



The Chakra Journals

Move through your
energy blocks to release
your creativity

WRITE FROM SOURCE

Introduction

A warm welcome to you. I am so thrilled you are investing in yourself and taking some time to work through The Chakra Journals. It does not matter whether you are a writer or non writer - you will feel the spark of creativity as you work through these exercises. It also does not matter whether you have had a charmed life or a traumatic life - we all have experiences that could benefit from some acknowledgement and awareness.

If you are an energy practitioner or you've experienced energy healing yourself, you will have heard of the Chakra system. An attuned practitioner can help move the energy through sluggish energy centres, but did you know you can also identify energy blocks and start the clearing process – with writing?

Write from Source has developed a unique practice called 'The Chakra Journals' which will help you bring awareness to what your body is telling you – and provide you with the tools to delve deeper into your energy body. If you incorporate The Chakra Journals into your daily practice you will AWAKEN to the language of 'energy' and you will see your story emerge from the page.

The beauty of The Chakra Journals, is you can see and feel the shifts for yourself either within your body or on the pages of your journal as you release blocks you didn't even know you had. This in turn will allow you to access the rich reservoir of creativity just waiting to be released.

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"I thought I had done a lot of work healing and balancing my Chakras, but as a Reiki Master who uses writing as a meditation, I thought I'd give this course a try. I was surprised how effective the exercises were in helping me see, not only where I was still blocked – but also what I could do to clear those blocks. I would recommend this course for anyone doing energy work – even if you're delving into your chakras for the first time."

FS – Writer. Reiki Master

Moving through creative & healing blocks with writing

If you experience anxiety or have suffered trauma in your life, that memory or energetic imprint can be held in your emotional, physical and energy body. This can lead to the repeat of 'dense' energy patterning, feelings of helplessness or even fatigue and depression – or just a feeling of being out of balance. These feelings can impact us when we're trying to express ourselves through writing/art/music and this can ultimately impact our healing. The motivation and enthusiasm – the energy – just isn't there.

The following exercises will help you identify energetic blocks or imbalances – and they will give you the tools to clear them. The important thing to remember is *do the work with intent*.

As an example, when I am in an Akashic Reading or Healing session, going through chakra affirmations with a client, I always notice the energy change when I say things such as 'I have a healthy state of sexual desire in my life' or 'I love myself completely'. That 'flinch' is your Higher Self giving you a nudge (or a jolt depending on how 'severe' the reaction is) that there is 'something' that requires some work in that area. You may have grown up being told it was a bad thing to have 'sexual desire' (particularly if you are a woman), or you may not feel 'worthy' of love – so those statements and affirmations are going to make you feel uncomfortable. This is the first stage of the process – AWARENESS.

What are the Chakras?

Some western scholars believe that the chakra system began in India when the earliest yoga texts, the Vedas, were written (At least 500 BC). However, most Indian scholars believe that the chakra system was much older than that, since it was known to have been passed down by the sages through oral tradition long before the Aryan (Indo-European) people arrived in India.

Chakras are the concentrated energy centres of the body. This Sanskrit word means "wheel" or "disk" and is derived from the root word "cakra". The original meaning of the word chakra as "wheel" refers to the chariot wheels of the Indian rulers, called cakravartins/chakravarti (one whose wheels are moving)¹.

These wheels or disks of spinning energy each correspond to certain nerve bundles and major organs within the body.

To function at their best your chakras need to stay open or balanced. If they get blocked, you may experience physical or emotional symptoms related to that particular chakra.

There are seven main chakras that run along your spine. They start at the root, or base, of your spine and extend to the crown of your head. There are actually over 100 Chakra points throughout the body, but we will focus on the main ones for the purpose of these exercises.

Source [1]: *India through the ages* Gopal, Madan (1990). K.S. Gautam (ed.). . Publication Division, Ministry of Information and Broadcasting, Government of India. p. 81.

Focus on the Breath

Get comfortable in a place where you won't be disturbed. If you are able, find a spot in nature to relax. Remember to take a pen and notepad with you. You will need this to record your thoughts and feelings or anything that comes up that inspires you to write/draw/create. You can use the space provided for quick notes to help you at a later date.

Let's begin ...

Take a few deep breaths.

Inhale for the count of 4

1 - 2 - 3 - 4 -

Hold that inward breath for the count of 4

1 - 2 - 3 - 4 -

Exhale for the count of 4

1 - 2 - 3 - 4 -

Hold that outward breath for the count of 4

1 - 2 - 3 - 4 -

Do this 3 or 4 times until you feel settled within your mind and body.

AFFIRMATIONS



Root Chakra

The ROOT Chakra located at the base of your spine governs feelings of security and safety. Have your pen/pencil and journal ready. Go through the breath work outlined in the previous lesson and just find that inner calmness as you read through each of these statements. These are Affirmations that are used to bring balance to the Root Chakra and will ultimately ease your feelings of insecurity. The first time you read these through you will observe 'acceptance' or 'resistance'.

I feel deeply grounded and connected to the earth.

I am connected to my body.

I feel safe & secure. I have what I need. I trust in the goodness of life.

Just like the trees or the stars – I have a RIGHT to be here – I BELONG.

I stand for my values, for truth and for justice.

I am grounded, stable and stand on my own two feet.

I nurture my body with healthy food, clean water, exercise, relaxation and a connection with nature.

I am open to possibilities.

I am grateful for all the challenges that helped me to grow and transform.

I make choices that are healthy and good for me.

I trust myself I love my life. I am whole.

Sacral Chakra

The SACRAL Chakra located just below your belly button governs feelings of creativity and sexuality. Have your pen/pencil and journal ready. Go through the breath work outlined in the previous lesson and just find that inner calmness as you read through each of these statements. These are Affirmations that are used to bring balance to the SACRAL Chakra and will ultimately ease your feelings around sex, your joy and creativity. The first time you read these through you will observe 'acceptance' or 'resistance'.

I am a joyous, creative being.

I love and enjoy my body.

I have healthy boundaries.

I am open to experiencing the present moment through my senses.

I am passionate.

I feel pleasure and abundance with every breath I take

I nourish my body with healthy food and clean water.

I know how to take care of my needs.

I value and respect my body. I take good care of my physical body.

I am open to touch and closeness.

I allow myself to experience pleasure.

My sexuality is sacred.

Emotions are the language of my soul.

Solar Plexus Chakra

The SOLAR PLEXUS Chakra located in your stomach area governs feelings of personal power, intellect and purpose. Have your pen/pencil and journal ready. Go through the breathwork outlined in the previous lesson and just find that inner calmness as you read through each of these statements. These are Affirmations that are used to bring balance to the SOLAR PLEXUS Chakra and will ultimately ease your feelings around confidence and self-esteem. The first time you read these through you will observe 'acceptance' or 'resistance'.

I love and accept myself.

I stand up for myself.

I am strong and courageous.

I am worthy of love, kindness and respect.

I choose the best for myself.

I express myself in a powerful way.

I am proud of my achievements.

I honour myself.

I chose healthy relationships.

I am authentic.

I direct my own life.

I appreciate my strengths.

I feel my own power.

I am free to choose any situation.

I seek opportunities for personal and spiritual growth.

I am at peace. I am whole.

Heart Chakra

The HEART Chakra located in the middle of your chest governs relationships with others, yourself and Source/Oneness. Have your pen/pencil and journal ready. Go through the breathwork outlined in the previous lesson and just find that inner calmness as you read through each of these statements. These are Affirmations that are used to bring balance to the HEART Chakra and will ultimately ease your feelings around loving relationships. The first time you read these through you will observe 'acceptance' or 'resistance'.

I am open to love.

All love resides within my heart.

I deeply and completely love and accept myself.

I nurture my inner child.

I am wanted and loved.

I live in balance in a state of gracefulness and gratitude.

I love the beauty of nature and the animal world.

I forgive myself.

I am open to love and kindness.

I am grateful for all the challenges that helped me to transform and open up to love.

I am connected with other human beings.

I feel a sense of unity and nature with animals.

I accept things as they are.

I am peaceful and loving. I am whole.

Throat Chakra

The Throat Chakra located in the middle of your throat governs communications and how you interact with the world. Have your pen/pencil and journal ready. Go through the breath work outlined in the previous lesson and just find that inner calmness as you read through each of these statements. These are Affirmations that are used to bring balance to the THROAT Chakra and will ultimately ease your feelings around communications and speaking your truth. The first time you read these through you will observe 'acceptance' or 'resistance'.

I am open, clear and honest in my communications.

I have a right to speak my truth.

I communicate my feelings with ease.

I express myself creatively through speech, writing or art,

I have a strong will that lets me resolve my challenges.

I nourish my spirit through creativity.

I live an authentic life.

I have integrity.

I love to share my experiences and wisdom.

I know when it's time to listen.

I express my gratitude toward life.

I listen to my body and my feelings to know what my truth is.

I take good care of my physical body.

I am at peace. I am whole.

Third Eye/ Brow Chakra

The THIRD EYE or BROW Chakra located in the middle of your forehead governs your intuition. Have your pen/pencil and journal ready. Go through the breathwork outlined in the previous lesson and just find that inner calmness as you read through each of these statements. These are Affirmations that are used to bring balance to the THIRD EYE Chakra and will ultimately strengthen your intuition. The first time you read these through you will observe 'acceptance' or 'resistance'.

I am in touch with my inner guidance.

I listen to my deepest wisdom.

I seek to understand and to learn from my life experiences.

I am wise, intuitive and connected with my inner guide.

I nurture my spirit.

I listen to the wisdom of elders.

I trust my intuition.

I forgive the past and I have learned from what was there for me to learn.

I forgive myself.

I love and accept myself.

I know that all is well in my world.

I am connected to the wisdom of the Universe.

I am open to inspiration and bliss.

My life moves effortlessly.

I am the source of my truth and my love

I am at peace. I am whole.

Crown Chakra

The CROWN Chakra located at the top of your head governs your connection with yourself and the Universe or Source. Have your pen/pencil and journal ready. Go through the breathwork outlined in the previous lesson and just find that inner calmness as you read through each of these statements. These are Affirmations that are used to bring balance to the CROWN Chakra and will ultimately help you connect with 'I AM' or 'All that is'. The first time you read these through you will observe 'acceptance' or 'resistance'.

I am one with the Divine.

I am Divine.

I honour the Divine within me.

I seek to understand and to learn the higher meaning of my life experiences.

I cherish my Spirit. I seek experiences that nourish my Spirit.

I listen to the wisdom of the Universe.

I trust my intuition.

I am open to letting go of all attachments.

I live in the present moment.

I am grateful for all the goodness in my life.

I love and accept myself.

I know that all is well in my world.

I am connected with the wisdom of the Universe.

I am open to Divine wisdom.

My life moves with grace.

I am at peace. I am whole.

Soul Star Chakra

The SOUL STAR Chakra – sometimes known as the seat of the soul – located just a few inches above your head is the chakra that is linked with ‘Letting go’. Through this chakra we connect with our Higher Self. Have your pen/pencil and journal ready. Go through the breathwork outlined in the previous lesson and just find that inner calmness as you read through each of these statements. These are Affirmations that are to be used to ACTIVATE your Soul Star Chakra when you are ready to do more advanced work at a soul level.

The SOUL STAR chakra is the seat of divine love, spiritual compassion, and spiritual selflessness. It is the doorway between your immortal soul and your earth-bound personality. Activating this chakra and stepping through the veil that separates your earthly self from your eternal soul will open your eyes to the vast space beyond the physical plane. Be ready to meet your Galactic Family or delve into your AKASHIC RECORDS. The first time you read these through you will observe ‘acceptance’ or ‘resistance’.

All of the choices I make are aligned with my soul.

I am ready to receive angelic guidance and protection.

I set my soul free.

I clear all of my Karmic Debt.

I intend to experience the realm of the Akashic Records.

Level 1 Awareness Exercises



Root Chakra - Level 1 Awareness Exercise

Now that you have read through each of the Affirmations, you will have observed sensations, acceptance, or resistance as you read each one.

What I'd like you to do now is note the DATE in your Journal and answer the following questions as fully as you can.

Get comfortable in a place where you won't be disturbed. If you are able, find a spot in nature to relax. Remember to take a pen and notepad with you. You will need this to record your thoughts and feelings or anything that comes up that inspires you to write/draw/create. You can use the space provided for quick notes to help you at a later date.

Let's begin ...

Inhale for the count of 4

1 - 2 - 3 - 4 -

Hold that inward breath for the count of 4

1 - 2 - 3 - 4 -

Exhale for the count of 4

1 - 2 - 3 - 4 -

Hold that outward breath for the count of 4

1 - 2 - 3 - 4 -

Do these 3 or 4 times until you feel settled within your mind and body.

Go back to the corresponding Affirmations starting from page 7. Noticing and writing down any of the following as you go. You can type in these Text Boxes or write in your Journal. My preference is for you to write in a journal if possible so you have an ongoing record and can come back to update this exercise over the weeks and months. Over time you will be able to look back and see how far you have come.

TODAY'S DATE:

Observe and note down which ones resonated with you as you read them.

Where in your body do you feel that feeling of acceptance and understanding?

Can you identify the feeling? Love? Joy?

Do any specific memories come to mind?

Which ones stand out for you as being uncomfortable to say/to feel/to believe?
Which ones did you skip over?

Where in your body do you feel that feeling of resistance or discomfort?

Can you identify the feeling? Rejection? Embarrassment? Shame?
Judgement?

Do any specific memories come to mind?

Anything else of note:

Write down your observations (remembering to date the page in your notebook).

These feelings provide a gauge for what's going on in your body and direct you to where the work in hand needs to focus. As I mentioned on page 3 - an example, when I am in an Akashic Reading or Healing session, going through chakra affirmations with a client, I always notice the energy change when I say things such as *'I have a healthy state of sexual desire in my life'* or *'I love myself completely'*. I know by the reaction that work needs to be done on feelings of self-worth. So many people keep themselves small and it is a fascinating exercise to see where that stems from. Journaling can lead you to that place if you stay with it.

Sacral Chakra - Level 1 Awareness Exercise

Now go back to the Sacral Chakra Affirmations. You will have observed sensations, acceptance, or resistance as you read each one.

TODAY'S DATE

Observe and note down which of the SACRAL Chakra Affirmations resonate

Where in your body do you feel that feeling of acceptance and understanding?

Can you identify the feeling? Joyous? Strong? Happiness?

Do any specific memories come to mind? Write about this as extensively as you can.

Anything else of note:

Which ones stand out for you as being uncomfortable to say/to feel/to believe?

Where in your body do you feel that feeling of resistance or discomfort?

Can you identify the feeling? Resentment? Embarrassment? Shame? Judgment? Fear? Tightness?

Solar Plexus - Level 1 Awareness Exercise

Go back to the Solar Plexus Chakra Affirmations. You will have observed sensations, acceptance, or resistance as you read each one.

TODAY'S DATE

Observe and note down which of the Solar Plexus Chakra Affirmations resonate.

Where in your body do you feel that feeling of acceptance and understanding?

Can you identify the feeling? Strength? Peace? Pride?

Do any specific memories come to mind? Write about this as extensively as you can.

Anything else of note:

Which ones stand out for you as being uncomfortable to say/to feel/to believe?

Where in your body do you feel that feeling of resistance or discomfort?

Can you identify the feeling? Rejection? Embarrassment? Shame? Judgment? Fear?

Do any specific memories come to mind? Write about this as extensively as you can.

Anything else of note:

Write down your observations (remembering to date the page in your journal)

Heart Chakra - Level 1 Awareness Exercise

Go back to the Heart Chakra Affirmations. You will have observed sensations, acceptance, or resistance as you read each one.

TODAY'S DATE

Observe and note down which of the HEART Chakra Affirmations resonate.

Where in your body do you feel that feeling of acceptance and understanding?

Can you identify the feeling? Love? Forgiveness? Peace?

Do any specific memories come to mind? Write about this as extensively as you can.

Anything else of note:

Which ones stand out for you as being uncomfortable to say/to feel/to believe?

Where in your body do you feel that feeling of resistance or discomfort?

Can you identify the feeling? Rejection? Embarrassment? Shame? Judgment?
Fear?

Do any specific memories come to mind? Write about this as extensively as you can.

Anything else of note:

Write down your observations (remembering to date the page in your journal)

These feelings provide a gauge for what's going on in your body and direct you exactly to where the work in hand needs to focus.

Throat Chakra - Level 1 Awareness Exercise

Go back to the Throat Chakra Affirmation. You will have observed sensations, acceptance, or resistance as you read each one.

TODAY'S DATE

Observe and note down which of the Throat Chakra Affirmations resonate.

Where in your body do you feel that feeling of acceptance and understanding?

Can you identify the feeling? Gratitude? Happy?

Do any specific memories come to mind? Write about this as extensively as you can.

Anything else of note:

Which ones stand out for you as being uncomfortable to say/to feel/to believe?

Where in your body do you feel that feeling of resistance or discomfort?

Can you identify the feeling? Rejection? Embarrassment? Shame? Judgment? Fear?

Do any specific memories come to mind? Write about this as extensively as you can.

Anything else of note:

Third Eye/Brow Chakra - Level 1 Awareness Exercise

TODAY'S DATE

Observe and note down which of the Third Eye Chakra Affirmations resonate.

Where in your body do you feel that feeling of acceptance and understanding?

Can you identify the feeling? Gratitude? Peace? Oneness?

Do any specific memories come to mind? Write about this as extensively as you can.

Anything else of note:

Which ones stand out for you as being uncomfortable to say/to feel/to believe?

Where in your body do you feel that feeling of resistance or discomfort?

Can you identify the feeling? Rejection? Emptiness? Disconnect? Judgment? Fear?

Do any specific memories come to mind? Write about this as extensively as you can.

Anything else of note:

Crown Chakra - Level 1 Awareness Exercise

Go back to the Crown Chakra Affirmations. You will have observed sensations, acceptance, or resistance as you read each one.

TODAY'S DATE

Observe and note down which of the Crown Chakra Affirmations resonate.

Where in your body do you feel that feeling of acceptance and understanding?

Can you identify the feeling? Gratitude? Happy? Peace? Oneness?

Do any specific memories come to mind? Write about this as extensively as you can.

Anything else of note:

Which ones stand out for you as being uncomfortable to say/to feel/to believe?

Where in your body do you feel that feeling of resistance or discomfort?

Can you identify the feeling? Rejection? Disconnected? Shame? Judgment? Fear?

Do any specific memories come to mind? Write about this as extensively as you can.

Anything else of note:

Write down your observations (remembering to date the page in your journal)

These feelings provide a gauge for what's going on in your body and direct you exactly to where the work in hand needs to focus.

Soul Star Chakra - Level 1 Awareness Exercise

Go back to the Soul Star Chakra Affirmations. You will have observed sensations, acceptance, or resistance as you read each one.

TODAY'S DATE

Observe and note down which of the Soul Star Chakra Affirmations resonate.

Where in your energy body or physical body do you feel that feeling of acceptance and understanding?

Can you identify the feeling? Gratitude? Happy? Complete? Oneness? Connectedness?

Do any specific memories or spiritual experiences come to mind? Write about this as extensively as you can.

Anything else of note:

Which ones stand out for you as being uncomfortable to say/to feel/to believe?

Where in your energy body or physical body do you feel that feeling of resistance or discomfort?

Can you identify the feeling? Rejection? Loneliness? Disconnect? Judgment? Fear? Anxiety?

Do any specific memories or spiritual experiences come to mind? Write about this as extensively as you can.

Anything else of note:

Level 2 Further Exploration Writing Exercises



Root Chakra – Level 2 Further Exploration

How safe do I feel in my life?

Are there areas of my life that make me feel unsafe?

If so, what areas of my life make me feel unsafe?

Are there aspects of my life where I need to be more 'realistic'?

Where in my life can I set boundaries? Are there areas or people in my life who constantly push those existing boundaries?

Do I feel safe in creating boundaries that are beneficial to me?

What stops/has stopped me from creating effective boundaries in the past?

When I don't have boundaries or my boundaries have been pushed – how does that manifest in my awareness/my body/my life?

What difference would it make in my life to have healthy boundaries?

Sacral Chakra – Level 2 Further Exploration

Do I feel able to express myself sexually – with confidence?

Are there areas of my life that make me feel unsafe in my sexuality? This can mean as a man or woman – or in my own choices/relationships.

What do I desire in my life? (Creatively/sexually/energetically).

Are there aspects of my life where I need to be more creative and energetic?

Would identifying or embodying my sexuality in a more confident manner make a difference in my life? If so, in what way?

Do I give enough time and energy to being creative? If not, what is stopping me from spending time on being creative?

What can you do to create time for creativity in your life? Creativity can be anything from gardening/music/dance/drawing/painting/writing.

How would it make you feel to have more creative time in your life?

Solar Plexus Chakra – Level 2 Further Exploration

Do I feel confident in my life?

If yes, explain where you feel confident and how this confidence manifests. If no, explain how this lack of confidence manifests itself.

Do I feel powerful in my body, in my mind and in my life generally?

Do I feel I have choices? Am I free to create the life I want for myself?

How would feeling confident, powerful and knowing I had choice in life make me feel?

Are there steps I could take to feel this confidence and inner power?

Do I have the power to create life – or create - exactly as I dream of/imagine?

Heart Chakra – Level 2 Further Exploration

Am I surrounded by good friends/relationships & partnerships?

Are these relationships balanced?

If not, how could they be improved?

How do I show myself self-love? What things do I do for myself?

Do I receive respect from those around me? Do I respect myself?

Am I able to give and receive love freely – without conditions?

Does loving myself feel wrong or difficult in any way? If yes, explore this feeling.
Does it feel selfish for example? Why?

How does giving and receiving love make you feel?

Throat Chakra – Level 2 Further Exploration

Do I speak my truth? Do I always tell the truth in a difficult situation? If not, explain what holds you back.

Do I speak clearly and with confidence when spoken to?

If you find it difficult to speak, are there specific scenarios where you lack confidence?

Have you ever had throat problems or lost your voice? Sore throats? Dry mouth?

How do you express yourself generally? Are you loud? Shy? Distinctive voice?

How does speaking your truth, creating or expressing yourself make you feel?

Are you like this with everyone or are there certain people you communicate with in a different manner? If so – explore this ...

How would it make you feel to be able to communicate effectively? Would it change aspects of your life? Are you holding yourself back (say from Public speaking –sharing a message – or living your truth?)

Third Eye Chakra – Level 2 Further Exploration

Do I trust myself? If so, how do I show this? In what situations do I back myself?

Are there areas in your life where you can't trust yourself?

Do you believe you have an inner guidance system/Higher Self/Inner voice that guides you in a direction that is aligned to your soul truth?

If so, how does that make you feel? If not, can you explain why you do not feel connected to your 'Higher Self'?

How would this connection to your Higher Self improve your life?

Have you ever ignored your intuition? Do you often act on intuition? What were the consequences or outcomes?

Crown Chakra – Level 2 Further Exploration

Do I feel connected to others?

Do I feel separate from others? If so, explain how this affects your daily life.

Do I believe in something higher/bigger than myself?

What difference would it make in my life to be able to connect with others and Source/Oneness /All that is?

Take time to read through what you've written. You can journal as deeply as you wish using your notes as prompts or store your notes for future reference. They may inspire you in some way, or they may identify areas for further attentions. Anything that feels 'resistant' in the process is worth exploring further. That resistance can identify and blocks/fears that can and will impact creativity and the healing process.

Now we will take a few minutes – as long as you need- to bring balance your Chakra points. When I conduct a healing session, I like to provide a balance a Chakra Balance at the same time. It's also a fantastic way to put yourself in a receptive space for any creative or healing work you wish to do. Sometimes we just need an energy boost, so this is a perfect technique to keep in your toolbox.

Don't worry - you can give yourself a chakra balance even if you are not an energy healer yourself. All you have to remember is 'intent'.

In this exercise you can either imagine or project the appropriate colours to the appropriate chakras. As well as imagining this, you can use coloured silks on your body or coloured lights – though generally you would need a practitioner/colour therapist to work with lighting. Many use oils or crystals too but we are going to work within practical and reasonable limits – things that you can do for yourself.

You may wish to visualise a spinning disk/wheel or vortex of energy. Try to feel in to how you 'see or feel it within your body'. Alternatively, you may wish to sense a flower opening at each chakra point in the corresponding colour.

If you are an energy healer, you may wish to place your hands on your body as you go through the energy points.

These tools are for you to use in a way that resonates with you.

Again, find a comfortable place where you feel safe and won't be disturbed. Out in nature is ideal if possible, but on the floor of your apartment or on your bed is just as effective.

Chakra Balance Meditation Exercise 3



Relax. Close your eyes – and we will begin.

Take a few deep breaths.

Inhale for the count of 4

Hold that inward breath for the count of 4.

Exhale for the count of 4.

Hold that outward breath for the count of 4.

Do these 3 or 4 times until you feel settled within your mind and body.

Here comes the sun...

Just imagine the sun is directly above you. See that shining light above you now. Imagine the reds, orange, yellow of the sun, bright and warm and shining down on you. Feel the warmth on your body.

You can now see a shaft of light coming out from the sun going down directly into your base chakra - at the base of your spine. The light is RED and you feel it filling up your ROOT/BASE chakra.

Then say these affirmations

I accept all the abundance in my life

I nourish my mind, body and spirit

My energy is grounded to bring in a healthy energy flow

I have everything that I need for an abundant life

You can now see a shaft of light coming out from the sun going down directly into your SACRAL chakra - about a hand's width below your belly button. The light is **ORANGE** and you feel it filling up your sacral chakra.

Then say these affirmations

I'm creative in all areas of my life and I am open to receive all that life offers

I forgive my past and I embrace all of the positive moments of the present

I have a healthy state of passion and sexual desire in my life

You can now see a shaft of light coming out from the sun going down directly into your SOLAR PLEXUS chakra - a hand's width above your belly button. The light is **YELLOW** and you feel it filling up your solar plexus.

Then say these affirmations

I fully enjoy everything that I do

I value and trust myself fully

I am enough and everything I do in life is enough

I am a powerful, radiant and magnificent being of light

You can now see a shaft of light coming out from the sun going down directly into your HEART chakra - in the middle of your chest. The light is **GREEN** and you feel it filling up your heart and chest space.

Then say these affirmations

I LOVE myself in every area of my life
and I give love and love comes back to me

I deserve love, happiness and prosperity in all areas of my life

My emotions are balanced and in harmony with my energy

You can now see a shaft of light coming out from the sun going down directly into your THROAT chakra - in the middle of your throat. The light is **BLUE** and you feel it filling up your throat.

Then say these affirmations

I EXPRESS my feelings easily and freely

I own my power and I feel fully alive

I am confident, calm and well spoken

I communicate effectively with everyone in my life

You can now see a shaft of light coming out from the sun going down directly into your THIRD EYE chakra - in the middle of your forehead. The light is **PURPLE** and you feel it filling up your third eye.

Then say these affirmations

I LISTEN to my intuition every day

I am connected in to my highest truth

I trust that my life is unfolding exactly as it should

I am open to my intuitive abilities and use them for my highest good

You can now see a shaft of light coming out from the sun going down directly into your CROWN chakra - just above your head. The light is LILAC or white - whatever feels right to you - and you feel that light above you.

Then say these affirmations

I am GUIDED by my INNER WISDOM

I am at peace, whole and balanced

I honour my body as the temple that nourishes my soul

I am connected in with my higher self and the divine spirit for positive energy

Grounding

After any form of energy healing or visualisation, it's always good to 'ground' yourself. If you feel lightheaded or a bit spaced out after your sessions, simply take a few deep breaths. Close your eyes and visualise (or imagine) tree roots coming out of the soles of your feet. Imagine these roots reaching down, deep into the earth beneath your feet. These roots can go as deep as you can imagine – deeper and deeper. You can use this technique to feel connected to Mother Earth, giving you the strength and support you need at this time. The roots can be as thick or as thin as you see them but focus on connecting yourself – planting yourself into Mother Earth. Continue to breathe deeply as you visualise. Stay with this visualisation as long as feels necessary.

With your journal or notepad, write down anything that came up or was released for you. This could be in the form of symbols, messages, feelings and even emotions. Do this daily or until you feel the necessary shift occurs.

Final Notes:

This process is yours to use for your personal development, both on an energetic level and on a creative level. Whatever comes to you as you go through each of the stages - use it. The work done here will, if you allow it, lead you on an inspiring and journey as you become more aware and more inquisitive about who you really are.

You will also find great release from the notion of 'having' to be creative. When we put an unhealthy amount of stress on ourselves, it can stall our efforts. Give yourself this time, knowing that you are still being creative - even if you feel you are focusing in a completely different direction. You never know - an idea may already be bubbling to the surface - purely because you are releasing stored blocks within yourself.

However, you wish to use The Chakra Journals is up to you but I urge you to keep your writings, musings and thoughts - coming back to them and seeing the journey you took - right in front of you - can be the most healing, creative and inspiring action of all.

The author and practitioner behind Write from Source

Evie McRae is a professional writer, author, mentor and member of the Australian Society of Authors (ASA). She is the Ghostwriter behind '[Searching Spirit](#)' a Memoir by motivational speaker, mentor & teacher Peter Williams. She is a former journalist, former Deputy Editor for Natural Health & Wellbeing (UK) and contributing writer for a range of national titles, across Australia including titles such as Wellbeing and Good Health. She has also been published in the US and Europe and the Asia-Pac region. Post-grad Evie studied with Bloomsbury, The Publishing Training Centre in London, and The Dulwich college, exploring Narrative Therapy & Aboriginal Narrative as well as Narrative Therapy for survivors of abuse. Evie is also a qualified Bibliotherapist specialising in Mental Health. As a professional writer and mentor, Evie is passionate about supporting other writers & creatives to achieve their publishing dreams & ambitions. She offers one-to-one mentorship through [The Butterfly Bureau](#) though due to the nature of the work involved only takes on a small number of hand-picked clients each year. Evie also runs a spiritual practice called [Gaia's Light Spiritual Consultancy](#) from her property on the NSW Central Coast in Australia. She is a qualified Akashic Records Reader & Healer, Channel (Automatic Writer) and Reiki practitioner.

Over the years Evie noticed the two businesses were becoming more and more intertwined as the needs of her clients evolved. It was through her experience working with would-be writers that she realised many were paralysed by the blank page and many others still needed to heal from their experience before they could share with a wider audience. Write from Source brings together a writing and healing experience to support others as they share their truth and make a difference to the world. For more information on Evie's professional qualifications and credentials please visit [Write from Source](#). Please note, all content is original and created by Write from Source. All Rights Reserved ©2021