



Journal Prompts for Chakras

Root chakra.

This chakra is healed by gratitude, reminding ourselves of all that we have, and grounding with the Earth. In your journal, explore the following question:

What actions or practices help me to feel physically and emotionally safe? (Think both big and small here; e.g., a moment of deep breathing, drinking hot tea at night, a warm bath)

- What do I appreciate most about nature? What is my favourite place to be in nature? (e.g., the mountains, the beach, the desert, your neighbourhood park, etc.)

Sacral Chakra

The sacral chakra is blocked by guilt and can be healed through self-forgiveness. When we feel guilty, we may shut down any emotions we have about a person or situation; for example, you may feel guilty about saying the wrong thing to a friend, and therefore, you don't allow yourself to express your frustration about the way that friend is treating you.

To heal this chakra, explore the following in your journal:

- What am I still beating myself up for? How can I see this situation in the most loving way possible? If my own child did the thing I beat myself up for, what would I say to them?

Solar Plexus Chakra

The third chakra is the seat of your personal power. Located at the solar plexus, it is blocked by shame. When you step into your true, authentic self, you empower yourself, and you activate the solar plexus chakra. Similarly, when you are afraid of being yourself, your solar plexus may be blocked.

We heal this chakra by telling ourselves "I can". Explore the following in your journal:

- Are there ways in which I'm overly controlling – e.g., telling others what to do or giving unsolicited advice, not allowing my partner to have a fair part in our decision-making process, etc.? With compassion, ask yourself: what am I trying to gain or hold onto by being controlling?

Heart Chakra

This chakra is the seat of love and is blocked by grief.

This love applies to loving both yourself and others. If you have experienced any major grief or trauma, you may feel a blockage here.

Less obviously, though, the blockage can also occur from disappointment (which is in itself a loss), or a lack of self-acceptance. Your heart grieves a thousand times more than you even realize when you reject or ignore yourself and your perfect innocence.

In your journal, consider answering the following:

- Is there something in my heart that feels heavy right now? What am I grieving over? Feel free to get all of your grief and heaviness down on paper, to cry, and to offer yourself all of the love that you truly deserve.

Throat Chakra

From the throat chakra originates truth and communication. The throat chakra is blocked by lies – not just lies that you tell others, but lies that you tell yourself, which may be something such as “I’m happy in this job”, “I don’t care what they think”, or “I’m okay”.

Heal this chakra by communicating how you really feel, or by talking to a safe, supportive person. Communicate the answers to these questions in your journal:

- What are some things that I think or feel, but have never expressed to anyone? What would I say if I was not afraid of what anyone thinks?

Third Eye Chakra

This chakra is where your intuition lives and it is blocked by illusions. If you’re someone who overthinks and feels afraid or confused often, your third eye may be blocked.

Heal this chakra by meditating and listening to your heart or your intuition rather than your fear or your mind.

Tune into your intuition with these questions:

- How often do I do what I’m told I “Should” do, even when it doesn’t feel right to me? How would it feel to move towards what my heart wants, as opposed to what the world wants me to do?

Crown Chakra

Blockages in any of the lower chakras lead to blockages in the crown, and in addition, the crown is blocked by attachments. These may be material attachments, physical or interpersonal attachments, or even mental or emotional attachments. Are you attached to people’s opinions of you, for example?

Another thing to note is that you can love people or things without being attached to them– and even more so. When we practice non-attachment, we can love someone or something no matter what it can do for us. This releases the object of our love to be completely free, which is the definition of true love.

Become aware of your attachments with these questions:

- What people, things, or situations do I consciously or unconsciously try to control? What if I recognized that control is an illusion? How can I surrender to life?

To tie all seven chakras together and ignite your alignment and self-awareness, here is a question you can ponder on for self-exploration.

Is there any part of me, whether physical, mental, emotional, or spiritual, that I feel needs additional healing? How can I offer more love and care to that place (whether through loving words, touch, meditation, or any other self-care activity)?

