

Creative Expression

Heart Space Mandala

www.thenegativespace.life

Supplies: paper (any size will do, even a napkin) and pen/pencil (or any drawing material). For added interest, additional supplies you could consider: colored pencils, markers, crayons or watercolor paint

- First, notice your breath and bring awareness to it. Count to four as you breathe in, hold for four, and then release for four. This is circular breathing, matching the inhales with the exhales. Give yourself four rounds of this breath to calm the mind and body.
- Return your breath to comfort. In the middle of the page, draw a small heart or whatever shape calls to you. This is your starting point and represents your heart space, your calm, your peace, your wholeness. Consider what your heart space may need.
- Let's radiate out. Begin to make layers around the starting point. They could be lines, shapes, or designs as they move around the center in a symmetrical pattern. Do not focus on the outcome of each layer but rather focus on your creation and movement.
- Continue to make layers until you have found a stopping point. If you have reached your last layer, sit back, take a moment with your mandala. You may close your eyes and notice what tuning into your heart space has brought you. Want a little more? Add color as you go or go back once the mandala outline is complete and use your Heart Space Mandala as a coloring page.

