

Camp Utopia: Yoga Philosophy 7th Chakra Workshop



SAHASRARA

The Crown Chakra is located a few inches above the head and is focused on **bliss**. The word means “thousandfold” and is represented by a lotus with 1000 petals, but the name should be understood more as “infinite” – Sahasrara represents our most direct connection with the divine.

This chakra is a synthesis of all the other chakras, so it is usually represented by the color white – which is the color of all other colors combined. Everything that has come before: grounding, yearning, discovering, accepting, expressing, and understanding, leads to realization and bliss. Basically, the work of the crown is to **know thyself**. In a spiritual sense, this chakra’s identity is universal – here, we have come to a deep understanding of our whole selves, and in a healthy 7th chakra, we feel deeply connected and at ease.

One of the principles of yoga is that the closer we get to enlightenment, the more ordinary we become, so too much energy here leads to feeling “special” in intellectual or spiritual traits and habits, while not enough energy leads to feeling “different” – both are about separation from the connectedness of everything. Its physical function is higher thought, and an integration of the whole self.

BIG IDEA: “Yoga” means unity. Its tools lead us toward spiritual awakening through the synthesis and mastery of all energy. Therefore, anything that increases your energy is yoga. And the highest energy, the highest vibration, or life force, is authenticity. Know yourself. Be Yourself. Bliss follows.

Meditation is the primary tool for bringing balance to this chakra. Also, journaling, vision boards, vision quests, traditional and alternative healing – anything that leads to deeper self-awareness and healing, forgiving, releasing, and accepting your whole self. That is the challenging work of this chakra. Understanding and the bliss that inevitably follows requires us to own our whole lives, to take responsibility for everything that we think and do to create the physical manifestation of our life. “What we think and believe, we are.” Opening the crown frees us from limitation.

Characteristics: self-knowing

Color: White (the combination of all colors) / Violet

Element: Energy Seed sound: Soom

Yoga Path: Jnana Rights: To know

Foods: Fasting

Traits: Understanding, integration of whole self: body, mind, spirit. Emotional function is enlightenment, bliss. Trust vs ego

Scents: lavender, sandalwood, lotus, rose, frankincense, myrrh, jasmine, peony

Gemstones: Diamond, clear and snow quartz, amethyst, tiger’s eye, moonstone, white turquoise, howlite, a calming, enlightening stone with strong associations with self-awareness.

Pressure Point to stimulate Sahasrara: The end and tip of thumb and big toe. Gently tap, press, or massage the area to awaken the energy of the crown.

Assignment: EXPLORE WHITE

- If you keep a journal, this might be the time to go through it and then write about what pops out. Highlight parts that really strike you as being “truth” or ideas that charge you up when you read them. Revisit your vision board. What’s opened up there, and what is still dormant? Has anything shifted from how you felt then to what you know about yourself now? Focus on what you’ve learned about yourself. Acknowledge some truths.
- Make dates with yourself for self-exploration. Pick some of the hard ones – what are your greatest prejudices? Be brutally honest with yourself, and then write in your journal about what that “group” might mirror in you.
- Celebrate diversity and universality. Eat an ethnic food you’ve never tried before, rent a foreign language movie, spend time online researching a culture that you’ve always been drawn to, or one makes you feel uncomfortable. Go to a different church.

- Outline the story of your life – create a timeline and fill it in with major and minor people, places, events, beliefs, and emotional highs and lows, and then step back and look at it from the perspective of the compassionate observer. Do you see your life’s purpose in the timeline? Are you the main character of your story? What are the biggest obstacles, patterns of behavior, and life lessons?
- Regardless of your personal spiritual belief system, most of us have rituals and “sacred spaces” that make us feel a sense of inner peace and comfort. Spend time there.
- Practice ignoring your ego. Ego is the nagging voice in your head that is constantly judging you and everything around you. Ego is not interested in enlightenment, it is completely focused on the past or future and what’s wrong with the here and now. Ego makes it impossible to simply “be” and experience the joy in each moment by placing conditions on your happiness – you’ll be happy if, when, and if only you hadn’t.... and blinds you to how perfect you are right now. Ego is the endless litany of all the things you need to do before you can become enlightened. This week, hear your ego demands, and decide to ignore them and be happy. See if you can tamp them down.
- Write down 5 or 6 things that people have told you about yourself that are on your “top ten” list. Write down 5 or 6 things that are negative. Put check marks by the ones you believe to be true, and then try to live by them/change them.

Mudra for 7th Chakra



While Gyan Mudra (tip of first finger and thumb) is the primary hand gesture for opening the crown energy, here’s another you might try: Interlace all your fingers except the ring fingers – they point up and touch. Cross the left thumb under the right,. Chant soom or ng. If you don’t feel “safe” – open the hands and practice the mudra set for balancing – all 4 fingers (grounding & concentration, patience, energy, intuition.