



Mandalas: A Creative and Intuitive Non-Traditional Meditation Technique

Mandalas are considered a form of meditation for both the creator, the user and the viewer.

By Karen LaCamera
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Meditating is hard for me. I'm not ashamed to admit it. I'm a thinker, a researcher, a knowledge junkie. Diving into rabbit holes of information is my favorite pastime. It's been nearly impossible for me to incorporate a traditional "quieting of the mind" meditation practice, since my brain is always on overdrive.

When my teenagers were small, and I was a work-at-home graphic designer/mom, I needed find a way to relax and be calm, peaceful and present after the busyness of each day. I anticipated the times when the kids wanted to color. I would join them and stay at the table, crayon or marker in hand, long past the time when they wandered off to another activity. This was around the time when adult coloring books were all the rage. I purchased my first set of 100 Crayola Super Tip markers plus a coloring book filled with paisley designs, and I never looked back.

Over time, the coloring books I chose became more intricate and abstract. I found that mandala coloring books were my "thing". I could achieve that state of calm, peace and being present that I hadn't been able to previously reach within myself.

During this time, a close friend of mine said to me "Why are you coloring other people's mandalas when you could create your own?!" That one sentence and her belief in me, my design skills and my intuitiveness opened



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me up to a world of possibilities and potential.

I created my first mandala for a friend and my second mandala for a holiday, featured them on social media and suddenly everyone wanted one!

Let me tell you a bit about Mandalas. Mandalas are a combination of geometric shapes and symbols that radiate out from a central focus point in various ratios, proportions, and angles. Sacred Geometry is the use of shapes, symbols, ratios, patterns, etc. that have special meaning and history rooted in ancient traditions and practices. Mandalas are a mindful way of incorporating the energies of the esoteric, metaphysical and spiritual into mandala form.

Mandalas are considered a form of meditation for both the creator, the user and the viewer. Creating mandalas is a wonderful Mind, Body, Spirit meditation. We can use our mind to choose the shapes, angles and repeats; our body performs the physical act of drawing and coloring; our spirit connects to the energies of Sacred Geometry while entering a quiet and calm meditative state.

When I create a custom mandala, I tap in to a person's energy and ask for guidance as to what information they need at this time. I then receive the intuitive information/message and channel a mandala design with sacred geometry that is completely unique.

I feel that bringing this concept of an alternate form of meditation to the world, may help others like me who have a difficult time with traditional meditation. My hope is that whoever colors, creates, or decorates a mandala can have that transcendent Mind, Body, Spirit experience by combining their own creativity and intuitiveness.

PLEASE ENJOY THIS FREE COLOR-ME MANDALA
that celebrates Earth Day: <https://a.co/d/72RN5kh>

Create Your Own Mandala Book Link: <https://a.co/d/aQOS6Z>

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