



7th Chakra Chart

Crown | Sahasrāra

Color	Violet or pure white.
Body associations	Top of head and beyond.
Seed sound (bija mantra)	Aum or silence.
Verb	I know. I Am.
Focus	Pure consciousness.
Hindu Symbolism	Violet lotus with one thousand petals.
Christian Sacrament	Extreme Unction. To receive and give grace in the present moment.
Jewish Sefirot in the Kabbalah	Keter. Nothingness, the energy from which physical manifestation begins. It is eternal, with no beginning nor end.
Healing thought	I am.



ROOT TO RISE
YOGA TEACHING METHOD