



Mandala Discovery

“Each person’s life is like a mandala – a vast, limitless circle. We stand in the center of our own circle, and everything we see, hear and think forms the mandala of our life ... everything that shows up in your mandala is a vehicle for your awakening.” ~ Pema Chodron

Do you want to learn a new creative/spiritual practice? Are you curious about how mandala journaling can be used as a tool for mindfulness, personal awakening, and a deeper understanding of your subconscious mind? You’ve come to the right place to feed that curiosity.

I want to invite you on a unique, 30 day journey that’s unlike any journey you’ve taken before. It’s a journey to yourself.

Now you can now sign up for Mandala Discovery any

time you want and start receiving the daily prompts immediately.



"Anyone out there who is considering signing up for Heather Plett's Mandala Discovery....go for it! You will be amazed at the growth and insights you will gain as a result! I still check in with the Facebook group to witness the awesomeness that happens with each new group of souls who take this journey; plus I still make mandalas, nearly daily. They have become an integral part of my spiritual practice."

– Linda Marie Davinroy Smith

If you want to learn more about yourself, find a way through a stuck place, seek clarity about something new that's growing, or simply try a new creative practice that offers new insights and opportunity for mindfulness, **mandala journaling** may be for you. You'll get thirty daily prompts, and each day you'll work through themes like **play, trust, shadow, chaos, and balance**.

What is a mandala and why make them?

"Mandala" is the ancient sanskrit word for circle and it symbolizes wholeness. It's pretty simple, really – anything that shows up in circular form – whether it's art, dance, or a slice of kiwi fruit – can be considered a mandala. I love the fact that they are so universal and can be found everywhere. In every part of the world, mandalas show up in the art work, nature, and cultural and spiritual history of a place.

Mandalas have been used in various spiritual traditions (especially eastern religions like Buddhism and Hinduism) for spiritual teaching and meditative purposes. They have also been used for therapeutic purposes by psychoanalysts, most notably Carl Jung, who considered them the "**archetype of wholeness**". In the Christian tradition, mandalas have been used by such notable mystics as [Hildegard von Bingen](#).





*"This class touched me so deeply. The daily invitations to journey into dark corners and light spaces and back out were steeped in grace and meaning for me. There was a rhythm to this offering that felt deeply personal—as if Heather was speaking to me alone. Take this course and find yourself and your center in the journey."
-Patti Digh, author of Life is a Verb*

Mandalas combine spirituality, meditation, therapy, creative process, and play in one holistic circle. They help us slow our minds, process our complex thoughts, and shift out of our logical left-brains into our intuitive right brains.

They also have a **strong feminine aspect** to them, with connections to the womb and the birthing process, as well as to nature and Mother Earth. They ground and centre us and bring us back to the heart of who we are.



"Participating in the Mandala Discovery: 30 Days of Mandala Journaling has been an illuminating experience. The process provided me with a structure suited to my own schedule allowing me to clarify my vision for why I do the work I do. My fire is burning brightly again! Thank you Heather." – Lorrane Lima

What do I bring to mandala-making?

First and foremost, I bring my **curiosity** to mandala-making. I also bring years and years of practice and deep learning.

Anyone can learn to make mandalas – just start playing with colour, lines, words, and images inside a circle and see what emerges. But if you want to take that into deeper

self-discovery, I can help you.

I have developed a **unique process that combines mandala-making with intuitive journalling**. This process has been gradually emerging for me over many years of journal writing, creative process, poetry writing, and art-making. I use the process when I teach creativity, writing and personal development workshops. My first mandala poem was published in a poetry journal twenty five years ago and I've been exploring it as a tool for my personal development ever since.



Unlike some of the more traditional mandalas that rely on specific symbols, follow certain rules and are closely associated with specific religious or cultural traditions, my mandala process is **intuitive and unique** to each person who does it with me. I give you guidelines and support, but I never give you rules.

To learn more about why I make mandalas and what I get out of them, read [this post](#). To learn more about me, [visit my website](#). To see what a mandala prompt might look like, see [this sample prompt](#), or visit [this post](#) or [this post](#).



"I believe mandalas are one of the most insightful and meditative tools we are gifted with – and your method of sharing them is extraordinary. It's simple, clear, and immensely powerful. You make it easy to do, and easy to go deep with your clear directions and beautiful examples, thank you." – Christa Gallopoulos

Who could benefit from this mandala journaling process?

- anyone seeking clarity in their life
- anyone birthing new ideas into the world
- anyone trying to find simplicity in the midst of complexity
- anyone seeking a contemplative spiritual practice that will enrich their life
- coaches looking for creative processes to add to their toolboxes

- teachers and leaders who want to invite creativity and fresh energy into their classrooms or communities




Since Mandala Discovery was first launched in September 2013, more than 1000 people have made their way through the 30 days of prompts. Beautiful stories have emerged about not only their own transformation, but also the way that their mandala practice is touching people around them. Participants have said that, in addition to their personal self-discovery work, mandala journaling prompts are being used:

- as an exercise in a second grade classroom,
- in women's gatherings,
- in staff workshops,
- as homeschooling activities,
- in grief coaching sessions, and
- in a drug and alcohol recovery program

Each exercise is simple enough for a seven-year-old to complete, and yet complex enough for the deepest of personal journeys.





"Mandala Discovery has been extremely helpful to me in ways I'm sure I don't even understand yet. I am in recovery and am preparing to leave for a recovery coach training seminar in preparation for opening a consumer run drop-in center on our local native reserve. I will be using mandala journaling in helping others in recovery for alcohol and drug addiction. I feel I owe immensely something that cannot truly be repaid." – Jami Lea

What does mandala journaling offer that you can't get from traditional journaling?

Journaling is a valuable practice no matter how you do it. But... sometimes when we simply write in straight lines across a page we get stuck in left brain thinking that wants to find logic and order in everything. Words, on their own, are a function of the left brain. Mandala journaling, by incorporating circles, spirals, colours, images, and shapes along with the words, invites us into a deeper place that accesses both right and left brain thinking. **We access a deeper creative source that goes beyond logic and order and into mystery, creativity, and intuition.**

"While painting them (mandalas), the picture seems to develop out of itself and often in opposition to one's conscious intentions." – C.G. Jung

"Most mandalas have an intuitive, irrational character and, through their symbolical content, exert a retroactive influence on the unconscious. They therefore possess a 'magical' significance, like icons, whose possible efficacy was never consciously felt by the patient." – C.G. Jung



"Mandala Discovery is opening my heart, my artistic senses, and even my meditative skills! I'm getting back in touch with parts of me I'd forgotten were there. Thank you, Heather, for being my guide on this journey." – Donna Ahlstrand

You can now sign up for Mandala Discovery any time you want. You'll receive an introductory email right away and then the daily lessons will start arriving shortly after that.

1. Mandala Discovery: Thirty Days of Mandala Journaling – \$55 CAD

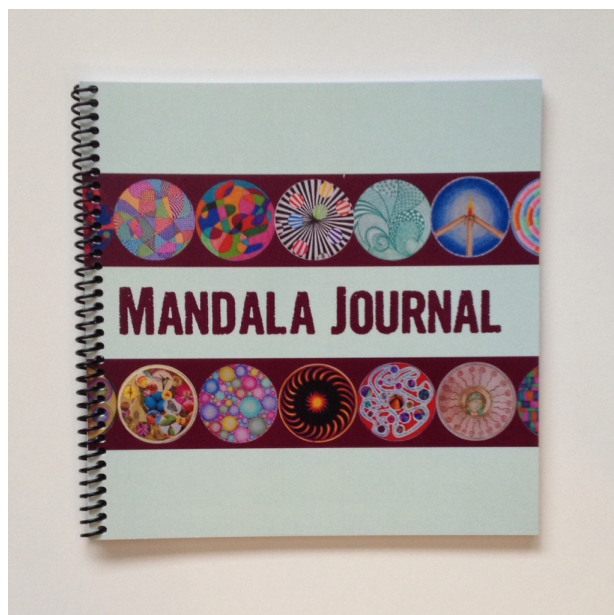
When you sign up for Mandala Discovery, you will receive the following:

- **A 6 page introductory pdf** that talks about the history of mandala-making around the world and explains more about my own mandala journaling process.
- **A 3 page mandala journaling toolkit** pdf that provides information on what tools are useful for making mandalas.
- **Daily emails for 30 days.** Each will contain a short inspirational article on a particular theme and a step-by-step lesson on how to do a unique mandala journaling process related to that theme. Some of the themes include: play, chaos, journey, balance, shadow, connection, etc. All will include pdfs of the lesson that you can keep for future reference, and some will include links to other helpful resources.
- **Access to a private Facebook group** where you can ask questions of me, build community with others in the program, and share your mandala processes.

2. Registration PLUS a Mandala Journal – \$95 CAD (includes shipping)

You'll receive all of the above PLUS a 50 page square (8.5" x 8.5") blank (soft cover) journal. The paper is heavy to avoid bleed-through. The cover is glossy card stock paper with a Mandala Journal design on the front. There is a coil-binding, which makes it easy to lay flat or to flip the back over for easier access to the pages.

Note: price includes shipping anywhere in the world. The lowest cost shipping method will be used, so there is no guarantee how quickly it will arrive, especially if you are outside North America. If you wish for it to be shipped more quickly, please [contact me](#) about the additional cost.



In case you're concerned that you may not have enough time to complete all of the prompts as they arrive, let me assure you that though this is set up as a 30 day program, you can take as long as you want. You will have access to a private page on my website where all the pdfs are housed. You are welcome to download them and work through them at your own pace. It could be 30 days, or it could 30 weeks - your choice. You'll get to stay in the Facebook group as long as you want, while continuing to explore the mandala prompts far beyond the 30 days.

Questions or concerns? Please contact me.

Name *

First

Last

Email *

Address (only necessary if you're ordering a journal)

Street Address

Address Line 2

City

State / Province / Region

ZIP / Postal Code

Country

Phone (only necessary for shipping of journals)

Phone (required for international shipping if you're ordering a journal)

Mandala Discovery Registration *

Mandala Discovery - Single Registration (no journal) - \$55 CAD

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