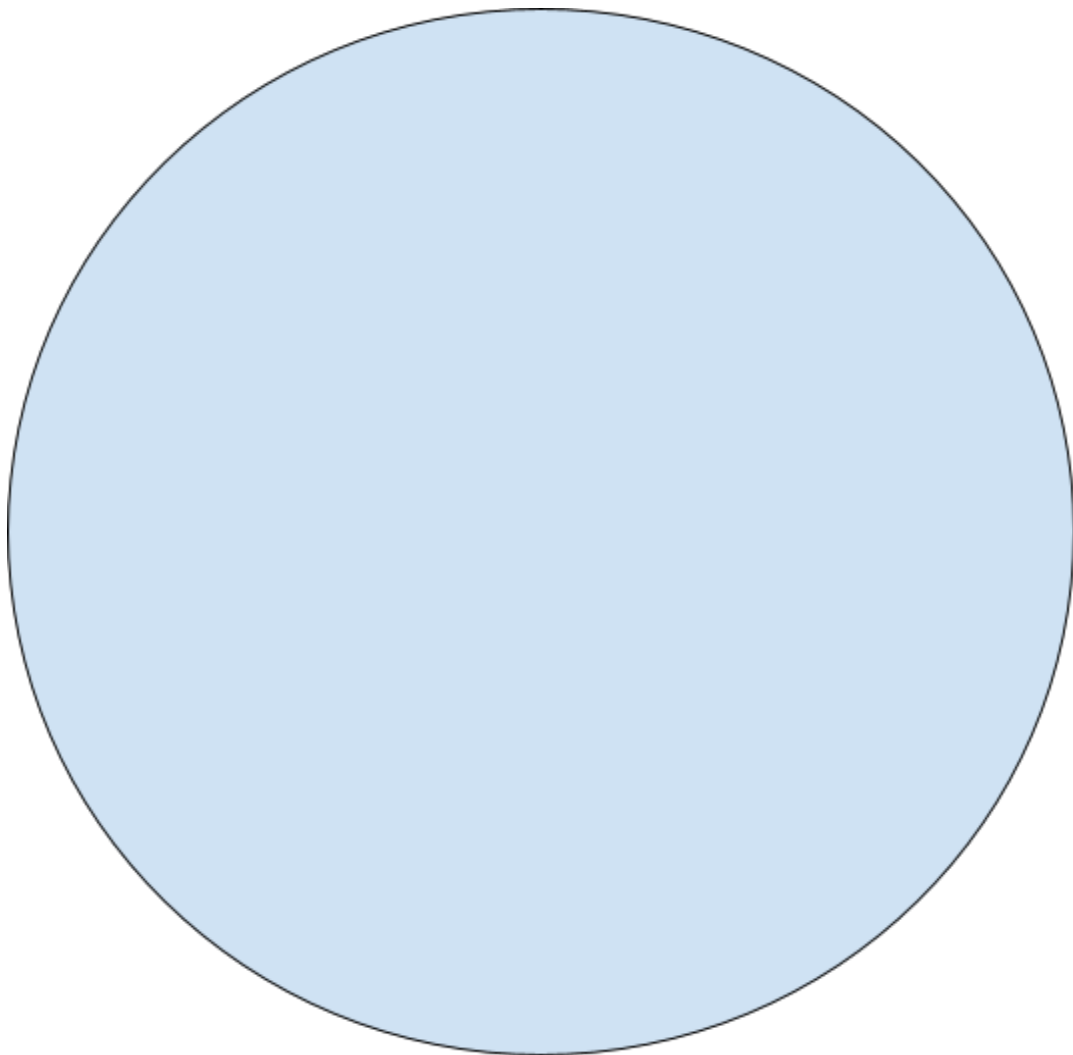


**THE Harmonia Practice:
TRANSFORMATIVE MANDALA PRACTICE FOR BODY, MIND & SPIRIT**

THE CENTERING INTENTION

THROUGH THE ACT OF CREATION YOU WILL DISCOVER A NEW HOLISTIC PROCESS TO manage your increased anxiety in the era of COVID 19. REKINDLING THAT CREATION, COMPASSION, JOY, art, BEAUTY and PLAY are ALL NATURAL STATES OF BEING. MAKING ART IS INTRINSIC TO OUR WELLNESS, our emotional healing, and personal growth.



“What lies behind us and what lies before us are tiny matters compared to what lies within us.”

— Ralph Waldo Emerson

Art as an Oracle, Teacher, and Healer

What gifts does she bring to you? How does she make you whole?

Reclaiming the Holistic Feminine Mystery of Creation Through The Archetypes, Mandala Art Creation, & Archaeology.

Make Things Know Thyself

Harmonia FLOW

Centering Thought: "When we find our core certainty within, then we no longer look for certainty outside.

*The unfathomable nature of the ever-changing world ceases
to be a source of anxiety and instead is a source of joy and adventure."*

Deepak Chopra

Supplies: Pastels, pen, print-out mandala page, extra sheet of paper, orange essential oil, lavender, lapis crystal, candle, sage (incense)

Through the weaving process of multiple tools for wellbeing and transformation we will integrate the body, mind, and spirit into harmony, flow, and balance. Feeling a sense of homeostasis. Generating confidence, resilience, and inner peace.

Harmonia Self Care Kit 4

How to Feel Less Anxious, More Resilient, More Confident, and More Peaceful In The Era of Covid 19 Through The Multi-Sensory Practice of Harmonia * The starred ** steps is what we will process today.**

- ****Step 1. Creation Station Pre** Create Peaceful Sacred Space for your creativity, your Muse.
- ****Step 2. Checking in, Opening our circle with Intention. Tent your essential oils. Grab a Lapis Crystal.** This will enhance your courage & your Creatrix Activation. Diffusing the oils will also be magical.
- ***** Step 3. Yoga ~ Movement**
- **Step 4. Shedding/Purification Thru Intuitive Writing. Write down 3 things that are causing you anxiety during this time. You can tear this up or burn it for release.**
- **Step 5. Shadow Breath Work and Chakra work. To weed your inner ecosystem and to let go of blockages. While do this process use tapping to repeat this phrase; " I can change it now"**
- **Step 6. Get into the Flow with the number 8.**
- **Step 7. Inner child work ~ Write down your craziest wild childhood dreams and magical beliefs. With this energy you will create your mandala for peace, resilience, confidence**
- *****Step 8. Art as Ritual: Mandala Making For Your Peace, Resilience, Confidence with the spontaneity of your childlike self.**
- **Step 9. Witnessing: Art as Oracle & Teacher**
- **Step 10. Group Deep Listening & Witnessing**
- *****Reflection & Closure. Create an affirmation from your Art. As an anchor to find inner peace, resilience, and confidence in daily life. Close our Circle with Gratitude work:** Write three things you have received from your Transformative Mandala for the mind, body, and soul? Place your Mandala in a sacred place and spend time with it everyday. And see your Creativity & Courage thrive!