

# CREATIVEMANDALA

April 6, 2014

A mandala is a simple visual tool which you can use for centering, embracing and transforming unwanted energies, and moving into a more resourceful state.



## Creating a Mandala A simple how-to-Guide

By Tim Hamons

Creating a mandala is a wonderful and colorful tool which invites intuition in to guide you. It allows you to externalize thought and energy, recognise it, embrace it, in a safe yet powerful way. The creative, colorful releasing process invites me into a lighter and more resourceful space in myself.

### Preparation:

**1. Materials** Begin by assembling some of your favorite materials for drawing and coloring. I prefer large size oil pastels and some colorful markers. You'll also need 1-2 sheets from a drawing block, or a large size sketch book and a hard smooth surface to draw onto.

**2. Space** Allow 45 mins or so for the process. A quiet time and space, sitting on cushions

on the floor is best, or in a comfortable spot in nature.

**3. Circle** draw a large circle in the center with pencil. You may use a plate or other large round shape for this, or draw freehand.

**4. Intent** Have a question or focus before you begin. It can simply be : "what am I feeling in this moment right now"? or, "what message can move me forward", "What do I need to see or embrace in order to move forward into my highest expression", or, "whats next for me"? It helps to sometimes write that question too.

### Begin by Centering yourself...

**1. Centering** Center yourself and hold the focus or question in mind. You can use a simple

meditation practise. I like to "go into my garden", with this question in mind. Allow your question to show you or take you wherever it wants to. Notice colours, symbols, images, textures, feelings.

**2. Begin drawing** At some point in this process and when it feels right, open your eyes and begin your drawing.

**How to begin** Allow intuition to guide your choice of color. Its almost as if the color "chooses" you. Two rules in this drawing process: 1. No thinking, 2. No judgement. "Thinking" could show up like this: "well, i 'like' trees. Trees are a symbol of new life, and this is what I want. Therefore, I will draw a tree. This is "thinking". Judgement can look like: "Oh, my drawing doesn't look like what i want it to, so I'm going

to change it”, or “I don’t ‘like’ that color, so I will use another. This is judgement on ourselves and our drawings. The drawing itself is not what this is about. It is a process, not an outcome. This drawing can “look like” just a ball of scribbles and energy- thats ok. Same as in other areas in our lives, whats often more important than the result is your attention and awareness in the process.

**Allow a color to “choose you”.**

So, you allow a color to “choose you” - ie feel it, and just begin, with a color you saw, an image, a feeling; draw and allow something to emerge. Allow the drawing to come out as it will. Usually, the drawing will go inside of the circle. The circle is simply a container, a safe space. It is a symbol of wholeness, unity, completion, no beginning, no end.

**3. Draw** until you feel complete (maybe 15 mins or so).

**4. Finishing** Once finished, I may do another meditation. I put the drawing in front of me propped up at a distance of about 1-2 meters. In my open eye meditation, I imagine myself entering the drawing, as if it is an environment, and I allow myself to open to anything I might notice in there.

**2 rules in this process: No Thinking, and No Judgement”**

**5. Give a title and date** Then, I give the drawing a title. usually 2 or 3 words, about the visual, or the process, or of something I notice in the experience.

**6. Journal** Write any awareness, feelings, insights on the back of the drawing or in a separate journal. Perhaps write a poem.

**7. 2nd Drawing** If it feels right, you may want to make a 2nd drawing. Often, the first drawing sort or opens up another question, so, I will make a second drawing which extends this process and I open to some insights.

**8. Sharing** Share your drawing with a loved one Use it in meditation. Put it where you will see it and allow it to resonate w you. It is a tool from your subconscious intuitive mind which you have brought forth as a gentle and powerful guide to support you to move forward in your life.

**Benefits of creating a mandala:**

- Clarity of personal goals
- Awareness of deeper motivations
- Magnified compassion for self and others
- Trust intuition and personal creativity
- Recognition of self leadership qualities
- Leads to discussion of deeper values
- Group alignment

“Your vision will become clear only when you look into your heart ... Who looks outside, dreams. Who looks inside, awakens.”  
~ Carl Jung



mandala = sankrit for “circle and center, implying that it represents the visible world outside (circle), and the intangible inner world of our minds and feelings (centre)