crystal musings

Crown Chakra



Color

Purple, Clear

Mantra/Affirmation

I am whole and complete. I am full awake and aware. I am pure light and love. I am connected to all that is.

Essential Oil Recommendation

Frankincense, Myrrh, Neroli, Lavender, Rosewood, Angelica

Crystals

Clear Quartz, Charoite, Sugilite, Lepidolite, Selenite

Emotional/Spiritual

When in balance you feel empowered, valued, and present in the moment. You see yourself as a reflection of the Divine and trust the flow of life.

When out of balance you can feel confused, fearful, alienated, and depressed. You may have fixed thoughts on religion/spirituality, and not be open to other perspectives.