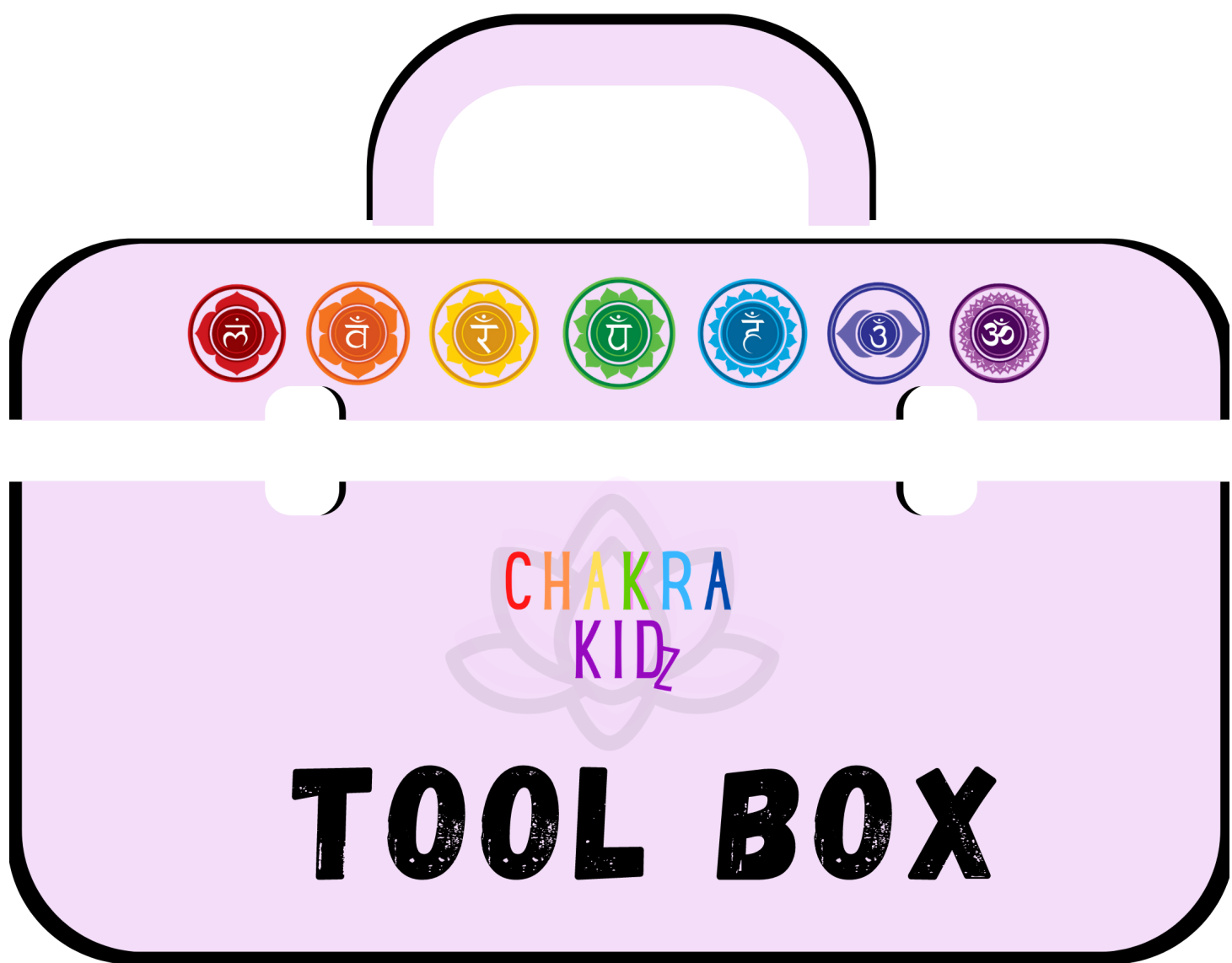


# 'WHAT'S A CHAKRA?'

## Class



Lil'  SCHOOL

# Chakra Journal



## Draw or Color



## Express Freely

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# Root Chakra Journal

**Draw or Color**



**Express Freely**

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# Solar Plexus Chakra Balancing Tool



## The Color Yellow

Surrounding yourself with a bright yellow, wearing the color or envisioning the color in your mind or in your energy field helps to support a strong balanced Solar Plexus Chakra.

## Affirmations & Messages

Words are powerful. When we use words that support a positive and powerful energy we uplift ourselves and support a balanced Chakra system.

- I love and accept myself.
- I use my power for good.
- I choose inner peace.

**I love ad accept myself. I make my own decisions. I am worthy or love, respect and have healthy relationships. I am at peace with my life.**

## ?? Questions ??

When we are able to ask ourselves questions about how we feel and what we think it helps to support our personal knowing and balance.

- Do I feel confident to in my skills to bring my dreams to life?
- What does strength or power look like or mean to me?
- Do I feel like I am moving forward I the right direction?
- How clear do I feel?
- How connecteddo I feel to my own wisdom and power?

### Ask deeper questions!

Why do I feel this? When was the first time I felt it?  
Why or why do I not feel?

### Create your own questions and messages!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_





# Sacral Chakra Journal

**Draw or Color**



**Express Freely**



# Heart Chakra Journal

**Draw or Color**

A large, empty rectangular box with rounded corners, outlined by a thick green border and a thinner pink inner border, intended for drawing or coloring.

**Express Freely**

A series of horizontal black lines providing space for writing or free expression.







# Third Eye Chakra Journal

**Draw or Color**



A large, empty rectangular box with rounded corners and a thick blue border, intended for drawing or coloring.



**Express Freely**

A series of ten horizontal black lines, providing a space for free writing or expression.



# Crown Chakra Journal

**Draw or Color**



**Express Freely**

# Chakra Reflection Journal



Red reflection box

Orange reflection box

Yellow reflection box

Green reflection box

Light Blue reflection box

Dark Blue reflection box

Purple reflection box



# Weekly Exercises Chakra System

## TAKING NOTICE

**Taking Notice** - Check in with each Chakra and find out where each wheel is and if there are any petals that need attention.

- Root .....
- Sacral .....
- Solar Plexus .....
- Heart .....
- Throat .....
- Third Eye .....
- Crown .....



## EARTH CONNECTION



The Earth is consistently sending negative ions out into the air that help to balance our physical bodies. Take time in nature every week if not every day!

Spend at least 30 minutes at a time and try to do this 3 - 5 times a week.

- **Take a walk on a trail, in a park, at the beach or lake**
- **Hug a tree**
- **Sit in grass**
- **Swim in a lake, river or ocean**



**Questions** - Ask questions to see how much you accept yourself in physical form as you chose to live it?

## TUNE IN TIME

**This is a time and space for you to center and get grounded in your energy and body.**

**Spend 5 - 30 minutes to 'Tune In' or push yourself for an hour! At least 3 - 5 days a week.**

1. **How safe do I feel in myself and in life?**  
a. ....
2. **Do I feel connected and supported in the choices I make?**  
a. ....
3. **Do you feel inspired and passionate?**  
a. ....
4. **Do I feel compassion for myself and others?**  
a. ....
5. **Can I express myself freely?**  
a. ....
6. **How inspired and intuitive do I feel?**  
a. ....
7. **What does peace look like to me?**  
a. ....

- Find a quiet place and get comfortable.
- Close your eyes
- Take a deep breath
- Relax your body
- Begin to see each chakra from Root to Crown glowing in its color.
- Feel the energy and color swirling in each area and then let it expand through your body.
- Visualize all the colors blend and swirl together shining in a bright white around your body.
- Let your body feel a feeling of calm happiness.
- When your ready take a deep breath
- Open your eyes.

**Write a short journal after your 'Tune In' about your experience, how you felt and what you saw or heard.**

## JOURNAL REFLECTION

What did you notice about yourself this week? Does this change your perception or outlook at all? How do you feel?