7th Chakra: Grace

The seventh chakra, or energy center of the body, relates to our ability to see the goodness and the divinity within ourselves. The location is at the top of the head. The seventh chakra affects the central nervous system, muscular system, and the skin. This is our emotional and mental connection to the body through our devotion and inspirational thoughts, and connects us with the pure form of the energy of grace or prana. Through this energy center, we have spiritual vision and insight, and well developed intuitive capabilities. Our insight enables us to guide ourselves and others in such a way to transcend ordinary human fears. Devotion and commitment to a higher calling or purpose in life is evident -- we no longer question our meaning and purpose as the seventh chakra is fully engaged.

Asanas

Anjaneyasana

Parsvakonasana

Parvrtta Parsvakonasana

Garudasana

Hasta Padangustasana

Parvrrta Trikonasana

Prasarita Padottanasana

Salabasana

Matsyendrasana

Upavista Konasana

Application: We gain an increased intensity of our physiology through meditation and prayer. For some practitioners, hatha yoga practice becomes a meditation in motion, allowing for our connection to grace to flow and enervate the seventh chakra in our practice. You may wish to take time for meditation prior to savasana for this practice, to go deeper into the devotional aspects of the practice.

Archive: Spirit

Photos by Alyce Henson

For other practice sheets, see www.fulcrumblu.com.

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