



ILLUMINATE YOUR LIFE NEWSLETTER

Get an inside look at your self with mandalas

Did you know that art can be therapeutic?

Mandalas can be used as a powerful tool in your journey of self-discovery and integration

Mandalas are symbolic circles that have roots in all the major cultures of the world, both East and West. They've been used for thousands of years to uplift, centre and calm the body and mind.

Jung and others have used mandalas to teach, heal and integrate individuals and groups. These days they are also being used in corporate settings to bond teams, expand creative thinking and articulate vision and culture.

If you want to experience a mandala for your self simply find a quiet space and grab some coloured pencils or crayons. Draw a large circle on a page and give in to whatever comes up. Take a casual, open approach and try to suspend your thinking. Just do whatever you do - a bit like doodling.

When you feel your circle is complete, stop and take a break from the drawing. When you come back to your drawing take note of the colours, symbols, the numbers of items used and any intuitions that come to you. Use a dream interpretation book or one of the many websites to look up the meanings of the imagery that you've noted.

I am sure that you will find some themes coming through and a message or insight will start to emerge. At the very least your mind will be balancing and integrating the external and the internal and you'll hopefully feel a sense of calm. If you'd like help interpreting your mandala send it to me and I'll do so for you with my compliments.

For more information about mandalas and how you can use them for your benefit go to my website. There are also some examples of healing mandalas I have done myself. I'd love to hear your comments!

A new philosophy of life - it WAS meant to be easy!

Let me recommend the work of Abraham-Hicks to you straight up. Their book "The Astonishing Power of Emotions" has really helped change the general quality of my mindset. It's also reminded me of the universality of our 'problems' with chapters ranging from handling health and weight to teenagers and spouses, finding a mate and finding a better job or more money. In short, it really is a matter of giving up the struggle and appreciating whatever good you have in your life but don't take my word for it, go out and buy the book - it's a keeper! They have a great website as well with daily quotes and heaps of audio and visual material. abraham-hicks.com

"Are you achieving success on your own terms?"

Call me today to talk about your ideal life and how you can make it happen.

What Clients Say...

"I absolutely love Sharon's approach and the way she treats me as a person. She always makes me feel welcome and totally comfortable. The amazing thing is that time after time she is spot on with her findings, as they resonate with me at a deep level. Sharon has helped me peel away many layers. I now look at myself with more awareness and honesty and I know that I can never go back to being less than what I have become thanks to her."

Olimpia Mazza,
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