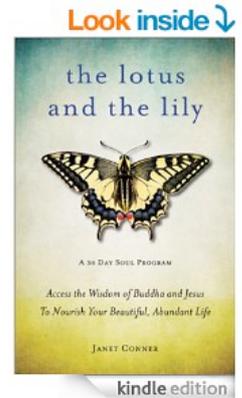


# INTENTION MANDALA “VISION BOARD”

The Intention Mandala is a unique creative way of doing a Vision Board that may manifest your goals faster and easier than any other method.

In terms of the Law of Attraction, it connects you to Source at a deep spiritual or soul level.

I discovered it from Janet Conner, author of *The Lotus and the Lily – Access the Wisdom of Buddha and Jesus to nourish your beautiful, abundant life.*



## What is an Intention Mandala?

It consists of putting your goal setting dreams and desires (as pictures and words) onto a circular “Vision Board, called an **Intention Mandala**.

**In the centre** of the Mandala you place your intention to be connected to Spirit, creating soul conditions by which you live your life.

The material things you want to manifest are pasted on the **outer circle**, radiating out from the inner spiritual conditions.

## What Is A Mandala?

### Origins

The circle is a symbol of wholeness, unity, endless potential.

Carl Jung said mandalas possess a “magical” significance he called “grace”.

By creating a **Vision Board** in the form of a Mandala you are tapping into this established “field” with its magical quality to quicken manifestation of your dreams and goals.

## The History of Mandala

Mandalas have been used for centuries by Buddhists, Hindus, Tibetans and Native Americans in prayer, meditation and for healing.



(Col. Warden - [www.wikipedia.com](http://www.wikipedia.com), [www.freefoto.com](http://www.freefoto.com))

## Janet's story...

Author Janet Conner, host of the Unity Radio Show: *The Soul Directed Life*, tells how she was on the verge of filing for bankruptcy when she was given the inspiration to create the four week process that culminated in her Intention Mandala.

One month later Janet was financially free and flush with incoming cash from new clients. Gratefully, she was prompted to teach the process to others – now in her book *The Lotus and the Lily*.

At the heart of the book is her realisation that getting what you want is all contained in this saying from Buddha:

*“When conditions are sufficient there is a manifestation.”*

Or as Janet puts it: *“You can have anything you want by putting your intention and attention on connecting to the Divine within.”*

At her website [www.janetconner.com](http://www.janetconner.com) you can read more about her teachings about living a “soul directed life”.

## Intention Mandala Prayer Practice Ritual

Make your Intention Mandala part of your daily Prayer Practice...first thing in the morning during your Early Morning Ritual sets the positive tone for the day.

Janet Conner explains how she has used Intention Mandalas as part of her morning prayer practice for several years with astounding results in this You tube Video <https://www.youtube.com/watch?v=IPaQB0UH-fY>



As you watch the video you will notice her acting out many of these steps of her Mandala Prayer Ritual:

**Breath** – Slow sweet breaths to help you feel centred.

**Words** – Words of prayer e.g. commit to be one with the One, state your desires; hand them over to Spirit

**Voice** – Speak your words OUT LOUD – use oomph, meaning and heart. Best of all...SING or CHANT them.

**Emotion** – Feeling loved by Spirit, smiling, joyful as you imagine your Mandala spinning off into space, attracting all that resonates with it.

**Body** – Touch the Mandala, as you move, dance – or just move the fingers in mudras. (I would do EFT tapping on the Mandala and on myself).

**Sound** - Tap a tambourine, rattle, ring a bell, clap your hands.

**Senses** – Scented candle, flowers. Sweet fruit for your sense of taste.

### **Wild Soul Dance**

It's for those of you, says Janet, who want to *“dance with the wisdom of your wild soul – the part of you that is alive and hungry for the full adventure of life.”*

It's different from the flat rectangular Vision Board format because Conner sees it spinning like a hologram in space, manifesting your ideas into form.

### **Name Your Year**

What words capture the vision for your future year?

Choose a name that lifts your heart, makes you smile.

- Abundance
- Life purpose

# Goal Success

- Joy
- Health
- Prosperity

Give your year a theme NAME and write it under the Mandala.

## Choices

You have the option to create:

- Both a Vision Board **and** an Intention Mandala.
- A Vision Book **and** an Intention Mandala to focus on during your Early Morning Ritual.
- Combine them into one hybrid Intentional Vision Board Mandala.

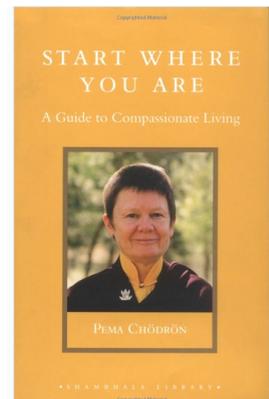
Play with it and follow your heart.

Good luck!

## Conclusion

Let's conclude with this beautiful quote by Tibetan Buddhist nun Pema Chodron:

“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.”



## RESOURCES

Janet Conner:

**Website:** [www.janetconner.com](http://www.janetconner.com)

**Books** by Janet Conner:

[Lotus and the Lily](#) A process for creating an Intention Mandala

[Writing Down Your Soul](#) A book which shines a light on journal writing as a spiritual practice.

[You Tube Video: Janet Conner Prayer Ritual for the Intention Mandala](#)