

Journaling by the Chakras



If you like to journal, or would like to start a journaling practice, give these prompts a try. They are **simple, two-word prompts to explore self-discovery through a chakra theme**. Consider making it a daily practice! There are 7 major chakras and 7 days of the week, so I broke them down as one each day, but you can do them all at once or pick one depending on your needs when you sit down to write.

I won't go into great depth here about the meaning of the chakras, but if you would like to learn more, I have two resources to recommend: **Sonia Choquette's book True Balance** (<http://www.amazon.com/True-Balance-Commonsense-Renewing-Spirit-ebook/dp/B003BGUOFQ/>) and **Denise Linn's free, online chakra portals**, (<http://deniselinn.com/Chakra-Portals.htm>).

Monday - Red - I am

The first chakra is your root chakra. It has a dense, physical energy. Root in your truth with the prompt, I am ...

Tuesday - Orange - I feel

The second chakra is your sacral chakra. This is your emotional center. Connect with your emotions with the prompt, I feel ...

Wednesday - Yellow - I do

The third chakra is your solar plexus. This is your mental center and your personal power center. Connect with your power with the prompt, I do ...

Thursday – Green – I love

The fourth chakra is your heart chakra. This chakra is a bridge between the yang/active energy of the first three chakras and the yin/receptive energy of the last three. Celebrate your heart with the prompt, I love ...

Friday – Blue – I hear

The fifth chakra is your throat chakra. This is your communication center where you speak your voice and hear the messages of others. Be open to new messages with the prompt, I hear ...

Saturday – Indigo – I see

The sixth chakra is your third eye chakra. This is your visualization and imagination center. Activate your imagination with the prompt, I see ...

Sunday – Purple – I understand

The seventh chakra is your crown chakra. This is your connection to spirit and spirituality. Inspire yourself with the prompt, I understand ...



Which prompt comes most naturally for you? Which prompt is more difficult for you to complete? If one or more of these prompts challenge you, practice a little extra with it and see what discoveries you can make.

Want more great information like this ebook?
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Cathy Carpenter * Exploring Your Depths, LLC

Certified ARTbundance Coach and Practitioner

Tarot Reader and Teacher

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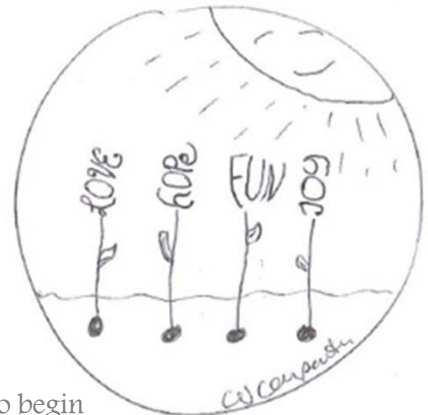
Creativity and Life Coaching

I have four coaching options including a free session.

Free

Free "Depth-Charge" Session, 30-45 minutes.
Set a Depth-Charge to shake things up!

If you are overwhelmed with the change(s) you want to make in your life and aren't sure where to begin



Paid sessions range from \$125-495 and focus on Work-Art balance, creative abundance and vitality, and accountability to make your creative dreams real!

See the [Coaching page](#) on Cathy's website for more information.

Tarot Reading and Classes

Are you confused, frustrated, and seeking answers? Have you over-thought an issue so much that you can't stand to think about it, but you still need to find a solution? Are you looking for outside help, a fresh pair of eyes, to help you work through your issue?

Let's ask my cards to help you with your issue! Book a reading today. Prices range \$25 to \$55.

Cathy also teaches a tele-class series, "Find Yourself in the Cards", based on the tarot archetypes of the major arcana. See [her site](#) for more information.

- * Fooling Around * Magician Ignition * High Priestess Secrets * Empress Yourself * Emperor Treasure *
- * Hierophant for Hire * Lovers Lane * Chariot of Fire * Strength Training * Hermit Haven *

Cathy Carpenter, Exploring Your Depths, LLC, exploringyourdepths.com

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