



Chakra Color & Creativity Guide

Awaken Your Chakras Through Art

By Shelley Devine



Introduction

Your energy centers—chakras—are like colorful portals of light within your body. Each chakra holds wisdom, emotion, and power that can guide your art and your spiritual growth. By exploring chakra colors through intuitive painting, you awaken both your creativity and your soul.

This guide will show you how to use color, art, and intention to balance and activate your chakras



✨ Tip: You don't need fancy supplies. A simple set of paints, colored pencils, or markers is enough. Trust your intuition—your soul already knows the colors it needs.

● Root Chakra (Muladhara)

Color: Red

Energy: Safety, stability, grounding, connection to Earth.

Creative Prompt: Paint or doodle with bold red strokes. Imagine roots growing from your feet deep into the earth. Add words or symbols of stability and belonging.

Use the space below to jot down what you felt while painting with this chakra color.



● Sacral Chakra (Svadhithana)

Color: Orange

Energy: Passion, pleasure, creativity, sensuality.

Creative Prompt: Use flowing lines in orange, peach, or coral. Paint waves, spirals, or circles. Ask yourself: What brings me joy? Then express it in color and shape.

Use the space below to jot down what you felt while painting with this chakra color.



● Solar Plexus (Manipura)

Color: Yellow

Energy: Confidence, empowerment, self-worth.

Creative Prompt: Paint a bright yellow sun at your center. Let rays expand outward. Add symbols of strength or words of affirmation like I am enough. I shine brightly.

Use the space below to jot down what you felt while painting with this chakra color.



♥ Heart Chakra (Anahata)

Color: Green (and sometimes pink)

Energy: Love, compassion, connection, forgiveness.

Creative Prompt: Use gentle greens and soft pinks. Paint a heart, leaves, or a blooming flower. Focus on sending love through every brushstroke.

Use the space below to jot down what you felt while painting with this chakra color.



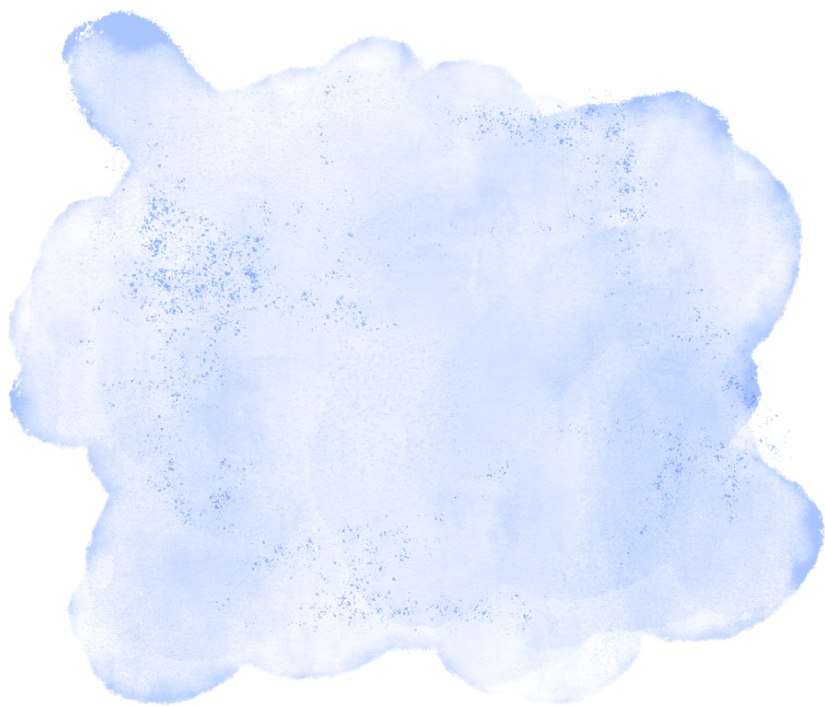
● Throat Chakra (Vishuddha)

Color: Blue

Energy: Truth, communication, self-expression.

Creative Prompt: Work with blues—from deep ocean to light sky. Paint waves, feathers, or spirals moving outward like sound waves. Add words you've been longing to speak.

Use the space below to jot down what you felt while painting with this chakra color.



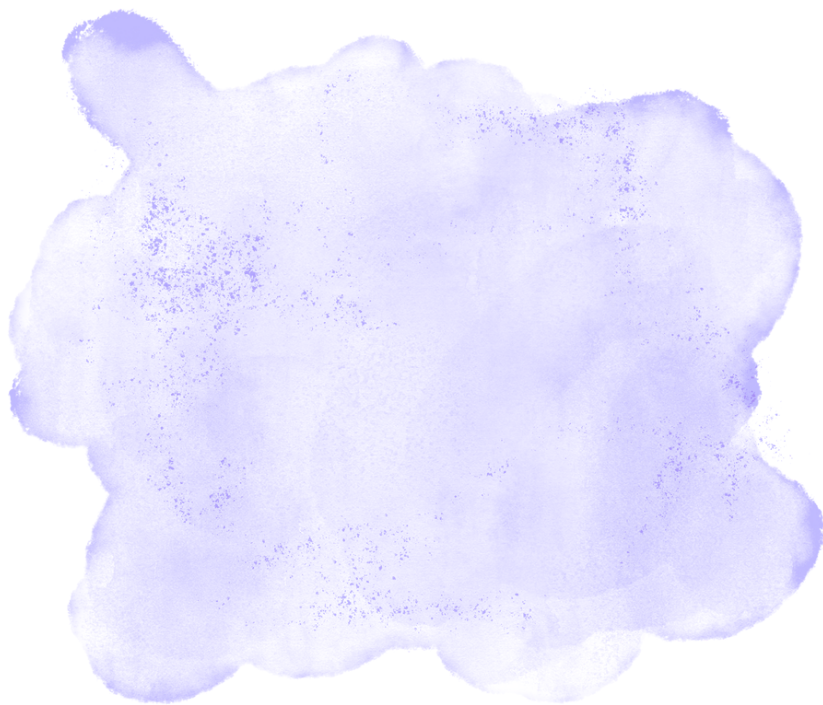
● Third Eye Chakra (Ajna)

Color: Indigo

Energy: Intuition, vision, inner wisdom.

Creative Prompt: Paint a deep indigo eye, a spiral, or a starry night. Close your eyes, ask a question, and let your brush move without overthinking. Notice what emerges.

Use the space below to jot down what you felt while painting with this chakra color.



● Crown Chakra (Sahasrara)

Color: Violet, White, or Gold

Energy: Spiritual connection, unity, divine guidance.

Creative Prompt: Use soft violets, shimmering gold, or pure white. Paint a lotus flower or circles expanding into light. Invite spirit to paint through you

Use the space below to jot down what you felt while painting with this chakra color.



Closing Ritual

*When you've finished, sit quietly
and look at your artwork.*

*Notice how your body feels. Place
your hand on your heart and
affirm:*

**“I am aligned. I am creative.
I am connected to Spirit.”**