

Wild Hearted Words

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CHAKRA JOURNAL



Hello Brave Soul . . .

Thank you for taking the time to invest in yourself. By embracing all of who you are and allowing yourself to be fully seen, you illuminate the path for others to do the same.

This **Wild Hearted Words Journal** is your sacred space for feeling and healing. It's an opportunity to remind yourself that you're a naturally wonderful human being who sometimes gets cluttered by the day-to-day pressures of social media and simply LIVING to the point that having moments of reflection, surrender, and silence allow you to remember the truth:

You're already amazing as you are.

Journaling may be a simple practice, but it's not always an easy one. Putting pen or pencil to paper offers an opportunity to reconnect with deeper parts of yourself which, at first, may be challenging to accept.

That's okay.

By being consistent, you can begin to remove obstacles in your life preventing you from living your greatest desires and dreams come true.

Before writing, find a quiet space. Bring elements into your environment that encourage you to feel safe, inspired, and uplifted, especially anything that makes your heart delight, such as soothing colors, sweet scents, or happy sounds.

Most importantly, please be kind to yourself. We are all born extraordinary. Since the beginning of time and ever after, there will never be another you on this planet.

Be you. Prepare to be all of you.

Be the darkness and the light, the flaws and the features, the sweet and the bitter. That's what makes the whole of you truly amazing.

If you ever find yourself stuck on a prompt, take a breath and encourage yourself to be honest without judgment. You can even use the phrase, "If I had to use my imagination about this, then..."

Sometimes, these questions can be tough and may incite a rumbling of emotions. You can handle this. You can also reach out to someone you trust if you need an extra dose of loving support! It's **STRONG** to ask for help and **BRAVE** to show your vulnerabilities.

Now, seek to find yourself again.

Aloha,
Judy

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If you're new to the practice of meditation, searching for an authentic tribe of wild hearts, or would like more nourishing coaching & authenticity support, please visit www.wildheartedwords.com.

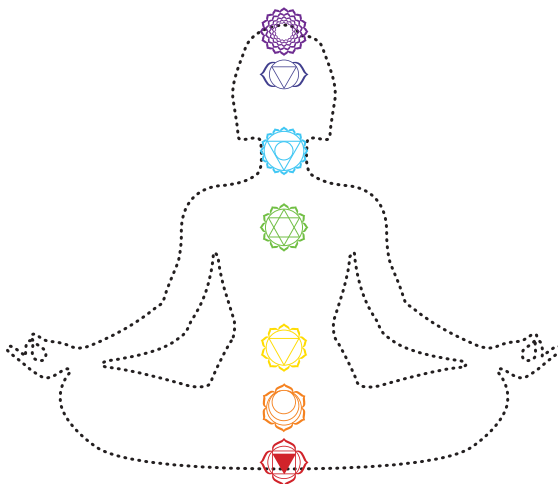
..... Intro

In Sanskrit, “chakra” means “swirling wheel of energy.” Located along the midline of the body, the traditional seven chakra system starts at the base of the spine and extends upward through the body, to a point just above the head. When in balance, these beautifully interconnected energetic centers support a full expression of sweet living.

Some believe that the Hawaiian Islands correspond to the Chakras. The oldest isle in the Hawaiian chain is Kauai, where my `ohana was created, and is associated with the Third Eye, a space to find clear intuition and inspiration. When open, we are easily able to connect with our greatest ideas and to follow our dreams.

By gently guiding you through an exploration of your seven chakras using the practice of writing, meditation, and mindful movement and relating them to the islands in the Hawaiian chain, this Wild Hearted Words Journal is a loving invitation to deepen your awareness of self to become strong, wild, and joyful.

From this page forth, look within and melt into the goodness of you.





Root Chakra ("Big Island")

Located at the base of the spine, the Root Chakra represents our connection to family, survival and nature. These basic rights – to have, to be here, to take up space – create the foundation of our lives. It is important that you are able to build upon solid ground.

When in balance, we feel safe, stable and supported. There's a feeling of stillness. We have a healthy sense of trust in the world.

When imbalanced, we are fearful and anxious. There's an inability to feel settled or to set appropriate boundaries.

The color for the **Root Chakra** is **red**.

Hawaii Island, also known as "Big Island," is the youngest isle in the Hawaiian chain and hosts the world's most active volcano. The goddess Pele is said to live within the Kilauea volcano and stirs up red heat coming from the depths of the earth.

. . . *Finding Balance*

Take time to meditate on the Root Chakra by enjoying the outdoors, as this first chakra is related to the element of earth. Lovingly prepare food to nourish your body and essential needs, engage in plenty of touch for primary connection, and practice yoga focused on the legs and feet for grounding.

On the following pages are thoughts to ponder while journaling about the Root Chakra.

. *Ponder*

How connected am I to my physical, emotional, and spiritual self?

. *Ponder*

What was my childhood relationship like with my mother, my father, and my family members? Are there patterns I'd like to end? Are there traditions I'd like to continue into my own life?

• • • • • Ponder

In what ways do I feel I have a right to be here? In what ways have I been questioning that right?

. *Ponder*

How do I feel supported or unsupported in achieving what I want in life?

. *Ponder*

In what ways can I feel more deserving of all that is good?

. Affirmation

Connect with the Root Chakra by repeating the affirmation, "I am safe."

I am safe.



Sacral Chakra (Maui)

Located just below the belly button, the Sacral Chakra establishes our sense of place in the world. This is where we begin to experience the sweetness of life in everything from physical pleasure to emotional gratification.

When in balance, we adapt well to change, readily relate to others, and our creativity flows.

When out of balance, we deny ourselves pleasure or become very addicted to it, experience excessive dependency and attachment to others, and lack lasting joy in our lives.

The color for the **Sacral Chakra** is orange.

Maui is the second largest isle in the Hawaiian chain and is associated with abundance and femininity. The Haleakala Crater is where the chakra energy is said to be most prominent.

. . . *Finding Balance*

Meditate on the Sacral Chakra by enjoying moments of healthy pleasure throughout the day, and practicing yoga poses that open the hips and lower regions of the body. Fluidity is key, as the element associated with the Sacral Chakra is water.

On the following pages are thoughts to ponder while journaling about the Sacral Chakra.

• • • • • Ponder

In what ways can I fully feel and openly express my emotions? Is there a tribe around me I can depend upon? How can I strengthen the connections in my life?

..... *Ponder*

What are the ways I adapt to the changing experiences in my life – on both emotional and physical levels?

. *Ponder*

How do I deal with the feelings of love, appreciation and need – both receiving and giving to myself and to others?

..... *Ponder*

In what ways do I struggle with feelings of guilt or shame? Is this improved or worsened when I'm on social media?

..... *Ponder*

How can I approach sexuality in a sacred way? Am I honoring and respecting my own needs, especially when it comes to intimacy? What can I do to foster closeness with my partner?

• • • • • Ponder

What truly makes my heart happy and brings a smile to my face? How can I be more compassionate to myself if I'm not sure what that is all the time?

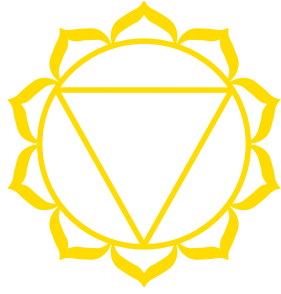
..... Ponder

How can I inspire more creativity in my life?

. Affirmation

Connect with the Sacral Chakra by repeating the affirmation, "I fully appreciate this moment in my life."

I fully
appreciate this
moment in my
life.



Solar Plexus Chakra (Lanai)

The Solar Plexus Chakra, located a few fingers-width above the navel, is the center of our inner power and personal strength. Here is where we understand how to be free as an individual.

When in balance, we live from a place of self-acceptance, confidence, and empowerment.

When imbalanced, we are overly sensitive to criticism, lack willpower, and have low self-esteem.

The color for the Solar Plexus Chakra is yellow.

Lanai is also known as the Pineapple Island and sits practically at the center of the Hawaiian archipelago. Some say the name means "day of conquest" or "conquest of the sun."

. . . Finding Balance

Meditate on the Solar Plexus Chakra by enjoying time alone to foster a relationship with oneself, as well as trying new things that build inner strength.

The element associated with the Solar Plexus Chakra is fire, which is commonly associated with the middle region of the body, so it can be helpful to practice easy twists in yoga.

On the following pages are thoughts to ponder while journaling about the Solar Plexus Chakra.

..... *Ponder*

How confident do I feel about myself and about accomplishing my goals?

..... Ponder

In what ways can I connect to my personal power? Why does it feel weak or strong?

. *Ponder*

How comfortable do I feel being different from those around me?

. *Ponder*

What situations cause me to keep putting my needs last? What are my feelings around whether or not people see me as being able to handle everything? Am I willing to show up more authentically and vulnerably?

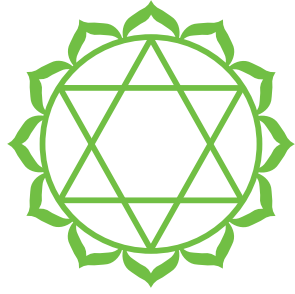
. *Ponder*

What situations have caused me to keep putting my needs last? What are my feelings around whether or not people see me as being able to handle everything?

. Affirmation

Connect with the Solar Plexus Chakra by repeating the affirmation, "I honor the power within me."

I honor the
power within
me.



Heart Chakra (Molokai)

Located in the center of our chest, the Heart Chakra is the nexus of our three lower chakras and the three higher chakras. At the heart of everything is our right to love and be loved.

When in balance, we feel connected, compassionate, and altruistic.

When out of balance, we tend to be jealous, possessive, judgmental and often overly sacrificing.

The color for the Heart Chakra is green.

As the only island never overpowered by outside forces, Molokai is often seen as the heart of Hawaii.

. . . *Finding Balance*

Meditate on the Heart Chakra by writing to someone you love – even your own inner child. Practice breathwork in yoga to open up your chest.

Part of loving is learning how to love yourself to receive the gifts the people in your life and the Universe would love to give you.

The element connected to the Heart Chakra is air.

On the following pages are thoughts to ponder while journaling about the Heart Chakra.

. Ponder

How do I actively love me? What's holding myself back from loving myself more?

. Ponder

How compassionate and accepting are my thoughts about myself?

. *Ponder*

How do I manage grief and forgiveness? What are my techniques for letting go?

. *Ponder*

What are the relationships in my life like? Who are the people who allow me to come alive or who are the ones who keep me small?

. *Ponder*

How can I be more loving, honest, and mutually respectful? How can I let more love into my life?

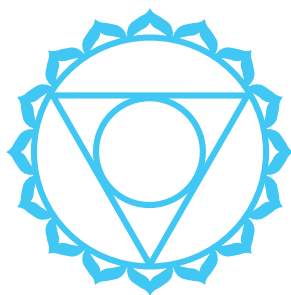
. *Ponder*

How can I fully accept myself and others? What ways am I not showing up as all of myself, because I'm afraid of what others will think?

. Affirmation

Connect with the Heart Chakra by repeating the affirmation, "I am love."

I am love.



Throat Chakra (Oahu)

The fifth chakra is located in the throat and governs communication & self-expression. We all have a right to speak and be heard.

When in balance, we listen well, speak clearly and respect everyone's ideas.

When imbalanced, we fear speaking up for what we need and want, tend to engage in gossip, or have difficulty putting our feelings into words.

The color for the **Throat Chakra** is **blue**.

Oahu is often referred as the gathering place of the islands to speak and be heard. In modern day, it is the social hub of the islands. Some say that between this island and Maui exists the lost continent of Lemuria.

. . . Finding Balance

Meditate on the Throat Chakra by practicing how to use the word "no" at appropriate times. Release your voice and let it be heard in the world, by practicing singing or stream-of-consciousness writing where you simply let your pen flow continuously by following any and all thoughts that come across your mind.

The element for the Throat Chakra is ether or space. Practice chanting in yoga to celebrate your unique voice.

On the following pages are thoughts to ponder while journaling about the Throat Chakra.

..... *Ponder*

How can I more fully understand what I'm feeling in various moments and situations in my life?

..... *Ponder*

In what ways do I clearly express myself to others? How can I practice saying “no” when I want to? What is holding me back from doing so?

..... Ponder

How can I practice aligning the thoughts in my head with the feelings in my heart?

..... *Ponder*

How can I feel stronger to share my unique thoughts, insights, and truths?

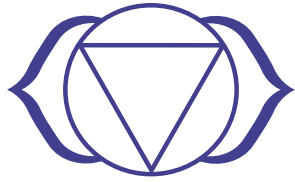
. *Ponder*

When interacting with others, how can I be more present to fully listen?

..... Affirmation

Connect with the Throat Chakra by repeating the affirmation, "I speak my truth."

I speak my
truth.



Third Eye Chakra (Kauai)

Our moral compass, the Third Eye Chakra, is seated in the center of the forehead slightly above the eyebrows. As a symbolic “eye” in our bodies, here is where we truly learn to see.

When in balance, we are intuitive, imaginative and perceptive.

When out of balance, we have difficulty making decisions and trusting the decisions we make.

The color for the [Third Eye Chakra](#) is [indigo](#).

Kauai is the oldest of the Hawaiian islands. It is both a beautiful and powerful place for discovering insights through meditation and inward reflection.

. . . *Finding Balance*

Meditate on the Third Eye Chakra by imagining the potential positive outcomes for situations and choices in your life. Engage in creative visual art from coloring to scrapbooking to creating a vision board for the life you've always dreamed of.

The element for the Third Eye Chakra is light. Try supported forward bends with an added bolster or blanket to press upon and stimulate the Third Eye area.

On the following pages are thoughts to ponder while journaling about the Third Eye Chakra.

. Ponder

What are my dreams about?

. *Ponder*

How can I improve my sense of clarity in various situations, relationships, and experiences?

. *Ponder*

What occurs when I practice visualization? How can I use visualization as a tool to create more magic in my life?

. *Ponder*

How can I manifest my ideal vision for my life?

• • • • • Ponder

How do I feel about fulfilling my greatest potential?

..... Ponder

How connected am I to my intuition? How do I trust my powers of intuition more?

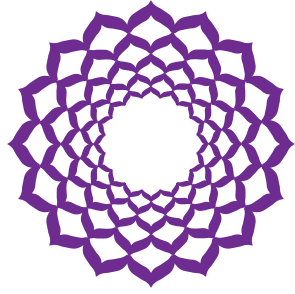
. *Ponder*

What does my “inner guide” look like to me? How often do I follow what feels right?

. Affirmation

Connect with the Third Eye Chakra by repeating the affirmation, "I honor my highest awareness."

I honor my
highest
awareness.



Crown Chakra (Niihau)

The Crown Chakra, located at the top of the head, is the energetic connection to transcendent consciousness for greater understanding, universal identity, and spirituality. The Crown Chakra represents our basic right to know.

When in balance, we are open-minded to various beliefs, have a sense of spiritual connection, and are able to perceive, analyze and assimilate information.

When imbalanced, we tend to be rigid in our belief systems, acquire excess materialism, or seek power over others.

The color for the Crown Chakra is violet or clear.

Often referred to as The Forbidden Island, Niihau is a private isle accessible only to native Hawaiians.

. . . *Finding Balance*

Meditate on the Crown Chakra by exploring your connection to spiritual beliefs, setting aside time each day to be silent and to go within. The element associated with the Crown Chakra is often referred to as cosmic consciousness or even no element.

In yoga, practice meditation for increasingly longer periods of time, as well as gentle poses that encourage you to find stillness in both body and mind.

On the following pages are thoughts to ponder while journaling about the Crown Chakra.

• • • • • Ponder

How can I become more open-minded when it comes to different ways of thinking or being?

..... Ponder

How do I seek greater meaning in my life?

..... *Ponder*

What is my sense of spirituality?

..... *Ponder*

How do I apply my faith within my practice of daily living?

. Affirmation

Connect with the Crown Chakra by repeating the affirmation, "I am divine and connected."

I am divine
and connected.

Wild Hearted Words

Discover more loving ways to find your authentic voice
and creative power at
www.wildheartedwords.com.

By

Judy Tsuei

