



THE  
INTUITIVE  
**CHAKRA**  
JOURNAL



## Welcome to The Intuitive Chakra Journal

You're entering a sacred space to connect with your energy system, deepen your intuition, and align with your soul's wisdom. This journal is designed especially for empaths, sensitives, and seekers who feel deeply and often carry the energy of others.

The chakra system is an ancient map of the body's energy centers—seven main points that influence everything from your sense of safety to your capacity to love, speak truth, and access divine guidance. When our chakras are balanced, we feel more grounded, joyful, and in tune with our inner voice. When they're out of balance, we may feel scattered, fatigued, blocked, or overwhelmed.

This journal invites you to tune in, reflect, and gently realign—one chakra at a time.

### You'll explore:

- Reflective prompts to uncover energetic imbalances
- Daily check-ins to build awareness
- Affirmation spaces for reprogramming old beliefs
- Creative prompts to tap into your intuitive expression

### Before you begin:

You may wish to light a candle, hold a crystal, or take a few grounding breaths. Let this be a moment of connection with yourself, your energy, and your innate wisdom. Go at your own pace. There's no rush—only return.

*You are the healer. This journal is your guide.*

☀ Remember your inner brilliance,  
Charlene

## **ROOT CHAKRA – *Muladhara***

**“I am safe. I am supported. I am grounded.”**

Located at the base of the spine, the Root Chakra is your foundation. It governs your sense of safety, stability, survival, and connection to the Earth. When this chakra is in balance, you feel grounded, secure, and at home in your body and in the world.

When out of balance, you may feel anxious, disconnected, untrusting, or overly controlling.

### **Root Chakra Quick Facts:**

- **Color:** Red
- **Element:** Earth
- **Tarot Suit:** Pentacles
- **Body associations:** Legs, feet, bones, lower back, large intestine
- **Crystal allies:** Red jasper, smoky quartz, hematite
- **Essential oils:** Vetiver, patchouli, cedarwood

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### **INTUITIVE CHECK-IN**

- Do I feel safe today?
- Am I present in this moment, or am I in my head?
- What does grounding feel like to me?

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### **ENERGY TRACKER**

How grounded do you feel today?

Very Grounded    Somewhat Grounded    Unstable    Disconnected

Why is that? What has contributed to how you feel?

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 **JOURNAL PROMPTS**

1. What helps me feel safe and rooted—physically, emotionally, and spiritually?

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2. Are there areas in my life where I feel ungrounded or unsupported?

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3. What beliefs do I hold around survival, money, or security? Where did they come from?

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4. How can I create a greater sense of stability in my daily life?

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 **AFFIRMATION SPACE**

Write your own Root Chakra affirmations below or choose from the examples:

- I am safe.
- I trust life to support me.
- My body is my sacred home.
- I am grounded and secure in who I am.

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### **ROOTING PRACTICES (Try one today)**

- Walk barefoot on grass or soil
- Eat root vegetables (carrots, beets, potatoes)
- Hold or wear grounding crystals
- Repeat your Root Chakra affirmations aloud
- Practice conscious breathing while standing or sitting upright
- Play or listen to drums or grounding music

### **CREATIVE PROMPT**

Draw, doodle, or describe your sacred safe space. It could be a place in nature, a cozy home, a tree with strong roots—whatever helps you feel calm and connected to the Earth.

## 2. SACRAL CHAKRA – *Svadhithana*

**“I feel. I create. I allow pleasure.”**

Located just below the navel, the Sacral Chakra is the seat of your emotional body, sensuality, creativity, and pleasure. It governs your ability to feel, flow, and form nourishing relationships—with others and with yourself. When balanced, this chakra inspires passion, joy, and healthy emotional expression.

When out of balance, you may feel numb, emotionally reactive, disconnected from your desires, or creatively blocked.

### **Sacral Chakra Quick Facts:**

- **Color:** Orange
- **Element:** Water
- **Tarot Suit:** Cups
- **Body associations:** Reproductive organs, kidneys, bladder, hips
- **Crystal allies:** Carnelian, orange calcite, moonstone
- **Essential oils:** Ylang ylang, orange, sandalwood

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### INTUITIVE CHECK-IN

- What emotions are present for me right now?
- Do I feel connected to my body and pleasure?
- How do I honor my creative energy?

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### ENERGY TRACKER

How energetic do you feel today?

Radiant    Expressive    Blocked    Disconnected

Why is that? What has contributed to how you feel?

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 **JOURNAL PROMPTS**

1. What brings me joy, pleasure, and delight?

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2. How do I express or repress my emotions?

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3. Where in my life am I craving more flow or creativity?

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4. What is my relationship with sensuality and desire?

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 **AFFIRMATION SPACE**

Write your own Sacral Chakra affirmations below or choose from the examples:

- I allow pleasure and joy into my life.
- My emotions are sacred messengers.
- I am a creative being.
- I embrace my sensitivity as a strength.

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## **FLOWING PRACTICES**

- Dance freely to music
- Journal your feelings without editing
- Enjoy a long bath or time in water
- Wear orange or eat orange-colored fruits
- Do something purely for fun
- Slow down to notice and appreciate the beauty around you

## **CREATIVE PROMPT**

Draw or describe a moment when you felt fully alive and creatively free!

### 3. SOLAR PLEXUS CHAKRA – *Manipura*

**“I am powerful. I trust myself.”**

The Solar Plexus Chakra sits above your navel and is the center of your personal power, will, and confidence. It helps you take action, set boundaries, and shine your unique light. When this chakra is in balance, you feel motivated, decisive, and self-assured.

When blocked or imbalanced, you may feel powerless, self-critical, passive, or overly controlling.

#### **Solar Plexus Quick Facts:**

- **Color:** Yellow
  - **Element:** Fire
  - **Tarot Suit:** Wands
  - **Body associations:** Digestive system, liver, pancreas
  - **Crystal allies:** Citrine, tiger’s eye, yellow calcite
  - **Essential oils:** Lemon, ginger, black pepper
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#### INTUITIVE CHECK-IN

- Do I trust myself to make decisions?
  - Where in my life do I feel powerful—or powerless?
  - Am I honoring or dimming my light?
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#### ENERGY TRACKER

What is your confidence level?

Empowered    Motivated    Tired    Doubting

Why is that? What has contributed to how you feel?

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 **JOURNAL PROMPTS**

1. What am I passionate about, and how do I pursue it?

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2. What beliefs do I hold about my personal power?

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3. Where do I need to set stronger boundaries?

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4. When do I feel the most confident and alive?

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 **AFFIRMATION SPACE**

Write your own Solar Plexus Chakra affirmations below or choose from the examples:

- I am strong, capable, and courageous.
- I trust my intuition.
- I am worthy of success.
- My power comes from within.

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## **EMPOWERMENT PRACTICES**

- Do core-strengthening movement or yoga
- Speak an affirmation aloud with power
- Make a bold decision today
- Eat warming spices like ginger or turmeric
- Stand tall and breathe into your belly

## **CREATIVE PROMPT**

Draw or describe your inner fire—what fuels you?

## 4. HEART CHAKRA – *Anahata*

“I am love. I am open. I forgive.”

The Heart Chakra is located at the center of your chest and represents love, compassion, forgiveness, and connection. This chakra helps you give and receive love—both to others and to yourself. When balanced, you feel open-hearted, peaceful, and emotionally connected.

When blocked, you may feel guarded, resentful, lonely, or disconnected from empathy.

### Heart Chakra Quick Facts:

- **Color:** Green
  - **Element:** Water
  - **Tarot Suit:** Cups
  - **Body associations:** Heart, lungs, upper back, arms
  - **Crystal allies:** Rose quartz, green aventurine, malachite
  - **Essential oils:** Rose, bergamot, eucalyptus
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### INTUITIVE CHECK-IN

- Is my heart open or closed right now?
  - What emotions need tending with love?
  - Where can I offer myself more compassion?
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### ENERGY TRACKER

How does your heart feel?

Open    Tender    Guarded    Closed Off

Why is that? What has contributed to how you feel?

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 **JOURNAL PROMPTS**

1. Who or what do I need to forgive (including myself)?

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2. How do I show love to myself and others?

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3. What does unconditional love mean to me?

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4. What wounds of the heart am I ready to heal?

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 **AFFIRMATION SPACE**

Write your own Heart Chakra affirmations below or choose from the examples:

- I am love and I am loved.
- My heart is open to give and receive.
- I release all that blocks love.
- Compassion flows freely from me.

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## HEART-CENTERED PRACTICES

- Practice loving-kindness meditation
- Write a letter of forgiveness (even if you don't send it)
- Hug someone (or yourself) mindfully
- Spend time in nature with open arms
- Listen to soft, heart-centered music
- Send love and healing from your heart to others

## CREATIVE PROMPT

Draw or describe your heart as a garden. What's blooming?

## 5. THROAT CHAKRA – *Vishuddha*

**“I speak my truth with clarity and grace.”**

The Throat Chakra governs communication, self-expression, and speaking your inner truth. When this chakra is in balance, your words flow with authenticity and you feel heard and understood.

When blocked, you may struggle to express yourself, fear judgment, or suppress your truth.

### **Throat Chakra Quick Facts:**

- **Color:** Blue
- **Element:** Ether (space)
- **Tarot Suit:** Swords
- **Body associations:** Throat, neck, mouth, thyroid
- **Crystal allies:** Blue lace agate, sodalite, aquamarine
- **Essential oils:** Peppermint, eucalyptus, chamomile

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### INTUITIVE CHECK-IN

- What truth wants to be spoken?
- Am I expressing myself honestly?
- Where do I hold back out of fear?

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### ENERGY TRACKER

The ability to express my authentic self feels:

Clear    Honest    Silenced    Blocked

Why is that? What has contributed to how you feel?

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 **JOURNAL PROMPTS**

1. What do I need to say that I've been holding in?

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2. When do I feel most free to express myself?

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3. What would it feel like to speak with more authenticity?

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4. How can I be a better listener?

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 **AFFIRMATION SPACE**

Write your own Throat Chakra affirmations below or choose from the examples:

- I speak my truth with love.
- My voice is valuable and needed.
- I express myself clearly and confidently.
- I listen with presence and heart.

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## ◆ EXPRESSION PRACTICES

- Sing, hum, or chant
- Journal freely for 10 minutes
- Have an equitable conversation speaking and listening
- Drink soothing tea (like chamomile or licorice root)
- Practice mirror affirmations
- Practice Lion's Breath technique

## 🎨 CREATIVE PROMPT

Write a short poem or mantra from your truth. A good start might be "I am..."

## 6. THIRD EYE CHAKRA – *Ajna*

**“I see clearly. I trust my inner vision.”**

Located between the eyebrows, the Third Eye Chakra is your center of intuition, insight, and imagination. When balanced, you trust your inner knowing and see beyond illusion into deeper truth.

When blocked, you may doubt yourself, feel mentally foggy, or disconnected from intuitive messages.

### **Third Eye Quick Facts:**

- **Color:** Indigo
  - **Element:** Light
  - **Tarot Suit:** Swords
  - **Body associations:** Forehead, eyes, brain, pineal gland
  - **Crystal allies:** Amethyst, lapis lazuli, fluorite
  - **Essential oils:** Clary sage, rosemary, frankincense
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### INTUITIVE CHECK-IN

- What is my intuition trying to tell me?
  - Where do I feel unclear or confused?
  - Am I trusting what I already know?
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### ENERGY TRACKER

My mental and intuitive acuity feels:

Clear    Tuned In    Cloudy    Disconnected

Why is that? What has contributed to how you feel?

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 **JOURNAL PROMPTS**

1. Describe a time you trusted your intuition—and it guided you.

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2. What symbols, dreams, or inner nudges have shown up lately?

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3. What blocks your intuitive clarity?

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4. What does inner knowing feel like to you?

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 **AFFIRMATION SPACE**

Write your own Third Eye Chakra affirmations below or choose from the examples:

- I trust myself fully.
- My intuition is clear and strong.
- I see the truth beyond the words and images presented to me.
- My mind is calm, insightful and clear.

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## INTUITIVE PRACTICES

- Use your imagination often - daydream
- Record dreams, signs and symbols - journal
- Use oracle or Tarot cards
- Limit screen time to reduce mental clutter
- Sharpen your focus with meditation or candle gazing

## CREATIVE PROMPT

Sketch or describe an intuitive message (vision, dream, sign, sound, feeling, knowing) you've received.

## 7. CROWN CHAKRA – *Sahasrara*

**“I am connected to divine wisdom and universal love.”**

The Crown Chakra is your gateway to the divine. Located at the top of the head, it represents spiritual connection, higher consciousness, and unity with all that is. When balanced, you feel peaceful, trusting, and guided by something greater than yourself.

When imbalanced, you may feel spiritually disconnected, lost, or closed to guidance.

### **Crown Chakra Quick Facts:**

- **Color:** Violet or white
- **Element:** Thought / Cosmic energy
- **Tarot Suit:** Swords
- **Body associations:** Brain, nervous system, scalp
- **Crystal allies:** Clear quartz, selenite, amethyst
- **Essential oils:** Lavender, myrrh, frankincense

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### INTUITIVE CHECK-IN

- Do I feel spiritually connected or disconnected?
- What helps me trust the bigger picture?
- Am I open to divine guidance?

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### ENERGY TRACKER

How does your connection to spirit (God, Angels, Guides, Source) feel?

Connected    Peaceful    Disconnected    Closed Off

Why is that? What has contributed to how you feel?

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 **JOURNAL PROMPTS**

1. What does spirituality mean to me?

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2. When do I feel most connected to something greater?

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3. What role does trust play in my spiritual path?

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4. How can I deepen my spiritual practice?

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 **AFFIRMATION SPACE**

Write your own Crown Chakra affirmations below or choose from the examples:

- Divine wisdom flows through me.
- I trust the unfolding of my life.
- I am one with all that is.
- My spirit is infinite and free.

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## **SPIRITUAL PRACTICES**

- Practice stillness and silence
- Spend time under the stars
- Read or listen to spiritual texts
- Meditate with intention to connect
- Keep a gratitude list for spiritual signs
- Set up an alter or sacred space for your spirit guides

## **CREATIVE PROMPT**

Create or describe your personal symbol for spiritual connection.