

"Liberation Mandala"

by

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January 23, 2010 with the feeling that I am drowning in responsibilities, I wonder, what is it that keeps me bound? If I believe my jailer is anyone but myself, I can begin by disregarding that notion.

What will it take to free myself? I begin the mandala, confident that it will reveal the answers to me.

Mandala begins with . . . a button? Hmm. . . then flames around tears or drops of water, or are they hands? I keep my thoughts open. This mandala is playing with me.

January 26, 2010, I Ching reading, "The Higher Power uses conflicts and obstacles to teach us lessons that we refuse to learn in an easier way, but they only darken our doorstep until we acknowledge the lesson." (Brian Browne Walker).

Mandala continues with seven large vessels in neutral colors. Vivid colors explode from between the vessels, in the shape of hearts.

January ends and February begins with an awareness that we are experiencing a time of great opportunity as the oldest, deepest, scariest patterns seem to be rising to the surface to be released! The vessels represent old limiting beliefs which must be poured out so that Spirit can fill me with new potential. I further realize that anything that I am hiding from myself or others is keeping me prisoner. There is indeed validity in the statement, "The truth will set you free!"

I feel that the background should be coral and I begin seeing the color all around me to affirm my guidance. Mandala completes on February 9, 2010. "Liberation Mandala" lessons for me - be willing to empty myself completely so that I can be filled by the Creative, and speak my truth ALWAYS with gentleness and compassion.

