

T100 Calling 2020

May Mandalas



Part 2



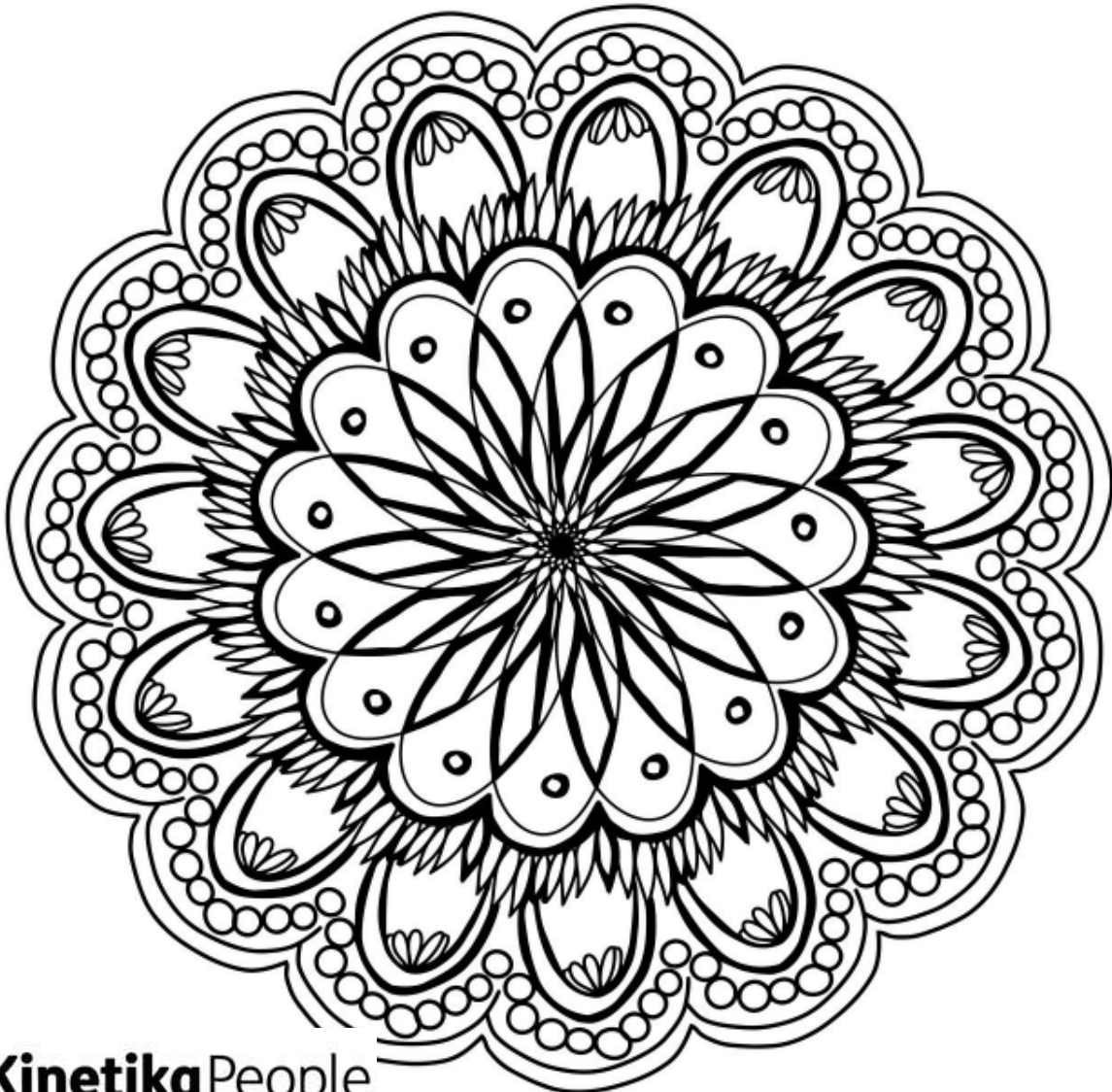
Section 2 REFLECT

"The Mandala is about the journey to the centre. It is a symbol that signifies wholeness and inner transformation. The mandala is a symbol with unlimited potential – it is a spiritual map to help guide us back to our natural state." – Nicole Koch

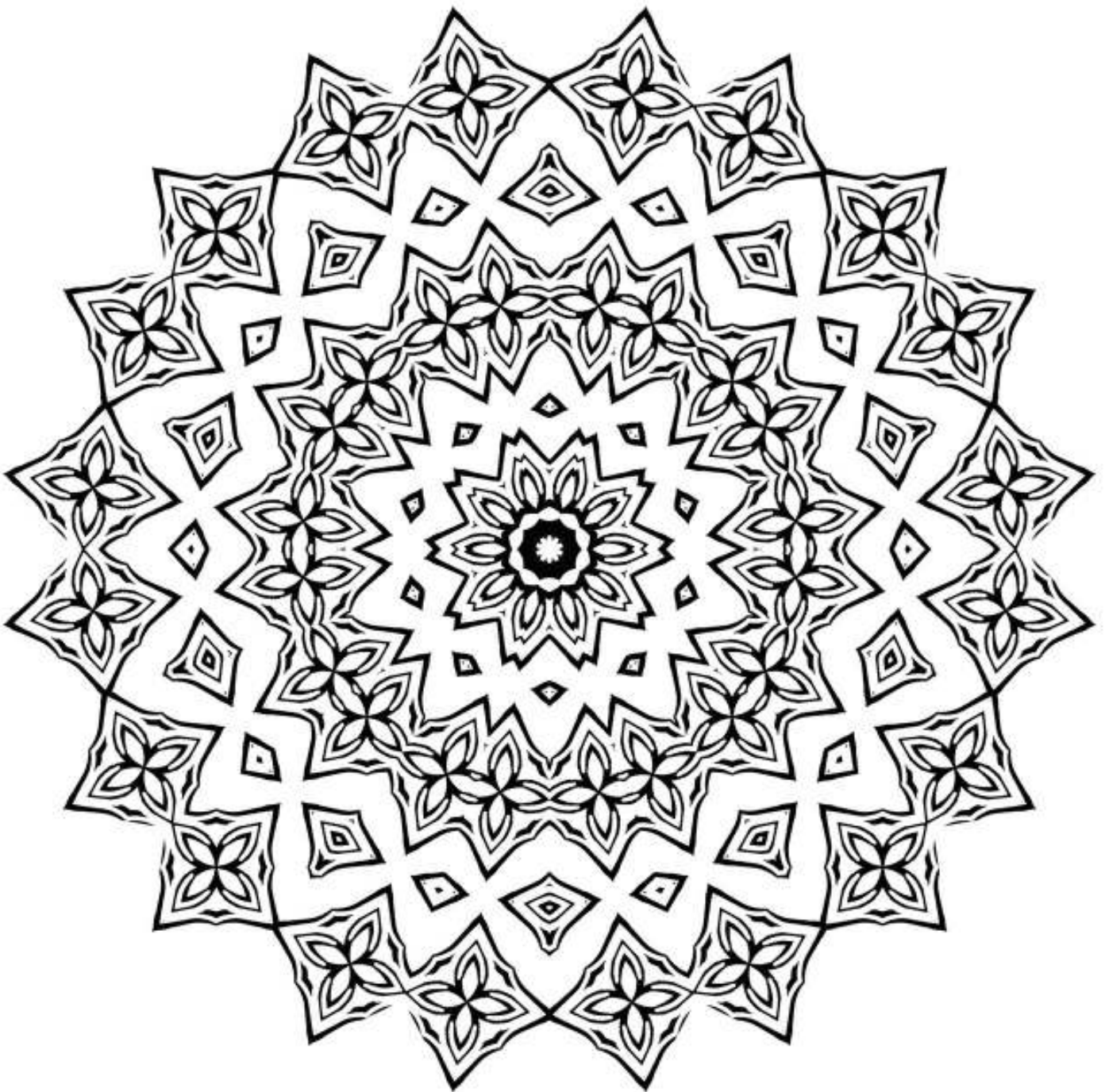
Activity 1: A Mindful Mandala. Colour in the template below whilst reflecting on your own thoughts and feelings using the following prompts.

How are you feeling in mind and body? What time of day is it? What is the weather like? What can you see, hear, smell around you while you colour?

You can colour and write your answers in the space around the mandala or just take time to colour and think.



Repeat this tomorrow using the second mandala template. Choose a different time and location to complete the activity and answer the same questions – did your answers change? How did it change your mandala? Were the colours, patterns, pressures the same or different? How do you think your surroundings and situations have an impact on your mood?



“Let what comes come. Let what goes, go. Find out what remains.” Ramana Maharshi

Activity 2: A Mindful Moment.

Place your hand on your heart and both feet flat on the floor. Take three deep breaths – describe the experience in the space below. Did you notice any changes in your body? Your thoughts? Do you often have time to sit still and reflect? Have you noticed a change in allowing time to do so?



Try repeating this activity when feeling worried or stressed. Try and notice 5 things you can feel, 4 you can see, 3 you can hear, 2 you can smell and 1 you can taste - Record how it changes things for you.

<https://oxfordmindfulness.org/>

“The architecture of the mandala represents both the nature of reality and the order of an awakened mind.” – John Powers

Activity 3: A Mindful Mission

What are the things that matter most to you?

What are your core values? Record **THREE** that are most essential to you. If you need help you can download our values activity from our website.

What concerns do you have for your community and/or environment?

What would you like to be different?

What things do you enjoy? How do these help you in challenging times?

How can you help others to change negatives to positives?
What experiences, sounds, smells or colours brighten your day?

