

Crown Chakra (Sahasrara) Meditation Practice Card

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1. The 10-minute practice

1. **Settle (1 min).** Sit tall on a chair or cushion, shoulders soft, hands on thighs. Close or lower your eyes.

2. **Breathe naturally (2 min).** Let the breath set its own pace. Notice air moving in and out of the nose.

3. **Humming breath (2 min, optional).** Inhale gently through the nose; exhale with a soft, low hum, lips closed. No straining.

4. **Rest attention at the crown (4 min).** Bring awareness to the top of the head. Picture a white lotus or soft light if you like. When thoughts come, return to the crown.

5. **Close (1 min).** Let the image go. Feel your feet and the weight of your body. Open your eyes slowly before standing.

2. Safety notes

Stop and breathe normally if you feel dizzy, light-headed or breathless. Never hold your breath or force the breath.

If meditation brings up anxiety, low mood or distress, stop and talk to a qualified professional. (NCCIH: about 8% of participants in one review reported a negative effect.)

Living with psychosis, trauma, severe anxiety or depression? Check with your clinician before intensive or kundalini-style practice.

Skip headstand as a beginner. Avoid inversions with glaucoma, severe high blood pressure, neck or spine problems; pregnant? Ask your provider first.

Meditation supports wellbeing but never replaces or delays medical or mental health care.

3. Classical texts vs the modern system

Classical tantric texts (1500s)	Modern Western system (1900s onward)
Lotus of a thousand petals above the six chakras	The "seventh chakra"
Brilliant white, brighter than the full moon	Violet, the top of a rainbow
Goal: union of kundalini (Shakti) with Shiva; liberation	Goal: "opening" or "balancing" for wellbeing
No glands, crystals, oils or "blocked chakra" symptoms	Pineal gland (linked 1928), crystals, oils, symptom lists

4. 7-day practice log

Day	Date	Minutes	Humming breath? (Y/N)	How I felt afterward
1				
2				
3				
4				
5				
6				
7				

Chakras are a concept of belief and contemplative practice, not physical structures. Sources: Woodroffe, The Serpent Power (1919); Britannica; Leland, Rainbow Body; NCCIH meditation and yoga pages.