

The Symbala Manual

A Manual for Creating What You Want



Welcome to the World of Symbalas!

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The Secret of Creating What You Want



We all want to create...

- Better relationships
- More money
- Good health
- Happiness
- A sense of purpose
- Joyful “work” or play
- Good friends

You can no doubt add your own items to this list.

So what are the seeds of creation?

How do you plant them?

And why do some people have an easier time than others?

You can only create from where you are

The secret to creating is a 3-letter word...

NOW

- If your attention is always in the past, on what previously happened to you, you’re not creating NOW.
- And if you’re always thinking about what might or might not happen in the future, again, you’re not creating NOW.

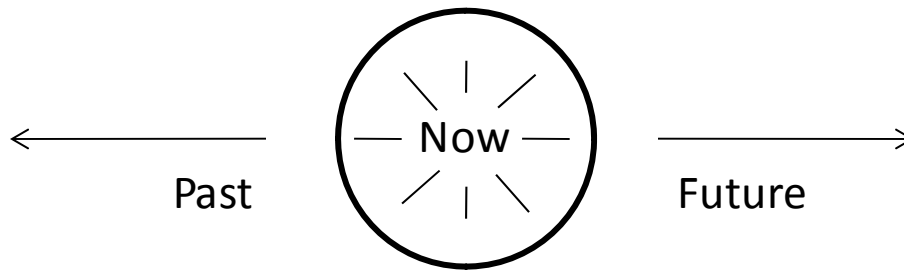
To put it simply:

The past is gone.

The future is not here yet.

So your power to create is RIGHT HERE, RIGHT NOW.

Your Point of Power



Focus

Your power to create also depends on your ability to FOCUS your attention.

There are two parts to your attention:

- Your outer world – of sensations and actions.
- Your inner world – of thoughts and feelings.

While most of us are familiar with the outer world of sensations and actions, we're often less aware of our inner world of thoughts and feelings.

You create more easily when all parts of you— sensations, actions, thoughts and feelings – are headed in the same direction. So your mind can focus on what you want to understand, with added “inner” information.

Ancient cultures used geometric forms called mandalas – circular art, to...

- help focus attention on the NOW
- help people understand what they wanted to know with sensations, actions AND thoughts and feelings.

Mandalas help you...



FOCUS: like a magnifying glass focusing the sun's rays, so your power for creating is magnified to pinpoint brilliance.

SEE: in modern-day language, they help you see from both left and right brain points of view.

Mandalas – In History

Mandalas were created to enlighten the mind and aid in attuning the body, mind and spirit. They can often create positive energies that help through hardships and difficult times.

Mandalas originated in India and were used extensively in Tibet as far back as 2,500 years ago.

- In a 9-day ritual of intense concentration, Tibetan monks would create a mandala made of fine colored sand. Each design symbolized the deep spirituality within the universe.
- Navajo sand painters also used mandala forms in their healing rites.

Modern-day Mandalas

Today the geometric forms of mandalas are used by literally thousands of people in many countries.



The Mandala Project (www.mandalaproject.org) lists 35 different categories of mandalas:

Children, Christian, Buddhist, Jewish, Sufi, dreams, geometry, photography, healing, etc.

You can see a few of them in Appendix A.

Uses for Mandalas include:

- Teaching tolerance and art appreciation
- Helping health care patients before and after surgery.
- Teaching history.
- Symbolizing vows at weddings.
- Helping special education students.

Why Mandalas Work

When you use a mandala as a meditative object, it reinforces your awareness of the present moment. Too often, it's difficult to put things into perspective, to understand a situation fully, or even to understand yourself.

- In our day-to-day lives, we constantly drift from one thought to another, often losing focus.
- The ability to fully focus your attention on a thought or circumstance empties the mind of everything else. At that moment you feel whole, live for that present moment, and connect with your inner self.

Because mandalas have a calming and relaxing effect on the mind and body, they are used to help heal and empower us.

They help us to:

- Review our lives.
- Visualize our desires.
- Assess the necessary steps we need to take toward fulfilling our goals.

Symbalas

- A Symbala is a powerful form of mandala.
- Symbala = Symbols + Mandala.
- Symbalas have helped people make major changes in their lives.

The Story of Symbalas



Lahrinda and friend, Trixie

LAHRINDA: "Even though I'm the one who created Symbalas, I'm always astounded at the effect they have.

"The story of Symbalas started when I was 50 years old and had no clear sense of life path or purpose..."

Lahrinda's Story

I Find My Purpose

Since I had few goals, I tended to live my life day-to-day, through the people around me. I was good at many things, but never felt I had a purpose.

Then a friend introduced me to sacred geometry and the world of computers. Always experimenting, he used a drawing program to bring one of his ideas into visual form on his computer.

“Come look at this!” he said.

As I walked through the door of his office and saw the screen, it was like someone hit me in the solar plexus. I had an epiphany, a deep knowing inside of me, that what I was seeing was important, even if I didn't understand why.

He had drawn a mandala representation of his astrological birth chart, a 12-section pie with spokes emerging from the center. It was uncomplicated – no words or symbols. Each wedge (sign) and spoke (planet) had its own color and were then blended together.

That moment filled my soul with nourishment, and even though I didn't know what I was seeing, something inside said: “Pursue this!”

It was the catalyst that moved me to learn more about computers, art, color, energy, intuition and frequencies. I became newly aware of how everything is connected.

My First Artwork – Depictions of a Birth Chart

I had previously studied astrology, and found it a valuable tool for understanding strengths and challenges. So my first computer artwork pieces were called Skybursts – graphic depictions of a person's birth chart.

Astrology can give you a roadmap to your pre-dispositions. Why you might have an easy time with math but not with words. Or vice versa. Why you like to be a home body, or why you like to go climb mountains.

We're all filled with contradictions, but if you can understand your conflicts and why you have them, you can get a sense of wholeness. You can begin to build your life in a co-creative and useful way in harmony with the universe, instead of blaming and judging yourself, and tearing yourself apart. Instead, you have a sense of purpose.

At one point I even aspired to become a professional astrologer. But astrology is complex: lots of technical definitions and terminology. Although it was extremely valuable, I wanted a less complicated way to communicate – so you wouldn't have to get lost in the words.

A Tool for Empowerment

A breakthrough came when I read The Sky Within by Steven Forrest. He paints pictures with words (about astrology), so instead of getting lost in the astrological terms, I could see and feel what he was talking about. The fact that he drew pictures with words had a huge impact on me. I saw myself with new eyes. And that's what I wanted the Symbalas to do for other people.

I wanted to empower people to learn about themselves, the way I had been empowered, by learning to see "the whole." Because the more you understand yourself, the better equipped you are to deal with life.

Skybursts were not esoteric, just simple artistic depictions of a birth chart. But people were drawn to them, and within a month, they wanted to pay me to do them. It blew my mind, but told me I was going in the right direction.

Receiving "Information"

One day, while drawing a Skyburst, I felt the desire to fill one of the empty sign wedges with a little picture. Pretty soon I was filling all the blank spaces with more little pictures – symbols. And people went nuts for them!

At the time I had no sense that I was "pulling in" information. Something would come to me, and I wondered if I could draw it. It was like a game to me. But people's responses were astonishing. They said: "How did you know that about me?" It terrified me, because they began to assign to me psychic qualities and abilities I didn't think I had.

But I continued to draw, and with the addition of the little pictures, Skybursts changed to Inner Prisms.

A friend of mine encouraged me to make the little pictures larger. So I did, and called those pieces Prism Dancers. At that point I had separated the pictures from the mandala and expanded them.

Soon, all sorts of geometry figures were appearing, as decoration or backgrounds. I was still learning about sacred geometry and it was becoming part of the energy and design I wanted to put into the pictures.

One day, I suddenly realized I needed to return to drawing the mandala form. Because that's where it had all started. And it was like coming home after a long journey! Thus was born the Symbala – because I was working with symbols within the mandala!

Over the years I had gained more confidence in my drawing abilities. People recognized things about themselves from the designs. And their feedback helped me realize the Symbalas were truly impacting them.

Working with Intention

Eventually I let go of any astrological structuring. Because many people didn't know their birth information I had learned to rely on something else: following an energy thread.

I still ask for birth dates, because I use birth numbers to get an overall energetic impression and to provide a focus for the geometry.

But now, all I need is someone's intention to begin working on a Symbala. That thread connects me to their energies, and the inspiration I use to co-create with their intentions.

I've now been producing Symbalas for 15+ years. And the work has become a total trust and joy. I open myself to whatever "notes" come through in the "music" that fills me. And I allow myself to express the unknown things that I've come to accept as part of the process.

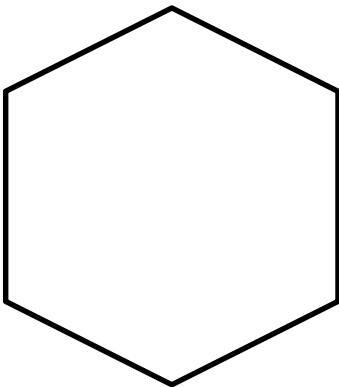
I tune into the creative field and bring through the design, color and form, and it's a spontaneous, joyful, playful process. I trust that it's what a person needs in that moment, and the feedback often tells me it is. I'm honored to participate in the process.

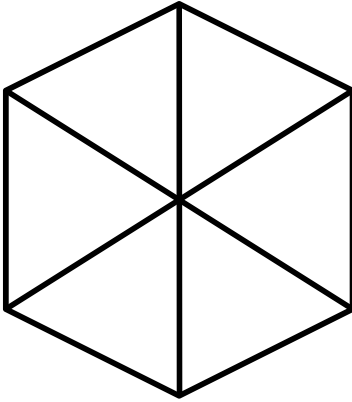
What Happens When You Change Your Viewpoint?

Something unique happens when you change your perspective...

- You see more options.
- You suddenly have more choices in life.

Look at this shape: It's a hexagon (6-sided figure).



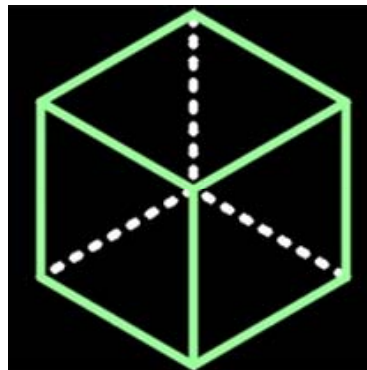


Now join each corner with some lines.

If you look at it long enough, you may begin to see a 3-dimensional object – a cube, even though you’re just looking at a piece of paper with lines.

Your viewpoint (perspective will have changed).

If you need help in seeing the cube, you could just change the color of some of the lines...



The point is this: the more viewpoints you have, with different perspectives, the more solutions and options show up for you!

Similar to the “cube,” a Symbala can give you a different perspective, a different way of seeing and feeling. And when you see/feel differently that can affect your:

- Mood
- Health
- Money attitudes
- Sense of purpose, etc.

The Effects of Symbalas

There are two types of Symbalas:

- Personal Symbalas – specifically attuned to a person.
- Universal – drawn with a specific intention like: *Letting Go, Self-Empowerment, Everflowing Abundance, Laughter, Joy and Fun*, etc.

Perhaps the easiest way to see the effects of Symbalas is to let people who have used them tell you their experiences.

Personal Symbala #1

This is the Personal Symbala for a medical intuitive practitioner named Jane H.



“My Personal Symbala came to me at a very significant time in my life and has become an important healing/meditation tool.

“When I received it, I was experiencing some moderate back pain. I soon discovered that within 15 minutes of holding and contemplating my Symbala, the back pain diminished greatly.

“I am in constant wonder and awe at the beauty and vibrational essence of this Symbala.

“When needed, I am able to draw strength and power from it by shifting its proximity to my body. Focusing my attention on the Symbala brings feelings of being amazingly centered and at peace.” – Jane H.

Personal Symbala #2

"This is my very first Symbala created by Lahrinda, and I have to say I am amazed.

“When I first glanced at this incredible piece of artwork created especially for me, I felt an immediate surge of energy, electricity and like a lightning bolt go through my body!

“I feel strong, determined, warm, happy, and excited when I look at my Symbala, and that is what a lot of people tell me I am like as a person.



“My Symbala, I feel, really brings out who I am as a person in color and in art. I can't ever possibly feel down or sad when I look at it as it keeps me motivated, creative and full of excitement and adventure. Thank you, Lahrinda, I love it!" – Hayley Howell

Balance & Integration – Symbala for Animal Health?



Chai, sitting on a Symbala print

As you can see from this picture, experiences are not restricted to people.

My friend, Renata, took this picture of her dog, Chai, several years ago.

Renata had a large print of *Balance & Integration* (from the 2nd set of the Symbala Water Imprints) sitting on her coffee table. Chai had been having difficulties with his ear at that time and Renata came into the room to find he had made himself comfortable on top of the Symbala.

Chai sat on the Symbala for about 20 minutes and when he got down he didn't seem to be experiencing ear discomfort any more.

Renata is a talented energy-worker and therapist and has made use of the Symbalas for years, both personally and professionally. As an aromatherapist she uses many of them to charge her blends as she creates them.

Being aware of the energy impact of the Symbalas, (just as her dog was) she places the bottles on selected Symbalas for a period of time to charge them.

Symbalas for Charging Healing Oil Blends

Renata is not the only person who uses Symbalas to “charge” aromatherapy oils and essences.



"The experience of working with an artist of Lahrinda's caliber for such a special and important part of my business was a true blessing for me.

"I can honestly say that since I've been using the AromaGems Healing Symbala that Lahrinda designed especially for my business, my AromaGem healing oil blends and aromatherapy products now have the last piece of the puzzle to make them the powerful vibrational tools I was inspired to create in the first place!

"Thank you again so very much." – Teresa Goertz
President, AromaGems™ Healing

Meditation Symbala

"I was doing a meditation, using the *Sixth Chakra Activation Symbala*. My intention was to boost my perception and impart to myself new information and abilities through this image.



Sixth Chakra Activation Symbala

"I allowed my eyes to soften and my mind to quiet, focusing on my breathing and on the beauty of the Symbala, and literally began viewing through my third eye (between my eyes and about an inch above that point).

"Suddenly, things began to shift. I felt a very strong, definite pulse, as if a beam had been turned on from the center of the Symbala and was directed straight to my third eye.

"It was so palpable, I couldn't move!

"Although this beam had no color, I could 'see' it. Then, the first star within the star of the picture actually lifted off the page and floated along this beam -- it wobbled a little, but it literally floated slowly along, becoming a 3-D star tetrahedron -- and passed into my third eye. I felt it go in.

“It was soft and light.

“Then the beam dissipated and the Symbala shifted back to its picture-like form. I’ll never forget this experience. Every time I look at the Symbala, I connect back to this event and know I gained etheric knowledge.”

“With Love and Gratitude” – Leslie, New York

How to Use Symbalas

The following feedback is from four holistic professionals who have enhanced their practices with the use of Symbalas. Client response has been remarkable.

Symbala for Balancing Health Issues

“I want you to know that I use the Symbalas in every single Energy Treatment I give.

“They are such a powerful modality.

“They were instrumental in fixing a client's macular degeneration. Her doctor had told her there was a sac of fluid behind the retina, and when I put the *Vibrant Life* Symbala on her eye, immediately the eye streamed copious fluid!

“Two treatments later, the doctor confirmed no macular degeneration!! Needless to say, *Vibrant Life* is now one of my very favorites! I have a strong affection towards it for what it did for my client.

“Thank you for sharing your bounty with the world. We all are in awe and appreciation.

“Love and much gratitude” – Stephanie Andersen



Vibrant Life Symbala

Letting Go of the Chaos of the Day

“I’m a music therapist and was about to do a session. But I was late for my appointment and wasn’t sure if I was really prepared. I carry Lahrinda’s Symbala Water Imprints with me, all three sets, so I have 24 Symbalas. I quickly picked one called *Letting Go*, another called *Simplify and Focus*, and a third one called *Self-Empowerment*.

“I held them and breathed, and intended to bring those into my beingness, into my energy field. As a healer, I was able to let go of the chaos of the day, and it prepared me to deliver the harmony necessary for healing.” – L.Y.

Mood Adjuster

“I bought a Symbala called *LOVE*, and hung it in our home. It’s a total mood adjuster and transforms my energy when I look at it. I can’t be upset. It’s not just a drawing. It’s a pattern, a recipe, a geometric matrix that calls forth energy. It enters through the eye, but it triggers a whole cascade effect. I can feel it change me, and I end up smiling.” – L.Y.

“Listening” to a Symbala

“I used the *Second Chakra* Activation Symbala to stimulate my sexual life. I would meditate with it, holding it in my lap, and let my eyes soften.

“You start mentally, gently looking at spirals, tetrahedrons, etc. Then, all of a sudden, your viewpoint changes. Things pop out, or you’re drawn in. The mind takes a back seat so your heart can take over.



Second Chakra Activation

“And you can direct that energy with your intention. For example: ‘I want to direct that energy to my 2nd chakra.’ Then I ask: ‘What energies are blocking that area?’ And I have a kind of dialog with it, because I ‘listened’ for answers.

“The answers I got were that due to a medical procedure I’d had a few years earlier, that area still needed to be healed. And there was emotional loss experienced that needed to be healed.



Heart Vortex Symbala

“Then, with that information, I put that Symbala down and picked up a different one (*Heart Vortex*), so I could work with my heart and the emotional loss.

“It’s like a puzzle. You get information when you ask for it. Then I could take the heart energy and give myself love, and work on healing the experience of invasiveness and loss.

“That happens when you allow yourself to have a healing, loving dialog with the Symbalas.” – L.Y.

Relationships

“Everyone has masculine and feminine energies within them. When I first looked at the *Empowered Masculine* Symbala it rubbed me the wrong way. Clearly something was up.

“So I softened my eyes and allowed it into my heart, to simmer. It takes me at least five minutes when I look at a Symbala to let my mental chatter die down, to let it ‘speak’ to me.



The Empowered Masculine



The Empowered Feminine

“It was all about my father, an old pattern of anger I’d had. I’m 33, but it was left-over knee-jerk anger against males I still had. And it was important to get rid of it.

“So I lined up the trinity: *The Empowered Masculine*, *The Empowered Feminine* and the *Union Symbalas*, and asked them what I should do about my anger.

“And they said: ‘Just breathe, and accept that you have anger – don’t deny it.’ Because what you resist persists.

“I was really appalled that I had the anger. I had to relax physically and accept it. And then I began to update myself with who I am now, compared to when I was a small child.

“And it was a natural process. Kind of like a calibration that naturally took care of itself.” – L.Y.



Union

“The *Union* Symbala is great for couples. We have it hanging in our home, along with *The Empowered Masculine* and *The Empowered Feminine*. It really unites us.” – L.Y.

Relationship Symbalas



Michele Louie is not only my biggest Symbala enthusiast, but a successful holistic practitioner who owns every universal Symbala I ever created and uses them constantly when she works with her clients.

Here she is, holding her latest Personal Symbala commissions. The one on the left is for a new special friend and the one on the right is of their new relationship.

Forgiveness

“I’m a healer, an energy-worker. When I discovered the Symbalas, I loved them. But I wanted to first see what Symbalas would do for me, before I used them for my clients.

“I was having a hard time forgiving someone, so I laid a Symbala on my chest for five minutes, and allowed its frequencies to enter my energy field. I did that once a day for three or four days and found that I had completely forgiven the person I was upset with.

“That was unusual because I would not have forgiven them so easily.”-Michele Louie

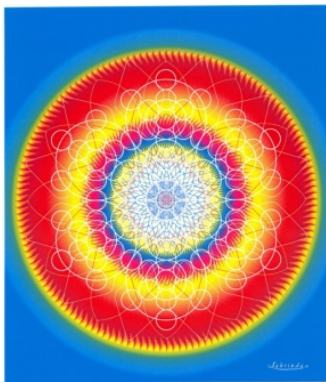
If You Can't Stand a Particular Symbala...

“The frequencies and energies in Lahrinda’s Symbalas are very powerful.

“When someone looks at a Symbala and doesn’t like it, I usually suspect they really need it. So I say, ‘Just give me two minutes. Put it on yourself for two minutes.’ And they say: ‘What’s going on? Something’s changing. There’s a heaviness leaving.’

“No one has ever taken it away after two minutes.”-Michele Louie

Help for Depression



Solar Source

“I find *Solar Source* is great for people who are depressed. A lady came to me who had been depressed for six or seven years. She put it on herself for about 20 minutes, and left my office with a smile on her face. She used it daily for about a week after, and didn’t need it again.”-Michele Louie

Symbala “Listening” Revisited

“When I sit and look at a Symbala, I intuitively get information. I say to clients: ‘What do you feel from the Symbala? If it could talk to you, what would it say?’

“There was a client who had never felt safe since they were two years old. This person looked at the *Water Resonance* Symbala and said: ‘Well, I feel dehydrated. When I look at it I get parched.’

“This person feared water because they almost drowned in a lake when they were younger. They even took quick showers. After three weeks of working with Symbalas, the fear went away. Now they can walk along a beach, something they never did before.

“Practice listening to Symbalas. They’ll tell you a lot.” – Michele Louie

Symbalas: “Charging” Your Beverages, Food and Supplements

“Water carries energy. You can leave a glass of water or tea on top of a Symbala for 30 minutes, and then drink it. A lot of people who do that really feel something.

“So, let’s say, if you need the energy of forgiveness, you’re internally drinking that forgiveness.

“One lady, who needed inner peace, said that as she drank the water, a calm came over her, to different parts of her body. Just from drinking the water.”-Michele Louie

An Additional Perspective...

“I find that the ‘charging’ can be almost instantaneous. The Symbala Water Imprint series are waterproof and flexible so you don’t have to worry about damaging them. I use them under all my beverages, most of my food and definitely under my supplements.

“For me, using energy this way is at the core of my health perspectives. I believe and honor the body’s ability to renew itself. I also apply the Water Imprints directly to any areas of pain or discomfort.

“For example, I used *Structural Integrity* once when I had a toothache. I held that Symbala over the throbbing area as I was watching TV and the pain went away in about 20 minutes.

“You can try something similar for sprained ankles, joint discomfort or any kind of structural disharmony.

“You can even put a Symbala under your pillow at night, with the intention of restoring body integrity, so it continues to be a focus throughout the night. You can use any of the Water Imprints as a focus.” – Lahrinda

Turning Symbalas Upside-Down

“Sometimes you can put a Symbala on your body, upside-down, to pull out the energy of something you don’t want. You can try *Heart Healthy* or *Heart-Breath* for high blood pressure or *Bright Eyes–Clear Vision* for eye problems.

“But basically, you’re not really curing anything with Symbalas. You only change the energy associated with a condition – either physical or emotional or mental. And then your own body/mind takes over, if it’s in your best interests.

“And if you’re not ready to change, you won’t. But these are very powerful tools. I’ve seen it over and over again.” – Michele Louie

Trusting Your Intuition

“People at work treated me like an outcast. I felt like a victim. I couldn’t change my co-workers, so I had to change myself.

“Symbala work empowered me to shift my perspective, so I stopped reacting. Because I was happier, the people around me were friendlier.

“Regular use of Symbalas showed me how to trust my intuition, because it puts you in the NOW.” – A. R.

Using Your Intention

When you use a Symbala...

- Decide what you want, or what you want to know,
- Have an intention.

An example of needing more focus...

- “I picked a Symbala, *Simplify and Focus*, with the deliberate intention of ‘I need more focus.’
- “I held the Symbala, and asked inwardly if...
 - I needed to keep it with me,
 - Put it under my pillow,
 - Or hang it on the wall, etc.
- “And I listened to the guidance I received.
- “Before, I was trying to control everything, so the messages weren’t that clear, but now I get knowingness and impressions throughout the day.” – A.R.

Symbala Gifts – A Message From Lahrinda



Lahrinda's Personal Symbala

“We are all Stradivarius violins singing our songs, and we respond to the frequencies of colors and the harmony of symmetry.

“As you look at a Symbala, gaze gently at it (with a soft focus) and think of yourself as a giant tuning fork sending and receiving vibrations of singing resonance.

“This creates a space of inner stillness, and allows you to tune into the creative flow of the universe.

“The more you feel your connection to all things in our vibrant universe, the more you can live with intention as an empowered co-creator of your world.

“A Symbala is a focal point. It is a point of creation and manifestation. It brings you to a place of stillness and fills you with a sense of harmony and peace. In the stillness you can touch universal principles and know a deeper awareness of your connection to all things. This allows paradigms to shift!

“Thank you for spending some time with me in the world of Symbalas!”

How You Can Experiment with Symbolas

Symbolas are obviously not meant to take the place of good medical attention, so see your practitioner when necessary. But since all of your thoughts, feelings and actions have energetic components, it's fun to experiment with them to see what happens when you change that energy.

You can experiment with changing your energy when...

- You're starting a new business.
- You're changing the direction of your business.
- You want to adjust your mood or emotions.
- You want to attune to an upcoming event:
 - Wedding
 - Birthday
 - Graduation
 - Initiation
 - Celebration
 - Open house
- You want to energetically enhance your water or food.
- You want to experiment with reducing pain.
- You want to attune to your life purpose.
- You want to change your viewpoint.
- You want new ideas.
- You want to reduce stress.
- You want to experiment with calmness and stillness.

What Kind of Symbolas are Offered

As mentioned before, there are two types of Symbolas:

- Custom – Personal, signed, dated, matted originals attuned specifically to you.
- Universal – Prints inspired by universal concepts and feelings.

Personal Symbolas are available in regular or large format size.

Renewals of Personal Symbolas (when you have undergone a change or want a new viewpoint about yourself) are available at a reduced price.

Universal Symbola prints are available in regular, 8.5 x 11" size and also 5 x 7" card size.

Symbola Water Imprints are available as 3 separate sets. Each set has 8 Symbolas on waterproof paper – and they are 3 x 3.5". They are also available in regular and card size prints (not waterproof). You can see each set, and other Symbolas at <http://www.creativehealth.com>.

The Symbala Website

I hope you have enjoyed reading about Symbalas and how they came to be.

You can see many more of them on my website (over 130) at <http://www.CreativeHealth.com>.

I welcome your comments and questions.

Please email me by going to the website and clicking on CONTACT.

With Loving Resonance,

Lahrinda

A Special Thanks: & If You Need Marketing/Writing Help

This manual is the brainchild and product of a lot of effort on the part of Allan Harris, a long-time friend. He did the research, interviews, writing and editing, so the information could be available for everyone to use. He has my gratitude and appreciation.



Allan with his Personal Symbala

If you need any help with eBooks, website writing, newsletters, brochures, marketing materials, or self-running presentations for your business or website, give him a call.

You can contact him at: AllanHarris@ymail.com.

He's great to work with, and you'll like what he does. – Lahrinda

“When I first saw my Symbala I didn't like it, so I knew it was REALLY important. But after a few minutes I was blown away by it. The heart of the Symbala is like a nuclear fusion blast that has the ability to power all my creativity.

“It's hard to see from this photo, but at the core are also tiny hearts which expand to larger hearts on the outside perimeter of 12 spokes. So, it reminds me that at the very core of creativity, everything starts with love, and ends up (at the perimeter where it manifests) containing that love, so it can nourish other people.

“I am a writer/editor and I also compose/arrange and produce music. So the Symbala reminded me to always start at the inner core of every project by first tuning into the reason someone wants me to do something for them. Because usually they have a love for what they do. And when I tune into that love; then everything flows naturally.” – Allan

APPENDIX A – How Mandalas are Used Today

Mandalas are used to teach tolerance and art appreciation



“This mandala is one of 21 created in a middle school art class.

“I combine lessons in geometry and art by encouraging students to draw mandalas.”

Carol Orzack, Art & Special Education Teacher, Los Angeles.

Mandalas give health care patients new viewpoints

Mt. Sinai Hospital regularly incorporates art therapy before and after heart transplant surgery.

“This mandala was hand drawn as part of art therapy after my heart replacement.”
– William Sheridan



Looking Around

Mandalas are used to teach history



A Kaleidoscopic View of the 20th Century

“This mandala is an acrylic painting representing events of US History from 1900-1909. Each image tells a story from that time.

“Can you find the Kitty Hawk? Citizenship for 5 Native American Tribes? The Ash Can School of Art? Art Nouveau design? Teddy Roosevelt? The Muckrakers? Immigration?” – Sharon Morgon

Mandalas are used to express deep feelings

“My love for drawing took me to mandalas, where I find the way to express my feeling for the life and nature of the cosmos.

“I tell my pupils that this work is to find what is common to all the people in the world, and that this is the way to communicate deep feelings of peace and unity.” – Miguel Tomas, high school art teacher, Spain.

