

Creative Holistic Integration (CHI)
Mandala: Circles of Wholeness
Art as Meditational, Spiritual Practice & Energy Healing
Session 2
Processes, Reflections & Visualizations
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MANDALA PROCESS SEQUENCE

1. Using the white pencil, in the center of the black square, draw a circle with a dot in the middle.
2. Charge Hands:
 - a. Both hands in front of the heart facing each other.
 - b. See Ball of White Light an arms length above head, (7th Chakra).
 - c. INHALE: Through the top of the head, into HEART- move hands away from each other: "I AM..."
 - d. EXHALE: Out through the HANDS – move hands towards each other: "...LIGHT."
3. Reflect & Visualize Mandala:
 - a. Intentions: "I am" Mantras / statements.
 - b. Ask for mandala image.
4. Bless Materials & Project Your Mandala Image:
 - a. Hold pencil/s in your dominant hand.
 - b. Place the other hand on the paper.
 - c. INHALE the mandala image from the 7th chakra (spiritual chakra - about an arms length above your head) into your heart.
 - d. EXHALE the mandala image through your arms, through your hands, into the pencils and onto the black paper.
5. Create Mandala:
 - a. Using the white pencil draw the outline of the symbol you received.
 - b. Illuminate the symbol to create light in the darkness.
 - c. Color the mandala according to your inner guidance.
 - d. Allow the mandala to emerge / evolve as you create it.
6. Dissolve, Absorb & Disperse Mandala Energy:
 - a. Look at mandala with soft gaze and absorb (breathe it in) through the eyes and breath.
 - b. Hold mandala facing your heart:
 - c. Repeat 3 times:
 - i. INHALE: Absorb it (breathe it in) through the heart into your whole being, intending your highest good.
 - ii. EXHALE: Chant OM to send energy of the mandala out to the energy field, intending that all beings who wish to receive its energy will – for the highest good of all.
7. Reflect, Journal & Share:
 - a. When you are done, meditate / reflect on your mandala, and journal on the experience of visualizing, creating, absorbing and dispersing the mandala.
 - b. Was the experience: Easy? Difficult? Resistance? Emotions? Memories? Judgmental? Insights?

Holos Students please note: One of your written assignments is to describe your experience of creating each of the mandalas based on your journals and self assessments.

MANDALA 1: INNER LIGHT

- Hold the white pencil in your dominant hand.
- Charge hands and bless materials.
- Visualize yourself at the center of a big black circle or sphere.
- Position yourself so that your heart is at the center.
- Take about 5 – 10 breaths in and out as though through your heart – slow & deep.
- With each breath, focus deeper and deeper into the innermost center of your heart.
- On the 10th breath, as you exhale, send a burst of light from the deepest center of yourself out into the blackness of the circle / sphere.
- These sparks of light are stars and suns and planets – the Universe itself – your Universe.
- Repeat 3 times.
 - INHALE: Think “I AM”
 - EXHALE: Think “LIGHT!”
- Visualize the pattern/s of light in the black circle /sphere.
- INHALE: The light pattern /image you saw in your mandala into your heart.
- EXHALE: The light pattern / image through your arms, into your hands, and out into the pencils and onto the black paper.
- With the white pencil, outline that pattern in your mandala.
- Use the scale of light technique to illuminate the light pattern/s in the black circle.
- When you have completed your mandala, hold your mandala facing your heart.
- INHALE the mandala into your heart.
EXHALE the mandala into the energy field, toning “OM” 3 times with the intention of sending its energy to whoever out there who needed the energy of your mandala.
- When you are finished, journal on the experience of expressing your Inner Light Mandala.

NOTE: After you create your mandala and “Om” it out, it may continue to evolve. Display it where you can see it and meditate with it regularly. If it feels incomplete, allow it to evolve over several days or even months. Meditating with it may provide you guidance on how to complete it. You’ll know when it is done.

MANDALA 2: WHOLENESS

- Charge and bless materials.
- See yourself at the center of a black circle / sphere – representing the Universe.
- You are surrounded by light and color.
- Breathe slowly and deeply as if you are breathing through your heart.
- INHALE: Energy from the heart of the Universe in through the top of our head into your heart.** Think: I AM... or “SO”
- EXHALE: From your heart down through the soles of your feet into the Heart of Earth. Think: “THAT” or “HUM.”*
- INHALE: From the heart of Earth moving up from outside your body, filling the bottom half of your mandala up to the heart zone. Think “I AM...” or “SO”
- EXHALE: Send breath from outside of the body, filling the top half of your mandala, up to the Heart of the Universe. Think “THAT” or “HUM.”
- Repeat this 3 times.
- Ask for an image that represents the “Wholeness” of who you are.

- When it emerges, chant “OM” 3 times, and outline image in white and color the mandala image using the colors that come to you, illuminating the mandala using the illumination techniques you have learned.
- When your mandala is complete, take back and dissolve it and OM it out to all.”
- Journal and reflect on the experience.

* So Hum is an ancient Indian Siddha Mantra meaning “I am That!” expressing oneness with all. Whatever you see, you are that.

** The breathing pattern follows a Torus – the pattern in which energy moves in everything from the Universe, to Earth to humans to the organs and cells of the body etc.

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