

Mandala: Circles of Wholeness  
Introduction to Illumination Techniques  
SESSION 1

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**CREATING THE SCALE OF LIGHT**

- Hold the White pencil in dominant hand,
  - Both hands close to the heart facing each other.
  - See Ball of White Light above head, (7<sup>th</sup> Chakra) arms' length.
  - Breathe in through Chakra 7 into Heart and out through the hands.
  - Inhale: I AM: Move hands away from each other.
  - Exhale: LIGHT : Bring hands towards each other.
  - Do this until you feel electromagnetic energy between your hands.
  - When you are ready, gently open your eyes, and create the Scale of Light with the White pencil on the black paper strip.
  - When you are finished, journal on the experience of creating the Scale of Light. (Easy? Difficult? Satisfying? Frustrating? Insights?)

Video: <https://youtu.be/U49udg20RUc>

# Mandala: Circles of Wholeness

## Introduction to Illumination Techniques

### CREATING THE RAINBOW SPECTRUM

- Hold all the pencils in your dominant hand,
- Both hands close to the heart facing each other.
- INHALE: Move hands away from each other: I AM
- EXHALE: Move hands towards each other: COLOR
- See Ball of White Liquid Light high above the head.
- INHALE: I AM: As the light moving down towards the top of the head, as far as your arm can reach, it turns Violet.
- EXHALE: COLOR!
- INHALE: I AM: As the light moves down into you head it turns Indigo filling your brain.
- EXHALE: COLOR!
- INHALE: I AM: As the light moves down into your nose, your mouth and throat, it turns Aquamarine, filling your lower face and neck.
- EXHALE: COLOR!
- INHALE: I AM: As the light moves into your heart, lungs, chest, arms and hands it turns Green filling those areas.
- EXHALE: COLOR!
- INHALE: I AM: As the light enters your Solar Plexus, it turns a bright Golden Yellow, into your Liver, Gallbladder, Kidneys, Adrenals, Spleen and upper digestive tract – the processing plant of your body.
- EXHALE: COLOR!
- INHALE: As the light enters your 2<sup>nd</sup> Chakra it turns Orange and spreads into your Colon, (women: Womb and ovaries.)
- EXHALE: COLOR!
- INHALE: I AM: As the light enters the 1<sup>st</sup> Chakra, it turns Red, filling your Root Chakra – Perineum, Ureter, (male: Reproductive Organs) (women: Vagina ) legs and feet.
- EXHALE: COLOR!
- INHALE: I AM
- EXHALE: COLOR!
- INHALE: I AM – Collect the whole rainbow color in you body, and send it down to the Heart of Earth and see it fill with the Rainbow.
- EXHALE: Send the rainbow into the energy field around you, bringing it up to your heart level.
- INHALE: I AM
- EXHALE: COLOR – send the rainbow light out through your arms and hands, into your arms and hands into the pencils and onto the back paper.
- Open your eyes and create the Rainbow Spectrum on the black paper.
- When you are finished, journal on the experience of creating the Rainbow Spectrum. (Easy? Difficult? Satisfying? Frustrating? Insights?)

Video: <https://youtu.be/qTJ5eUebK-I>

(It was challenging for me to color, instruct and create the video simultaneously. I plan to create another video soon, although I can't promise that it will be any better. If and when this happens, I will send the new link via email. )

## Mandala: Circles of Wholeness Introduction to Illumination Techniques

### PRACTICE: INTEGRATING WHITE & COLORS IN ILLUMINATION PROCESS

You will need all the colors to do these exercises.

1. Take the Scale of Light you created and apply the Rainbow Spectrum technique to color it as you wish.
2. Take the Rainbow Spectrum you created, and apply the Scale of Light technique.
3. Use the illustrations on <https://youtu.be/FOchGx3pRms> as examples.
4. Have fun and enjoy these exercises.
5. When you are done with each exercise, chant Om 3 times (or any manifestation chant from any tradition that you resonate with such as Amen! Aho!), intending to send the energy out with Love, Gratitude & Joy to:
  1. Yourself.
  2. Your own family system.
  3. The world – our greater family system.

NOTE: If you are unable to access the YouTube videos via the links above, please get it touch with me: [chisuchinta@yahoo.com](mailto:chisuchinta@yahoo.com)