

# SPIRITUAL QUALITY MANDALA SERIES

## 21 Spiritual Qualities Grid

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Acceptance	Freedom	Integrity
Balance	Generosity	Joy
Compassion	Grace	Love
Connection	Gratitude	Peace
Control	Harmony	Strength
Creativity	Humility	Trust
Enlightenment	Insight	Unity

# Creating 21 Spiritual Quality Mandalas

Creating 21 mandalas to support the embodiment of spiritual qualities is meant to give you an experience of the power of mandalas over a longer period.

Use the above grid to determine which spiritual quality to focus on for your mandala. Here's how to use the grid to determine the theme of your mandala:

1. Make a copy of the above grid, and cut each section out.
2. Fold or roll the small rectangles so you can't see the writing.
3. Put all the pieces on the table (basket or bowl).
4. Pick one at random and open it to reveal which spiritual quality your mandala will focus on
5. Do the Wholeness Exercise. When you feel centered, balanced and grounded, ask for a mandala image to support your embodiment of that spiritual quality.
6. When you receive an image, breathe deeply and chant "OM" visualizing your mandala, moving down through the central channel of your body, through your arms, into your hands, through the colored pencils onto the black paper.
7. Using your white pencil outline and illuminate your mandala.
8. Using your colored pencils to add color and continue to illuminate your mandala.
9. When your mandala feels complete, breathe it in and OM it out to support that spiritual quality in all of humanity.
10. Display your mandala in a place where you will see it often, meditate on it, allow it to evolve and "speak" to you.
11. After you have completed all 21 mandalas, create a mandala of mandalas.
12. Meditate on your mandala of mandalas for as long as you wish, looking at it from all positions.
13. This exercise is about expressing the light of your spiritual quality in the darkness of the black page.
14. Journal your experience of creating these mandalas, including thoughts, feelings, insights, dreams and memories that came to you in the process of creating and meditating on your mandalas.

This 21 mandala series is a highly transformational experience for me every time I do it. In *Imagery in Healing* Jean Achtenberg writes that images affect our cells and emotions, and have a transformational effect on us. Psychologist Carl Jung received mandala dreams that he later created and wrote journals on. He found that it had a deep healing effect on himself as well as his psychiatric patients. His personal mandala journals were translated and published posthumously by Sonu Shamdasani, titled *The Redbook*.

### **Why create 21 Spiritual Quality Mandalas?**

The 21 Spiritual Qualities series is intended to be deeply transformational in a way that is relevant to you. Through this process, you can explore the longer-term spiritual practice and benefits of mandala work beyond the 3-day intensive workshop. Observe what happens to you and journal on how these qualities manifest in your life and around you.

You can use the Spiritual Qualities Grid (above) to determine which spiritual quality to focus on for each mandala you create in this series. But you can also do the same thing in your own unique way.

For example, one student made her own list of spiritual qualities that she wished to embody. As she sat down to create her mandala, she allowed a symbol to come to her consciousness. She then intuited which spiritual quality the mandala symbolized, and energetically supported.

Another student allowed songs that she heard and resonated with to help her determine which spiritual quality to focus on for her mandalas. She then figured out which spiritual quality she was being guided to embody, and created her mandalas accordingly.

If you use your own way, but sometimes find yourself stuck, no worries. There's always the Grid.

### **Why journal after you create your mandalas?**

**Journaling** is really about documenting your spiritual **journey** with mandalas. This will include both the experience of creating the mandala as well as the insights and consciousness that come from this process. What does your soul have to say to you through the process of mandala creation? I think of creating mandalas as a beautiful dialogue with the soul, a creative journey into the Whole. Symbolic images and any form of creation brings us closer to the Creator. If you are so moved, you can create poetry or poetic prose from your journal entries. One of my students was inspired to do that. I was too. If you are also inspired to do that, go right ahead.