

{ practices for paying attention }

mandala making



“He is the image of the invisible God.. in whom all things hold together.” – Col 1:16-17

Often we shuffle along, absorbed with what is in front of us – our own issues and problems. We forget we are interconnected. Held together by Christ.

On your daily walk pay attention to the gifts that nature is offering to you. Collect (responsibly and safely) a few leaves, flowers, berries, feathers, stones... whatever catches your eye and captures your imagination. When you get home clear a small space in your garden or on the pavement outside your house. Slowly and intentionally, arrange your collected materials to create a mandala - a repetitive circular design symbolising the idea that everything is connected. All things hold together in Christ.