

Create Your Own MANDALA



A part of the Ascension
Meditation Space with the
Academy of Light.

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Mandalas are a Beautiful Way to Focus....

As we know...the mind can swirl and churn and take us in conflicting directions in a matter of minutes. The mind so powerful! And we want to be mind-full as to the direction of our thoughts.



mandalas

Are a GREAT tool to create focus, redirect the mind and strengthen the power of your mind. When you can direct your mind, you become unstoppable!

Inside this PDF you'll find a few beautiful mandalas that you can print and colour! They are from our Ascension Mandala colouring book!

Some helpful suggestions:

- Find a space where you can just be for 15-20 minutes.
- Choose your colouring tools - pencils, markers or crayons.
- Put on some music with few words - soothing, relaxing music.
- Take a few deep breaths and just begin to colour.
- If you want....create an intention....a way you want to feel or be.

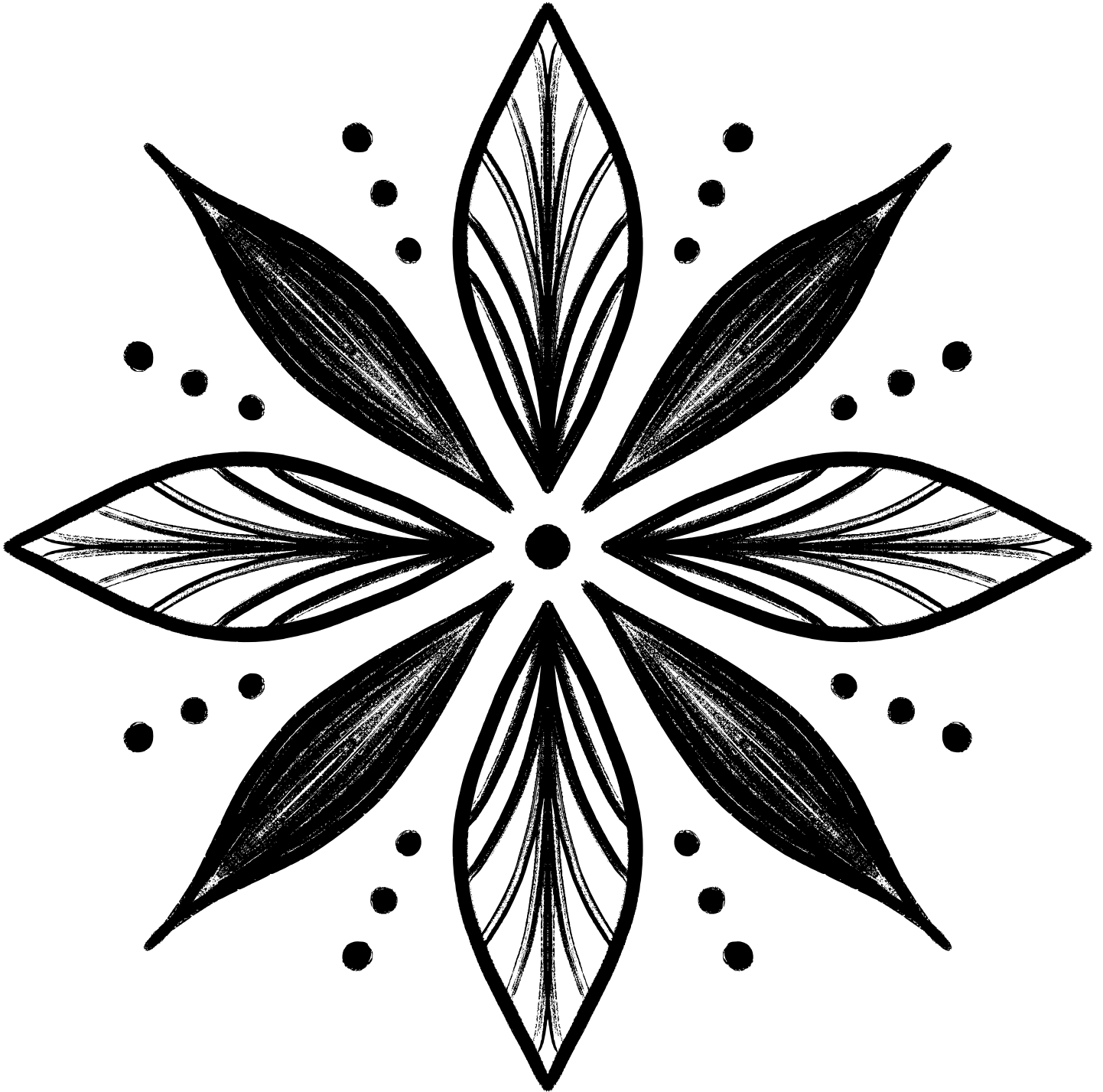
Infinity Flower
mandala



Gold Summer
mandala



Directional Harmony
mandala



In the Upcoming 7-Day RECEPTIVE Meditation Retreat...

We're going to go deeper into the energetic power of mandalas + give you an easy framework for creating your own on the land!

Mandalas are a beautiful and easy meditative tools that can deeper anyone's meditation practice at any cycle of life and spiritual development!

It will be a powerful session!

We hope to see you in the live sessions.....



If you know anyone who would
LOVE this complimentary
experience we would love your
support in sharing!

Simply share the following link with
your peeps and we'll do the rest:

Tara & KG!

[www.acensionacademy.com/meditation-
experience/](http://www.acensionacademy.com/meditation-experience/)