



1. WHEEL OF CREATION

- *Movement*
- *A new start*
- *Embrace change*

The Wheel of Creation mandala offers guidance for new beginnings that are on the horizon. Big winds of change are gathering momentum and will soon be felt. If you choose to embrace the change and move forward with love, these winds will

bring you great blessings.

Additionally, this mandala comes as a reminder that as the Wheel of Creation spins, we are born each day anew. Within every day there is a new tomorrow. Leave the past behind you and awaken each morning to greet yourself in the mirror with eyes of compassion and a heart that whispers, “Be true to you.”

Exciting times lie ahead. Celebrate the now – doing so you will colour your future brightly.

WHEEL OF CREATION MEDITATION

This mandala is aligned with the solar plexus chakra and can be placed against your solar plexus for a rapid reminder of the power that lives within you. It can also help you to welcome the winds of change. To nourish yourself further, find somewhere comfortable to lie down where you won't be disturbed. Place the mandala upon your solar plexus, close your eyes, focus on your breath and bring your awareness down to your navel. Imagine a brightly lit doorway here and know it is safe for you to pass through, if you so choose. Awaiting you on the other side is an open field. As you stand within the field, open your arms wide and feel the winds of change upon you, gently blowing throughout your body and taking with it all that no longer

serves, leaving you feeling refreshed and ready to start anew. When you feel renewed step back through the brightly lit door into your physical body knowing you can journey back through your inner doorway at any time. Bring your awareness back into the room and open your eyes.

You may wish to complete this meditation by going outside, opening your arms and embracing the world of possibility that resides within you.

KEY ELEMENTS: Rainbow ray, solar plexus chakra, air, new beginnings, power within, freedom from past attachments, refining one's mind, fertility.

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2. SELF-MASTERY

- *The quickening of personal growth*
- *Release and renewal*
- *Self-care*

This healing mandala holds the twelfth dimensional energies that are being collectively experienced. These energies are becoming more and more prominent as the earth aligns to higher vibrations.

You may have felt physical symptoms such as dizziness, ringing in the ears, headaches, anxiety or nausea from certain foods. These are just a few of the symptoms that may appear as your old self is clearing away the debris to make way for something new you are integrating. It is suggested that you simply allow the symptoms to pass, but do take the time to offer yourself more love, nourishment and attention. Ask yourself, "How may I support you

today?”

This mandala was created on the 8/8/2015 to represent the commanding energies of the lion's stargate and signifies the great and expansive times of change we are currently in. Created mathematically as an eight, this mandala will assist you and your crystalline self as you integrate the higher photons of light that are being poured forth from the Creator at a level you are ready to receive.

This card indicates that you are in an accelerated period of growth. On a soul level, you have asked for this advanced stage on your journey. This mandala simply asks you to continue to flow and remain anchored within your heart space. As your soul experiences tremendous growth, be aware that this no longer needs to be tedious – it can be as gentle as you choose it to be.

At its foundation, this mandala speaks of self-mastery. All the different paths you have chosen thus far, have led you to the same place – to YOU, your core, your divine self. The journey to self-mastery is the most important journey there is. So, know your higher guidance celebrates your achievements towards embracing your soul's calling to self-mastery. Yes, it is true that self-mastery is an infinite journey and it will lead you to discover more and more of your brilliance. Right now, all you have to do is BE that and nothing more. Your inner star is shining with incredible luminescence. It is up to you to create new ways of being within your newly created world for all to see. Know your brilliance will spread at the speed of light.

SELF-MASTERY MEDITATION

If you are able to, please do this exercise outside. This mandala works beautifully in unison with the Earth Star Chakra card. Take the Self-Mastery mandala and the Earth Star Chakra card and place one either side of your feet (Self-Mastery to your left foot and Earth Star Chakra to your right foot). Close your eyes, focus on your breath and bring your awareness down to your heart space. Inhale to the count of five, hold for the count of five, then exhale to the count of five and repeat until you feel your heart slow and you become grounded

within the earth's plane. The Self-Mastery mandala will communicate with its sister self in the universe and as it does so, notice a hologram of this mandala above your head. The hologram will connect with the mandalas at your feet to form a triangle of the diamond ray of light. As you stand within this triangle of light, holding the diamond ray, you may see, feel and experience a brilliant clear light appear – as if you are standing within a diamond. Your deeper self is being recalibrated and activated in alignment with your soul's purpose. Experience photons of pure light streaming down through the hologram above your head, passing through each chakra within your body and down into the earth's core. When you are ready, bring your awareness back to your heart space and open your eyes. Allow yourself to sit on the grass and integrate all you have just received. As you do so the earth's core will communicate with your newly aligned self.

This mandala is a powerful grounding tool for anyone who is not anchored in their life's purpose. Journey on.

KEY ELEMENTS: Diamond ray, earth star chakra, base chakra, earth, universal self, soul purpose, integration, grounding.

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3. STAR CHILD

- *Inborn ability*
- *Mentoring*
- *Embracing life, opportunity or an adventure.*

This healing mandala brings forth guidance on the star children who are, have been and will continue to grace your Earth. Your planet is receiving unprecedented numbers of highly evolved star children

who are anchoring love within and upon the earthly realm. Children are being their whole selves as never witnessed before, as they live in accord with their innate wisdom. Open hearts and open minds are called for as you allow these children to lead the way, paving the future with the mortar of love and bricks of silver and gold.

If you have children, this mandala has come to remind you of the advanced souls you share your journey with and to encourage you to complete the following healing exercise. This healing meditation will help your child/children integrate and stabilise their energy fields as well as to remember their soul's chosen path and their role as teacher. The earthly realm can come as a shock to many of them as they have never felt the planet in such a state before. The seven directions, two solstices and two equinoxes are linked within every being, but the star children are instinctively more aligned than those that have come before them. The star children are symbolic of both the stars and humanity's earliest attempts to understand and communicate the order and unity inherent in creation. As liquid light, they breathe life into the very essence of each waking human. Their gold and silver footprints leave trails of pure love upon the fresh earth.

If you are not a parent, then this mandala has come to guide the star child within you, so that at no time are you lost. Recognition and

acknowledgment are for an ego wishing to diminish your brilliance. It is suggested that you complete the healing mandala exercise and remember to be the light. After all, the light you see at the end of the tunnel reflects your own light, your own brilliance. Listen with your heart and move forward with love.

STAR CHILD MEDITATION

If you are reading this healing for your child/children the following exercise is simple as star children respond very quickly to the energy contained within this mandala. If the child is of a young age, simply place this card under his/her bed for the next three days. For teenagers and adults, lie down and place the mandala on the third eye. Then with closed eyes, focus on deep breathing and visualise a deep-green eight-pointed star appear within the mind's eye to form a green band around the head. Imagine the star becoming a green column of light that cloaks down over the body. One of the roles of the eight-pointed star is to help people see themselves as they never have before. To finish this exercise, rest within this ray until it starts to fade. More so than a healing, this meditation will kindle the light that gives you life. When you are ready, bring your awareness back within the room and journey on.

KEY ELEMENTS: Emerald-green ray, black-obsidian ray, third eye chakra, earth, awareness, unity, calm, feeling centred.

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