

# Guide to Making Chakra Art

by Jo Crawford of CraftingTheSacred.com



**Create art so your chakras can vibrate!**

## What



This guide will show you how to explore your seven chakra energy centers through one simple creativity exercise.

This is a fun, non-meditation way to unblock your chakras, rejuvenate them with the juicy power of your creative energy, and create healing art!

## Why



Creatively engaging your chakras will enhance the flow of life force from root to crown and back again....***and it feels good!***

## How



In the medium of your choice, make a creation to honor and express each of your seven chakras...or make one ***giant*** piece to incorporate all seven.

**Use any and all mediums you love:**

drawing, collage, music, painting, song, jewelry, journaling, poetry, art journaling, dance... ***whatever your muse desires!***

To help spark your creations, I have provided word and color prompts on the next page for each chakra.

Before starting, take a few deep breaths and ask the chakra you will be expressing to guide you in this activity.

Follow your intuition on how your chakras want to be expressed...it could be a painting for your root chakra, a poem to your sacral chakra or a song to your heart.

Whatever form it takes, embrace the colors, words, textures and sounds that flow as you express each of your precious chakras.

There is no correct way to do this exercise...***your own unique way is the right way!***

## When



Schedule a chakra week and create each day around a different chakra!

You can also do this exercise in one sitting...***whatever works for you is perfect!***

# Prompts for Chakra Art



## **Root** ● **Red**

Thrive  
Home

## **Sacral** ● **Orange**

Creativity  
Sex

## **Solar Plexus** ● **Yellow**

Action  
Power

## **Heart** ● **Green**

Feel  
Love

## **Throat** ● **Blue**

Speak  
Truth

## **Third Eye** ● **Violet**

Dream  
Intuition

## **Crown** ○ **White**

Open  
Divinity

