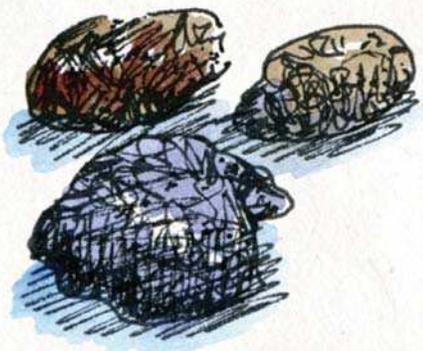




A Healing Nature Mandala

Mandala simply means circle, a shape without beginning or end, a symbol of balance and wholeness. They can be created in many ways using many different materials—remember, there is no wrong or right way to create.

As you walk mindfully outside, whether it is in a nature preserve or in your own yard, breathe deeply and absorb the calm and inspiration around you. Slow down and pay attention to the color and sounds, the shapes and patterns, the leaves and feathers, the rocks and butterflies. All these things hold a different energy, a different meaning. A feather conjures up something far different from a rock.



Begin your own mandala.

- You can build your mandala on a simple plate or on the earth.
- It can be small or large.
- It can have specific intentions or general intentions that will evolve.

Start with an inner circle and build outward.

- Perhaps you build an inner circle out of seashells or rocks.
- Add another circle formed out of leaves or flowers.
- Each season will present different offerings to you

