

## Seventh Chakra (Sahasrara – Thousandfold) Correspondence Chart

Sanskrit Name	Sahasrara
Meaning	Thousandfold
Location	Top of head, Cerebral cortex
Element	Thought
Purpose	Understanding
Issues	Transcendence; Immanence; Belief systems; Higher Power; Divinity; Union; Vision; Consciousness; Awareness; Intelligence; Information; Spirit; Emptiness
Goals	Expanded consciousness
Identity	Universal
Demon	Attachment
Malfunctions	<p><b>Deficiency:</b> Depression; Alienation; Confusion; Boredom; Apathy; Inability to learn or comprehend; Spiritual cynicism; Rigid belief systems; Excess in lower chakras – materialism, greed, domination of others</p> <p><b>Excess:</b> Spiritual addiction; Confusion; Overly intellectual; Heady; Spacey; Disassociation from body</p> <p><b>Physical:</b> Coma; Migraines; Brain tumors; Amnesia; Cognitive delusions</p>
Balanced Characteristics	Ability to perceive, analyze and assimilate information; Intelligent; Thoughtful; Aware; Open-minded; Able to question; Spiritually connected; Wisdom and mastery; Broad understanding
Color	Violet
Planet	Uranus

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Foods	None. Fasting.
Basic Rights	To know and to learn
Stones	Amethyst, Diamond
Animals	Elephant, Ox, Bull
Operating Principle	Consciousness
Archetype	Sage, Wisewoman, Shiva
Yoga Path	Jnana Yoga (Meditation)
Asanas	Sukhasana, Siddhasana, Vajrasana, Bolasana, Sirsasana, Sasankasana, Yogamudrasana *Any meditation pose sitting erect with back, neck and head in a line*
Seed Sound	No seed mantra – can use Om
Affirmations	My soul is boundless and infinite. Divinity resides within. I am open to new ideas. Information I need comes to me. The world is my teacher. I am guided by higher power. I am guided by inner wisdom.
Healing Practices	Re-establish physical, emotional connection (excess); Re-establish spirit connection (deficiency); Learning and study; Spiritual discipline; Meditation; Psychotherapy: Examine belief systems; Develop inner witness; Work with higher power