite. Here you can see people who want to get their act together before they start something new. After all, safety is important, the familiar is familiar, something new is exciting.

In this series on the 7 main chakra's we covered the rainbow image of the chakra system. It is a system that can be used to describe the development of human beings through 7 main steps of development. At the same time, this system offers you tools to look at your own life issues and see where there might be situations you want to change. From this discovery you can choose from multiple paths for personal development. When you want to 'get to work' with your chakras, you'll find trainings and therapists. You can also try other forms of therapy or start self-studying.

We wish you a beautiful journey of discovery when you start on this path.

We wish you all the best!

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Used literature:

Chakra Workbook, Anodea Judith

Chakra Psychology Handbook, Anodea Judith

Travel through the chakras, Anodea Judith and Selene Vega

Chakras and higher consciousness, Hiroshi Motoyama

Man and his symbols, Carl Jung