

A CREATIVE JOURNAL TO ALIGN, EXPRESS & AWAKEN YOUR INNER MAGIC

Welcome to the **Rainbow Awakening Creative Journal**, a sacred space designed to guide you through a vibrant journey of self-discovery, emotional clarity, and creative expression.

This journal weaves together the ancient wisdom of the chakra system, the transformative power of color therapy, and the intuitive flow of creative journaling. It's a soulful tool created to help you slow down, check in, and reconnect with the colorful language of your body, mind, and spirit. Inside you'll find:

Chakra Check-In Pages

A gentle space to explore and reflect on your energy centers, identifying where you feel balanced, where you need support, and how to realign with your inner harmony.

Emotional Color Chart

A visual tool to help you map emotions through color, unlocking your intuitive understanding of how you feel and how you can creatively process those feelings.

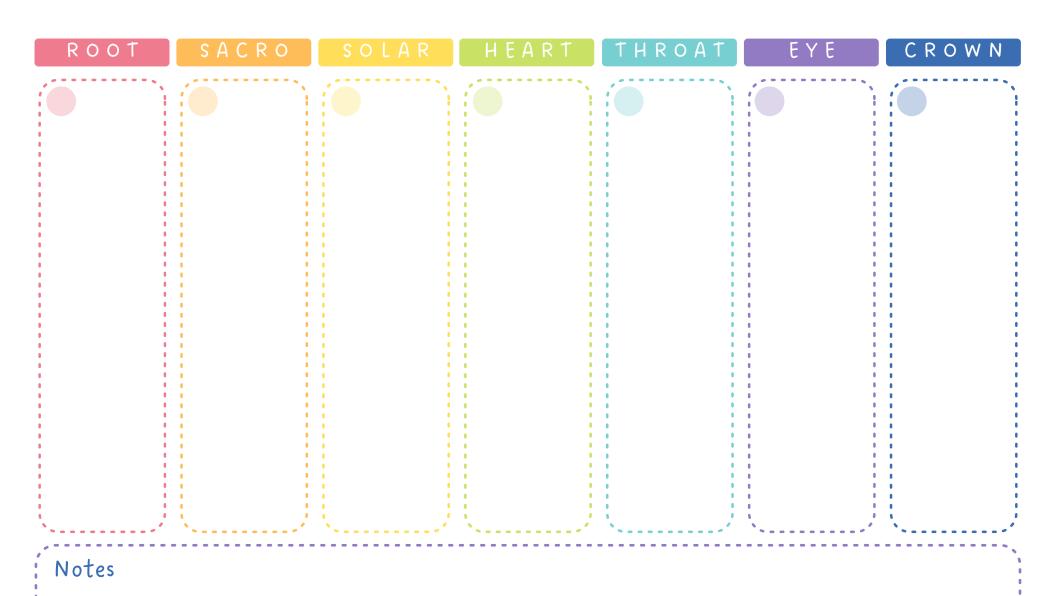
Prompts for Expression & Integration

Guided questions and reflections designed to open your creative channel, awaken your inner artist, and support your healing journey, one color and Chakra at a time.











RED	ORANGE	YELLOW	GREEN	BLUE	PURPLE	INDIGO
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PROMPTS FOR EXPRESSION & INTEGRATION

ONE COLOR, ONE CHAKRA, ONE STEP DEEPER INTO YOUR TRUTH.



ROOT CHAKRA - RED

Theme: Safety, Belonging, Grounding

What makes me feel safe and supported right now? Where in my life do I need stronger roots or boundaries? Draw or describe a place where your inner child feels completely held. What rituals help me reconnect with my body and the Earth?



SACRAL CHAKRA — ORANGE

Theme: Emotions, Sensuality, Flow

- How do I express my emotions creatively?
- What brings me joy, pleasure, and playfulness?
- Where am I holding emotional tension in my body?
- Create a piece of art that represents how your emotions feel today.



Theme: Confidence, Power, Purpose

- When do I feel most empowered and radiant?
- What limiting beliefs am I ready to release?
- Write a letter from your higher self encouraging you to take bold action.
- Draw or collage your inner fire.

■ HEART CHAKRA — GREEN

Theme: Love, Compassion, Connection

- Where am I being invited to soften or forgive?
- What does unconditional love feel like to me?
- Write a love letter to yourself or someone who changed your life.
- Express visually what an open heart looks like.

THROAT CHAKRA - BLUE

Theme: Expression, Truth, Voice

- What truths am I ready to speak out loud?
- How do I censor or silence myself?
- Create a mantra or affirmation that empowers your voice.
- Draw an image of your throat as a sacred temple of sound and truth.





Theme: Intuition, Insight, Vision

- What message is my intuition whispering to me today?
- Describe a recent dream or synchronicity and what it revealed.
- Create a symbol or sigil that represents your inner wisdom.
- Close your eyes and draw what you see within.

CROWN CHAKRA - VIOLET / WHITE

Theme: Divine Connection, Oneness, Clarity

- How do I experience the divine or the infinite?
- In what moments do I feel most connected to something greater?
- Write a prayer or poem that channels your soul's voice.
- Express your connection to the cosmos through abstract color or shape.

This journal is part of the **Rainbow Awakening Creative Journey**, but can also be used on its own as a beautiful daily or weekly practice to come back home to yourself.

→ Let it be your companion in moments of stillness, creativity, and transformation.

Let the colors speak. Let your truth emerge.

READY TO GO DEEPER ON YOUR CREATIVE & HEALING JOURNEY?

If this free masterclass sparked something inside you: a memory, a dream, an emotion, a vision, consider this your personal invitation to keep going.

The Rainbow Awakening Creative Journey is a <u>9-day immersive program</u> designed to initiate a journey of the colour spectrum and then guide you through the 7 chakras and 7 rainbow colors, plus 1 powerful integration day, with tools to reconnect with your body, awaken your inner artist, and unlock your creative healing potential.

What's included in the full journey?

- Daily guided videos & creative rituals
- Journal prompts & expressive arts practices
- Chakra healing tools, yoga and embodiment practices
- Audio meditations + bonus printable materials
- A sacred container to explore your own inner rainbow 🌈

Each day is a step deeper into your truth, expression, and alignment. This is for you if...You're craving color, connection, clarity, or a more expressive version of yourself — and you're ready to show up with an open heart.

<u>Click here to join the full Rainbow Awakening</u> <u>Journey</u>

Your soul already said yes. This is just the next step. With love, light & color,

Gaby Amaya| Viajera Libre 💫

START HERE

