

Let Your Soul Speak

through Intuitive Mandalas



Welcome to the world of intuitive mandalas.



Mandala drawing is a Hindu ritual where the circle represents a piece of the Universe or your soul.

They are symbols for health, prosperity and love..., but also tools for channeling the soul.

Drawing intuitive Mandalas, Tanya-style, guides your soul to answer questions. It will open up a conduit to your soul, offer new perspective into your challenges, and start presenting you with situations to guide you through your blocks.



In short, it gives your soul a chance to speak

And you can get more out of it!



For further insight into what your mandala is telling you, join my Facebook group, **Mandala Shift & Share**, and post your creations there!

This group of like-minded people work together offering new perspective, helping each other get more clarity on what our souls wants to say!

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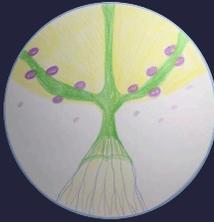


What you'll need



- Colored pencils
- A bowl or saucer
- Plain paper
- 20 minutes
- A workspace
- Set a theme

Gather your supplies and set time aside. Do it in a solitary space or with your kids in the kitchen, whatever feels right.

Choose an area of your life you'd like to address and decide on the theme in the form of a question. 'How do I...', 'What do I need to...', 'Am I...', 'What's holding me back from...'.




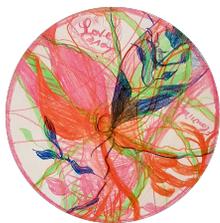
Take just 20 minutes to start a dialogue with your soul, start accessing your intuition in a whole new way and color as if you were a child again! No artistic ability required! Just enjoy.

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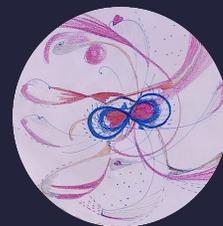


How to get going



- Connect with your theme
- Choose 4 colors with your eyes closed
- Draw a circle on your paper

Before you start, connect with your theme. You can meditate deeply or simply think about your question. Close your eyes to choose 4 pencils and set the others aside. Then take your bowl or saucer to make a circle on your page. Using the 4 colored pencils you chose, draw your mandala.



Choosing your colors with your eyes closed is allowing your soul to make the choice, not your ego. Take a moment to see how you feel about the colors. After you draw, reflect on the result compared to how you felt to begin with.



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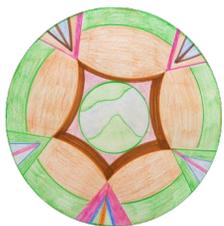
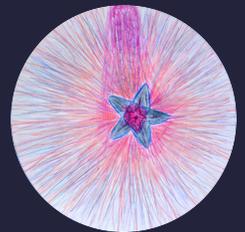
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Let your soul speak

- Keep your theme in mind
- Color what feels right, don't think
- Step away before you look for insights

Keep your question in mind, set your thinking aside, draw and have fun! When you're finished, and you'll KNOW when you're finished, reflect on what came to mind. Then step away, create distance and look at what it's reflecting. What do you really see in the mandala? Refer to the handy color chart to help interpret what your soul is telling you.



To glean the message and get insight, ask yourself and the mandala what it really wants to say to you. There are no coincidences, look from all angles, and above all...HAVE FUN!

*Then post it in **Mandala Shift & Share** to gain a different perspective and deeper insights!*

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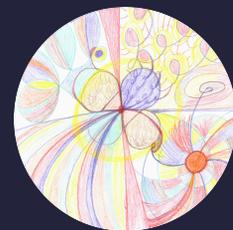


Colors have meaning

Each color of the rainbow has it's own meaning. Your soul will direct you to colors that relate the the theme you have chose and reflect the areas you need to look at. This is a useful tool when interpreting your work.



This guide offers 2 meanings for each color. One is the meaning when you are in flow and/ or need to express yourself more in the representation of the color. The other is when you are blocked in that area so need to take time to find out what lies underneath.



White represent spirit or being supported by your highest-self. When added to a color, pink for example, it means that your desire to manifest (red) is supported by higher energy.

Black means you are have a deeper block. When added to a color, brown for example, it means your concern with what others think (orange) is deep-seated and possibly the source of why you are stuck.



Color Guide

for Intuitive Mandalas



Red – Manifesting

In Flow: Manifesting, strength, get things done, deliberate
Blocked: Anger, being stuck, not able to transition, raw pain



Orange - Flow

In Flow: Balanced, able to stay authentic
Blocked: Worried about others, don't want to disappoint



Yellow – Radiating

In Flow: Radiating your authentic self into the world
Blocked: Ego, vain, disrespectful, not respecting others



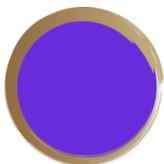
Green - Connection

All encompassing, balance between spiritual-physical, mind-body. No positive or negative, but rather connects 2 worlds



Blue – Communication & Confidence

In Flow: Communication with highest self, others and self
Blocked: Not speaking your mind, seeking approval



Purple – 3rd eye

In Flow: Following your instincts, connected to your 6th sense
Blocked: Addictive personality, not realistic



Violet – Clarity through highest self

In Flow: Connection with the Universe, very spiritual
Blocked: Fears, phobias, insanity, not in tune with yourself