

CROWN CHAKRA

THE PEAK EXPERIENCE

I am the one that transforms into two
I am the two that transforms into four
I am the four that transforms into eight
After that I am one

Coffin of Pentamon, Cairo Museum

The Crown Chakra: Correspondences

Sanskrit Name	Sahasrara
Meaning	One thousand – Infinity
Main Function	Liberation
Quality	Fulfilment
Location	Anterior fontanel – top of the head

Spiritual Correspondences

Colour	Gold, violet or white
Element	Pure spirit
Symbol	Circle

Seed Sound	Silence
Petals	One thousand
Planet	Sun ☉, Uranus ♅
Esoteric Anatomy	Anandamayakosha – bliss sheath, universal force-field, infinity
Yoga Path	All paths
Guna Quality	Sattva

Deities

Africa	Amen Ra, Olódùmarè
India	Shiva, Aditi
Europe	God, Zeus
Supreme Gods and Goddesses of all cultures	
Mythology	Creation and cosmological myths

Physical Correspondences

Gland	Pituitary
Nerve Plexus	Central nervous system
Body Parts	Transcends the physical body and controls esoteric anatomy
Expression	Satchitananda: Truth, knowledge, bliss
Disturbance	Ignorance of one's spiritual nature

Psychological Correspondences

Statement	'I am (Divine)'
EMOTIONS	
BALANCED	UNBALANCED
Peak experience	Disorientation
Peace	Constant worry
Oneness	Fragmentation
Chronology	35 – 42 years
Rite of Passage	Acceptance as an Elder
Developmental Stage	Wholeness, Individuation

Ways of Working

Foods	Fasting
Herbs	Comfrey, golden seal, camomile
Oils	Lavender, bay laurel, hyacinth, spikenard, valerian
Gems	Amethyst, diamond, selenite, clear quartz, pearl

Main Function: Liberation

As we fly high above Ajna chakra we reach the home of our creator, Sahasrara (crown) chakra. Here we can truly rest. Sahasrara is the still quiet place of oneness. The realm of *anandamayakosha* – bliss sheath. This is the destiny of all spiritual practice. It is our birthright to know and dwell, at our will, in a state of peaceful bliss.

I believe we have all experienced oneness at some point in life. I believe we know peace and bliss intimately, and that we search for their return in everything we do. It is this inner knowing that leads us towards liberation. Each step we take on life's journey brings us closer to home. At the lowest times in our lives we reach out to touch hope, we seek the helping hand of our creator, begging to be lifted from our pain. Despair is a lesson that teaches us to move closer to our creator. The joy and laughter, the pain and tears, all experiences can help us remember our destiny and realize that we and the creator are one.

My work has led me to understand that liberation can be experienced on three different levels. The first is when an elevated being raises soul consciousness to the level of Sahasrara chakra and enters the indescribable realm of *Mahasamadhi*. Mahasamadhi means 'great absorption in the Divine'. The soul that evolves to this level never returns again to the earth plane. Mahasamadhi is the highest level of consciousness. This is attained after thousands of incarnations, when all karma is completed and the soul is totally purified and enlightened.

Death is another level of liberation. Yogis believe that when we have finished our personal supply of prana we expire. Life is measured in breaths instead of years. During life we have a quota of breaths to use at will. We can use them quickly, through anger and stress, or we can stay calm and relaxed, lengthening each breath and extending life. When the time comes for us to leave the body, it is like being awakened from a dream. In a dream everything feels real, until we wake up and realize it was just a dream. We are taught in yoga that life is a dream, an illusion – death is waking up and finding yourself liberated from life. At the time of death, prana leaves the body through the *Brahmarandhra* ('hole of Brahma' – anterior fontanel,

the soft spot on a baby's head). This is the same spot where the soul first enters the body and takes up its residence in the third ventricle.

The remaining level of liberation is a temporary experience, where the soul can activate a high level of consciousness. This level is not Mahasamadhi, nor death, but an opportunity to glimpse enlightenment. I use Abraham Maslow's term 'peak experience' to describe this heightened state of awareness. This felt sense of liberation is, by its very nature, beyond explanation. I can, however, try to guide your memory to a time when you have felt the freedom of Sahasrara chakra.

Try to remember a time when you felt totally at one with your creator and all around you. This happens when the cares of the world are no longer on your shoulders and you have time and space in abundance. It may be during meditation or when you are in nature. You may be by the sea, on a mountaintop, or in a beautiful forest. The sun may be setting or the full moon offering its guiding light. You feel uplifted, ecstatic and glad to be alive. Loved and loving all rolled into one. The vibrant life-force is flowing freely through your body and you feel 'spirit' filling your hungry soul. Do you recall such a time? This is an extremely powerful experience, summed up in the mantra *Soham soham* – 'I am that I am.' Peak experience is the place where the experience and experiencer merge. In yoga this may be termed *Sarvikalpa Samadhi* – absorption in the Divine with form. In this state a high level of soul consciousness is attained and we come to know our creator, yet the experience of duality remains. This is in contrast to a higher level of Samadhi known as *Nirvikalpa Samadhi*, where there is no form, no experiencer, no duality. In *Nirvikalpa Samadhi* there exists only oneness.

The crown chakra is the home of liberation. As we evolve spiritually we progress through the different levels of liberation, until the soul eventually attains Mahasamadhi.

QUALITY: FULFILMENT

Having reached that place supreme, the seers find joy in wisdom, their souls have fulfilment, their passions have gone, they have peace. Filled with devotion they have found the Spirit in all and go into the All.

Mundaka Upanishad

Fulfilment is the quality of Sahasrara chakra. It is the realm of completion, and realization. All knowledge resides here at the home of our creator. I need say little of this quality because it is beyond everything. Words cannot convey you to the realm of Sahasrara. Discipline and a love of truth will lift you onto the eagle's wings and grant you insight. Spiritual practice is the only vehicle that will carry you here.

Element: Pure Spirit

You are pure spirit. Pure undifferentiated spirit is your very essence. This gift of divinity lies within you and all things. It is the source of our origins, to which we will return. Spirit unites and animates all life-forms. Without spirit no-thing exists, with spirit everything is no-thing but pure energy. Impossible to describe, pure spirit just IS.

Life is a journey; it asks you to Open to Spirit as it floods through you. It asks you to raise your energy through the chakras, seeking truth and wisdom. Spirit bestows gifts and grants beauty. Spirit is – and therefore you are – the very essence of love and wisdom. Your nature is Divine. As you Open to pure Spirit, you will be guided and ever-blessed.

Planet: Uranus ☾

Uranus, Neptune and Pluto form a triad known as 'the higher planetary octaves', planets of higher spiritual evolution. Although the Ancients did not name Uranus, some astrologers believe they were familiar with its force and attributed its characteristics to the Sun.¹

When energy floods through your open chakra system it will gravitate towards the crown, opening in you a profound experience of higher consciousness. Individual consciousness is affected by the oscillating rhythms of planetary energy. The crown is aligned with the vibrations of Uranus. Uranus is the planet of liberation. In its symbol ☾, the crescent moon of your soul meets with the soul of the Divine and together they embrace matter. The small circle is the animating life-force which fuels the soul.

Uranus endows freedom and independence; it inspires invention, intuition and revolutionary ideas. It is a planet that rules the nervous system and activates intellect. Much can be created when its energy is used wisely. Its force can be a catalyst which awakens a search for wisdom, a desire for the improvement of humanity and the planet we live on. When you tune to its rhythm and absorb its great potential, Uranus opens you to the crown chakra and the infinite possibilities of your soul. When your energy is ready to descend again, it is Saturn (planet of the root chakra) that will bring the Uranian energy down to earth, allowing you to make manifest the creative energy of Uranus.

The Sun ☉

As the earth relates to the root chakra so the sun, around which the earth revolves, relates to the crown chakra. Both the sun and the crown chakra symbolize the masculine creative force. In Tantra yoga this force is pure consciousness, personified by Shiva. To the ancient Egyptians this creative force was known as the Sun God Ra. The triune nature of the sun, as it rises, maintains light and sets in the evening sky, gave rise to the religious trinities such as the Christian father, son and holy ghost and the Hindu creator, maintainer and destroyer.

The sun is symbolic of the very essence of all life. Our Divine essence is ever connected to the light of pure consciousness. The crown chakra embraces the sun's energy and illuminates all the chakras; it dances in duality with the moon at ajna chakra. It lends creativity to vishuddha, which brings about visionary art. Its fire lights the eternal flame of love that burns in the heart chakra. At manipura chakra it fuels all activity. The waters of the soul are warmed at the sacral centre where we have the potential to glimpse the Divine Self. The Spirit of the sun shines down on the earth at the root chakra and beckons our ascension towards the light.

Deities

The crown chakra is the realm of God the creator. There is only one God, who is portrayed and named in many guises. The creator is seen as man, woman, both and neither. The Divine force is known as Olódùmarè, Amen Ra, God and Allah. In India the Goddess Aditi is infinite consciousness. Mary, I am sure, once enjoyed Supreme Goddess status. The Supreme Being is crowned creator of the sky. In African spiritual traditions, our Ancestors (Égun) are traced right back to God. We are God's children. God as Ancestor is also seen in Christianity: people pray to 'our father, who art in heaven.' In African spirituality God and Égun energies are all around us, and in Òrun – heaven.

God the creator united with the eternal female force and created the universe and the celestial realm with its guardian angels. They created Òrìshà, deities, and messengers to communicate with humanity. At Sahasrara chakra we are invited to be with our creator; we can rest here, and create from here. If we still have questions and problems we want clarifying then we must identify the chakra that is affected and communicate with the relevant Òrìshà/deity.



Benin bronze Queen Mother bust, showing celestial images. Yorùbá women traditionally hold positions of power. Queen Mothers, like High Priestesses, are respected and held in great esteem. [Sculpture by Mr P Omo. Photograph by Dr I J Wosu.]

Of all creation, humans cause God the most concern. This is because we are blessed with free will. We often disobey the laws of nature. God gave the Òrìshàs/deities similar problems to the ones we encounter. They remain Divine but have enough love and empathy to guide us with wisdom. This leaves the creator to watch over all creation.

Mythology

THE COSMIC DANCE OF SHIVA

Shiva was originally a Dravidian triple God – creator, maintainer and destroyer. Shakti, the feminine active principle of all creation, animated him. In tantra yoga it is said that ‘without Shakti, Shiva would be a corpse.’ It was Shiva who taught people Tantra yoga. He was eventually relegated to the Hindu destructive God of fire. To this day, in India, Shivaism, the traditional religion of Shiva, attracts a large dedicated following of ascetics and Sadhus (holy men). Followers of Shiva are recognized by their trailing dreadlocks. Like Rastafarians they let their hair grow naturally. And like Rastas they practise herbal meditation. As part of their spiritual practice some

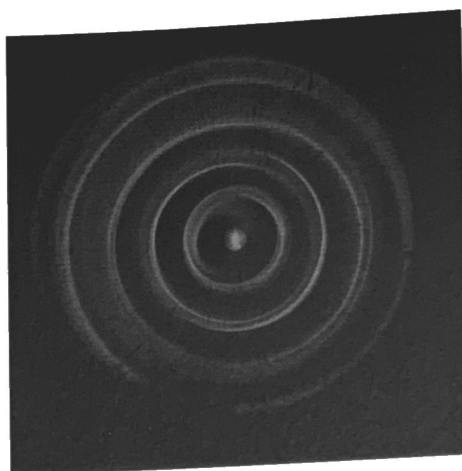
smoke herbs which influence the pineal gland and the third eye. A vegetarian diet and a simple, natural lifestyle are also adhered to by both groups. Ethiopian ancestry is the ancient connection between Dravidians and Rastafarians.

Like the Rastaman, Shiva loves to dance. His rhythmic steps and constant movements create time and consciousness. It is at chidambaram – heart of the universe – that Shiva dances the cosmic dance. Shiva dances in the heart of all beings, his steps create the lub-dub, lub-dub, lub-dub² sound of your heartbeat. His rhythm keeps you alive. As long as Nataraj, as Shiva the dancer is known, continues to dance, his pulsating body keeps the universe in motion. His dance is the embodiment of the individual as well as the cosmic dance. Nataraj adds embodiment and liberation to Shiva's triple qualities. As long as Shiva is dancing we have the opportunity to live life fully. He dances in a ring of fire, showing control over natural forces. When Shiva ceases to dance and lowers his raised foot, the universe and all life will come to an end.



Nataraj is a personification of Shiva. Nataraj is seen here dancing in a Ring of Fire. When Shiva stops dancing, the world will end.

Physicists now speak of 'the dance of sub-atomic matter'. Quantum theorists postulate that matter is in a constant state of motion. What seems solid and still is on a sub-atomic level seen to dance like Shiva.



Experiments have shown that concentric circles can be created when sound excites a single drop of water. If the sound is removed, the creation disappears. The Ancients understood this natural law and taught it through mythology – hence they taught that when Shiva stops dancing and his rhythm ends, the world will cease.

The all-powerful Shiva cannot dance without the female energy of Shakti. His latent potential and her active energy combine to create Bindu, the black seed of all creation. The union and liberation of orgasm were seen to reflect the creative coupling of Shiva and Shakti. At the point of ecstasy a tantra yogi receiving *ojas* (sacred fluid) from his Shakti would call 'Shivaham' – I am Shiva. At that sacred moment he knows he is one with God. During orgasm we let go and experience a moment of sacredness.



Sri Yantra is the most significant of all Yantras. It is a symbol of involution and evolution of the cosmic forces, the unity of male and female energies – Shiva and Shakti. An infinite number of triangles make up this Yantra. Through meditation on this image, the aspirant returns to the Divine like a drop of water entering the ocean. The three-dimensional Sri Yantra is known as Mount Meru. The Yantra is seen to have three elevations, which relate to the three granthis. Prana is directed up Meru until earthly limitations are overcome and enlightenment is achieved.

Expression

The golden wings of the thousand-petalled lotus raise us way above duality. The veil of Isis lifts at Sahasrara chakra and liberated energy returns to *satya loka*, the plane of reality. Reaching this sacred destination brings expansion and peace that soars beyond understanding.

As you Open to Spirit at this level you will experience:

expansion

true letting go into *Being*

the bliss of your own inner sanctuary

contact with your inner Guru

alignment of body, mind and spirit, even if only momentarily

vision beyond the veil of Isis

awareness of your infinite potential

healing and wholeness

no fear or pain

oneness with all creation

Self-realization.

Disturbance

If you restrict the flow of energy through Sahasrara chakra you may feel:

pressure and a contraction of energy

withdrawn

depressed

longing for something more in your life

emptiness

constantly limited

ignorant when it comes to spirituality

alienated from the source of life

fragmented, as if everything is falling apart

afraid to let go into the sacred void.

Remember that we all have open crown chakras. Expression of Sahasrara will depend on the amount of energy you can process at this level, and that depends on your spiritual evolution. For some people energy flows freely, while for others it is severely restricted.

Evolved souls who Open to Spirit at Sahasrara chakra are luminous like the shining sun. Love and warmth radiate direct from their hearts. The bliss of spiritual fulfilment is seen in their eyes. Sitting in a room (*darshan*³) with such beings as the Dalai Lama and Mother Meera, awakens the soul and raises the vibration of everyone present.

It is also possible to meet people with strong crown chakra energy who do not consciously cultivate spirituality. I have been honoured to work among young people with Down's Syndrome and psychiatric disorders, using movement and dance. Many of the students we worked with communicated from a place of pure spirit. At times I witnessed profound energy moving through them, and felt uplifted myself. We all know people who quite naturally embody spirit.

Expression of the crown chakra can bring eternal peace or a fleeting revelation. As energy flows through Sahasrara, a poem, song or dance may arise. You sing, yet know something sang through you. You speak an unknown language or receive knowledge seemingly from nowhere. Sometimes, when we open our energy fields enough, energies move through the crown and we become channels for their expression. Much visionary art is produced in this way.

Insufficient energy vibrating at the crown maintains imbalances in the chakras below. We are bound by limitation and unable to connect with the liberated spirit. Too much crown chakra energy and it is difficult to live in this world. We literally become spaced-out and ungrounded. As long as we stay dressed in a physical body, balance between the root and crown chakras is crucial to our well-being. We should always seek to embody our divinity.

SEVEN WAYS OF OPENING TO SPIRIT AT THE CROWN CHAKRA

Altar Work

The crown chakra altar represents your ascent from gross physical matter into the realm of pure spirit. You have now completed your journey through the chakras. Although the journey up and down the chakras continues, it is time now to dwell in a place of tranquillity. Give thanks and praise to your creator. Recall the steps you have taken. Feel energy as it moves from the root chakra up to the crown. Sense the glowing, radiant, all-embracing spirit as it fills and surrounds you. You are an all-powerful sentient being full of knowledge and wisdom.

The crown chakra is about spiritual fulfilment, basking in our connection to the Divine and experiencing ourselves as whole. It is the realm of pure undifferentiated spirit, the realm of *Sat-chit-ananda* existence – knowledge and bliss absolute. No words can truly express its glory. The colour rays are violet or gold. It is symbolized by the multi-coloured thousand-petalled lotus.

For your altar use a cloth of violet or gold. The same colours can be used for your candles, or you may wish to use rainbow-coloured candles. Place water in a golden chalice or other appropriate vessel and position it on your altar. Burn the oils of lavender and spikenard to raise the vibrations of the room and still the mind. Make a mandala (sacred circle) from amethyst, clear quartz and other materials such as coloured paper, sand, stones, etc. A mandala is a sacred circular design/symbol. The Sanskrit word mandala means 'a synthesis of centre and periphery'. A mandala is a unifying image created in the round which brings apparent chaos and complexity together into a pattern of wholeness. Mandalas are used as tools for meditation and healing. Use your imagination and skills to create an altar that resonates with the pure energy of the crown chakra.

Use the sacred space you have created simply to Be. Be one with your creator. Let your entire being Open to Spirit and overflow with the Divine.

Journal-keeping

ENERGETIC REVIEW AND DESCENT

Your ascension through the chakras is now complete. You have Opened to Spirit and transformed the energy that animates your entire being. I am sure that as a result of your commitment, much has changed in your life and will continue to do so. Your connection to the Divine is everlasting. Love and wisdom are your trusted friends.

At this point you are invited to descend the chakras, moving from the crown to the root. As you journey, record in word or image your experience of each centre.

Begin by sitting upright with your eyes closed. Allow yourself to enter a meditative state. Breathe easily and relax your entire being.

- 1 Take your attention to your crown chakra. Focus on the colour, shape, size, element, vibration, and any other sensation present. Enter deep into the experience. Maintain your focus for at least 5 minutes.
- 2 What message is here for you today? See it unfold before you. What have you learned so far? What do you now know?
- 3 Take your journal and draw/paint your crown chakra. Write any key words. Try not to let your attention dissipate, but remain focused.
- 4 Repeat steps 1 – 3 at each chakra.

As you return to the root chakra, regain a sense of grounding. Feel the earth under your body as you open your whole being to the energy that floods through you. Let your body be alive and your mind quiet, feel the pulse of spirit as it speaks. The secret of life will be revealed to you. Accept the great blessing and give thanks.

Yoga Path

All paths of yoga lead us towards the crown chakra, where we can experience oneness. Here the lesson of transcendence is learned. Whichever path you choose, regular practice is the key. Continue to develop discipline in the practices you are gaining most from. Celebrate your achievements so far, be conscious of the difficulties you have encountered and the changes you have successfully made. Give thanks to your creator, knowing that you and the Divine are one.

Obstacles on the Spiritual Path

As you advance in meditation and spiritual practice, you may find that obstacles arise. I explained earlier that meditation is one of the most difficult things you can be asked to do. It gets easier with practice and some days are better than others. Swami Vishnudevananda tells us 'failures are but stepping stones to success'. We know, although the journey may be rocky, that through spiritual practice we grow, prosper and realize more of our innate potential. Others see it too; people will ask you what is it about you – you look so radiant. How have you changed your life?

Unfortunately, when you change your life and walk on the spiritual path, it does not mean problems will not continue to seek you out. They will still find you. Even with all the skills you have gained, when you feel low it may be very hard to continue your practice. This is the real test of spirit. When this happens and you feel as if you are not getting anywhere – Stop! Take a break and simply be kind to yourself. Let the universe know you need help by lighting a candle and saying a prayer.

When you feel ready, slowly introduce a simple practice. Check your diet; be sure it contains the nutrition you need. Avoid junk food, the chemicals only increase your difficulties. During the day, as you go about your business, be aware of your breath. Consciously deepen it to cleanse your system of the stress chemicals that accumulate during low times. Try to get plenty of sleep. I recognize that this can be difficult and suggest using a couple of drops of lavender on your pillow before going to bed. Rescue Remedy⁴ is also helpful. The best cures I know for lack of sleep are meditation or foot massage. A short meditation that focuses on the breath and is practised before going to bed can be very effective. Foot massage is my favourite

cure; it works every time. Find a professional, ask a friend or do it yourself. Of course, sometimes our own laziness and lack of discipline is to blame for our problems. If this is the case, then what can I say? It really is up to you. You have the power to make changes in your life when you are ready.

We can also overcharge our energy, becoming spaced-out and ungrounded. Sensitivity is raised and the system may feel too open. This makes it difficult for us to live in the world of pain and suffering. We choose to escape into spiritual practice. Unless you have chosen to renounce the world, then 'overcharge' is as difficult as low energy. Again the answer is to slow down or stop for a while. Pay attention to cleansing, root chakra work, diet and relaxation.

If you want to close your energy down, which some people find helpful, visualize each chakra as a flower head that opens and closes. Begin at the crown and work down to the root. See each flower very gently closing, all the petals slowly returning to the centre. Energy still passes in and out as the flowers breathe, but the central core is completely protected. Know that, with your help, the universe will always keep you safe.

As you gently Open to Spirit and allow energy to flow freely through your entire system, you will be rewarded with the peace and happiness that is your spiritual inheritance.

The universe is always asking you to grow and become your future.

Susan Taylor

Meditation

Meditation is danger for it destroys everything, nothing whatsoever is left, not even a whisper of desire, and in this vast, unfathomable emptiness there is creation and love.

J Krishnamurti⁵

Meditation at Sahasrara chakra has no need of tools. This is a place of being and not doing. In this chakra we experience Divine bliss. When we truly resonate with this centre we experience spiritual fulfilment.

Prepare for meditation as usual: cleanse and uplift your environment. Complete your pranayama practice and then sit following the natural rhythm of your breath. Eventually the mind will become quiet and still. Your experience of dharana will help you enter a deep peaceful meditation ... let go into meditation ... Allow at least half an hour for your meditation.



Vibrational Work

COLOUR

Violet is the colour of the higher Self, the colour of transcendence and grace. This fast vibratory ray resonates with the crown chakra. Red is present in violet and provides a grounding quality. Physical and spiritual energies merge in the colour violet. This explains why lavender essential oil is such a powerful remedy for both physical ailments and spiritual imbalances. It can be used to create greater alignment between the aura, the chakras and the physical body. The violet ray helps raise the spirit, making it good for depression, manic depression, schizophrenia and other disorders. Violet used in the environment, or worn next to the skin, can raise a person's vibration. It balances energy, having the ability either to energize or sedate. Visualizing violet can relieve insomnia, migraine, acute anxiety and ease pain. The blissful colour violet is used widely in colour healing.

Purple and violet are often seen at funerals to signify freedom. The Eternal Soul has finally dropped the physical vehicle and reached a place of bliss. A strong violet ray in the aura is a sign of a highly developed soul. This ray helps develop radiance and spiritual attainment.

ESSENTIAL OILS

Lavender, bay laurel, hyacinth, spikenard and valerian are all essential oils that resonate with the crown chakra. Lavender oil is an obvious choice for this chakra. Not only does its colour resonate with this level, but it also contains amazing regenerative properties, making it a great all-round healer. Hyacinth, valerian and spikenard are all hypnotic oils; they create a peaceful ambience which relaxes the nerves and acts as a tonic to the entire system. The oil that is associated with Divine wisdom and prophecy is bay laurel. This is a stimulating oil. The laurel wreath was originally sacred to Apollo, Greek God of poetry. In Britain the title 'Laureate', meaning 'the laurel-crowned one', is still given to the royal poet. Bay laurel is a powerful oil that can be used to inspire visionary art. It is best blended with other woody oils such as sandalwood and cedarwood.

GEMS

After clear quartz crystal, amethyst is a favourite healing gemstone for the crown chakra. It has many qualities. Choose an amethyst that is a rich dark purple and a suitable size to place on your body. It is also good for heart conditions, nervous complaints and stress-related disorders.

Ritual

Sahasrara chakra is the place of integration and wholeness, the pot of gold at the end of the rainbow.

In this ritual we will create a mandala. Mandalas are round images that unify diversity. These complex patterns are used in many diverse cultures as tools for meditation and healing. You will need your journal, a large sheet of card and lots of coloured pens. Paint, glitter, fabric and scrap art materials can also be used. It may take several sessions to complete your mandala.

- ① Create your sacred space as you want it. Cleanse, prepare your altar and call the directions (*see page 136*).
- ② Enter inner sacred space through meditation. Slowly raise energy up from the root chakra to the crown. Pause at each centre, tuning in to its vibration. When you reach the crown be still and focus on the thousand-petalled lotus. For a minimum of 10 minutes simply **Be**.
- ③ Now take your journal or several small sheets of paper. Draw three separate large circles, each with a dot in the centre. The centre represents your core from which energy emanates out to the periphery.
- ④ Begin drawing from the centre and work out. Take time to explore the space between the middle of the circle and the edge. Use symbols, lines, shapes and colours to freely express yourself. Don't censor anything, just allow the images to unfold.
- ⑤ Contemplate your work. Look at the patterns and colours used. What does it say? What is the meaning in these images for you?
- ⑥ You can now plan a bigger mandala on the card. Use your smaller ones as inspiration and decide what materials you will need.
- ⑦ Use as little or as much time as you like. Again, draw a large circle with a dot in the centre. Then organize the mandala as you want it, working from the centre out. Let your creativity flow. Remember the process is more important than the end product.
- ⑧ Your completed mandala can act as:
 - ① an oracle, telling you about your inner-most Self
 - ② medicine, a personal tool for healing
 - ③ a focus point for meditation.
- ⑨ End the ritual by thanking and releasing the directions, and giving thanks to your creator.

Remember, you are ever-loved and ever-blessed as you journey through life.

As rivers flowing into the oceans find their final peace and their name and form disappear, even so the wise become free from name and form and enter into the radiance of the Supreme Spirit who is greater than all greatness.

In truth, who knows God becomes God.

Mundaka Upanishad

