

"Equanimity"

by

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So many mandalas waiting in the wings, and yet, "Equanimity" beckons the most clearly at present. Webster defines equanimity as "evenness of mind under great stress". I aspire to live with this quality!

December 26, 2009 the mandala begins. In so many ways equanimity is an abstract concept for me. As life becomes more stressful, equanimity is lost, precisely why and how? For me, by prioritizing outer approval, seeking to affect outcomes, neglecting the cultivation of my connection to inner wisdom. As I return to the guidance that can only be heard when I quiet everything and focus within, balance is restored.

The mandala radiates gently out from the center. The linear composition suggests both giving and receiving. The colors, red and green, yellow and purple, are "complimentary" (opposite each other on the color wheel). As these colors blend in harmony, it is suggested that our opposing emotions can also co-exist in a loving way.

Will having this mandala bring you equanimity? I wish I could promise you that, but instead I hope you will be inspired to cultivate it! "Through balance, patience and steady devotion to inner truth, we transcend every challenge." (Paraphrased from "The I Ching" by Brian Browne Walker)

Background develops into a deep and mystical purple, the color of higher wisdom. Mandala completes on January 16, 2010.

