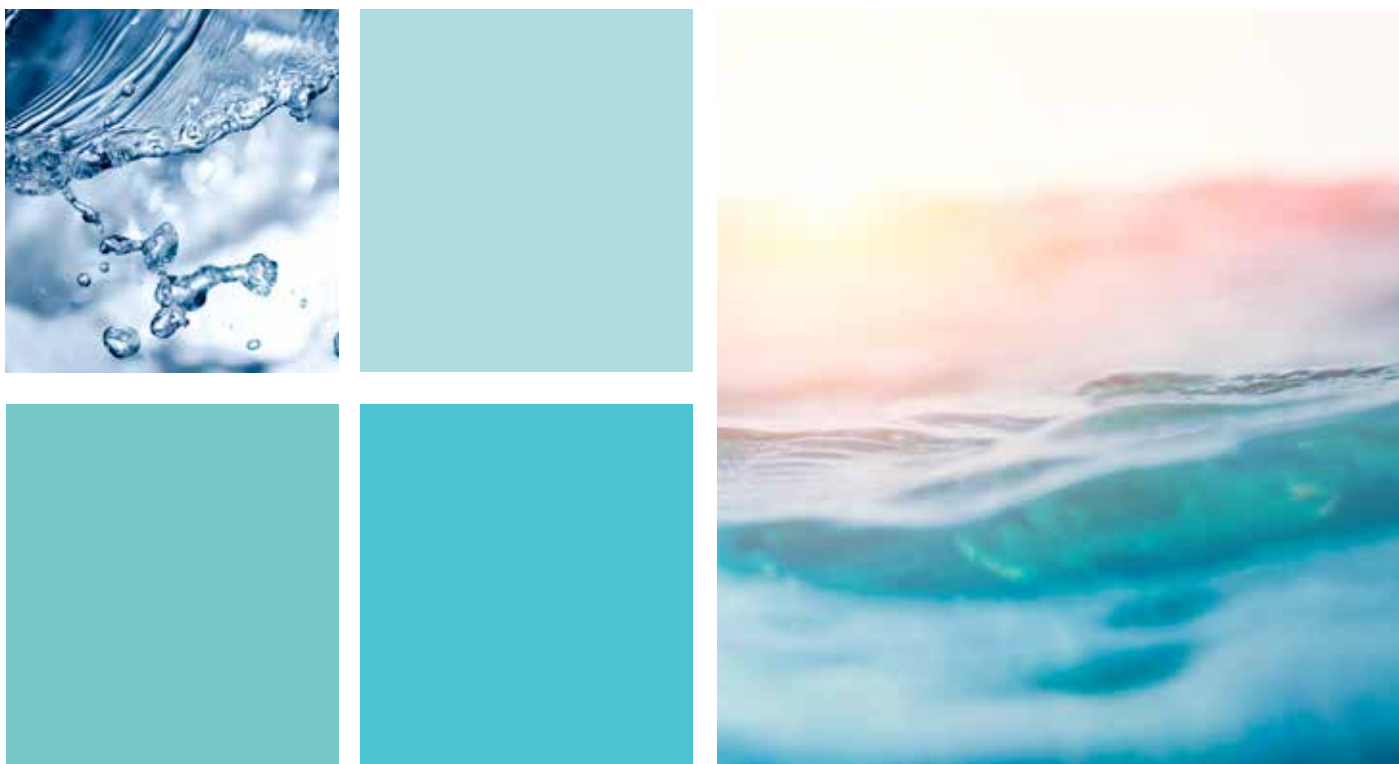




MANDALA:

WATER



Mandala

DO YOU KNOW YOURSELF?

“A mandala in meditation is like a very personal Zen master, that is a summoner of ancient awakes.”

Carl Gustav Jung

If you want to know yourself these Mandala will be a gift for your personal evolution.

You will find abstraction, peace, a peace that has nothing to do with its opposite, war. No, in the Art of building Mandala, the peace that is found is a peace that has always been there.

You will be presented with a way to HEAL, MEET YOU, FIND OUT.

Not only the processes in coloring but also the meanings of the colors, which you will use to know you better, and meditations or ways of proceeding in the continuous discovery of yourselves are indicated.

These Mandala will enhance your knowledge of yourself and help you define the different states of the mind.

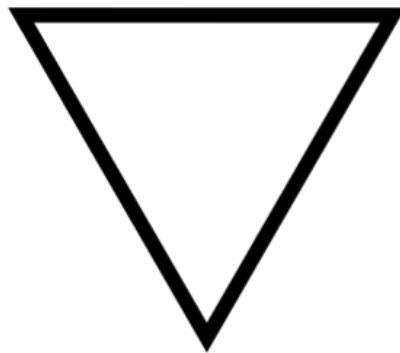
CHOOSE the element that attracts you the most, and after following the procedure you can receive a series of Mandala belonging to the element that you have chosen.

By coloring These Mandala, you give birth to a very personal way, which until then has been hidden in the most redressed corner of that magnificent place, so personal called memory.

The art of the Mandala is one of the many tools that, when used by the mind in the correct way, will make our soul meet with its eternal companion the Spirit, which is all soul.

With these Mandala we reeducate the “monkey-mind”, because those who are possessed realize that they have a soul and that this soul is different because it is constructive, harmonious and unique.

WATER



“You need to abandon yourself more to your emotions, incarnate them and let them flow.”

If you have chosen the element of water, this implies emotional blocks at this time of your life. By coloring These Mandala with the procedures that will be described will help you to better develop the possibility of being more sensitive and fluid with your emotions blocked.



WATER

Every Mandala you find in this session dedicated to the Water element will help you to re-establish contact with water , and to follow a lot more the flow.

Choose the first Mandala of this series that you want to color and, doing so, breathe very slowly from both nostrils. Observe the Mandala from its periphery to the center, and vice versa. Do it slowly, visualizing yourself as if you were only water and, with ease, walk through this mental visualization, each area of the Mandala, continuing to breathe slowly and softly; In the meantime, you choose between the seven colors of the rainbow with your eyes closed.

The key question is: I draw to me what is sensible or am I excessively harsh?

Observe if the color of the water element, the blue, responds quickly or if on the contrary, does not come out. In the sixth Mandala if it did not come out intuitively this color, choose it with open eyes and colored all the Mandala with this color. The questions in the latter case may be: Why do I let my feminine side out? What am I afraid?

Write on your personal notebook of self-knowledge what you have seen in your visualizations, what the mind has proposed to you as images, and all that you have perceived so that you can analyze yourself later.

The sinuous, oval and circular shapes of this series invite to accept what happens as a help from the circumstances to the personal learning of the soul.

COLOURS:

Red



Fire element, indicate the total transmutation.

The fire changes everything it touches, just as the sunlight makes us “see”, that the ghosts of the night, that is, our fears, insecurities, etc., were only illusions produced by the human mind.

Coloring the Mandala of red is tantamount to breathing continuously, attracting this color.

Coloring or dressing red means being dynamic and viable.

The Red ray is the first element that the sun gives us.

In Some tribes, even today, fire is called grandfather fire.

The red was used in the temples of Aesculapius ‘ dreams to “move the Stones”. What does it mean? Exactly that, it was needed to make the “paralytic” walk. Let me explain: even today in the seizures you use the color red to promote improvements in the sick.

Coloring the Mandala of red helps to live with courage, day after day. To the element of fire, solar at the top, bonfire at the bottom, we ask that it feeds us, that makes us receptive to the fullness of life, that gives us strength and value, that gives us the seal of its strength and its power, that protects us from all evils , that we mature as a species, to be more human every day, sons more worthy of the solar source that gave us warmth and life.

The red is the color of fire and power that by vigor, blessed power that animates all our existence and carries with it the transforming force.

The red if it is used meditating on the mandala, will heal you from laziness and indolence, if you plague, and will help you to orient your life towards goals and goals previously defined.

Black



Black is the color of the west, where the sun sets.

A mandala with a lot of black indicates the necessity of a time of reflection, of purification, of a stop to observe and to unload whatever is overloading us.

In black, as in blues, it vibrates the element of water: Let's not forget that we are made of 80% water!!!

If it happens to have a prevalence of black color in your Mandala, there is no need to reject black because it means that the great work has already begun. Or as Rumi said: "Only in the darkest night we see the stars." Is it not in the hardest and cruelest moments of existence that we understand who loves us?

When the choice of colored crayons to be used in Mandala intuitively comes out of black, you must not be distressed, nor worry, or rather, we must rejoice, because our self expresses that it is the time to understand the difference between real and illusory. Your work begins when black comes out in the Mandala announces that after the night will come the day, after dark the light, is open the heart to be what you are.

Black symbolizes the color of the maternal uterus, the NON-life in life, the beginning of an alchemic work in which the concealment of each light is necessary before entering the Transmuter light.

Black is equivalent to the unconscious, which is not yet physically formed but is conceived.

White



The color white is the color of the air, is the direction of the north, in the Mandala represents the ideal mental, the intuitive.

The air is the thinnest of the elements. In Mandala leaving blank spaces is the symbol of the contact of our little mind with the Supreme mind or Atman (being superior in each of us). For this reason leaving uncolored spaces denotes a de-

sire to receive higher ideas or to attain higher and higher comprehension of the divine in the human.

The white and its element, the air, communicate us in the Mandala the creative thought, the noble and beautiful ideas, the high and harmonious, the unconditional and the pure, the inner childhood, what elevates us, the meeting of the unity of everything with everyone.

White indicates a new life that begins, indicates that something is born with force in those who chose not to use any other color. Because? He chose all the colors, because the white, as in black, hide the seven shades. For this when we say that black and white are not a color we refer to the fact that they are pure energy yin and yang.

Yellow



The yellow color in the Mandala represents the intellect or the mind.

Even this color has as element the air, and as the direction the south.

For the Maya was the sacred color. The yellow in the Mandala indicates flowering, clarity, wise intelligence of Awakening, denotes growth, evolution, serene character, rewarding, exciting (even if it is less than red).

It announces a certain quality of clairvoyance (ability to see clear in any situation). Very yellow in the Mandala, paradoxically, can indicate both a moment of confusion and a moment of respect towards our being.

The yellow symbolizes the father or the fatherly and also the authority. It implies new events, moving towards the future, the new, what is being developed and which can be a positive beginning of authority over oneself.

Blue



The color blue represents the spiritual or the sublime, even the relaxed, the gentle, or the opposite the disturbance, the height (more than the depth), what manifests itself, what challenges all the limits, a character in movement towards what sometimes you sense with the IMMA The daydream, the feminine (tenderness, generosity). Spiritual openness, sweet support and care that is needed, the maternal, the mother.

Coloring the Mandala with a lot of blue can indicate that period that is called Solutio Alchemica, indicates that it will transform and dissolve.

Blue is the color that makes the incompatible unite, can mingle. Observing this color in his patients experienced in the art of drawing meditation, Jung understood that it was time to move towards what they sought.

It is a color that I recommend to use in Mandala if you are very nervous, because it will give you calm.

The blue protects, it is the loyalty, the Divine Mother, the goddess in her most loving aspect, sweet but sinuous and even elusive.

Be careful to make the victims when in fact we could be, and in fact we always are the tormentors of ourselves.

An excess of blue must lead us to observe ourselves and the way we draw attention. If you choose these shades often, the question to ask is: My words agree with my actions?

While the lack of blue implies being too dense, unresponsive or superb.

Green



The green color in the Mandala is, initially, the earth element, is more open to the nature, noble and overflowing.

It indicates the healthy growth of everything that sprouts in you, indicates the natural and the obvious, the logic, the precision and also the necessity of perso-

nal space.

The green in the Mandala represents the bare and raw corporeity.

For Jung, the excess of green had to do with the sensory function.

The green color symbolizes the five senses and also the passing serenely from the tangible to the imperceptible.

If the green is at the center of the Mandala implies the moment of encounter with the bodily aspect what is called the pleasure of the senses.

The body has its own needs, the brain knows it, the mind tries to feed them and the soul learns that having a body is this, in all possible senses.

Orange



The color orange, moon color or harvest times, indicates in the Mandala a time of warmth and satisfaction. Its energy, more moderate than that of red, favors the cheerfulness.

The Orange is a fire that does not burn, the passions are less instinctive (red) and more brain (yellow). It is the color of the strong worldly renounce in favour of high spiritual objectives, perhaps for this reason the Lama chose it for their garments.

The orange symbolizes the power of the Third Age, the one to which no one in childhood wants to arrive, but that everyone is praying to be able to reach when one is adults.

For this reason the orange usually appears little in the Mandala: it is the color of entropy, of the sun at the end of the day, the autumn of life, but also the independence of feeling complete.

When it appears in the center of the Mandala denotes completeness, or as Jung would say the man meets the woman who is in him, and vice versa, and this brings much joy.

Lavender



The color lavender, is the color of virtuosity, the mystic, the laboriousness but when this hue is excess in the Mandala represents distrust and excessive precaution.

This implies refined states of subtle energy, even poetic inspiration, spiritual bliss, endfinic ecstasy (without drug intake).

In the center of the Mandala The lavender indicates a spiritual awakening, a psychological revival, but also separation from the corporeity.

It can be the sign of how Jung said of a “grounding”, that is, it is necessary to touch the ground. We are human, but to get to true spirituality you have to use logic and practice.

Pink



The color pink is the body color physically speaking and in the Mandala, like red, implies the sensual (red/white) and the sexual (red). In the Mandala, the Rose speaks to us of a certain immaturity in the amorous sphere.

It is the moment of transit between adolescence and maturity that sometimes costs us so much to accept because it carries with it responsibility and is reflected in the Mandala with the profusion of pink color;

So the brain, with the continuous choice of this color, “informs” of this important transition from childhood to adolescence and from here to maturity and old age; The Rose announces that those who made the Mandala do not yet realize that the body requires sexual attention.

His total absence in many Mandala could be due to a moment of stoic or ascetic excess.

If there is much pink in your Mandala, this implies the encounter of the soul in men and the animus in women, and a completely pink Mandala is the sheer necessity of sensual pleasure with each other.

If your Mandala is very pink, ask yourself this: is the end important? Or, when I give the other my corporeity I feel pleasure or do I try? Is there a good exchange in my most intimate relationships? Or am I one of those people who lives in the day?

Fuchsia or Magenta



The color fuchsia or magenta is the color of vitality, enthusiasm, unrest, daring people, who work a lot and individualistic; Liberated feminine energy, even in the Mandala allows you to “see” the bisexual and gay part that we all have inside of us.

This color denotes autonomy and sexual disposition of freedom without libertinage.

The fuchsia color, in the Mandala, also indicates a certain predisposition to the study of the deep, to observe the interiority more than to judge the externality, to let the other be what for which it came here; Choosing it, this color tells us to want to realize projects out of the ordinary, innovative.

He talks about a manifest motivation of personal growth and also announces the loss of emotional constraints. If Magenta is very dark, it announces certain solitudes necessary to be able to return to its world as a more independent and revolutionary person.

The question to ask if you use this color is: < < Why do I have so many attachments? > > or < < Why being in solitude oppresses me? > >.

Brown

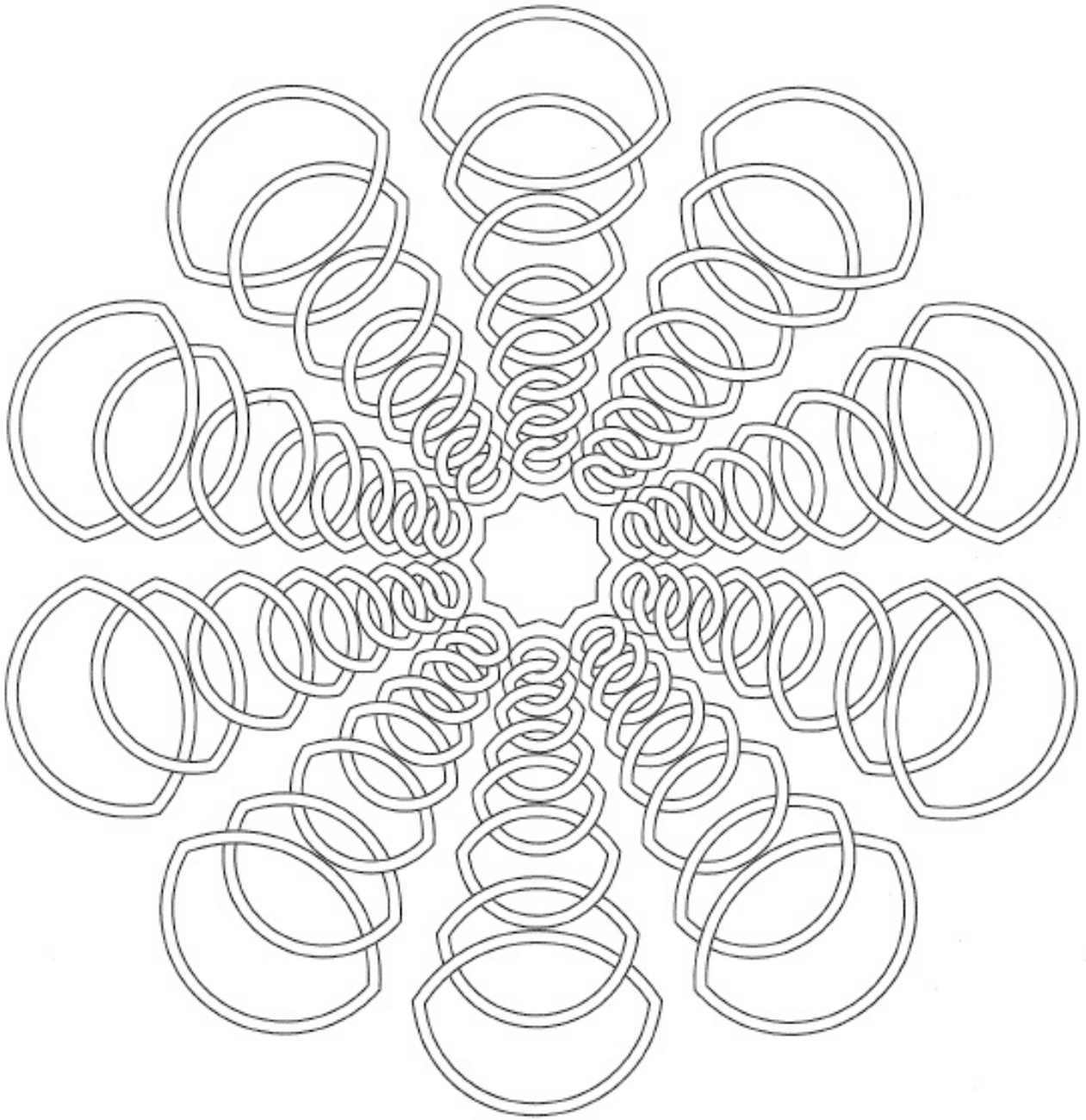


Brown is the color that brings memories of fertile and harvested soils or lands ready for a new sowing.

It represents the Tilled field, the life that opens to new grooves, the soul that discovers itself.

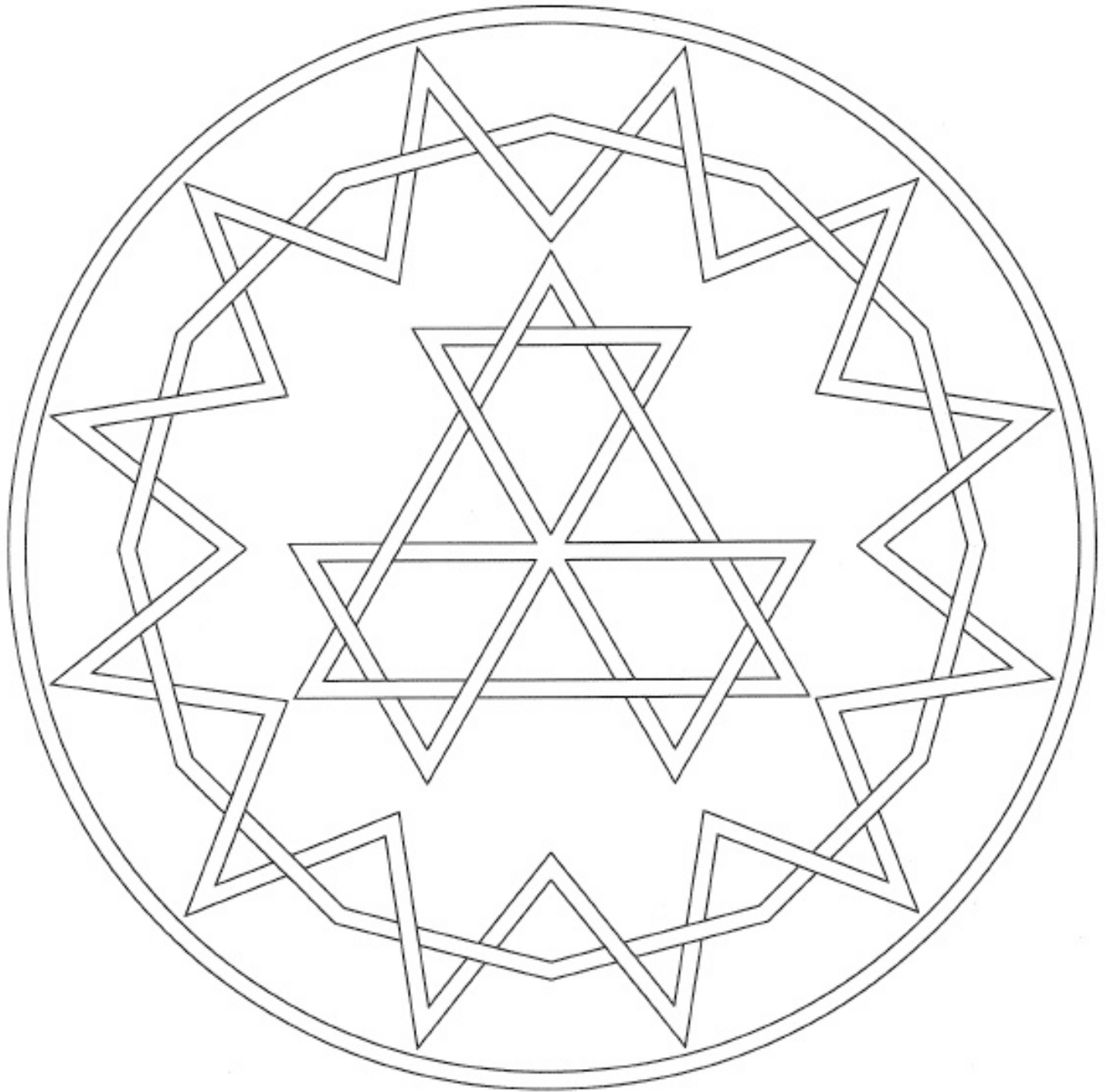
It suggests that something of us already was there, where we are now, that everything at the time it happens has already passed.

The brown color in the Mandala proposes to us to live more the present, the eternal “here and now”.



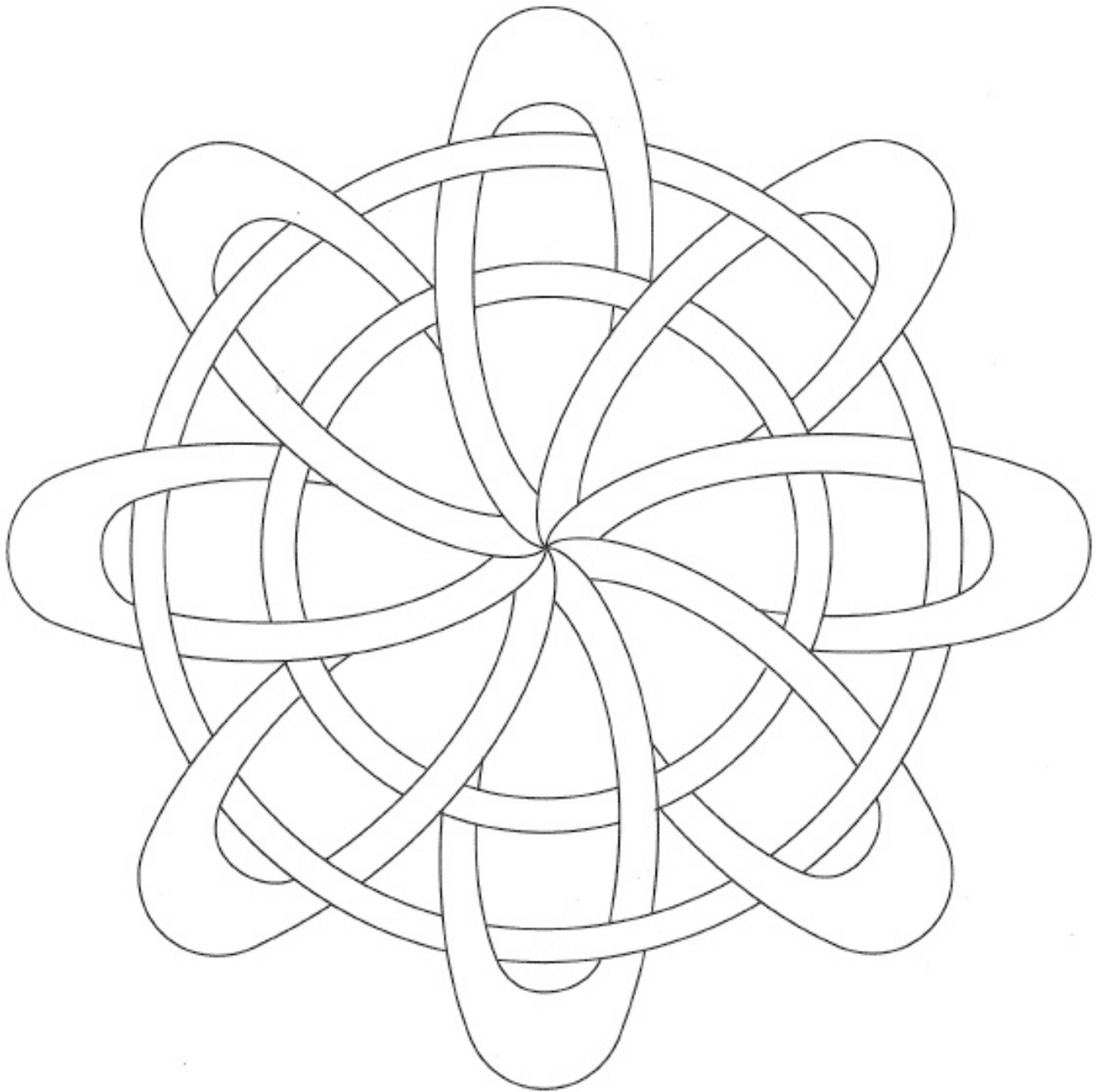
Guidelines:

In addition to the previous indications, choose, for this Mandala, between the seven colors of the Rainbow plus black, white, and brown. In all you have ten colored crayons in your hand. By observing the Mandala, you decide which colors to place in each of these ring shapes and color them. In conclusion meditate a few moments, then make another with the whole range of blues.



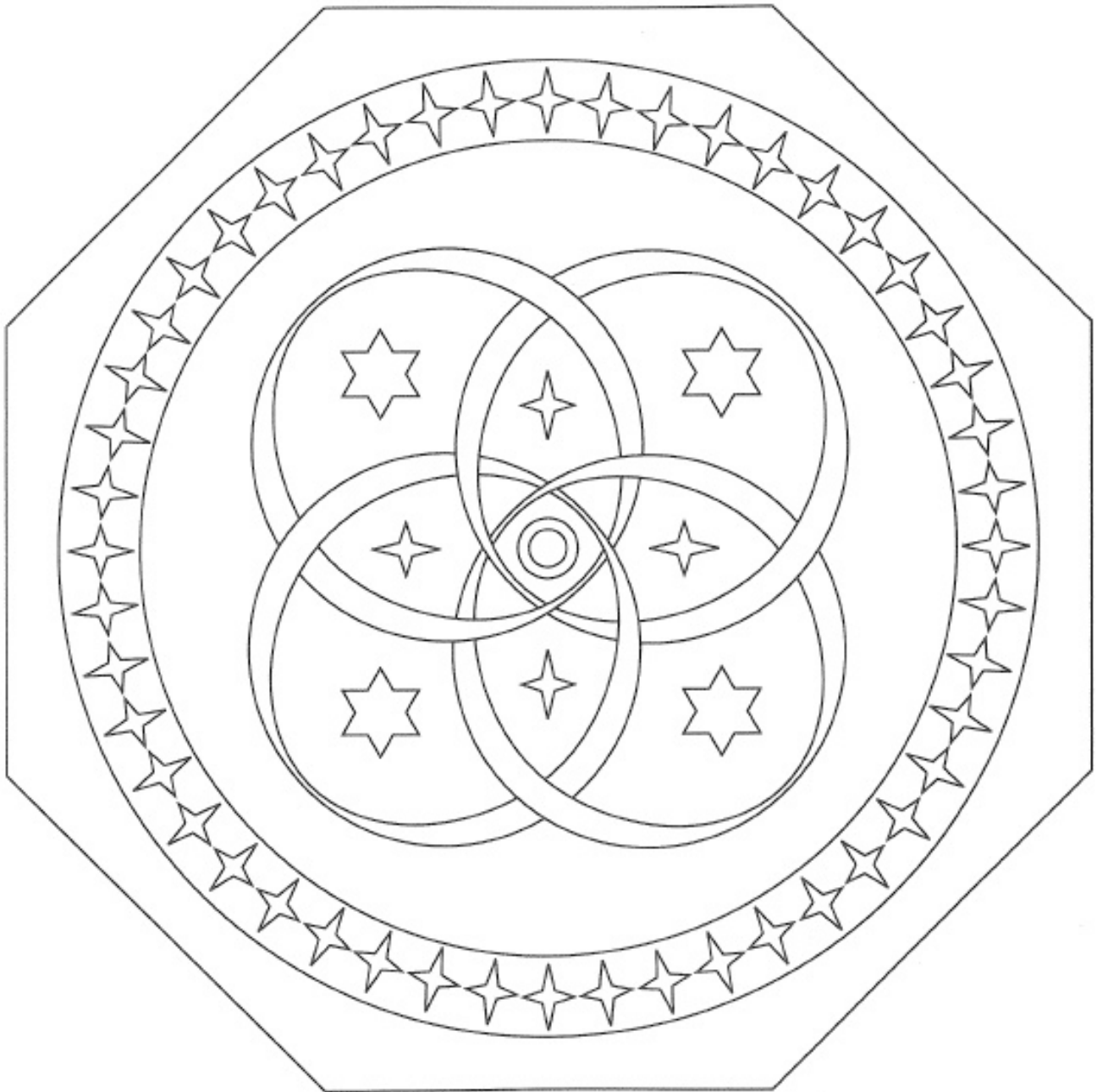
Guidelines:

With the range of Blues highlighted the triangular shapes Equilateres of the center of this Mandala and those isosceles of its periphery. For the background use its complementary, orange.



Guidelines:

With light blue shades fill the two circular shapes, and with the rest of the Rosa-
ceae, leaving some white spaces.

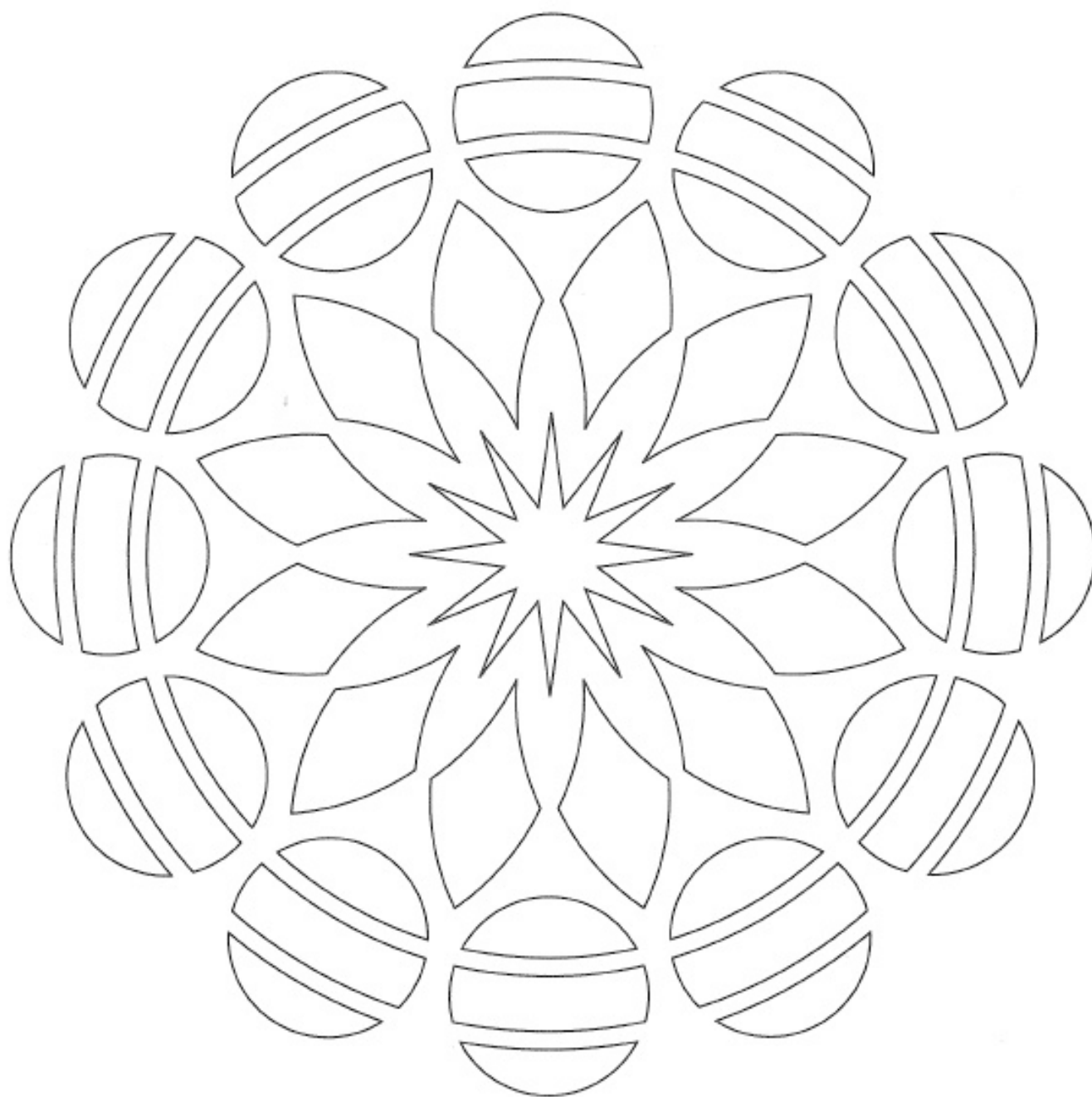


Guidelines:

Observe it and ask yourself the question: Which is my ideal partner?

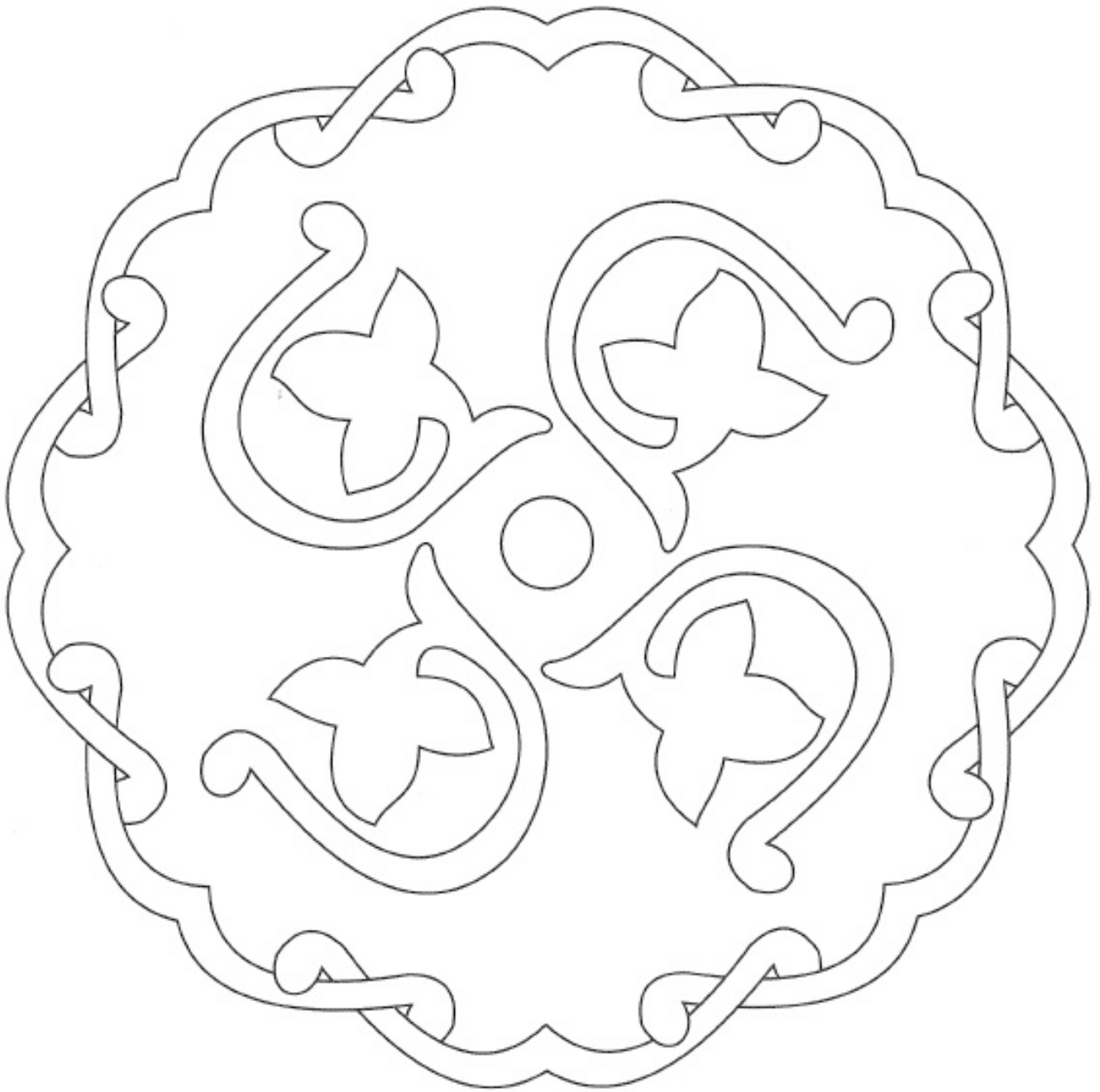
In case you already have a partner ask yourself: do I make room for my partner, and vice versa?

Then, with your eyes closed, simply choose between the three basic colors: red, yellow and blue, and color the Mandala as you prefer.



Guidelines:

Starting from the center, colored intensely with the indigo and go to the periphery using shades of blue more and more clear. Repeat this by inverting these indications.



Guidelines:

Colored fish shapes with whites and grays. Then choose with eyes closed and colored the remaining parts only when it comes out the color blue; Remember that the Blues shortage, as I explained in the previous chapters, indicates problems with the feminine or the maternal. If after five attempts you have not come out of blue, choose it and use it to color the whole Mandala.

