CHAKRA
Journal

@DOMANGOTRAINING

Hey y'all! Journaling is one of my favorite tools I've incorporated on my healing journey. One thing I am healing about myself is oversharing and not keeping parts of my life sacred. I'm also healing from not feeling like I can hear my own voice in my head. All I hear sometimes is other people's opinions, values, beliefs, and conversations of who I should be and what I should be doing.

Journaling has been a great way for me to connect to my Ancestors and work through my thoughts, experiences, and limiting beliefs. This process has helped me connect the dots to my emotions, dreams, goals, and self sabotaging habits. I've been able to come out on the other side feeling more sure of who I am and who I want to become. Every time I go back to a prompt or experience a new one, I dig deeper into my healing and myself. Its a journey ya'll!

When healing, it is imperative to get clear as to what our wounds/triggers are and what chakra they reside. This insight allows us heal with a level of clarity.

I wanted to share with you a few chakra guided journaling prompts for when you might feel stuck or don't know where to begin. It is my hope this will allow you to uncover what needs to be healed for you and why it might be stopping you from stepping in to your true self and going after your hearts desire.

Take your time working through this. Take breaks and be gentle with yourself.

Healing isn't easy. It's heavy and light all at the same time, but it is most definitely worth it.

I'm sending you love, light, and a one two dance step. Happy Healing -Shanda <3

Root Chakra : Stability & Security

What are my earliest memories of feeling safe and secure?

How does my family's history and upbringing influence my sense of stability?

What fears or anxieties do I need to address regarding survival and basic needs?

Who would I be if all of my needs were met?

Sacral Chakra
Creativity & Emotional Stability

What are my attitudes towards pleasure, joy, creativity?

How do I express my emotions, and are there any patterns I notice?

What activities and experience make me feel alive?

What things did I do as a child that made me happy that I don't do anymore?

Solar Plexus Chakra : Self Esteem : Personal Freedom

What is my relationship with power, control, and personal freedom?

How do I handle criticism or failure, and what does it reveal about my self-esteem?

What do I know to be true about myself and the essence of who I am ?

Heart Chakra: Compassion & Unconditional Love

How do I give and receive love, both to myself and others?

What past hurts or betrayals do I need to forgive and release?

In what ways can I cultivate compassion and empathy towards myself and others?

Throat Chakra: Communication & Self Expression

How do I express my truth and authentic voice?

Are there any past experiences where I felt silenced or invalidated?

What fears or insecurities prevent me from speaking my truth openly?

Third Eye Chakra: Intuition & Awareness

When was the last time I didn't honor my intuition, and how did it make me feel?

How do I honor and connect with my intuition and inner wisdom?

What limiting beliefs or illusions prevent me from seeing things clearly?

Crown Chakra:
Spiritual Connection & Divine Guidance

What is my connection to spirituality or a higher power?

How do I define my purpose and meaning in life?

Are there any beliefs or ideologies that restrict my sense of universal connection and enlightenment?

What's Next?

Once you unravel and gain clarity on what you are currently sitting with. It's time to move the stagnant energy out of your body with intention. This can be through crystals, connecting with the Earth/ground in meditation, herbal healing baths, ancestral connection, and/or movement.

You choose your source or tool you feel the most connected to in the moment.

If you need support in moving stuck energy out of your body you can book a session with me:

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