



Mandala Creation & Reflection

Mandala creation is a centering device to bring us clarity and deeper wisdom. Yoga nidra and yoga practices are wonderful at awakening our innate creative flow within us, and help us to get out of our 'judging mind', giving us more freedom to create with ease. Try drawing or painting a Mandala after your next yoga nidra or yoga practice! All you need is a dinner plate to trace, regular paper, and crayons or markers, or other art materials (or natural things from nature like flower petals, stones, twigs, leaves, etc for a 'temporary' mandala that you let go into the elements).

Mandala means 'center, circumference, power circle, or magic circle'. Peoples and cultures of all eras have found circle or Mandala creation a satisfying and meaningful form of expression. Mandalas show us our natural urge to live out our potential, to fulfill the pattern of our whole. They reflect the 'wholeness' that we already are. The mandalas we create reflect something about who and how we are in this present moment to learn about ourselves in a new way. It is what Cherokee teacher Dhyani Ywahoo calls 'Bringing your wholeness to light'.

Instructions:

- To begin, focus inward perhaps closing your eyes (you may notice colors and shapes arising within you).
- Open your eyes and choose a color to begin with - the first one that jumps out at you - and outline your circle with it.
- And now fill in the remainder of the circle with your colors, shapes, and forms.

Tips:

- Try layering forms, shapes and colors rather than drawing everything like pieces of a puzzle side by side.
- Turn the Mandala around to work on it from different viewpoints.
- As best you can, try not to make something 'beautiful'. Let this be an experience.
- As best you can, suspend judgment and thinking mind; there is no right or wrong.
- Let instinct guide your color choices, and forms, using as little thought as possible.

After:

- After completing your Mandala, place it on the floor and either sit or stand and look at it for a few minutes not trying to figure anything out, but lovingly gazing at it's mystery. Walk around it or turn it around to view it from different perspectives. You may wish to Title and Date it on the back. You may wish to hang your Mandala somewhere you can see it for a week or more like on your fridge or bathroom mirror, or in your yoga practice space.