



As we work through each of the seven chakras over the next seven weeks it can be useful to keep a special chakra journal, or if you already have a journal to use that, to keep track of your thoughts, experiences and insights. Each week I will offer journal prompts for that week's chakra. With this week's introduction to the chakra system our journal prompts will be an initial assessment of our chakras.

Chakra Assessment

We'll work with each chakra in order, individually using the chakra chart. For each chakra spend some time looking at the chakra symbol and reading through the information for that chakra. Then do a short meditation - 5 minutes minimum, 10-15 minutes would be ideal. Set a timer if you'd like.

Meditation - Begin by connecting to and following the breath, scanning through the body and relaxing tension. When your mind wanders come back to sensation of the breath and the body. When you feel your body and mind settle into the present moment, bring your awareness and breath to the chakra that you are working with (on pg. 2 of the chakra chart you'll find an image showing the location of each chakra.) Just begin to pay attention and to simply notice and welcome whatever arises. Notice physical sensation and patterns of tension or constriction in your physical body. Notice if you feel a sense of openness, spaciousness or aliveness here or if there is a feeling of blockage, stagnation or numbness. What thoughts, memories, emotions, imagery arise here? When you finish this meditation take some time to write about whatever you experienced with this chakra.

Assessment & Goals - After writing about your meditation experience Read through the *Life Principle, Balanced, Excessive and Depleted* categories for that chakra and then just begin to write whatever comes to you as you contemplate these issues in your life. Allow yourself to just write whatever comes with out thinking too much or self editing or self-judgement. Sometimes when we can put our inner critic aside and just write without thinking and editing we'll find ourselves writing things we never knew about ourselves. When you're done writing come up with one or more goals for this chakra based upon what you've written and write about those. Repeat this meditation, assessment and goals for each chakra.

Resources

There are a great number of resources on the chakra system out there. Some focus more on energy and yoga philosophy and practice, some on psychology and personal transformation some will be more spiritual than others. Some will resonate with you more than others. I encourage you to explore the aspects that interest you the most. Here are few recommendations that are pretty comprehensive.

***Eastern Body, Western Mind: Psychology and the Chakra System As a Path to the Self* by Anodea Judith**

***Wheels of Life: A User's Guide to the Chakra System* by Anodea Judith**

