

Mandala Meditation Instructions

Step 1:

Sit comfortably, read and reflect on the ***Calmness*** mandala, the description, and the message. Let your gaze fall gently on the mandala. Take a few moments to observe its intricate details and patterns. Then, gently close your eyes and bring the image to your mind's eye. As you visualize the mandala, allow your attention to rest on each shape and color, observing, without judgment, any thoughts, emotions, or sensations that arise. Use your breath as an anchor, returning to it whenever you find yourself getting distracted. It's okay to feel distracted--simply gently return your focus to your breath and to the mandala.

Step 2:

Ask yourself: What message does the mandala have for me? What does it want me to know? How can I incorporate ***Calmness*** into the mandala of my life?

Continue this practice for few minutes, gradually increasing the duration as you become more comfortable.

Step 3:

Journal, draw, create music...about any thoughts, feelings, or insights you have.