



### **Centering Mandalas**

Amidst the fast pace of contemporary life, learning to center your self is an essential tool. A centering mandala is a fifteen-minute exercise that can help you bring your life into focus, enabling you to see its meaning and purpose.

There are many varieties of centering mandalas. This sample is called a radiating mandala. You will need a piece of paper 8.5 x 11 inches and a set of crayons, watercolor pencils, or marking pens.

### **Radiating Mandala**

Begin by sitting comfortably with both feet on the floor.

Close your eyes and mentally scan your body from head to toe. Whenever you come to a place that is tense and uncomfortable, take a deep breath and let it out slowly. Keep breathing into the tension until it is released. Keep moving down your body until you have reached your toes. Open your eyes.

Take a pencil and in the upper left hand corner write the day's date and the phrase, "Beginning this I feel ... (complete the phrase)".

Choose a color and draw the largest circle that will fit on your paper.

Choose another color. From the center of the circle draw a radiating pattern.

Fill the entire mandala with color.

When the mandala feels complete, put your colors down and return to a state of quiet reflection.

Give your mandala a title.

Taking your pencil, write in the lower right the phrase, "Completing this I feel ... (complete the phrase)".

Return to your daily activity refreshed and with renewed passion.