



## Article Side

Finding your intuition through a mandala, sacred geometry - the blueprint of the universe by [Tameera Kemp](#)

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Mandala is Sanskrit for circle or connection and is seen as a model for the structure of life itself. This ancient motif dates back around 6,000 years. Tibetans call mandalas "Architecture of Enlightenment," a temple or a blueprint of the universe.

Mandalas are used intuitively; there is no right or wrong way to experience one. You may begin just by looking and observing whatever form it takes. As you gaze at the center and take in the rest with your peripheral vision, feel the energy flow between the mandala and your heart center.

The inspiration behind Light Stays came from a mandala. The fiery warmth of the lower or base chakras form the colour.

The origin of a mandala is a dot from the centre free of dimensions meaning seed, sperm or drop. Mandalas are a sacred space often featuring the world around or about you.

They represent inner and outer energies; many are formed as circles but can picture a wide range of shapes. Mandalas come in all forms of colours and sizes. Often the lotus flower and the Flower of Life can influence a mandalas creation. Visiting an art retreat teaching mandala drawing programs is a great way to express and immerse yourself whilst discovering this beautiful ancient art.

I've loved mandalas for as long as I can remember. I find them useful whilst meditating, gaining clarity or inspiration. They bring a beautiful energy to your home or place of work and a sense of peace.

A mandala can rejuvenate your mind, body and spirit and your energies. They are the perfect tool to meditate with and can often centre your thoughts and mind.

Giving a child an outline of a mandala to colour will help calm their energies and release their imagination. Try giving them an assortment of colours to work with and see how their focus evolves.

The mandala comes from many parts of life we often don't see. It's in nature, flowers, the sun and moon, the stars and the sky.

A mandala is a sacred gift to share with someone. Colours can be associated with orange for communication, blues for intuition, purple for spirituality, pink for love, green for nature and, yellow for uplifting, earth for grounding and black for mystery.

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[Tameera Kemp](#) - About Author:

Tameera Kemp is the founder of Light Stays Retreats and Living - the worlds most advanced holistic

directory for retreats, events and classes.

Tameera enjoys visiting retreats and taking regular classes to balance energy, increase awareness and gain new perspective. Sheâ€™s practised astrology and numerology for around 20 years assisting people with life cycles, direction, clarity and understanding.

She formerly managed adult education for eight years at a top Australian university, creating one of their most successful course programs in journalism, media and communications.

Tameera has a special interest in websites and their power to connect people worldwide, blogging, social media and developing online resources to enrich personal development, wellbeing, creativity, travel and growth.

Tameera established Light Stays Retreats and Living in 2011 creating her dream global resource to inspire and guide your journey.

[www.lightstaysretreats.com](http://www.lightstaysretreats.com)

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