



# Sahasrara Chakra Integration

The Sahasrara chakra is located in the limbic area of the brain. You can feel the vibrations of the Sahasrara chakra in the center of your palms.

## **Sahasrara chakra qualities:**

A sense of oneness with the universe

Thoughtless awareness

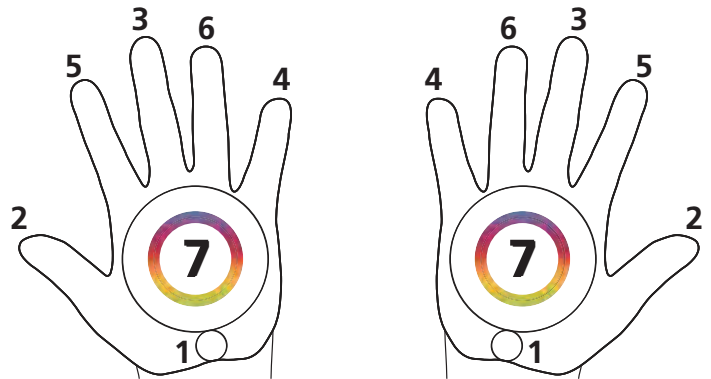
Awareness of Divine energy

Connection with the Divine

Through meditation, the kundalini rises to the top of your head. It then pierces through the fontanel area and unites your individual consciousness (atma) to the universal consciousness (paramatma). Some people feel this union as a pulsating sensation in the crown of the head. A melting sensation and cool vibrations often follow these pulsations.

With the opening of the Sahasrara chakra, you no longer feel confusion. You experience complete inner calm. You intuitively know what response or action is morally correct and auspicious.

Once you have achieved the connection of your kundalini to the Divine energy of the universe,



you are no longer consumed with the past or the future. You experience true inner joy. Your human awareness has united with the Divine, and your physical, intellectual, emotional and spiritual selves become integrated.

If your Sahasrara chakra is blocked, you may have difficulty feeling the vibrations. You may also experience doubts as to spiritual reality or the existence of the Divine. Many people do not experience vibrations right away, but take a longer time. Keep an open mind and continue practicing Sahaja Yoga meditation. You will experience the connection.

You can help your attention remain above your head by placing your right hand on the crown of your head. Rotate your scalp slowly in a clockwise direction while saying, "I want to experience the state of meditation."