MY VERY OWN

CHAKRA JOURNAL

YOUR GREAT SHIFT

Live your Best Life

To Your Success,

Romona Myles

The Chakra Alchemist

This Journal Belongs to:

_____

To Understand the Psychology behind the Human Behavior, Change and Internal Transformation and Transmutation in YOU, you Must begin to deep dive into creating a Sacred Space for yourself and do this WORK!

HOW?

First you start by working on each Chakra, one at a time. Focus on the writing prompts and spend time on the Breath work, Mantras, and Yantras to create a balance that suites your lifestyle and intentions.

Start at the Root Chakra and work your way up to your Crown Chakra.

I've added one or two prompt and a blank one for you to create your own. Print copies of the blank one and write out as many prompts as you want.

Make sure you print extra Gratitude List and add to your list as often as possible. You will also see a Moon Cycle Calendar for you to fill in base on the time when you start using this journal. Print out your Daily Planner as well. I found that printing weekly is not so overwhelming (Seven at a time).

Root Chakra

Muladhara

Root Chakra or Muladhara – Root and support

Mantra: *LAM* Color: *Red*

Location: *Base of the spine*

Function: *Grounding and survival*

Element: *Earth*

Writing Prompt:

Set the intention that you wish to spend some time in nature, do activities with no shoes, ground yourself, start a ganden.

Writing Prompt:

Connect with Mother Earth by grounding daily to nourish yourself Find your stability, your strength, your steadiness. Be consistent.

Writing Prompt:

Sacral Chakra or Svadhishana – The place of self

Mantra: *VAM* Color: *Orange*

Location: *Between the base of the spine and navel*

Function: *Connecting with your Emotions*

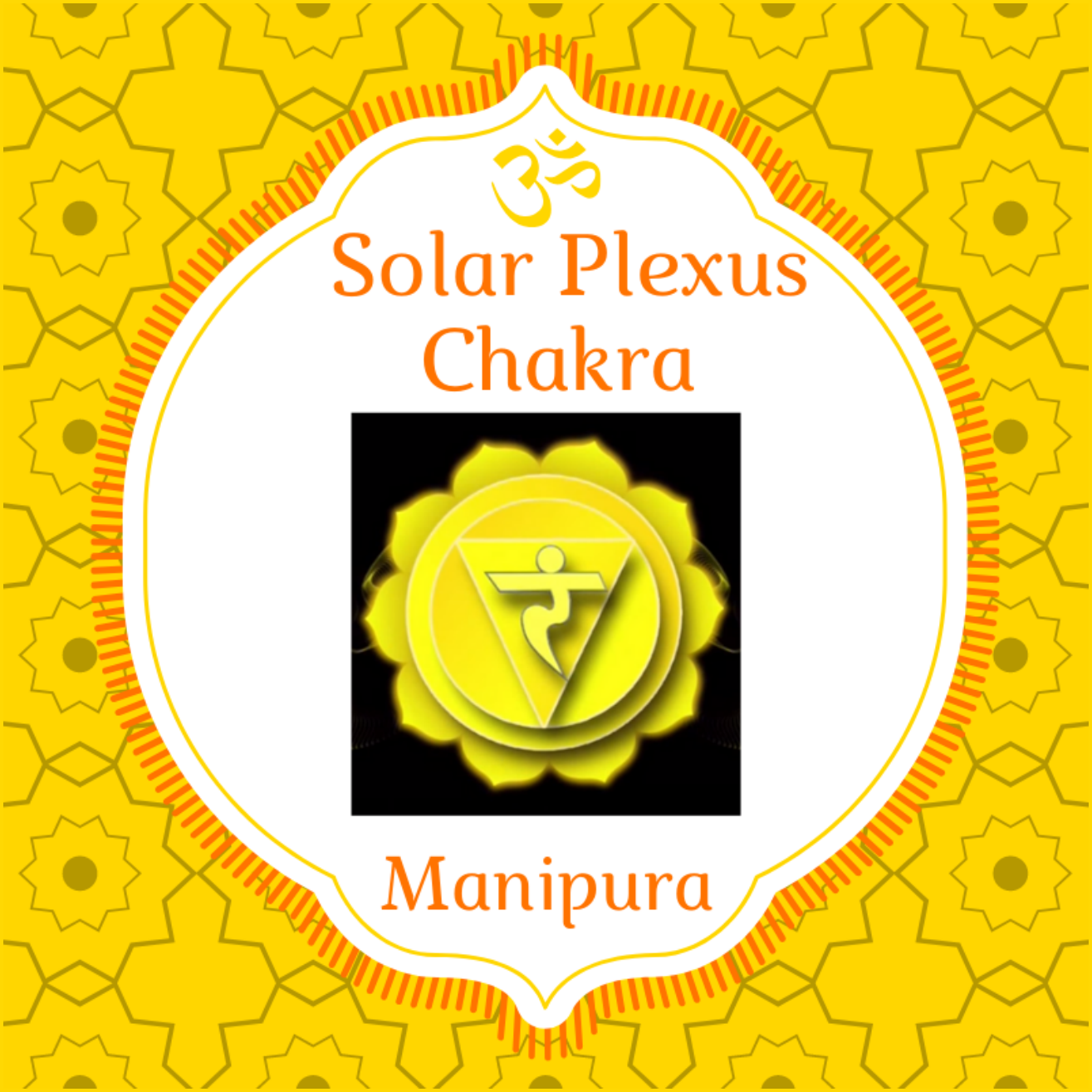
Element: *Water*

Writing Prompt:

Set the intention that you wish to get in touch with your sexuality on a more conscious level by learning Tantra, journaling, painting, dancing or chanting mantras.

Writing Prompt:

Writing Prompt:



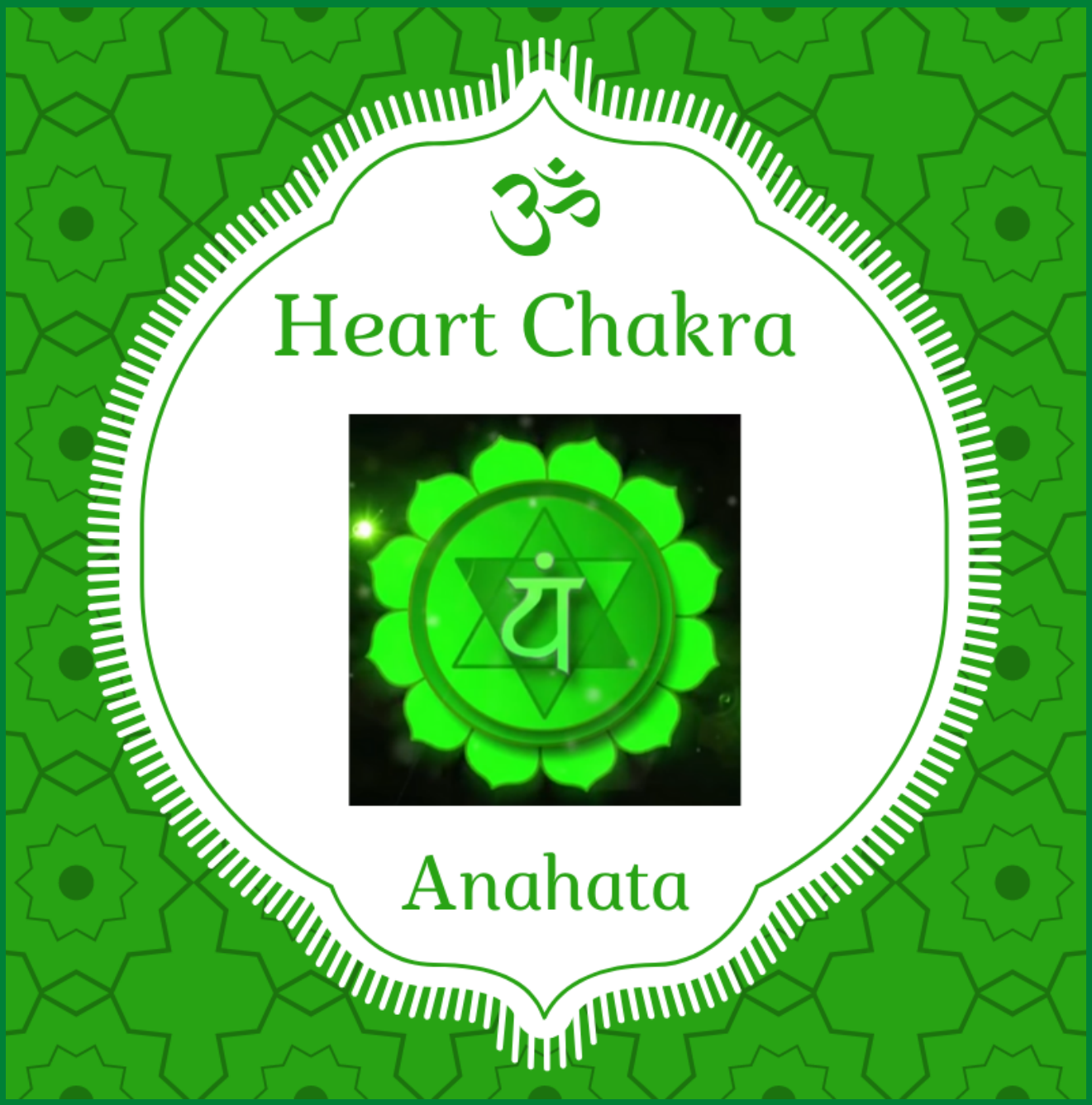
Solar Plexus Chakra or Manipura – Lustrous gem
Mantra: Ram Color: Yellow
Location: Several inches above the navel
Function: Personal Power, Self-esteem
Element: Fire

Writing Prompt:

Set the intention to strengthen your personal and inner power while doing breathing exercises described below.

Writing Prompt:

Writing Prompt:

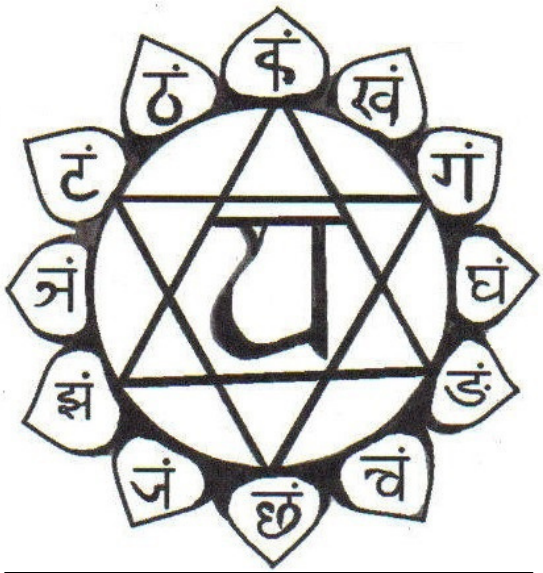


Heart Chakra or Anahata – Connected to Self

Mantra: *YAM* Color: *Green*

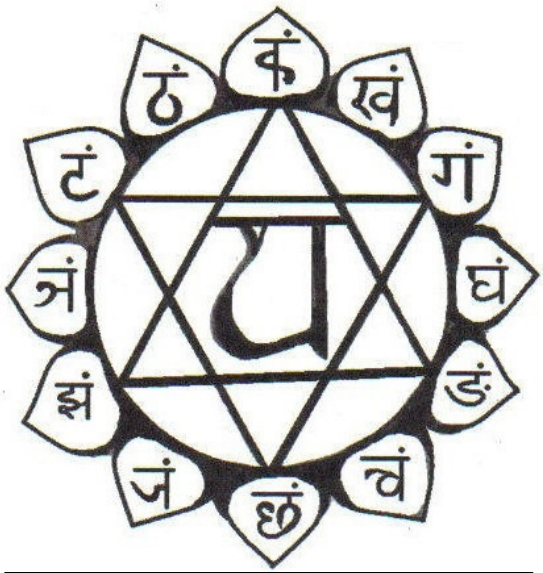
Location: In the Heart region of the spinal column

Function: *Center of Love, Devotion and Transformation* Element: *Air*

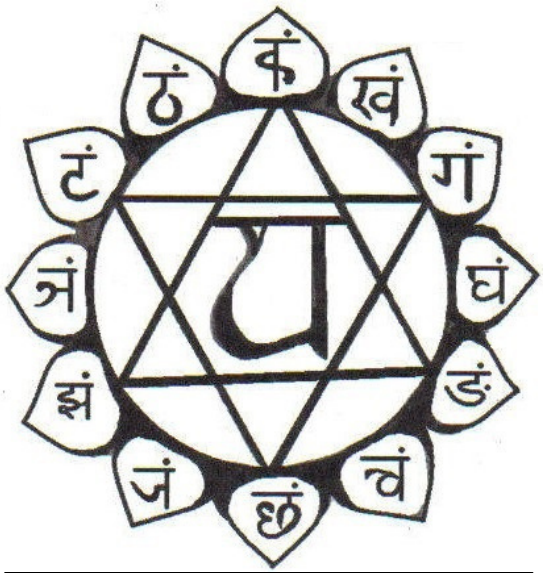


Writing Prompt:

Set the intention of practicing forgiveness of yourself and others.



Writing Prompt:



Writing Prompt:

Throat Chakra or Vishuddha – Very pure

Mantra: *HAM* Color: *Blue*
Location: *Inside the throat*
Function: *Speaking your Truth*
Element: *Akasha, Ether*

Writing Prompt:

Set the intention to initiate connection with the energy vortex within you by practicing chanting, singing, reading aloud or humming

Writing Prompt:

Writing Prompt:

Third eye Chakra or Ajna – Beyond wisdom
Mantra: *SHAM* Color: *Indigo*
Location: *Between the eyebrows, in the brain core.*
Function: *Intuition and Inner Vision*
Element: *Beyond the five material elements*

Writing Prompt:

Set the intention that you wish to connect iwth your inner wisdom.

Writing Prompt:

Writing Prompt:

Crown Chakra or Sahaswara – Thousand petaled
Mantra: ***Bindu/Inner sound*** **Color:** ***Violet - White***
Location: Bindu, ***Top of the head***
Function: ***Connection to the Divine***
Element: ***The Seat of Pure Consciousness***

Writing Prompt:

Set the intention that you are in touch with the Divine within yourself and the Divine/Source Universe/God Goddess

Writing Prompt:

Writing Prompt:

Gratitude List

Gratitude List

YOUR GREAT SHIFT

12-MONTH TIMELINE

DECEMBER 2019	JANUARY 2020	FEBRUARY 2020	MARCH 2020
Winter Solstice 21st	Full Moon: New Moon:	Full Moon: New Moon:	Full Moon: New Moon:
MARCH 2020	**APRIL 2020**	**MAY 2020**	**JUNE 2020**
Spring Equinox 19th	Full Moon: New Moon:	Full Moon: New Moon:	Full Moon: New Moon:
JUNE 2020	**JULY 2020**	**AUGUST 2020**	**SEPTEMBER 2020**
Summer Solstice 21st	Full Moon: New Moon:	Full Moon: New Moon:	Full Moon: New Moon:
SEPTEMBER 2020	**OCTOBER 2020**	**NOVEMBER 2020**	**DECEMBER 2020**
Fall Equinox 21st	Full Moon: New Moon:	Full Moon: New Moon:	Full Moon: New Moon:

Daily Planner

GOALS

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-
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-
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WHAT TO DO TODAY

! URGENT !

NOTES

VISUAL MEDITATION

AM

NOON

PM

Live your Best Life!