

# 7<sup>th</sup> Chakra

“I KNOW”

Blocked Chakra

Learning Difficulties  
Strict Belief System  
Dominating

Too Open

Too Intellectual  
Confused  
Disconnection from  
Body

Balanced

Aware  
Wise  
Open  
Connected Spiritually  
Perceptive  
Intelligent

Physical Problems In

Brain (eg. Tumor)  
Cognitive Disorders  
Head (eg. Migraines)  
Right Eye (eg.  
Floater)

Issues

Vision  
Higher Self  
Belief System

Traumas

Forced Religion  
Belief Obedience  
Withheld or not  
Communicated  
Information  
Lies

CROWN  
(THOUGHT)

Balanced Healing

Strategies

Connect the  
emotional to the  
physical  
Spiritual Connection  
Meditation

Develops adulthood + new  
cycle 75+ years old  
Aromatherapy Oils

Frankincense

Myrth

Wormwood

Flower Essences

Chichory

Vervain

Vine

Beech

Rock water

Affirmations

Inner wisdom guides me  
The universe is my teacher  
I am open to anything.  
The right information will  
come to me

Crystals

Amethyst

Lapis Lazuli

Angelic Assistance

Zadkiel and Amethyst