

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)