



Chakra Stencil Reference Guide

Chakra Stencils designed by Kathryn Costa



Root Chakra

Sanskrit Name: Muladhara
Color: Red
Element: Earth
Affirmation: I am

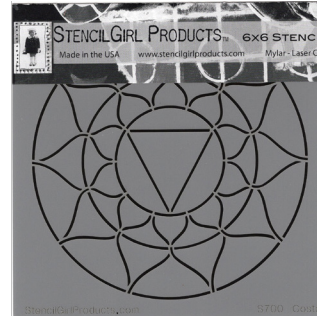
Create root chakra art to help you feel grounded and secure.



Sacral Chakra

Sanskrit Name: Svadisthana
Color: Orange
Element: Water
Affirmation: I feel

Create sacral chakra art to activate your creativity and bring more delight and play to your life.



Solar Plexus Chakra

Sanskrit Name: Manipura
Color: Yellow
Element: Fire
Affirmation: I can

Create solar plexus chakra art to boost your confidence, explore your why, or when deciding on what's next in your life.



Heart Chakra

Sanskrit Name: Anahata
Color: Green, Light Pink
Element: Air
Affirmation: I love

Create heart chakra art any time you need to bring gentleness, loving-kindness, and compassion to a situation in your life.



Throat Chakra

Sanskrit Name: Vishuddha
Color: Light Blue
Element: Sound
Affirmation: I express

Create throat chakra art when you need help speaking up or finding the right words to express yourself.



Third-Eye Chakra

Sanskrit Name: Ajna
Color: Indigo
Element: Light
Affirmation: I see

Create third-eye chakra art when you are seeking answers and want to tap into your intuitive wisdom.



Crown Chakra

Sanskrit Name: Sahasrara
Color: Violet or White
Element: Thought
Affirmation: I know

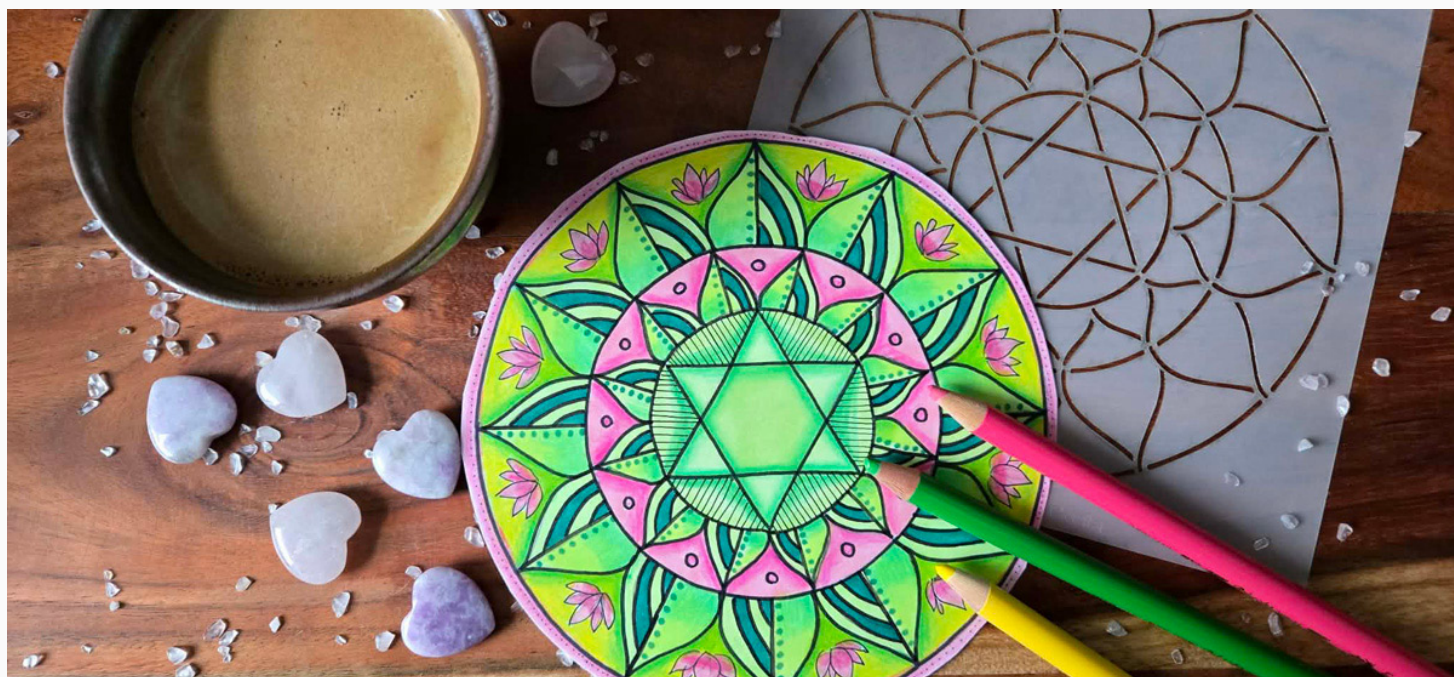
Create crown chakra art when you want to open up your spiritual connection to the Divine and all living things.



6"x6" chakra stencils
sold by StencilGirl Products

Order at:
www.chakrastencil.com

Learn more about chakras at:
truenortharts.com/chakras



Create your own ritual.

Use this simple chakra mandala ritual anytime you want to reconnect with your creativity, reflect on what's happening in your life, or bring balance to mind, body, emotions, and spirit.

HOW TO USE CHAKRA STENCILS IN YOUR PRACTICE

Step 1: Center Yourself

Light a candle, play calming music, and take several deep breaths.

Step 2: Set an Intention

Ask yourself:

Which chakra needs attention today?

What within me needs care right now, a thought, a feeling, a desire, or something in my body?

Step 3: Create with Purpose

Trace your chosen chakra stencil. Fill the design with color, patterns, affirmations, or journal reflections.

Allow the process to become a meditation.

Try this ritual whenever you want to:

- **reconnect** with your creativity
- **reflect** on a situation in your life
- **explore** a chakra that needs attention
- **create** a quiet moment of mindfulness

Find more inspiration, creative practices, and workshops at www.truenortharts.com

Trust the wisdom within.

CHOOSING A CHAKRA TO WORK WITH

As you begin your mandala, pause and notice what feels most present for you today. Each chakra represents a different aspect of your body, mind, emotions, and spirit. Trust your intuition and choose the chakra that resonates most with you right now.

Root Chakra

Grounding • Safety • Stability

When you want to feel more grounded, safe, and supported. This mandala can help cultivate stability and trust in both your creative practice and your life.

Sacral Chakra

Creativity • Emotion • Joy

When you want to awaken creativity, reconnect with your feelings, or invite more delight and play into your life.

Solar Plexus Chakra

Confidence • Personal Power • Direction

When you want to strengthen confidence, reconnect with your purpose, or gain clarity about your next step.

Heart Chakra

Compassion • Gratitude • Connection

When you want to bring gentleness, loving-kindness, and compassion to yourself or to a situation in your life.

Throat Chakra

Expression • Truth • Communication

When you need support expressing yourself, speaking up, or finding the right words to share your truth.

Third Eye Chakra

Insight • Intuition • Inner Wisdom

When you are seeking guidance, clarity, or a deeper connection to your intuitive wisdom.

Crown Chakra

Spiritual Connection • Trust • Awareness

When you want to deepen your spiritual connection and open yourself to the wisdom of the greater whole.

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