

Crown Chakra

7th Chakra –Sahasrara

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Personal Insight into the Crown Chakra

Throughout the three realms of my life, the martial arts journey spanning more than 40 years, I have explored the wonders that can be obtained by embracing the physical, mental and spiritual realms of Me, Myself and I.

I have been fortunate to have experienced life and have been trained by the best and trained with the best. Like most I have had my demons to battle and my battlefields to face and conquer. I have added dimensions to my being through experience, training, structure and discipline.

Now as a 9th degree Shomei, I share my personal insights into the Crown Chakra as it applies to a martial artist and how it reflects my study, learnings, experience, meditation and growth.

These insights use the platform of the known world interpretation of the Crown Chakra but presented in a light and understanding from my perspective and through key principles.

Crown Chakra Overview

The Crown Chakra, Sahasrara, is the door to essence and the gateway to enlightenment. It is the soul certainty of wisdom, vision and insight and the selfless knowing that everything is connected in unity. It is the understanding that we are all connected to the universe and the ultimate source of all creation. There is no academic knowing but there is serenity, joy and deep peace about life that we appreciate to our very core of our being. There is a sense of knowing that there is a deeper meaning to life and an order to all of existence. The way of the Crown Chakra is the way of going beyond the limits of your own ego and understanding that all of creation is interconnected.

The Crown Chakra is the seventh Chakra and is both a receiver and giver of energy and consciousness. It is the meeting point between the body and ego with the universe and soul. It is the place where time and timelessness intersect and where death and eternal life meet. Everything is interconnected and we begin to live with gratitude, faith and trust rather than with fear and anxiety. We are guided by a higher power and we feel divinity from within and from without.

The Crown Chakra is seated at the top of your head and governs your consciousness and unconsciousness while it influences your spirituality, inner wisdom and your ability to relate to yourself and others.

Challenge – to liberate the spirit yet stay firmly rooted deep in the ground.

Purpose - embraces an attitude of gratitude for life.

Proverb - Before enlightenment : push-ups, sit-ups, squats. After enlightenment : push-ups, sit-ups, squats.

Location – at the crown of the head

Symbol – the thousand petal flower

Energy – experience of mystical oneness

Colour – violet or white

Element – no element or thought - no mind - all mind

Mantra - Om.

Seed sound – Ah

Vibration – A 216Hz – A 432 Hz – A 863.33 Hz. Kronos without, Consciousness and Understanding within.

Vowel sound – Ngngng

Musical note: B-Si

Drum beat - 172.06 Hz = F; supports cosmic unity and clarity of spirit. Drumming activates this chakra.

Rotation- Clockwise & Anticlockwise

Rights – to know and to learn

Endocrine gland – pineal gland which is the psychic seat of the soul

Physical association – central nervous system, cerebral cortex

Psychological function – awareness, understanding

Identity – universal identity

Development stage – throughout life

Challenge – attachment. To give spirituality its proper place in life – in balance.

Plane – truth, reality

Planets – Uranus

Deity – the guru within

Mythical animal – Eagle

Incense – Myrrh

Herbs

Gotu Kola - This herb is used to heal wounds, improve mental clarity, to treat skin conditions and respiratory infections. It has been called "the fountain of life" because legend says that an ancient Chinese herbalist lived for more than 200 years as a result of taking gotu kola.

Lavender - Lavender flowers assist in opening the seventh Chakra to bring alignment with divine wisdom and are used to enhance meditation.

Crown Chakra affirmation – *"I look beyond the material world and reconnect to the essence"*

Crystal - amethyst, clear quartz, diamond, opal, selenite.

Rune

The fifteenth Rune Elhaz. Elhaz is associated symbolically with the horns of the Stag as well as with the Swan. The horns of the Stag can be seen from the top of the head as Sliepnir carries conscious awareness into activating the Crown Chakra.

When the seventh Chakra is activated by Sliepnir there is an explosive opening up of at the top of the head into a crown of light with the sensation of three vortices of energy cones spiraling out and above the head as horns.

Both Gebo (the seventh rune) and Dagaz (the twenty-third rune) are associated with the Crown Chakra. Gebo represents the psycho-spiritual erotic union and sacred wedding with a Genie of a Valkyrie which is associated with the left Nerve Channel. From the Valkyries are the gifts of wisdom, knowledge and power. Dagaz is aligned with the right Nerve Channel and is depicted as an infinity symbol whereby all things are made clear as day.

Tarot Card - the major arcana cards from tarot decks for the Crown Chakra are the Alchemist and the Chariot - Temperance or Patience and the World

Lesson - Knowingness

The right to aspire with dedication to the divine consciousness and trusting the universe. The lesson of learning about spirituality and integrating consciousness and sub consciousness into the super consciousness.

Imbalances – headaches, photosensitivity, mental illness, senility, brain disorders and coordination problems, epilepsy, varicose veins, blood vessel problems and skin rashes.

Crown stimulants - focusing on dreams, violet food and drink, violet gemstones and violet clothing. Using violet oils such as lavender or jasmine essential oils.

Benefits - attaining a state of consciousness allows relaxation, healing, more energy, better memory, greater mental clarity, enhanced creativity and spiritual connection to the web of life. Feelings of peacefulness, timelessness, and spiritual well-being and a union with the universe.

Crown Chakra Tea - lavender

Diet - herbs, spices and flowers purple in colour. Eat purple or violet energy by eating purple, violet and white foods such as artichoke, aubergine, cauliflower, purple plums, blackberries, red cabbage, garlic, celery, onions, parsnips, horseradish, chives, beets, purple olives and purple grapes, violet basil, ginseng, almond, nutmeg, sage, pepper, myrrh and salt.

Essential oils - geranium, chamomile, lavender, sage, myrrh, sandalwood, rose, cedarwood and rosewood.

Yoga poses - headstands, half lotus, corpse pose

Corresponding chakra - Root Chakra

Imbalance

An imbalance in the Crown Chakra leads to aimlessness, disillusionment and depression. Feeling disconnected, a lack of purpose, nervous system disorders, migraines, headaches, learning difficulties and mental illnesses. You may be living in your head with an obsessive attachment to spiritual matters, lack of empathy, dizziness, confusion, mental fogging, seizures, light sensitivity, isolation, loneliness, inability to connect with others, chronic fatigue, Alzheimer's, Schizophrenia and delusional disorders, insomnia, feelings of superiority toward others, aggression, as well as a tendency to be judgmental and critical. It is not uncommon to be distrustful of others or to feel lost as though you are in the midst of a crisis or have lost your way in life.

An overactive Crown Chakra can make you feel out-of-sorts and appear flighty with feelings of superiority and aggression toward others.

An underactive Crown Chakra can make you feel like you lack a purpose in life and that it is all meaningless. You may experience co-ordination difficulties, clumsiness, poor balance and a positive out-look on life will be hard for you. You may also be excessively afraid of dying and have no desire to discover your inner self.

Balance through Healing

When the Crown Chakra is balanced you feel grounded, in control of your emotions, intuitive and connected to the Divine. Signs of an open Crown Chakra include being open minded, joyful, spiritual, enjoying good health, centered and wellness. The Crown Chakra helps the other six Chakras stay open but the Root Chakra should be balanced before attempting to balance your Crown Chakra as you need a good foundation to remain grounded and to help stimulate energy flow and harmony. Common practices you can use to balance your Crown Chakra:

- Reconnective healing, hands on healing and energy healing
- Meditation and contemplation
- Exercises focused on the connection of body and mind including martial arts and yoga
- Breathing exercises
- Physical activity and exercise
- Healthy diet
- Affirmations
- Drumming and listening to tribal sounds like throat singing and sounds of nature.
- Holistic medicine

- Healing stones, crystals, colours, wearing and surrounding yourself in the colours of the Crown Chakra.
- Rest and sleep
- Time spent in nature to reconnect.
- Use Crown Chakra essential oils to promote the healing and openness.
- Focus on your dreams and imaginations.
- Carry a gemstone of quartz crystal, diamond or amethyst that resonates with you.

When you start activating energy in a blocked Chakra you may surface the problems that caused it to be blocked in the first place. That is ok as you will have a chance to deal with them consciously. Techniques to balance Crown Chakra: energy healing, meditation, detoxifying, smudging, forgiveness and dreaming.

Energy Healing

To open your energy to heal the Crown Chakra hold your hands in water and visualise the water gently washing away any blockages you might have and replacing them with healing, flowing energy.

You can also hold your hands with your palms touching each other and gently roll them in a circular movement developing a heat forming in the palms of your hands. Start to stretch the distance between your hands still maneuvering the ball of energy between your palms. Feel the energy. You may feel warmth or tingling as you play with this energy. Move your hands around, letting the energy move and grow. Imagine it flowing from each palm. Finally, bring your palms back together and allow the energy to flow back into your body, healing and energizing.

Creating something like art is also very good for opening the Crown Chakras as using your hands will help get creative energy moving through them.

Meditation

To open the Crown Chakra, visualize a brilliant white or violet light pouring into the top of your head washing away any blockages. Guided imagery and mental travel and entering into a trance state are also very good to combine with meditation as you relax your body, visualize and focus on your breathing.

Healing stones can help remove blockages and work well with healing energy. Diamond, quartz, amethyst and other white or purple stones can be used and worn as jewelry or held during meditation and energy healing.

Detoxify

Detoxifying can be done by fasting, drinking plenty of liquids and sweating. Sitting in a hot bath or sauna for a few minutes with essential oils helps the body to dispose of toxins through sweating. Better still a hard training session can't be beat.

Smudging

Smudging is a spiritual purification process. Smudge the room then smudge your body with the sage.

Forgiveness

Releasing any negativity through smudging and burning of incense is a way to bring balance back to the Crown Chakra. When you let go emotionally and mentally in a state of forgiveness you are resetting the Crown Chakra. Forgiving clears any blockages that could prevent life force energy from circulating within the Crown Chakra.

Bringing balance back to the Crown Chakra enables life force energy to flow freely through the body's energy system which is a great technique for self-healing.

Dreaming

Our life is an extension of our consciousness and of all that we dream to be. Our reality is our subconscious beliefs and comfort zone in our waking hours. To change our dreams is to change our reality. Knowing this we can change our dreams and create a new consciousness breaking out of our comfort zones and reaching new potentials.

My Key Principles for the Crown Chakra

Principle 1 Stillness to Calm

There is much discussion about the importance of stillness. Being able to still your anger, still your aggression, still your passion, still your nerve, still your mind - having no mind and all mind. I like to think there is another way - the way of calmness. To remain calm in the heat of battle, calm in the midst of darkness and fear, calm at the center point of change or transition. Calm allows one to act, to react and most importantly to move forward. Through calmness we can reach our higher potential. Stillness we go nowhere. Being calm and doing nothing are two very different things. Learn how to be calm and you can be still but you can also have options and can progress. By being calm you will slow time, create hang time or air time, which allows the mental and physical realms to catch up and carry you forward.

Exercises to draw on calm: breathing and thoughts

Breathing - slow the breath, slow the heart, slow the mind - take control. Sit arms and legs uncrossed, arms by your side palms facing up and focus on nothing but your breath; breathe in and breathe out, strong measured breaths and be calm within to the external stimuli - you know it is there don't make it important.

Thoughts - when in an angry state stop, feel the blood rushing through your body, feel your reaction to the emotion, the heat in your stomach, your blood pulsing, catch yourself thinking, catch your physical body reactions and take control. Check your self-talk and what your inner voices are saying to you. You are what you think you are so change your thinking. Tell your mind to calm, to slow, to think logical and rational. If you are not calm you will lose yourself to the moment because you are off center.

Principle 2 The Moment

The moment is an important concept. Like most things it has a positive and a negative - a Yin and a Yang.

In the positive, when the moment comes, you react without thinking. If at that moment you can use your years of martial arts training and experience to be the instant on the battlefield where we are at our ultimate best and purest self - this is what we all train for. That one moment when we are called to answer, where the honesty of our training is called into question and we either survive or we die. The glorious state of knowing that what you have prepared for your entire life is there for you.

When the moment comes, it is important to be part of the moment because losing your moment, or missing it, or not seeing your moment is to lose your advantage. You don't get another shot on the battlefield; you don't get another 15 seconds of fame and fortune. If you lose advantage of the moment and it takes you then you can lose yourself within that moment and what happens then is that when and where you come out of the moment, where the moment spits you out is unknown. The negative consequence of this can be life threatening and soul destroying.

But we train for the moment. Years of discipline, structure, push-ups, sit-ups, kata, meditation it is all preparation for that one moment of truth. When we are younger that moment might be fight or flight. When we are older it might be a choice of staying in this realm or moving to the next. We all have our moments. For martial artists we train for that moment but the application is to every part of our being and our lives including work and personal relationships.

For experienced martial artists on the journey from the kick punch physical realm to the higher order training engaging the mind and spirit, the moment takes one to that place of wanting to find the void, to being lost in the moment of having no mind, being mindless or unfettered. To know how to attain that moment, to find that secret garden at will - now that is something special to be sought and found!

So there are three aspects of the moment - be with the moment, lose the moment and create the moment. Focus and calm will allow you to control the moment. Focus and calm will allow you no mind to find the moment and focus and calm will allow you to find your secret garden.

Exercises for the Moment: Focus, Clearing, Center

Focus on yourself as if you are someone else watching you then focus on the heat in your abdomen region, the location of your hara central. Focus on the energy in your body and direct it to cool down to calm. Get in touch with the emotional content and use it to direct energy flow.

Clearing - practice clearing daily or as many times daily as required - some days are hard. You can only clear yourself if you catch yourself so make it a regular part of your day to clear your mind, body and soul. To clear your mind, think not of your troubles or circumstances think only of balance and center. If you have negative thoughts towards the person or situation then they or it will meet your negative expectations. Take the personal out of the situation and look at it as a good person or a good situation having a bad day and don't allow external factors to take you off center. For Anderson Bushi Kai students we practice center every time we move through Matsuba Datchi. The respective Chakra masters will have different exercises to center and clear Chakra blockages.

Centre your mind your body, your focus, your emotions. Take a breath, take a moment. Step forward, arms outstretched by your side balanced in height and distance from your body. Breathe out and be still. Hold and center. Practice this many times a day. If you are at work and can't demonstrate this physically then take a quiet moment, a slice of a second, and practice this in your mind's eye.

Crown Chakra Exercise - Activating and Unblocking

Stand in shoulder width stance. Put both hands together at the Root or Base Chakra with all finger tips touching as if you have an energy ball in your hands. Move your hands upwards from one Chakra to the next Chakra in a slow motion until you feel the energy activating and engaging at each Chakra point before you move to the next. Pass through the third eye until you reach the Crown Chakra. All fingertips touching continue to move upwards until your hands are extended above your head and form an apex. At this point keep your hands in position and tilt your head back so that your hairline is in line with your spine – you should now feel the connection to the Mundi Axis.

Now you have activated it is time to unblock. Move your right hand first down from the apex to the 6th Chakra and circle around the third eye, palm facing towards your forehead, circle your hand around your head and then move down the body along the Chakra lines stopping at the Base Chakra. The left hand then follows and does the same movement ending at the Base Chakra. Palms will be facing each other, fingertips touching and facing towards the floor in a relaxed meditative state.

Principle 3 The cycle of seven

The cycle of seven is all around us. There are seven seas and seven continents, seven days of the week, seven wonders of the Ancient world, seven colours of the rainbow and seven deadly sins.

The seven Chakras run through the core of the body. We cycle through each of the Chakras over a seven year time frame just as the cells of our body evolve over a seven year cycle. Like the matryoshka doll, where one wooden doll is placed one inside another, each Chakra contains all of the other Chakras so whilst you may enter into the predominant Chakra for your stage of life you also have a connection to all other Chakras at that point of maturity within that predominant Chakra.

We start at the Root Chakra which can be explained and learnt internally till the age of seven. Each Chakra succeeds the next one for another seven years. Between 42 - 49 years your state of being, if you are in touch with your inner self, is at the Crown Chakra and your thought process should be in balance along this line.

If you have not checked and balanced your Chakras in the appropriate time you won't notice this growth within yourself and you will have missed the evolution within yourself. This is true for every Chakra. There is also the risk that you will stay within your comfort zone and hence remain in previous Chakras. To realise the essence of the Crown Chakra ideally you should be in or after 49 years of age. Not everyone moves at the same pace and this may vary for individuals. You can't put old heads on young shoulders but there are those enlightened individuals who do move through the Chakras at a different pace. It is also likely that during the course of our lives different Chakras will be in and out of alignment meaning

that we need to focus on the Chakra that is out of balance.

Further in the cycle of seven, there are also seven planes and a hue of seven colours forming the auric body system. Each level of the aura has its own seven Chakras, which are nested within the other auric Chakras. The Crown Chakra is associated with the seventh and final aura layer the Ketheric Template or Causal Body the point where you and the universe become one. It extends about three feet away from the body, often in the shape of an egg and is gold, or silvery-gold pulsating and vibrating at a very high speed. The aura is the energy the soul emanates which can be seen as electromagnetic energies and is your link to becoming one with the universe.

In martial arts we train to be able to use the elements of the different Chakras to hone our skills and develop our aura and it is not uncommon for us to move through the Chakras at a faster pace during our embracing of Zen.

After successfully reaching the Crown Chakra stage and the seven year cycle is complete we are then able to go outside of body and start at the base again for next set of seven year Chakras learning the base outside of ourselves. After we have reached the Crown Chakra which is the last of the physical Chakras we are at the base of new level of evolution. Could this be the base Chakra of spirituality? Yes it can and what a journey for the next seven years.

The soul star Chakra sits above the seventh Chakra and links to the higher transpersonal Chakras via the stellar gateway. Spiritual energy enters the body via this Chakra and this brings the energy down from the higher transpersonal Chakras into the body. We know this gateway as the Mundi Axis.

The principle we take from this is that life is a complex and intertwined web that shouldn't be approached superficially, one dimensionally or at face value. There is growth to greater levels but there is also significant growth at each stage of our journey on many levels if we are truly to appreciate our layers and depth so we can tap into the enormous unreachd potential within ourselves.

Principle 4 Resilience and Strength of Spirit

Resilience is reflective of the depth of our spiritual character. What is the source of resilience? It is our connection to the essence. It is our ability to look at setbacks and to choose to see the opportunity for growth from that experience and to welcome the testing of our character. Which way do you want to take things? Do you want to crumble and succumb to demons, depression, trouble and trauma, see the negative in each situation or take each set back as the opportunity for rebirth, for growth, to bounce back stronger and more layered than you were before. By strengthening your connection to the essence then the deeper your spiritual character and composition will be and the more resilience you will have. What doesn't kill you makes you stronger and the more challenges and battles you face the more resilient and strong will be your spirit.

Accept your knockbacks, nod to the scores in sparring, take on board the feedback from the Grade Masters and show your resilience by standing on the grading floor and train regularly to strengthen your spirit.

Principle 5 Spiritual connectedness

The Crown Chakra is the platform through the Mundai Axis to our higher consciousness - the wisdom and knowledge that we accumulate during our lifetimes. It helps us to connect with our spirit guides be they spirit animals, beings or angels. To connect it has to also come from the heart so you need both an activated Crown Chakra and Heart Chakra forming a channel to enlightenment and spiritual energy. The idea of knowing is where you connect with your higher self, higher consciousness and deeper thought. The Crown Chakra is the point where spirit introduces energy for dispersal throughout the body.

If you have ever had the experience of thinking of something and then it happens or thinking of someone and then they contact you. We often explain this away as co-incidence. Psychiatrist Carl Jung referred to it as the concept of synchronicity or meaningful co-incidences. Spiritual connectedness is directing and empowering yourself to tap into universal connectedness at will and not by accident or co-incidence. You can plant the seed of an idea with others, you can send energy and thoughts and you can deliver information directly from your spirit to your mind and body and wider to others in

close proximity and over distance. The information in the form of thoughts or spiritual energy enters via the Crown Chakra into the nerve bundle in the center of the brain to your thoughts.

Once Kundalini energy rises to the Crown Chakra you can achieve consciousness that you are connected to the energy of pure potentiality and limitlessness. The Crown Chakra is the energy vortex that connects you to your true self and is the seat of spiritual enlightenment and spiritual energy. Connecting on a spiritual level to something greater than self can lead to enlightenment. As a martial artist by engaging the physical, mental and spiritual we are creating a rich and multi-dimensional experience through Zen.

In this commercial and materialistic world there is a great comfort to be found connecting spiritually to Zen and through the history of people with our ancient past and a primal base connecting us to our roots. Praying, Shamanic drumming, Japanese Shakuhachi, traditional bamboo flutes, throat singing of the Mongols, the dancing and didgeridoo playing of Indigenous Australians even the displaying of dream catchers and immersing yourself in camping in the bush and the mountains can all help you to connect to something greater than self on a spiritual level.

Principle 6 Changing your DNA

Each of us has the ability to change our biochemistry, our ancestry and to change our destiny. Each of us has the ability to strengthen our body, our minds and our spirit. By connecting to the essence and through the application of Giri, your obligation or duty to yourself to be honourable and courageous, each of us can flow energy and tap into limitless potential. Auto pilot essence takes over biological and mental functions and then you have changed your DNA. You can selfheal. When one changes ones DNA one goes from physical, mental, spiritual on a singular level and can act on all three fronts on a multi-dimensional level. Change your biochemistry by staying calm, programing your mind with positivity, breathing deeply and this will help you to maintain a healthy weight and to sleep.

Principle 7 Reconnection

Before we are born we are connected to the infinite. We have an essence before we take our first breath and before we are named. When we are born we become disconnected from the essence. Life begins but with each day we move further away from our purest form. Do we live up to the name someone else gave us or do we take on the physical identification of that name? As we go through life we move into the learned and academic "within the box" life and we move further away from our essence until we get closer to death and it dawns on us the importance of reconnection to the essence. We need to focus and reconnect to the essence at the earliest possible opportunity to gain the greatest possible gains. This is what meditation allows and teaches us. As marital artists we meditate through kata.

If my insights into the Crown Chakra are to be drawn together in a single concept it would be to find music in the quiet depths of your soul and to do whatever you can to be a healer of self so that you can be a bright light for yourself shining warmly on others. To my brothers and sisters in Anderson Bushi Kai stay the path and the path will be there before you.

Reconnect within, your physical mind and your physical body, to enter spirituality and reconnect with essence for it is at this point that you can connect without.

I shall see you in the void .

Your Ethereal Shomei.