

Ways of working with a Mandala

Mandala is a Sanskrit word meaning circle. It represents infinity extending beyond our bodies and is the Higher Soul's way of communicating with Archangels, Divine Source and Cosmic Masters. A Mandala is part of spiritual practice and is an excellent tool for self- development. It may bring profound, inner transformation.

1. Use the Mandala whilst meditation and try keeping a Mandala diary so you may record your feelings, thoughts and messages from the image.
2. Place the Mandala on a healing couch or under the pillow so your client may also receive the energy from the Archangel/Master during the healing session.
3. Use the Mandala for absent healing. Send healing, loving thoughts to the person/issue you may wish to heal.
4. Hold the Mandala close to your Heart centre sit quietly so you may connect to Archangel/Cosmic Master energy, receiving divine communication.
5. Remove clutter, negative and unwanted issues in your life by imagining them being placed in the centre of the Mandala. Ask the Universe to remove them to the light. Give thanks.
6. Place a jug of drinking water on the Mandala so it may be charged with the energy of the Archangel/Master.
7. Use the Mandala as a cleanser of crystals, divination cards etc. by placing them on the Mandala. Dowse/ask for the period of time they need to remain there.
8. Use the Mandala as a Wish Board. Write names of people and issues that you ask to receive healing on a piece of paper. Date and sign it. Place the paper Wish on the Mandala with the crystal on top. Leave for several days or until intuitively you feel it is time to remove the Wish. Burn the piece of paper and give thanks to the Universe.
9. Use the Mandala and crystal whilst Earth Healing.