

Crown Chakra



About the Crown Chakra

- Last of the Major 7 Chakras
- Connects Body & Spirit
- Elderly: Often Blocked/Underactive
- Kitten: Developing/Overactive
- Located in Top of Head (*Between the Ears*)
- Controls:
 - Brain
 - Pituitary Gland
 - Skin
 - Spine
 - Cranio Sacral System
 - Central/Autonomic Nervous System
- Represents Where Their Soul Contract Resides



Unbalanced Indicators

- Anxious
- Lack of Enthusiasm
- Unsociable/Withdrawn
- Reluctant to Play with Others
- Depressed/Lethargic
- Easily Wound Up



Colors

- Violet
- White



Crystals

- Amethyst
- Moonstone
- Sugilite
- Clear Quartz
- Sodalite
- Fluorite



Hydrosols

- Rose
- Lemon Balm



Herbs

- Hops
- Rose
- Catnip
- Lemon Balm
- Valerian Root



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