



Chakra Butterflies

A MIXED MEDIA art Lesson

Created by Stephanie Ignazio

Hello beautiful soul!



I am so very happy you are here!

This lesson is all about connecting to the energy centers within our bodies called the CHAKRAS. From head to toe, we have seven of these amazing, radiating balls of energy. Think of them like energetical organs, much like our heart and our lungs, except their role is to keep our energy flowing. To help us flow thru life effortlessly and manifest our dreams into reality.

The first step of this workshop is to connect with your chakras. You will find a very simple assessment within this PDF. Answer with a simple yes or no. Each questions relates to the energetic role of that chakra.

Each and every day we have the ability to connect to our chakras and utilize their vibrant energy to help us feel energized, connected and confident.

Once your assessment is complete, you may notice which chakra you may need to give love and attention to. This would be a great choice to work with creatively in your art journal.

You may also begin the workshop simply by choosing a color that speaks to you right now. Perhaps it is a color that you find yourself using a lot in your work. Or a color that you wear all the time. There are no accidents when it comes to color! Generally, if you wear a certain color all the time, it is your Chakras way of connecting you to that energy!! Color is an incredibly magical and powerful way to energize your energetic body and your soul!

In this pdf, you will also find affirmations that you can include in your art. Feel free to use the ones provided or generate your own personal affirmations.

The complete Chakra Guide can be downloaded on my website. It is my gift to you.

I hope this workshop serves your soul.

Namaste,

Stephanie



Chakra Assessment



This is a very simple way to connect to your chakras to get an idea of how each one is functioning.

Answer each question with a simple yes or no.

If you feel unsure on how to answer - skip the question.

ROOT CHAKRA (Chakra 1):

I feel grounded in my body.	YES	NO
I feel secure financially	YES	NO
I am healthy and active.	YES	NO
I feel connected to nature and the flow of life.	YES	NO
I feel grateful for all that I have in my life.	YES	NO

SACRAL CHAKRA (Chakra 2):

I am optimistic about my life as a whole.	YES	NO
I find pleasure and joy in my life	YES	NO
I honor my body and take good care of it.	YES	NO
I am at peace with my life.	YES	NO
I express my creativity in my own special way.	YES	NO

SOLAR PLEXUS CHAKRA (Chakra 3):

I make decisions easily and with confidence.	YES	NO
I have healthy boundaries in my life.	YES	NO
I am responsible and reliable.	YES	NO
I appreciate playfulness and spontaneity.	YES	NO
I meet challenges with ease and grace.	YES	NO

HEART CHAKRA (Chakra 4):

I feel love for myself and others.	YES	NO
I find joy in nature, people and animals.	YES	NO
I am compassionate and understanding.	YES	NO
I feel a sense of connection.	YES	NO
I live in the present moment.	YES	NO

THROAT CHAKRA (Chakra 5):

I express my opinions.	YES	NO
I am a good listener and offer support to others.	YES	NO
I honor my personal truth and express it with ease.	YES	NO
I speak with confidence.	YES	NO
I communicate with others honestly.	YES	NO

THIRD EYE CHAKRA (Chakra 6):

I trust my intuitive voice.	YES	NO
I connect to my intuition.	YES	NO
I know what is right for me.	YES	NO
I have a good memory.	YES	NO
I have a healthy imagination.	YES	NO

CROWN CHAKRA (Chakra 7):

My life has meaning.	YES	NO
I see the beauty in others and the world around me.	YES	NO
I am connected to something larger than myself.	YES	NO
I am open-minded and accepting.	YES	NO
I have a spiritual relationship that satisfies me.	YES	NO



This assessment is meant to be a guide to connecting with the energy of your chakras. It is in no way intended to replace medical advice or act as any method of psychological testing.

Working with Chakra Energy is an ancient form of healing that is practiced by the author and numerous practitioners around the world. All information is offered in good faith.

Hello beautiful soul Chakra balancing Affirmations



Crown
i understand

Seeing the world as separate from ourselves. Lack of connection to the Soul and the Spirit within us. Lack of faith and trust that we are cared for by a Higher Power.
I am fully trusting and connected to the Divine.



Third Eye
i see

Leading with the head. Disconnected from intuition. Denying emotions. Worry, resentment. Focused on making decisions with only facts.
I am connected to my intuition. I trust and follow my inner knowing.



Throat
i speak

Unable to express ourselves OR speaking too much. Undersharing OR oversharing. Being boastful or withdrawing in shame.
I am open to sharing my truth with the world. I express myself fully and with confidence.



Heart
i love

Lack of compassion towards others and to oneself. Feelings of resentment. Feeling alone.
I love myself. I freely give and receive love. I let go of what holds me back and I radiate with the beautiful glow of love.



Solar Plexus
i do

Disorganized, bitter, impulsive, overwhelmed. Feel powerless and unworthy. Angry, lacking faith in who we are and our abilities.
I am worthy. I believe in myself. I claim my personal power.



Sacral
i feel

Confusion, indecision, frustration, sadness. Creatively blocked. Craving connection but withdrawing.
I have a healthy relationship to my emotions. I confidently create the life I desire. I connect to my creative ideas.



Root
i am

Low energy, poor health, stressed, controlling thoughts, feeling numb or fearful. Lack of trust or connection.
I am protected by The Universe. I have all that I need.



Hello Beautiful Soul

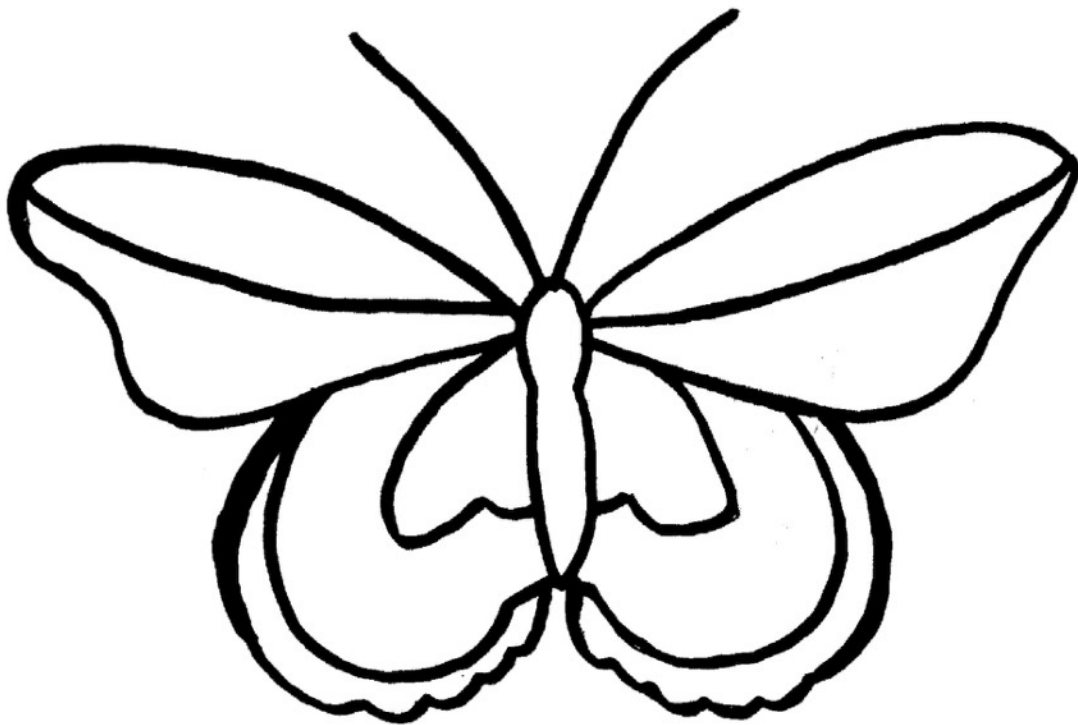
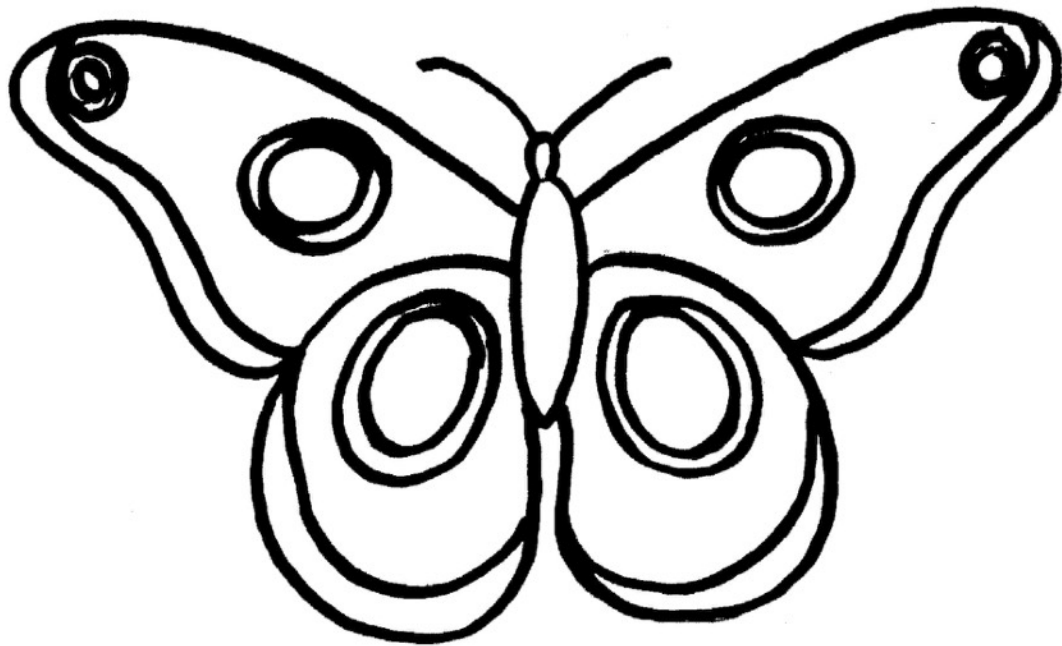
A GUIDE TO YOUR CHAKRAS

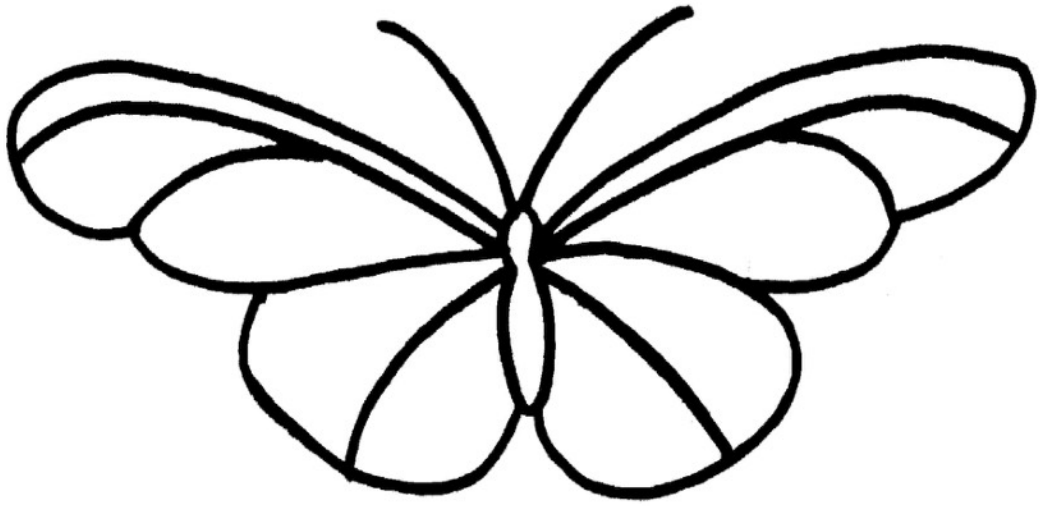
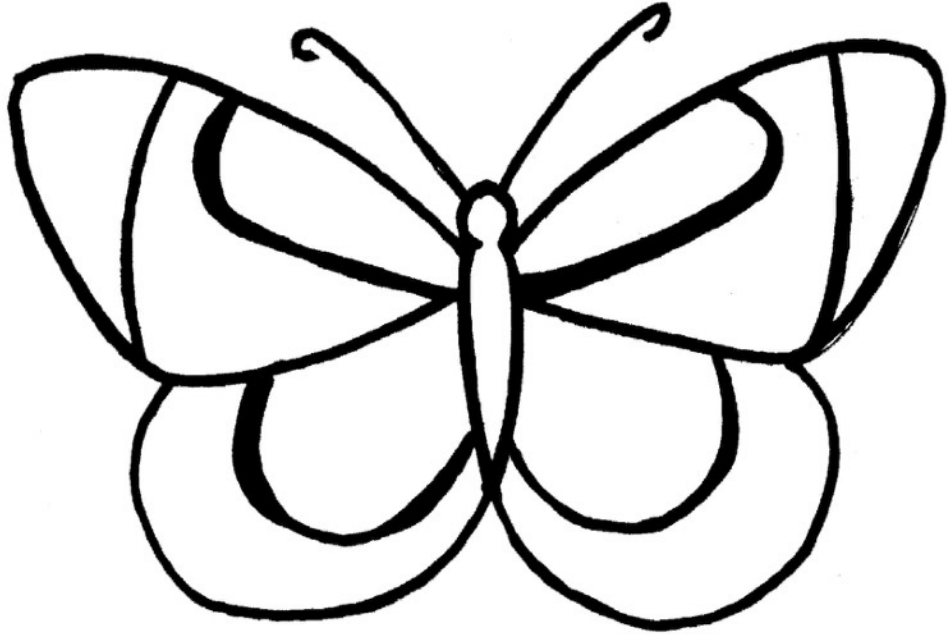


Make sure to download your **FREE GIFT!**
The Hello Beautiful Soul **GUIDE TO YOUR CHAKRAS!**
Sign up at www.hellobeautifulsoul.com to receive your e-book.

You will learn in-depth information about each of the seven Chakras and how you can help balance them with crystals, affirmations and essential oils.

Chakra Butterfly Templates





About the Artist and Author



Hi there beautiful! My name is Stephanie....

I am an artist, teacher, creative soul, author, and healing guide.
I am an Intuitive, an Empath, a Reiki Practitioner and Chakra Balancer.
I've designed coloring books, oracle cards and inspiration decks.

I believe life is too short to just do one thing!
The theme running thru all of my passions is how to serve others.

I started meditating 17 years ago and this daily practice changed my life.
Learning about energy and educating myself on the benefits to our bodies
and our souls changed not only my career, but my artwork.

Art has been my Greatest Healer.

I create artwork that engages the Chakras,
adds energy to your space and keeps the vibrations high.
I infuse Reiki energy into my art, so that the viewer can feel the good vibes!

I am inspired by color, pattern, nature and the Goddess.
My goal is to spread as much sparkle and love as possible
thru all of my creative soul work.

Kind of like a love warrior, but one with painted overalls.
You can learn more about me by visiting my website:

www.hellobeautifulsoul.com