Mandala Meditation

So I'd like to end with a meditation to have a little experience of ourselves as the Mandala so I invite you to find a way to be comfortable in your chairs

Now that we've talked about and learned about these different aspects of the Mandala let meditate on that for a moment closing your eyes relaxing your body

In the beginning there was only the vast and quiet deep endless space no up and down no front and back neither East nor West North nor South. Bright and dark were not yet divided nor had the light and darkness yet emerged surrounded by this vast endless expanse of the cosmos the Infinite Source you begin to hear a tone oscillating in and out of the Void the primordial sound of OM.

The creative impulse reverberating into the void vibrating pulsating throughout space from the all pervasive waves and rhythms in unending movement the sound waves collect a danced Revelation manifesting into forms condensing into light from this primordial ocean of sound arises a sphere of luminous light like the sun shining in all directions full of abundant vibrant possibilities radiating into Infinity.

The sphere of light condenses into a single syllable the embryonic seed of the Divine in an instant the syllable of light transforms into a Divine being made of radiant light imagine that you are that radiant being of light in the center of this vast expanse of space.

Rays of light shine out from your body in all directions like the Petals of a Lotus radiating from its Center front back sides your light shines and sounds ReSound throughout space.

The light rays and sound waves emanating from your body takes the form takes form and begins to condense into the four walls forming into your Square Palace which contains your essence in

your Palace you dwell in peaceful meditation the source of all things your mind as vast as space.

Your Palace your Abode is divided into four parts for each of the four directions in front of you shines out a white light towards the east becoming the element of water this is the light of your mirror like wisdom which transcends all anger and hatred let your white light shine out in front and reach through the vast expanse of space creating peace and Tranquility.

From your right side shines out a yellow light towards the South becoming the element Earth this is the light of your wisdom of equanimity transcending all ego's Pride let your yellow light radiate out to the right increasing abundance and prosperity giving and nourishing life.

Behind you shines the red light towards the West becoming the element of fire this is the light of your Discerning wisdom transcending your grasping attachments let your red light of Love command and empower those who are weak and in need of strength.

From your left side radiates out a green light towards the north becoming the element of air this is the light of your all accomplishing wisdom transcending all jealousy and avarice let your green light of activity overcome all obstacles.

Each of these directions are opened by a Gateway where the Guardians of the gates sits protecting overpowering all obstructing forces and negativity.

All around your periphery surrounding you is a ring of lotus petals facing outward representing your Purity and beyond that that is a ring of adamantine scepter which preserve your essence preventing it from leaking out becoming the indestructible unchanging Cosmic Consciousness.

And around your furthermost boundary around the outer reaches of space is a ring of fire the Flaming barrier which forbids access protecting your Sacred Space and burn in through ignorance dispelling all darkness and destruction.

And all that lies within wave patterns upon wave patterns condense and disperse pulsating with light and sound vibrations creating form creating all life.

You are the Mandela you are the center of your universe creating your experiences of life.

When you're ready opening your eyes coming back to the Mandala of this room.