

Amandala Life

What is a mandala?

Let's start with the all-knowing Wikipedia definition:

"A mandala (Sanskrit: मण्डल, lit, circle) is a spiritual and ritual symbol in Indian religions, representing the universe.[1] In common use, "mandala" has become a generic term for any diagram, chart or geometric pattern that represents the cosmos metaphysically or symbolically; a microcosm of the universe."

Mandalas are ancient and have been used across many religions and spiritual practices including Hinduism, Buddhism and Christianity. They come in many styles and formats, and are used for various purposes. You can spend a lifetime looking into mandalas and still only scratch the surface.

What makes mandalas so special?

A few years ago, I was introduced to mandalas as a form of art therapy when a dear friend was given mandala drawing as part of her treatment. She was asked to draw her thoughts, feelings or whatever came to her in a circle. She really loved it and I could see something was working for her. I was curious to see if there was a benefit to my mental wellbeing too. I figured it was the least I could do for myself, after all, I had the drawing skills after a stint of visual arts at university. I also struggled with meditation and saw drawing mandalas as an alternative to take my mind off all the worries of my world. No harm giving it a go!

So I started drawing my first mandala, a simple little pattern that started from a central point and radiated out across my page. I was loving it and noticed that in the act of drawing the mandala was soothing. A few more mandalas in I found myself reflecting on the process of creating a mandala and how it mirrors life lessons. I never looked back.

Fast forward a few years and I find a mandala drawing session is a sure fire go-to for sedating my ever racing mind. It gives me focus and respite from the hectic life of inner city living. On top of the mindfulness benefits...when you draw a mandala, set an intention and visualise as you draw, your ability to manifest is increased, plus you get a tangible output from the exercise: a unique and beautiful artwork that comes from you... WINNING!

What more could I ask for, I had finally found my passion!

Amandala Life is born!

I wish I could actually remember the date I had the light bulb moment with the name... It was a real turning point for me. A mandala, Amanda-la, AMANDALA... When I realised how 'Amanda' meshed with 'Mandala' it was a huge 'a-ha!' moment. A Mandala Life, **Amandala Life**.

A mandala life is a whole life, a circle of life (yep, I'm quoting Disney now) where one can learn from the patterns and the little challenges faced when drawing one. It's about the process of quieting our mind, becoming present, creating a vision, setting intentions and seeing our efforts coming in full circle.

A mandala inspired life is a life that recognises the small beginnings that lead to intricate outcomes, reminding us what amazing things can be achieved when we take tiny steps and simply let go of how we reach the desired outcome. I've put my lessons from the mandala into place and have manifested a new life for myself, starting a creative services business that revolves around the mandala, from graphic design to laser cutting and etching of my mandala designs to create beautiful home and wall décor and other mandala inspired treats as well as.....

Mindful Manifesting Mandala Classes!

I'm passionate about sharing the mindfulness and meditation qualities of mandalas with others. Giving people a tool to find peace and perspective via something individually unique and beautiful, it's my purpose. Most of all, I want lead by example and inspire others to take the leap of faith, trust that the universe has your back to start living a life of passion and purpose.

I'm no guru, like the practice of drawing a mandala, I'm working it out as I go. I am moving forward and into this new life with as much love and as little fear in my heart as can muster. Am I still learning lessons through mandala creation? Absolutely!

I look forward to sharing the learnings, the beauty and blessings of the mandala with you.

Abundantly Yours,

Amanda