

The Flower of Life

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The Flower of Life is a mandala or rather a geometrical picture with a special significance.

1. Significance

The Flower of Life has several forms of significance which have supporting effects on us. It consists of many overlapping circles. The mandala itself is worshipped, as it is the symbol of the creation and the universe. It balances the body, the spirit and the soul and also depicts this balance. Moreover, it radiates energy and has balancing effects on the relationship between our intuition and our intellect. It also has fostering effects on our merkaba, so that it will be easier for us to make multidimensional experiences.

2. Possible Forms of Use

- Print out the mandala and colour it – this will have relaxing effects
- Print it out on coloured paper and hang it in your rooms – thus it will radiate onto you and the effects will be supporting and also harmonising the room
- Use it as a coaster by putting your drinks and your food onto it, thus energizing them
- Have a long close look at it and meditate on it
- Focus on the mandala and envisage the infinity of the universe
- Be creative: You can print or paint/draw it onto a pillow, a towel, clothes, cups; make jewellery etc.

The Flower of Life is available as a separate PDF file “Flower of Life – Mandala”.