Creating Mandalas to Honor & Celebrate 2018

Year End Blessing

Before we begin the new year, let’s honor, celebrate, and thank 2018 for the many blessings and surprises.

It’s tempting to jump right into the new year with goals and resolutions. We might even feel discouraged before the new year begins, especially if we get caught up on what we didn’t accomplish in this year. The solstice is a wonderful time to slow down, try a new creative practice, and to reflect with a grateful heart.

To capture the spirit of our year, we’ll use the “Seed of Life” pattern from sacred geometry. This is an amazing design made of seven circles. The various shapes in this design are perfect containers for drawing and journal writing. What I love most about this design is how the circles overlap to show a connection with the circles next to each other. It’s a great metaphor for the connections we recognize in our lives.

This activity guide provides you with the steps to honor, celebrate and release the energies from the previous year before beginning a new year. It’s an important step to not get stuck in the past and to make way for what’s next.

I’m offering two events - Solstice Celebration on December 21, 2018 and the annual Inspired Year Retreat in January 2019. Find details on the last page of this guide.

Thank you for sharing this sacred time with me. May your heart be filled with the brightest blessings from 2018 and ready to embrace new adventures in 2019.

Kathryn Costa
Author, “The Mandala Guidebook” and host of the 100 Mandalas Challenge.
Creating Mandalas to Honor & Celebrate 2018

Steps:

1. Gather
Gather supplies and prepare your space. Know that you don’t need any fancy paper or artist grade supplies. Anything that makes a mark is fair game for creating a beautiful mandala. I like to use markers, colored pencils, sparkly gel pens, colored ball point pens. If you keep a journal, this is a great time to pull it out.

2. Open
I use a chime to create a sound that signals leaving ordinary time and entering the sacred space of my personal retreat. A bell or music can also be used.

3. Create
Print the Seed of Life mandala template found on page four of this activity guide or learn how to draw the Seed of Life. You’ll find instructions in chapter 3 in my book, “The Mandala Guidebook” (www.100mandalas.com/book) or lesson 6 in the Drawing I course (www.100mandalas.com/draw).

4. Color and Contemplate
As you fill your mandala with color, think about the previous year and the blessings and surprises that you experienced. You may record your thoughts within the shapes of the mandala or in the spaces around it. You may keep a journal close by to write in if you’d prefer to not add words to your mandala. Refer to the prompts found on page three to guide you on reflecting on your year.

5. Honor and Witness
Making time to sit with our artwork not only honors it, but allows us the time to make connections and deepen our understanding of our stories. Give yourself some time with your mandala. You may enjoy a cup of tea or your favorite beverage as you reflect on what you see, sense, and feel about your mandala.

6. Release and Close
It’s time to close the circle. Hold your mandala in your hands and take a few deep cleansing breaths as you look at the mandala. Repeat these words or others that feel natural for you, “Thank you 2018 for this year of blessings and surprises. I am grateful for the many lessons. This mandala will help me to remember this year.” Next close as you opened. For example, if you used a chime or bell, ring them now. If you are playing music, slowly turn the volume down before turning it off. If you were burning a candle, blow it out. As you do this closing action say, “I release the energy from 2018 to make room for what 2019 will bring. I trust the seeds planted in 2018 will be nourished to grow into wondrous new blessings.” Noe, take a few slow, deep cleansing breaths and sit in silence for a moment before returning to your day.
Creating Mandalas to Honor & Celebrate 2018

Reflecting on 2018

Here are a few prompts to get you started. Don’t feel that you need to answer all of these questions. Notice your reaction to them and pick and choose only those that you feel called to reflect upon.

What blessings and surprises happened this year?
Who did you meet, connect with, or reconnect with this year?
What are you grateful for this year?
Did you learn anything new?
Did you pick a word-for-the-year? What was it? Did you forget it? Did your word change?
Looking back on the year, if you were to pick one word to describe it, what would it be?

Reflecting on Life’s Challenges

As you think back on the year, you may have faced some challenges, difficult transitions, loss of a friend or family member, financial struggles, or an unexpected diagnosis, etc.
Strong feelings may surface along with tears as you recall these moments. If this happens, pause and be present. Acknowledge your feelings and let those tears roll.

*Know that you are not alone.*
We are all balancing mixed blessings in our lives.

After the initial storm of emotions have passed through, take some gentle cleansing breaths. I know this isn’t the first time you’ve experienced a heart-tugging challenge. You have experience picking yourself up and pressing on. After all, you are the heroine of your life’s journey.

Take some time to think of what you’ve learned this year from the challenging situations.

Did you meet someone as a result? Who supported you?

Look over the list of words on the right. Do any of these words describe you? What qualities did you discover in yourself? What gifts did this year bring you?

Incorporate these virtues into your mandala design to serve as reminders of the strong heroine that you are!

Qualities of a Heroine
- Assertive
- Brave
- Caring
- Courageous
- Curious
- Determined
- Discerning
- Forgiveness
- Generosity
- Kindness
- Optimism
- Patience
- Perseverance
- Resilient
- Responsible
- Self-Disciplined
- Truth Teller

Gifts
- Clarity
- Endurance
- Grace
- Strength
- Wisdom
2018 is the Year of __________________________
Let’s Gather as a Community
to celebrate the many blessings and surprises from 2018. On the night of the solstice, we’ll gather in an interactive webinar for a Soul Journey, oracle card reading, Year End Blessings Mandala activity, and show & tell.

Solstice & Year End Celebration
Honoring & Releasing 2018

Join Me On
Friday, December 21, 2018
6 p.m. to 9 p.m., EST
Online Zoom Webinar

Recordings available to review throughout the year.

My Gift To You
No charge for this event.

Prize Giveaway
Everyone who registers will be entered to win one of several prizes. Attendance not required to win.

Details & Enroll at www.truenortharts.com/solstice

Invite your friends to join us!
December Mandala Challenge
Enter your Year End Blessings Mandala for a chance to win!

Post Your Mandala in the Sharing Circle
by December 31, 2018

Not a member?
Join for FREE at
www.100mandalas.com/community
Overview of My Year-End & Year-Beginning Practices
I’m often asked, “How do you get so much done?” and “How do you stay so motivated?” The keys to getting what you want in life is having a clear vision for what you want and the confidence to make it happen. At the beginning of each year, I check-in and renew my life vision by doing several activities that are part of my Inspired Vision Retreat, an online course offered in January. Here are some examples of how these practices have helped me to have an “inspired vision” and realize so many dreams.

Year End Blessing Mandala
In 2016, I started a new tradition to record the highlights from the year within the Seed of Life Mandala. I found this is a necessary process to reflect on, celebrate, and more importantly release the energy from the previous year, before I can dive into the new year. To create your own Year End Blessing Mandala follow the instructions on page two of this activity guide.

2018 has been a year filled with many unexpected blessings and surprises. I printed two copies of the Seed of Life Mandala template found in this guide. I journaled in the various large shapes highlights from my year and selected six words to go with them. In the finished mandala, I drew shapes and symbols in place of the journal writing.

What seeds have you planted in 2018? I can’t wait to see how they blossom in 2019.
**Word-for-the-Year**

Words are so powerful and I’ve found selecting one helps me to stay focused on my dreams. Some years my dream was finding Mr. Wonderful and having a healthy and loving relationship. Other years my intention was focused on my health or career. In my online course, called the *Inspired Vision Retreat*, I share a couple of playful activities called the *Word Audition* and the *Scavenger Hunt* that are used to find your one word. If you already have a word selected, these activities will help you to start using your word to get a clearer vision to take the next steps.

My word for 2017 was BELIEVE. I worked with my word throughout the year and discovered some limiting BELIEFS that were holding me back. Wow! It was like turning on a light in a dark room. **My word has given me the confidence to say YES! to working full time for myself doing what I love.**

My word for 2016 was COMMIT and my motto was “Commit you’ll find a way to do it.”

**This powerful word inspired me to make time to write my book proposal and later say YES! when offered a publishing contract.**

**What word will be your beacon in 2019?**
Dream Wheel
Dream wheels (circular vision boards) are made by cutting and gluing down found images and words to create a vision for your life.

My 2017 Dream Wheel helped me to hold a vision for the year. It is amazing to compare how the year turned out with what was on my dream wheel. For example the Statue of Liberty represents me declaring my independence by quitting a day job to work for myself full time. The woman at the bottom of the wheel lying in the sun was me in November when I unexpectedly went to a retreat in Hawaii.

In 2019, I’ll be teaching in India, Peru, and Bali. If you look back on my 2017 dream wheel, you’ll see clues of these and other dreams that I “planted” in this collage.

Vision Journal
In 2017, I created a vision journal. It’s a place where I work with my word-for-the-year and further develop my vision.

My 2017 vision journal was made entirely from recycled materials and what I had on hand. It has been a place to tuck inspiring words, phrases, and quotes related to my word, BELIEVE. It’s where I continued dreaming and doing all year long.

Pictured here is my vision journal from 2018 and the catalogue that I altered. A collage on the cover depicts me stepping into a creative new year. The words, “Own It” inspired me every time I looked at this journal. 2018 was the year to “own” my creative brilliance.
New for 2019!
In 2018, I hosted eleven magical workshops where participants received a gorgeous envelope in the mail that they brought to the interactive webinar. Each session included a Soul Journey guided meditation, oracle card reading, and several creative activities. I’m bringing this same fun, magic, and play to the Annual Inspired Vision Retreat.

Each year, I’ll design a new commemorative envelope that will have surprises tucked inside. **In the webinar, you’ll have the opportunity to listen to your intuition and the wisdom of your soul as you connect with your vision for the upcoming year.** There will be time to create and play with the activities included in this workshop.

Join me and other lovely kindred spirits as we begin this year with a beautiful vision and inspiration for the year ahead.

**Inspired Vision Retreat 2019**
a creative and nourishing approach to finding clarity

**Course Begins**
Friday, January 11, 2019

**Pick One Webinar (optional)**

- **Webinar Session 1**
  Friday, January 18, 2019
  6 p.m. to 9 p.m., EST.

- **Webinar Session 2**
  Saturday, January 19, 2019
  10 a.m. to 1:00 p.m., EST

Recordings available to review throughout the year.

Only $57!

Details & Enroll at [www.truenortharts.com/inspired](http://www.truenortharts.com/inspired)