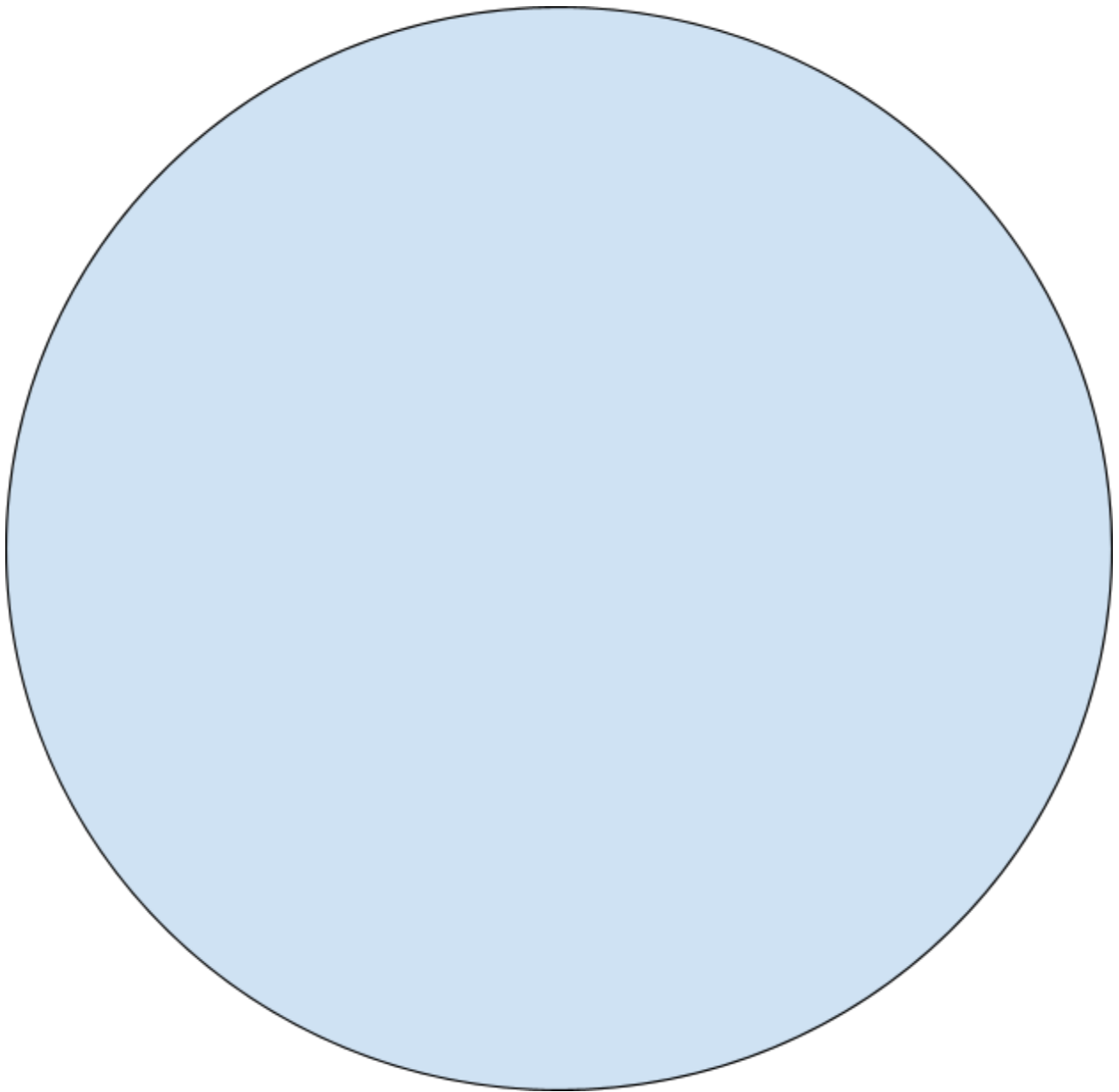


**TRANSFORMATIVE MANDALA PRACTICE FOR BODY,
MIND & SPIRIT
HARMONIA PRACTICE**



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

To be empowered, to be free, to be unlimited, to be creative, to be genius, to be divine -that is who you are. Once you feel this way, memorize this feeling; remember this feeling. This is who you really are.

~ Joe Dispenza

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

"Your visions will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes. — C.G. Jung

The Harmonia process activates intention, embodiment, the I Am Presence, the power of your creative thought, empowerment of yourself as a Creatrix, a Creator, a Receiver, and Giver. Through the weaving process of multiple tools for wellbeing and transformation we will integrate the body, mind, and spirit into harmony and balance. Feeling a sense of homeostasis.

- **Step 1. Creation Station Pre** Create Sacred Space for your creativity, your Muse.
- **Step 2. Opening our circle. 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**
- **Step 4. Shedding/Purification Thru Intuitive Writing**
- **Step 5. Shadow Breath Work and Chakra work**
- **Step 6. Get into the Flow with the number 8.**
- **Step 7. Inner child work**
- **Step 8. Mandala Making**
- **Step 9. Art as Oracle & Teacher**
- **Step 10. Group Deep Listening & Witnessing**
- **Reflection & Closure**

Reflect on these questions: How does your Art become a bridge between your subconsciousness and consciousness? Breathe in the Manifestor (By Us) and the Channeler (Through Us) as one, then deeply breathe in Unity Consciousness (As us) ~ union of opposites. How does their integration bring your mind, body, and spirit into wholeness? **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!

Q & A

Maybe it's wiser to surrender before the miraculous scope of human generosity and to just keep saying thank you, forever and sincerely, for as long as we have voices. — Elizabeth Gilbert

Thank you for being part of the Harmonia Practice!