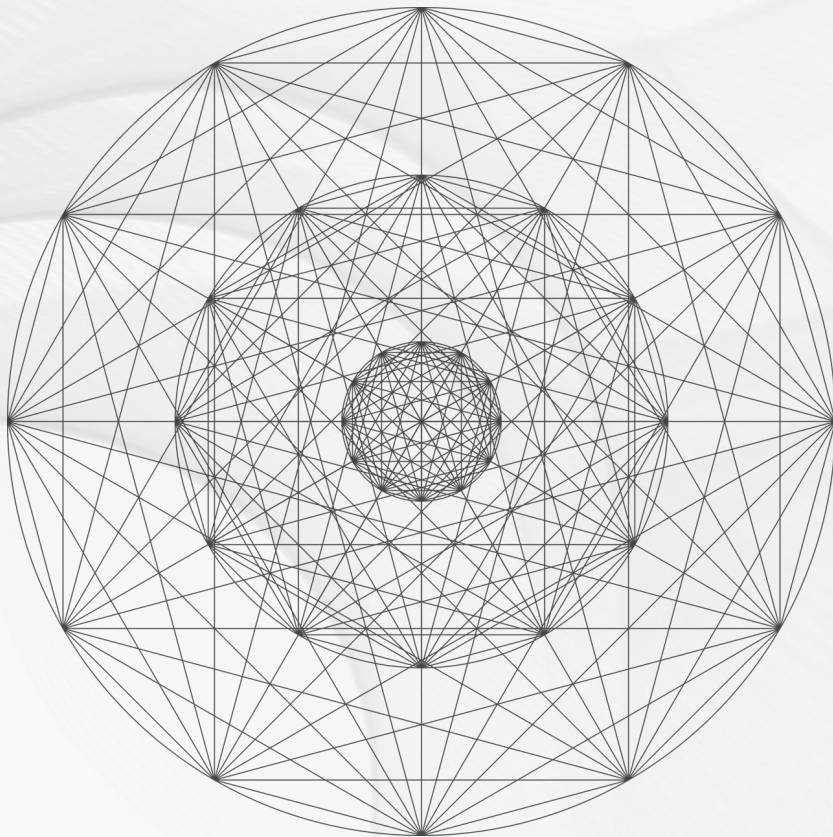


ANDREA BERTOCCHI

MANDALA JOURNEY

Coloring Your Inner Self



SACRED PATTERNS FOR MINDFULNESS,
RELAXATION AND PERSONAL GROWTH

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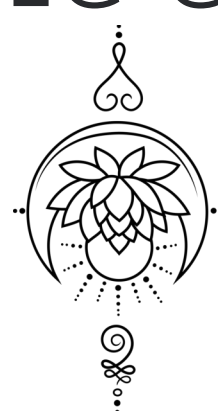
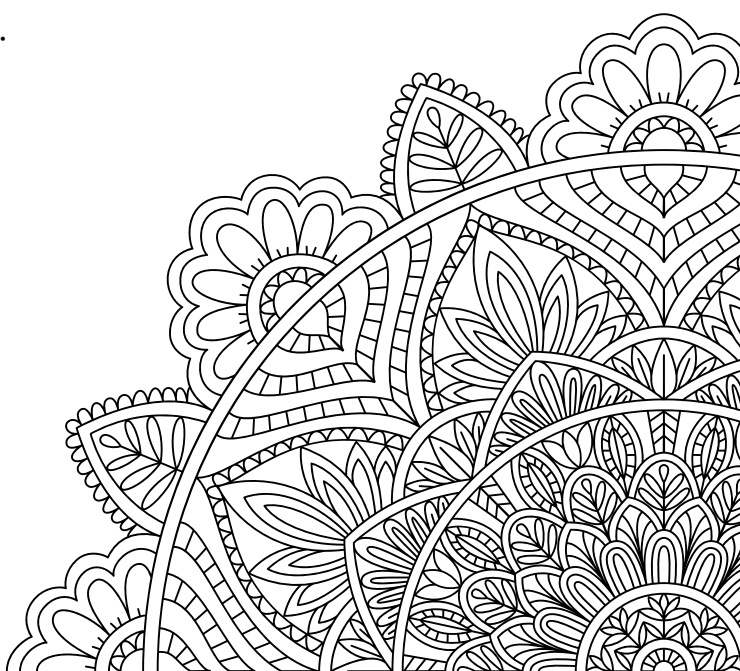
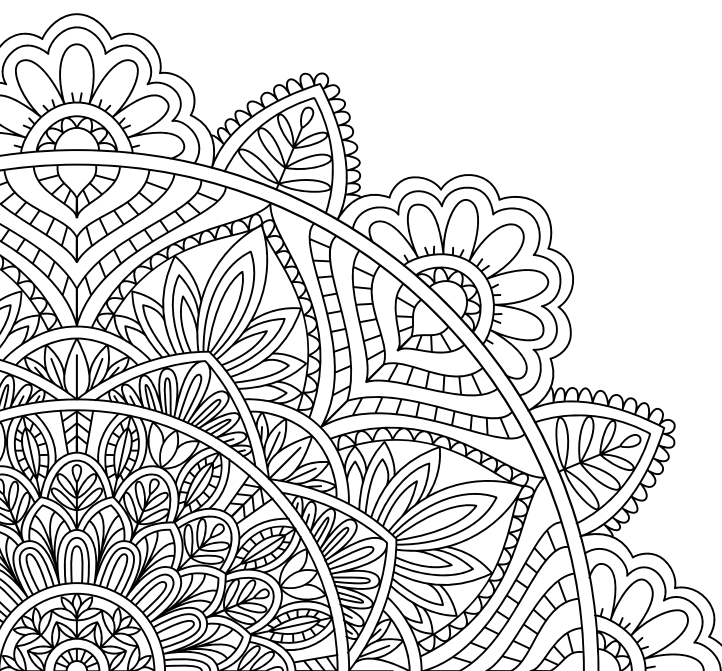
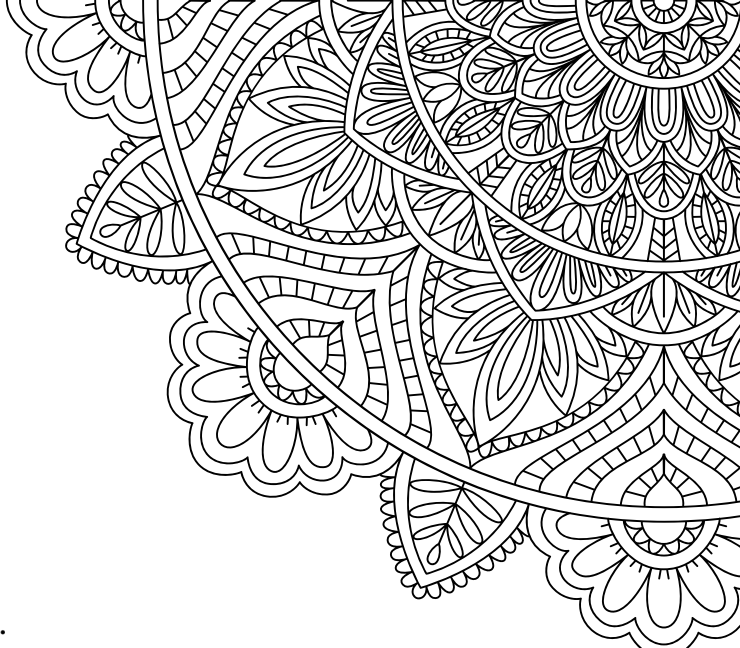
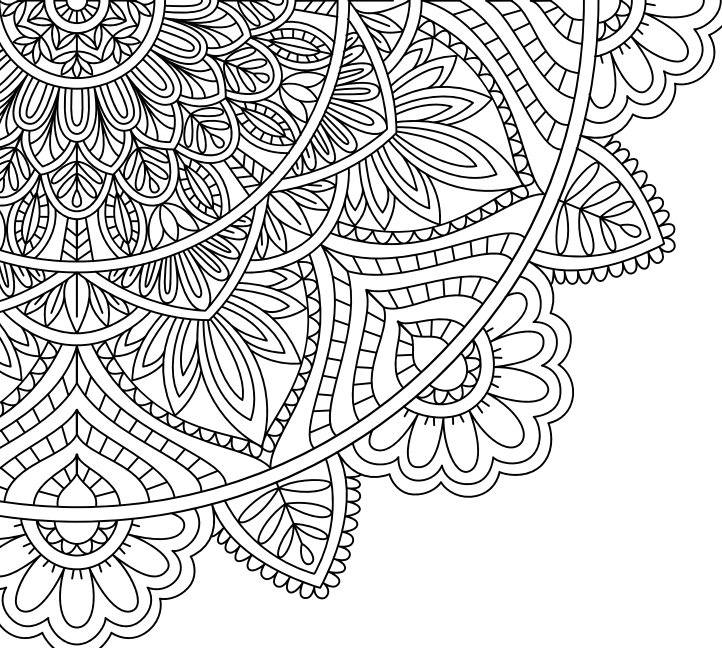
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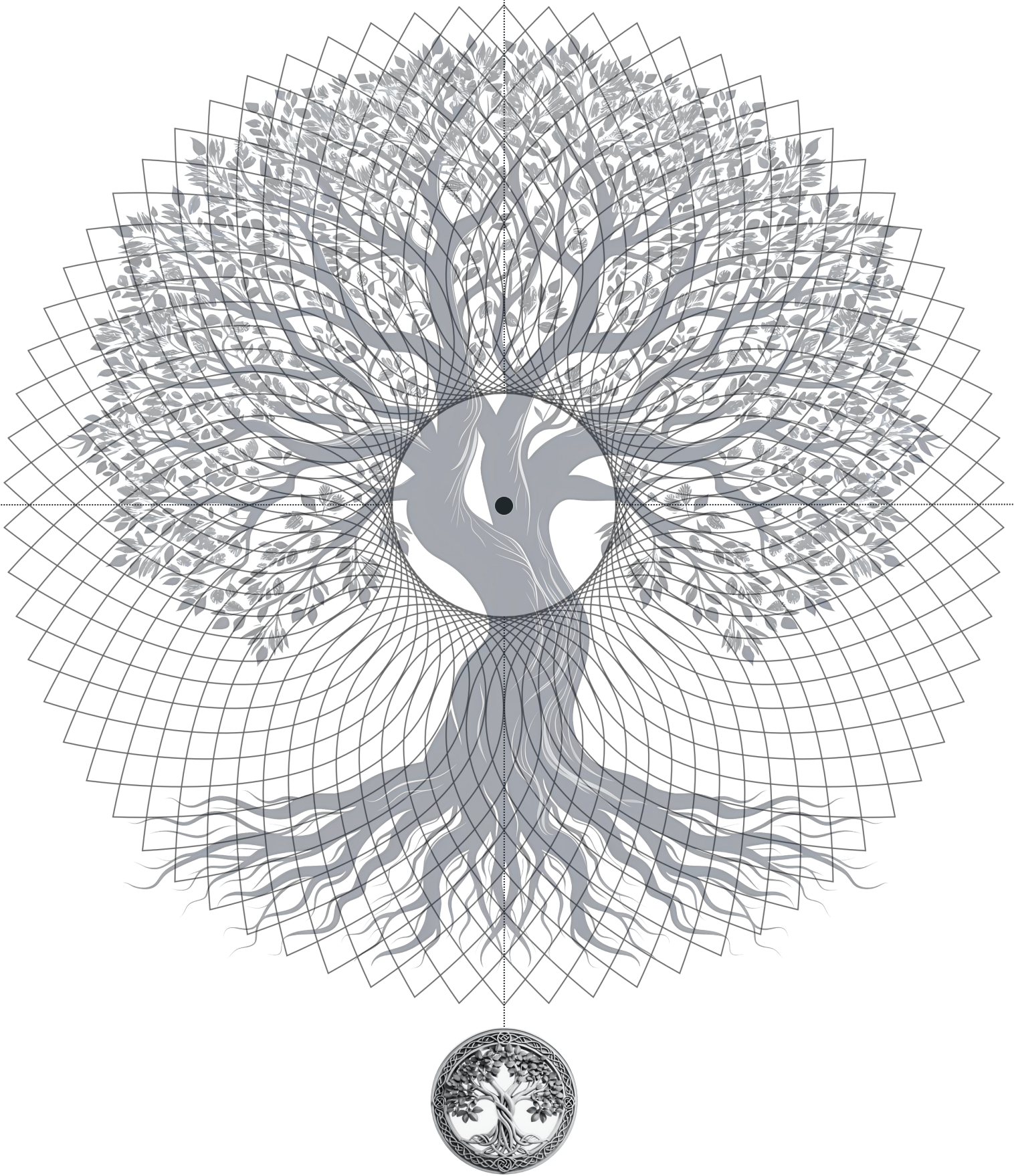


Everything
happens at the
right time

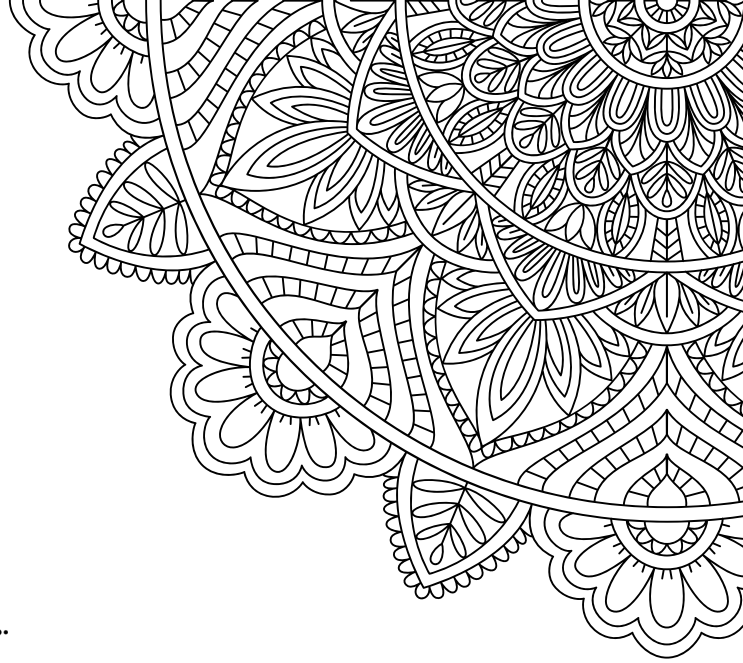
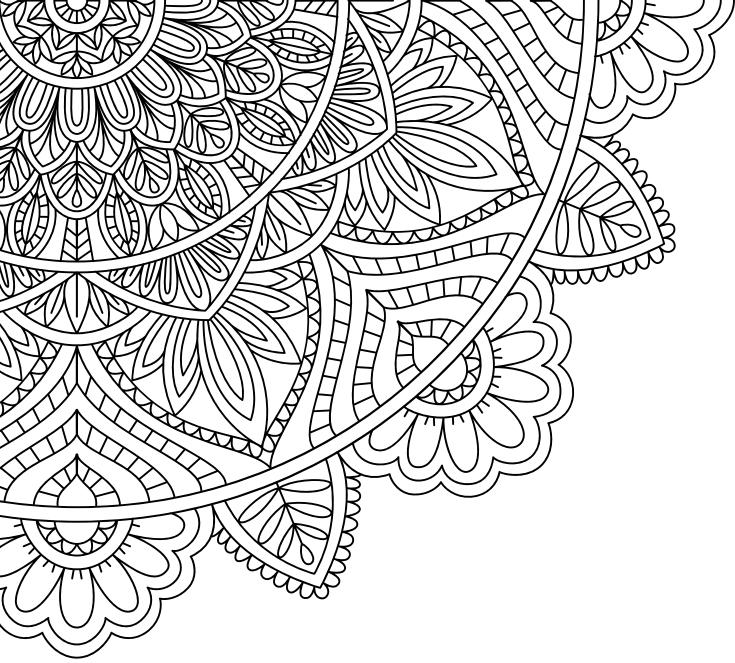


MANDALAS FOR GROUNDING

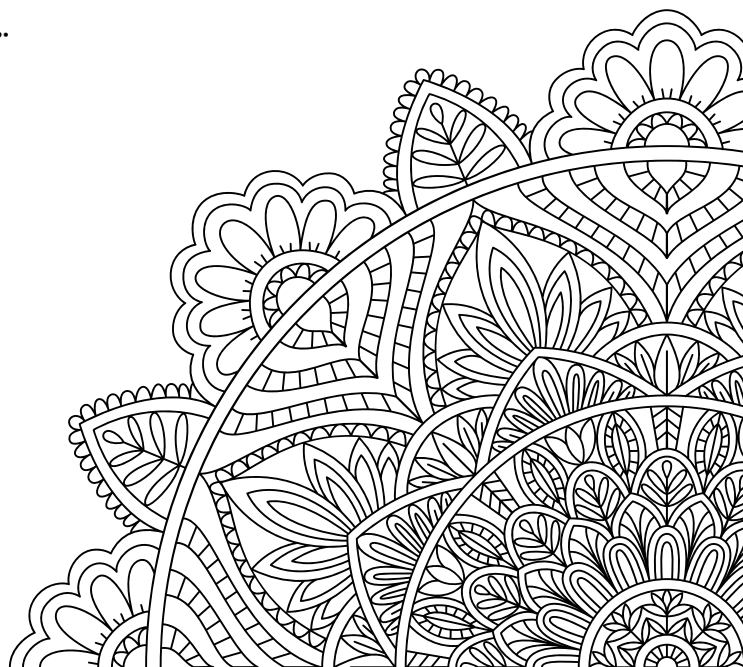
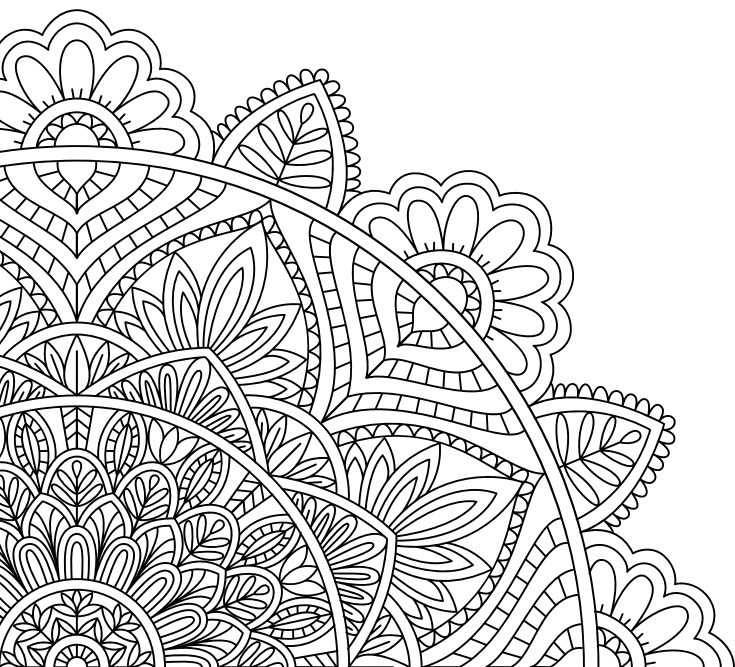
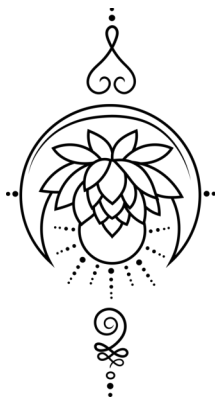
RECONNECT WITH THE PRESENT MOMENT
AND RESTORE INNER CALM

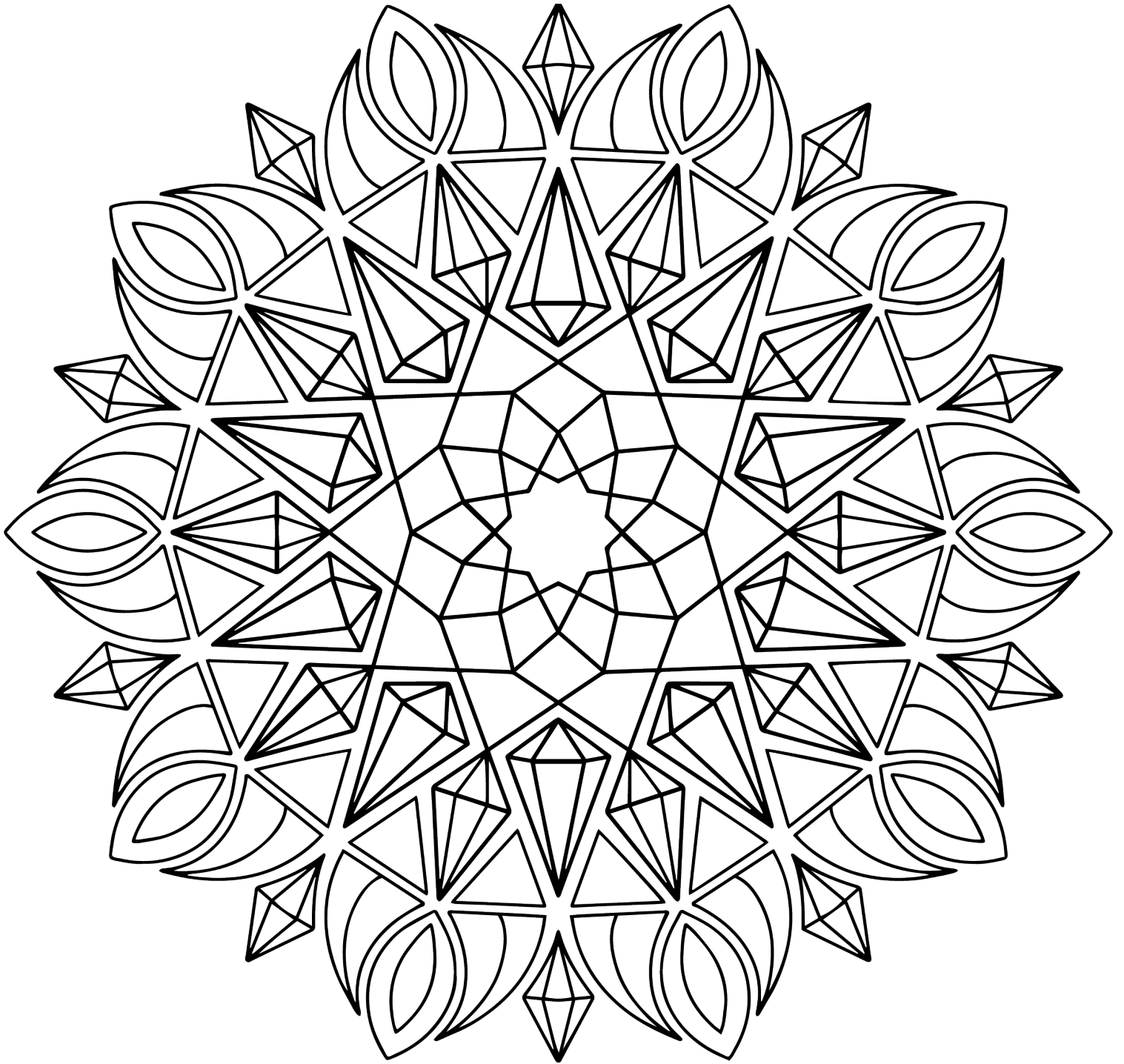


“My roots are deep and my Joy is infinite.”

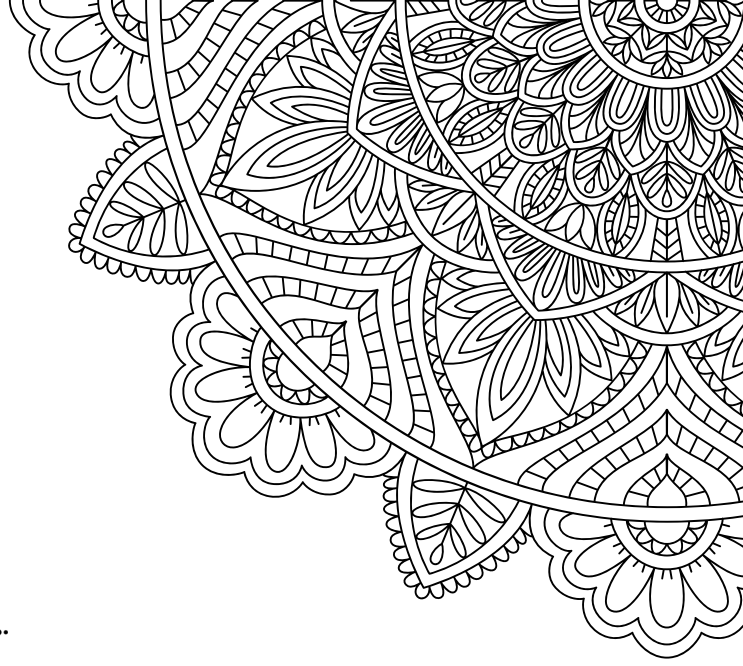
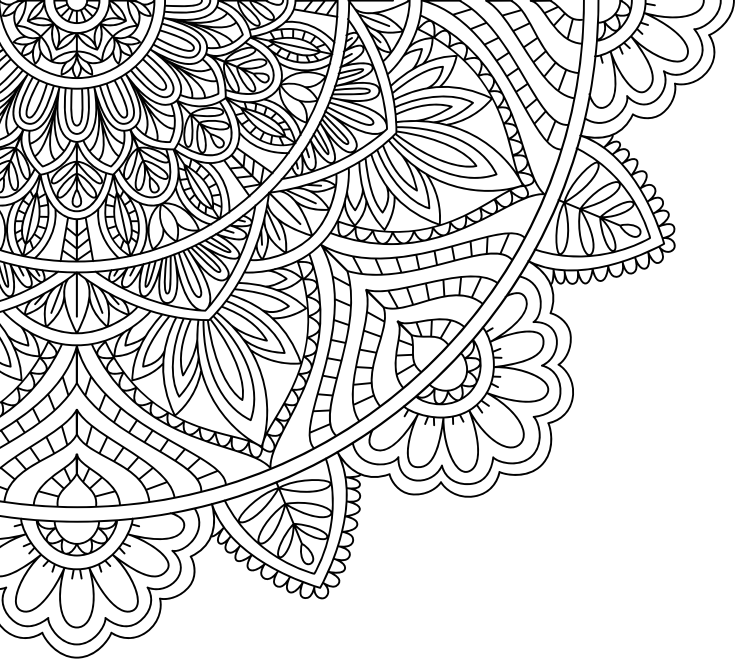


I trust the
process

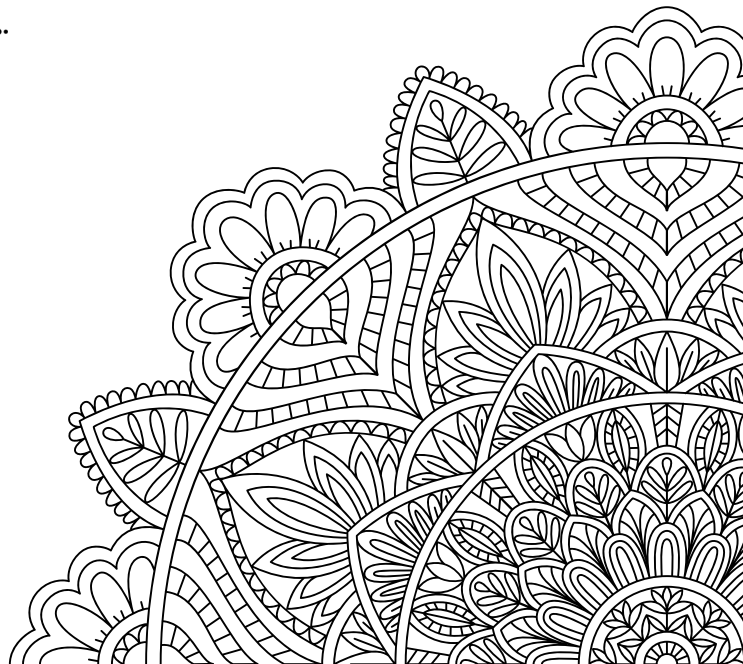
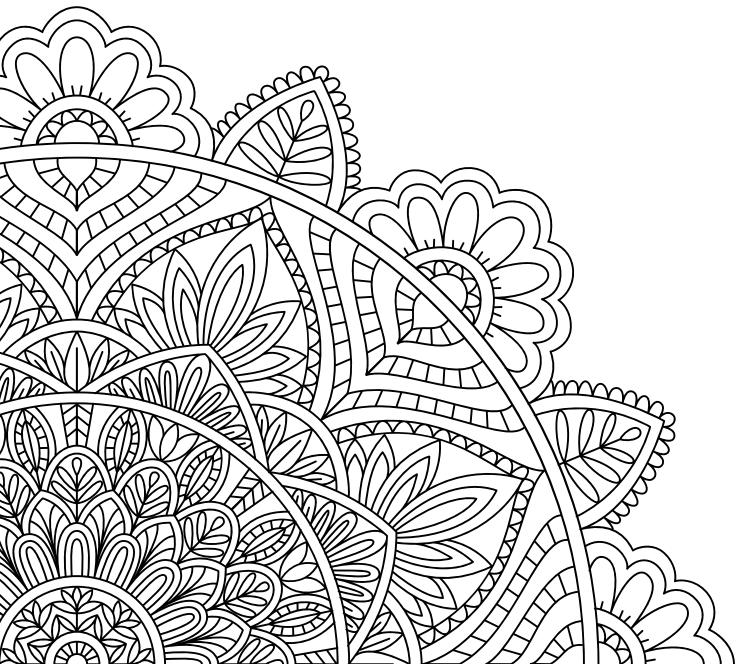


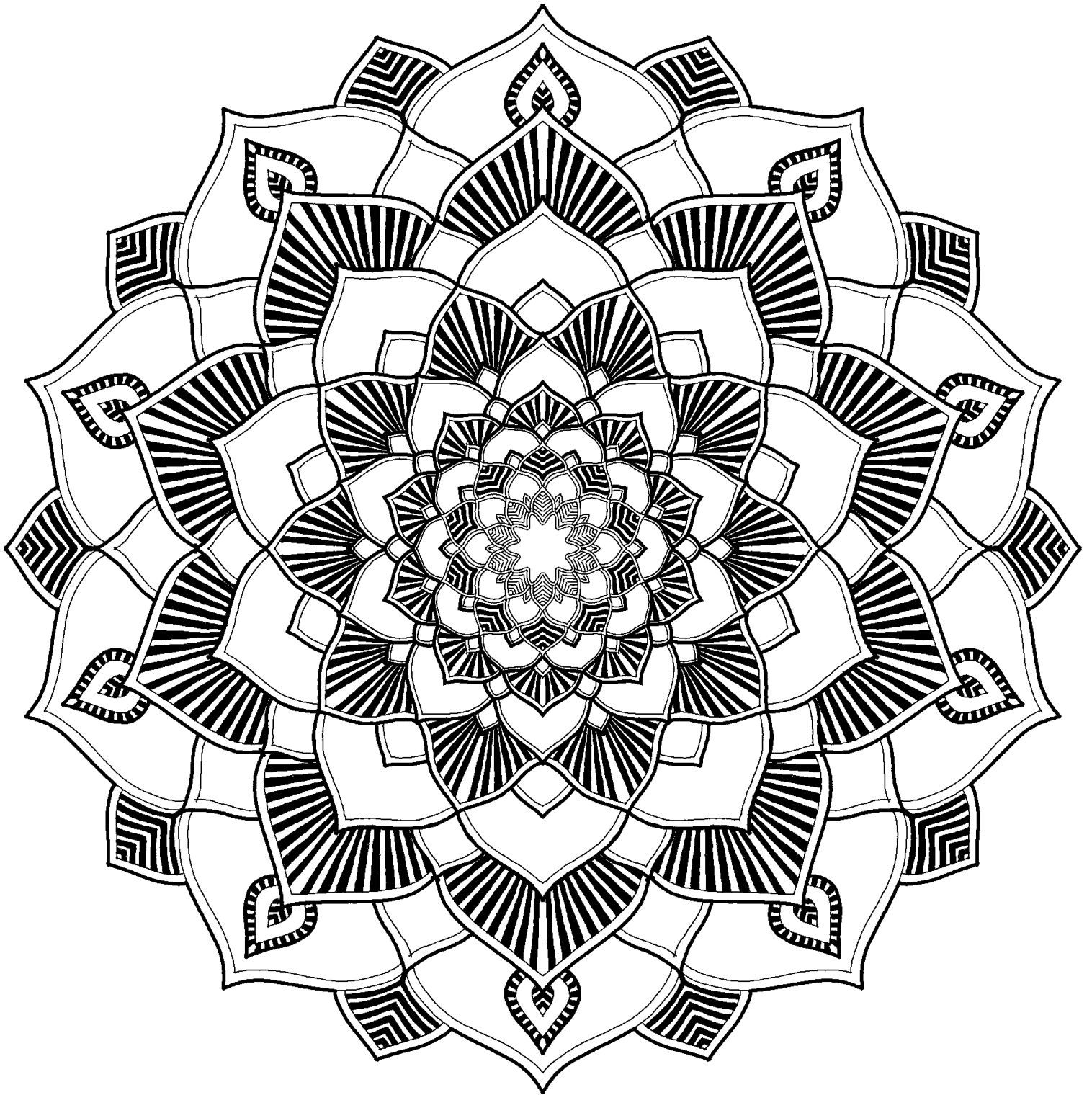


“Deep roots never freeze.” J.R.R. Tolkien

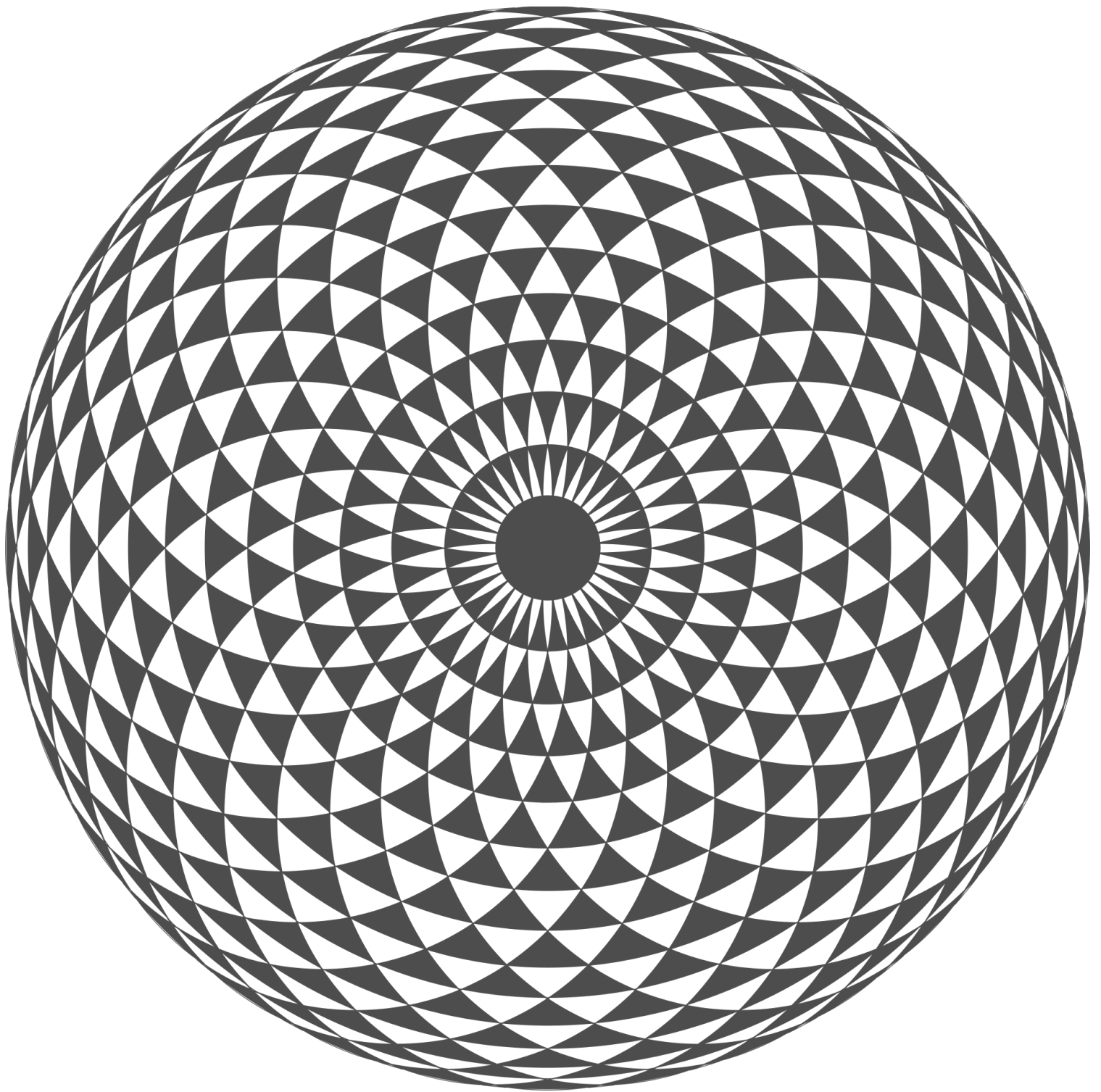


I choose
Peace

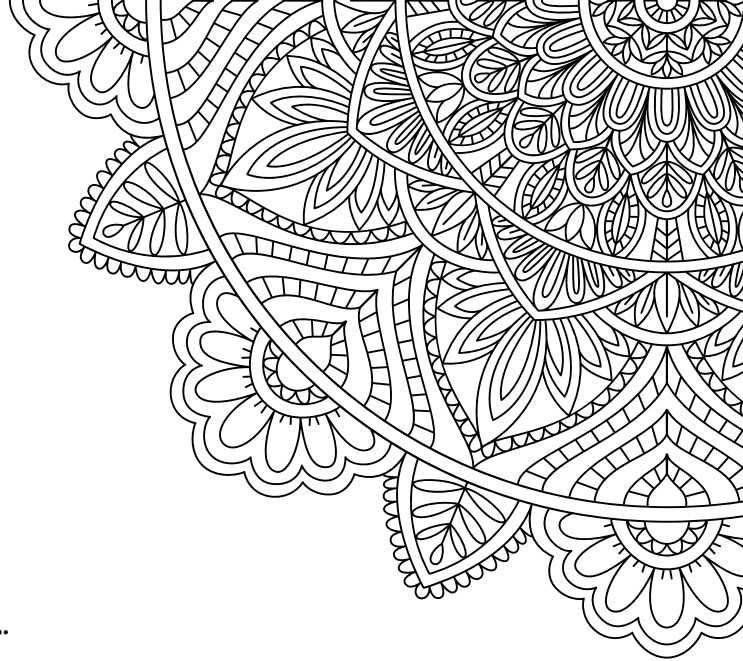
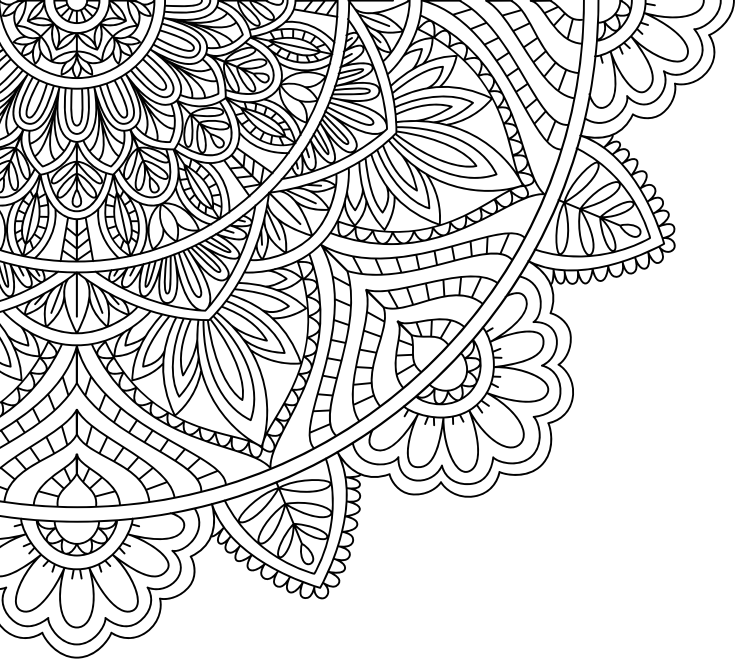




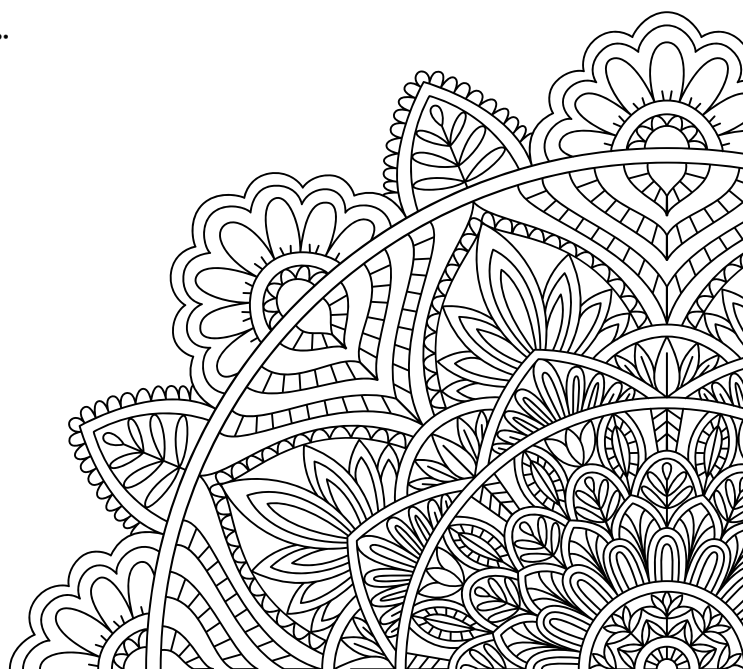
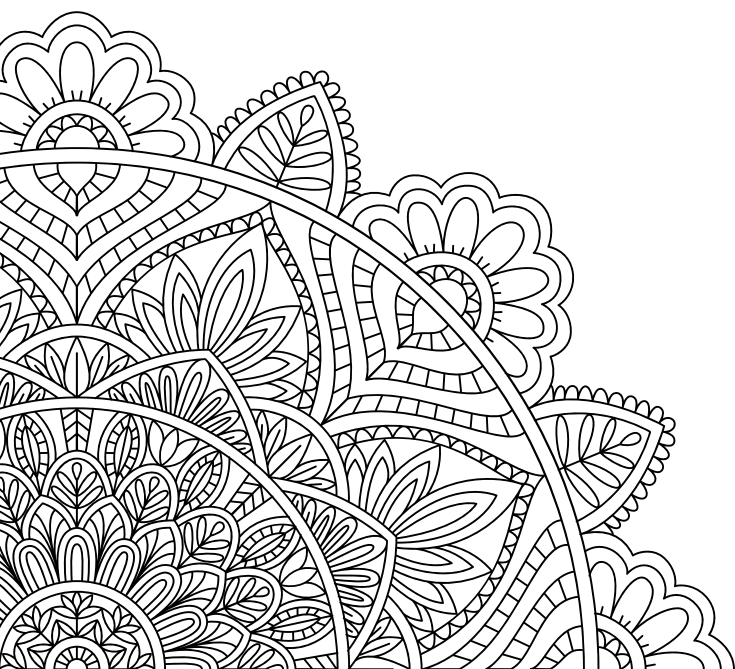
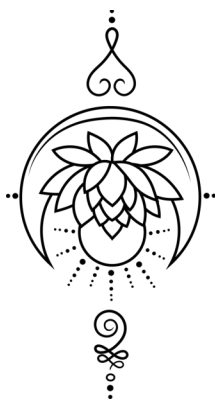
"The deeper your roots, the stronger your growth."
- Thich Nhat Hanh

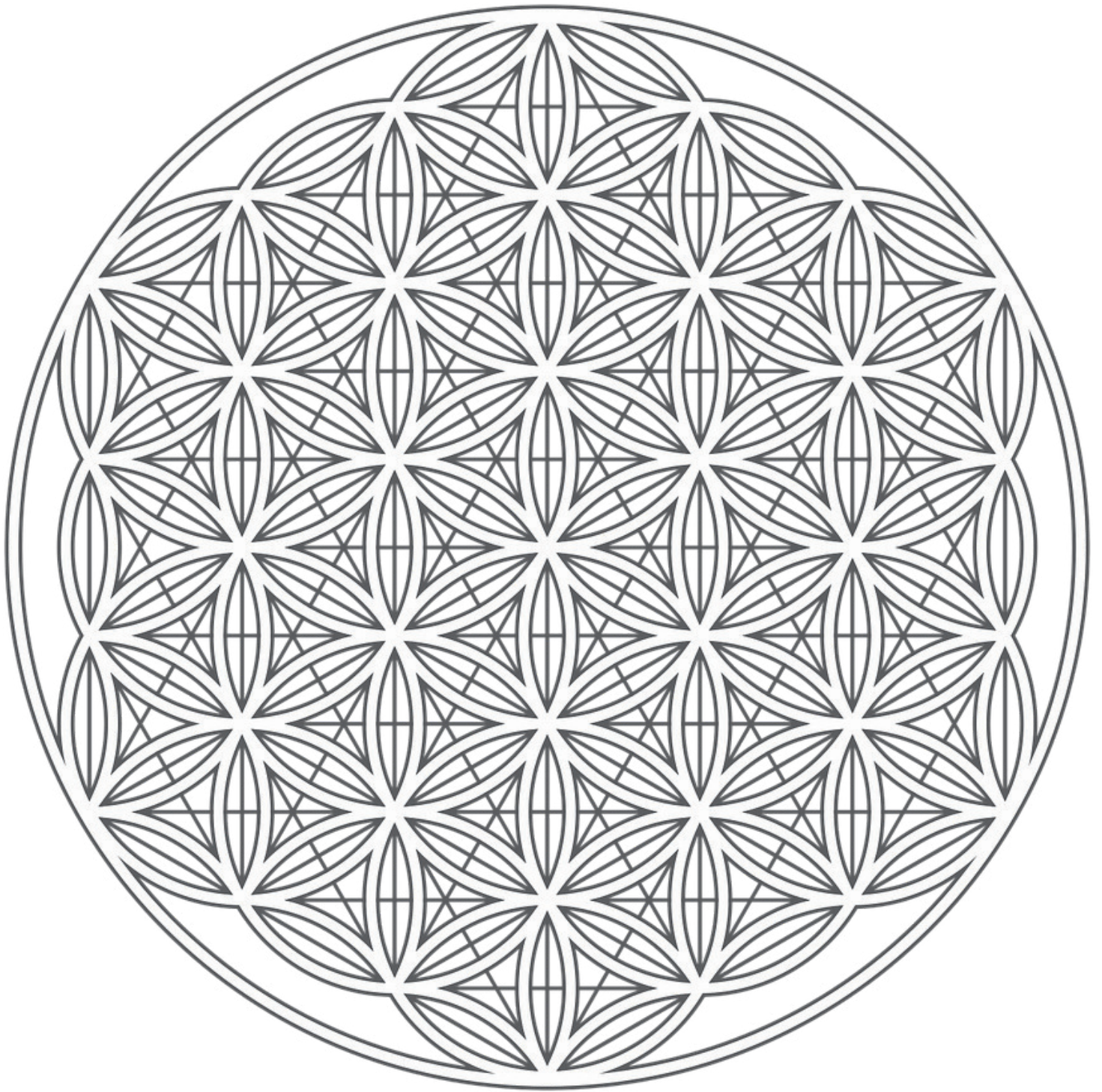


“When the breath becomes calm and regular, the mind also becomes quiet like a lake without waves.” – Swami Sivananda

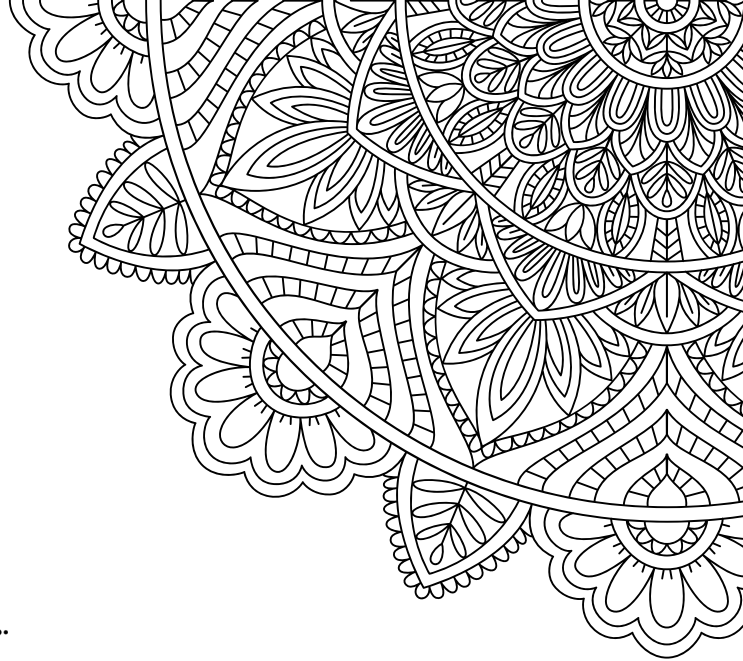
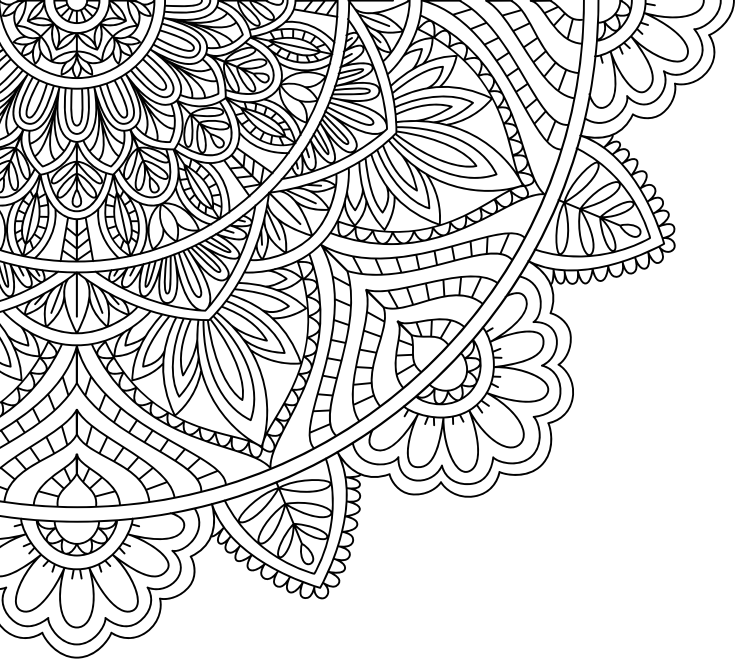


Live Here and Now

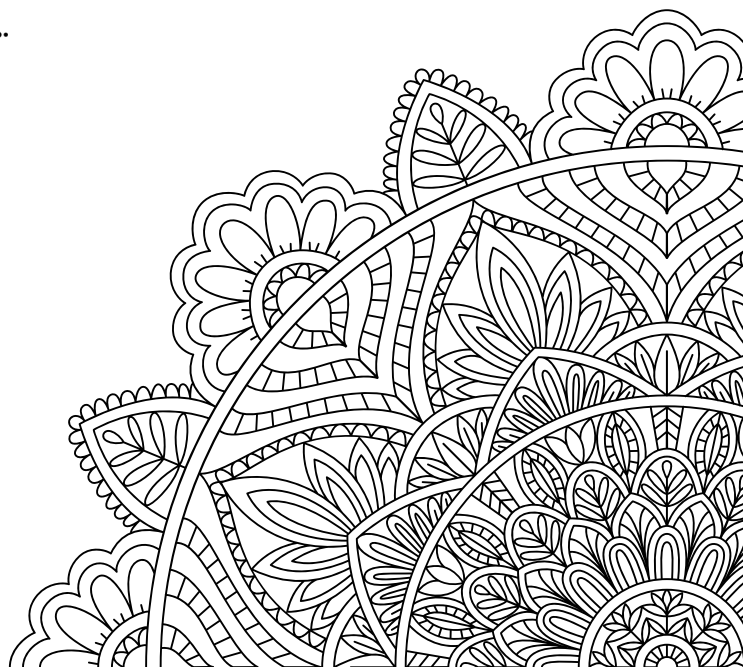
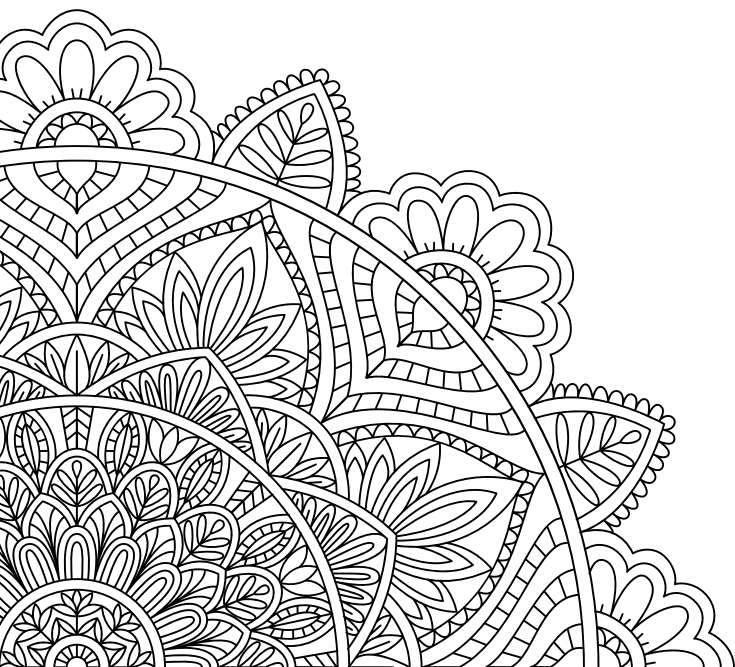


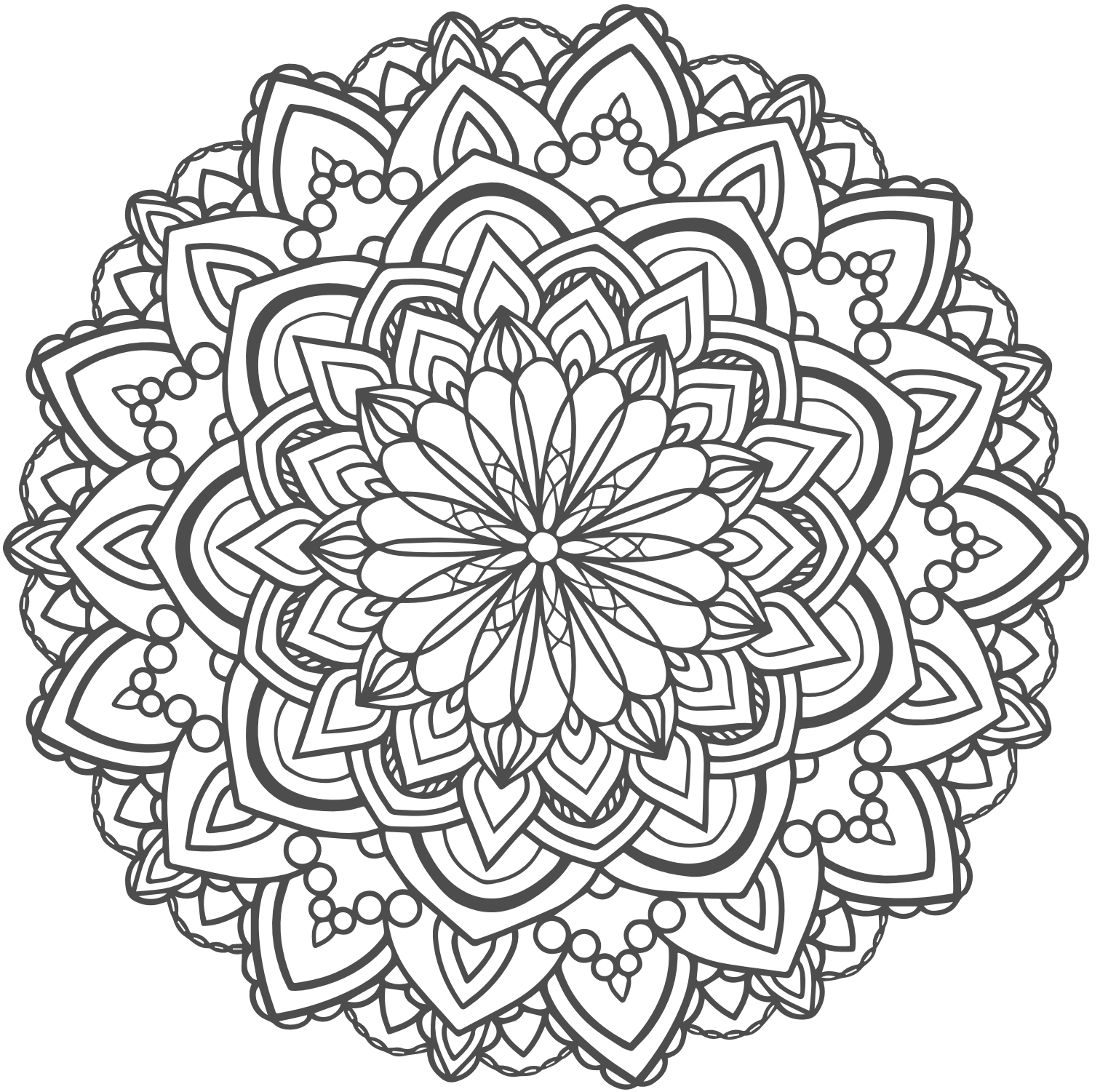


"Breathe deeply and let the inner
silence speak." – Rumi

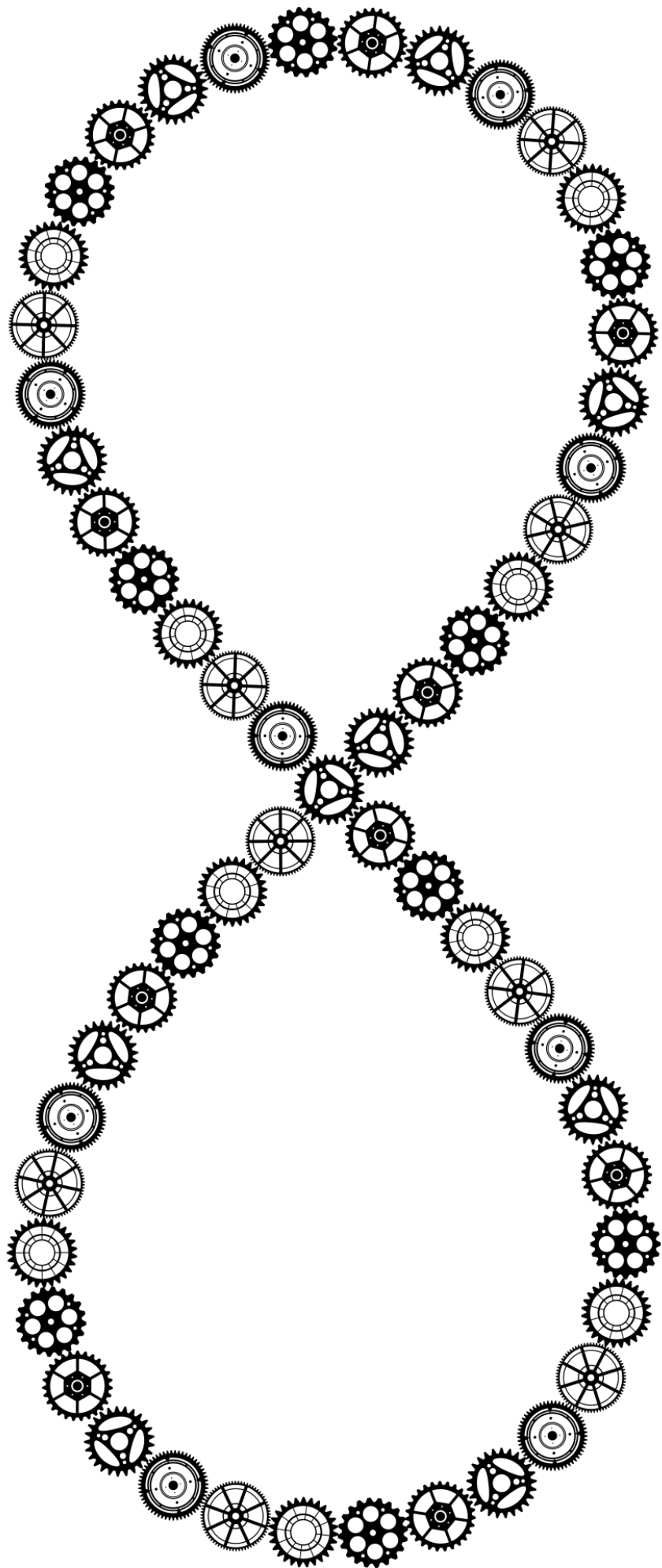


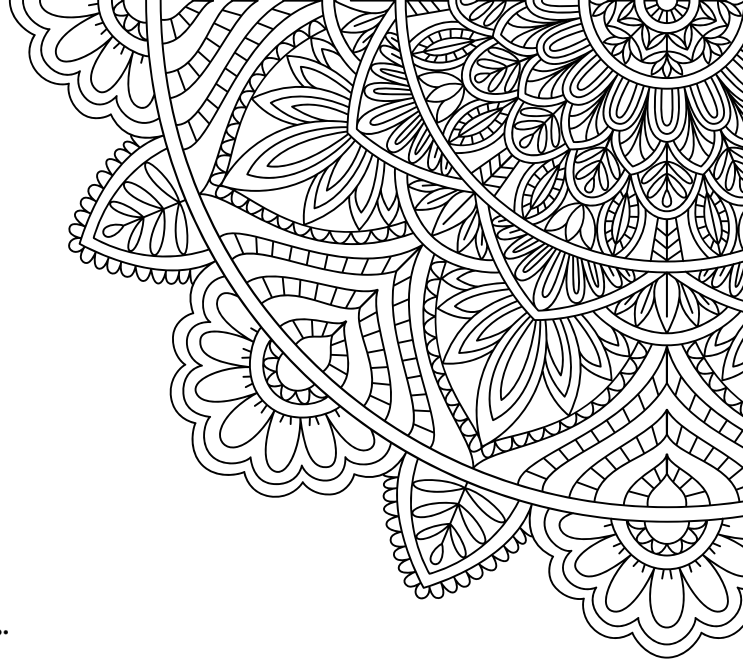
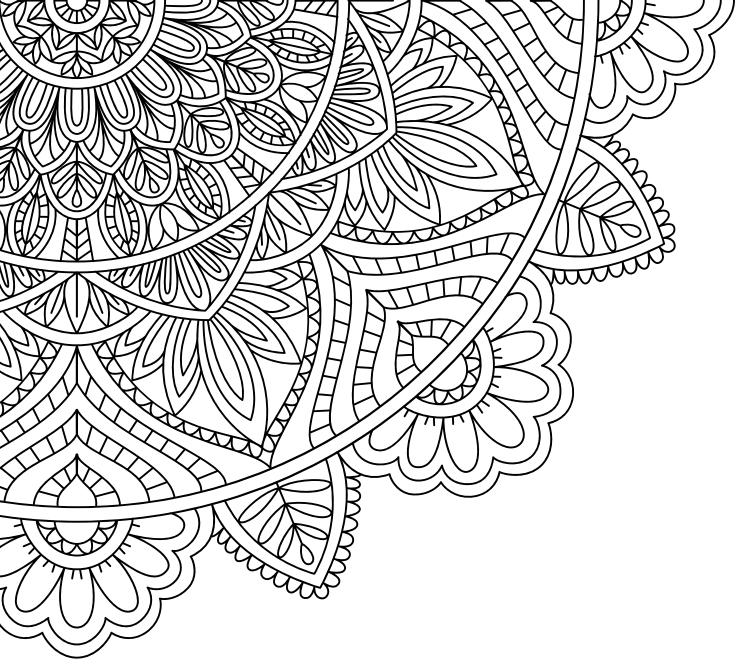
Breathe and Let Go



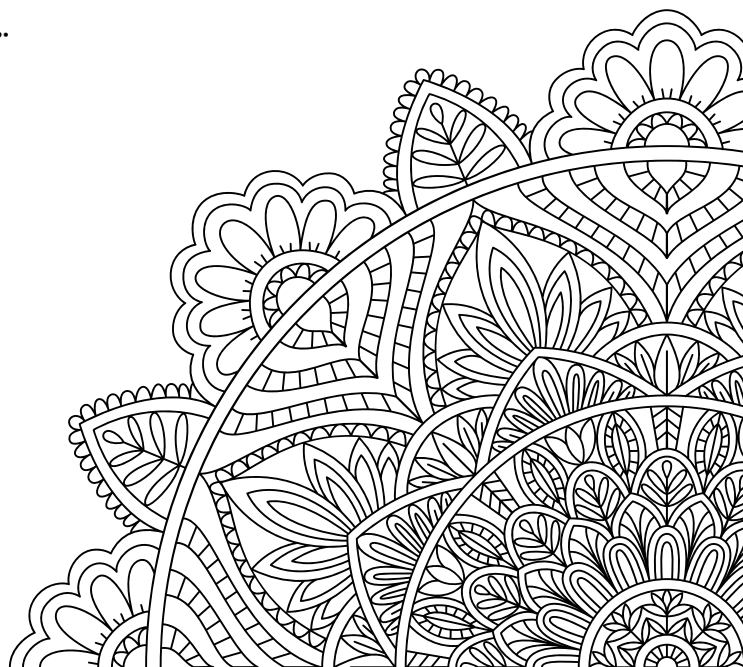
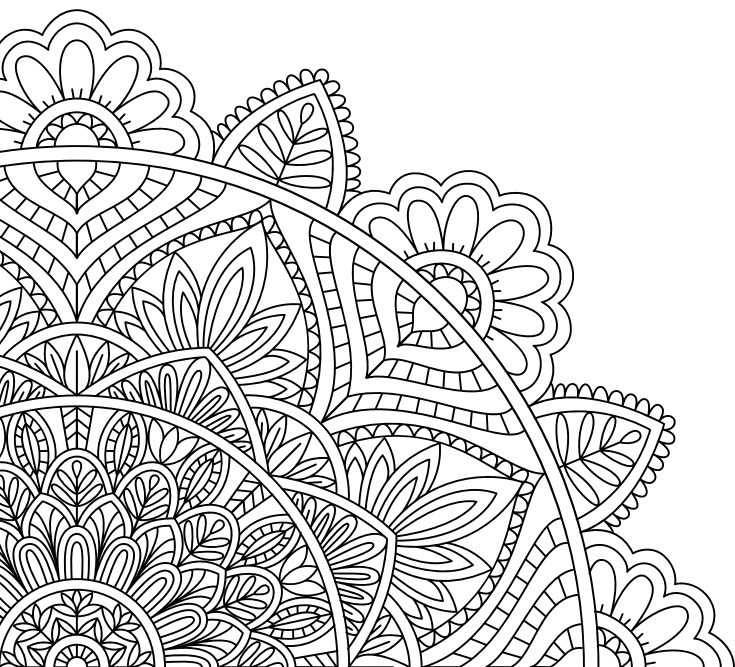


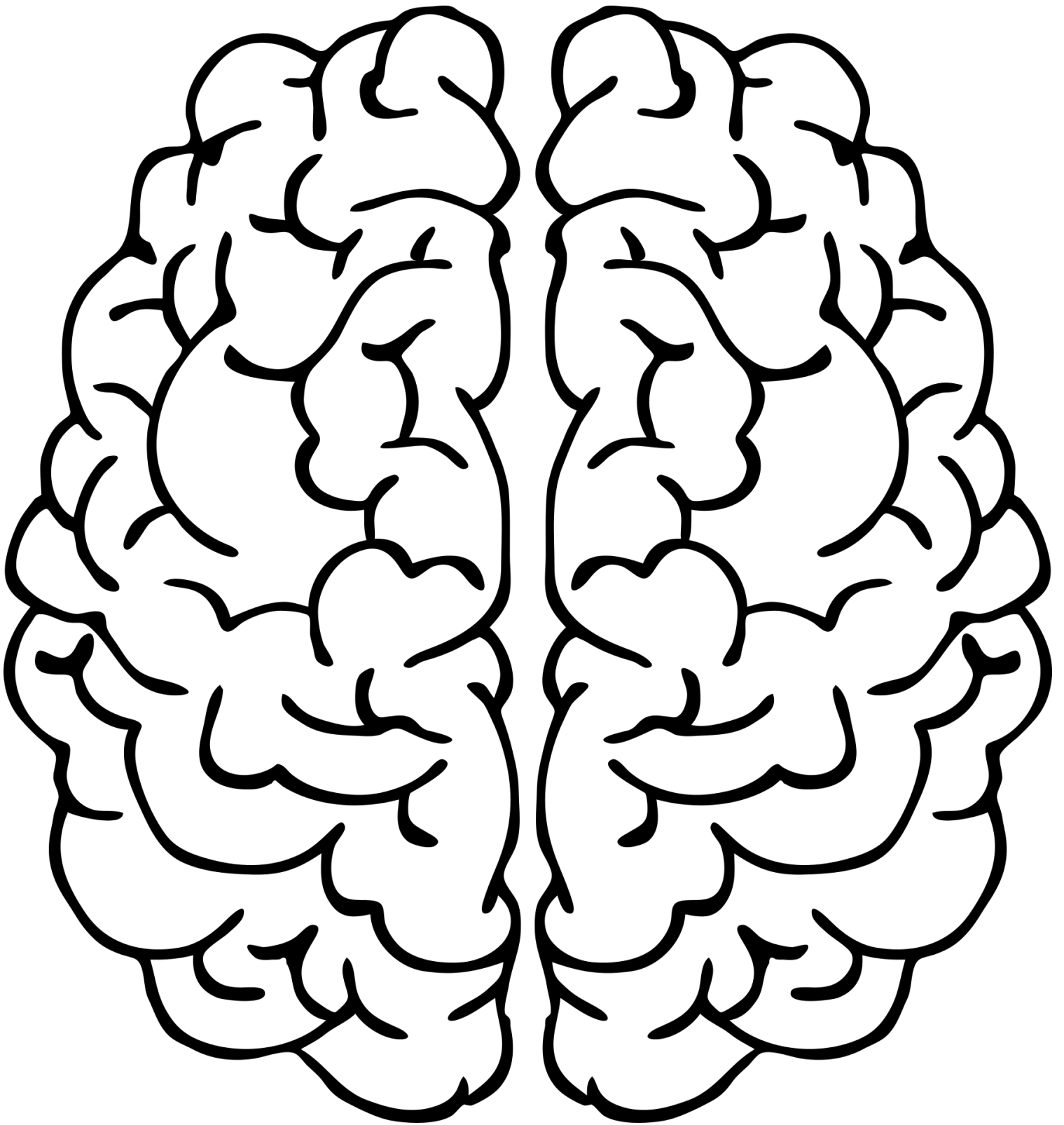
“When you inhale, you nourish your body.
When you exhale, free your mind.”



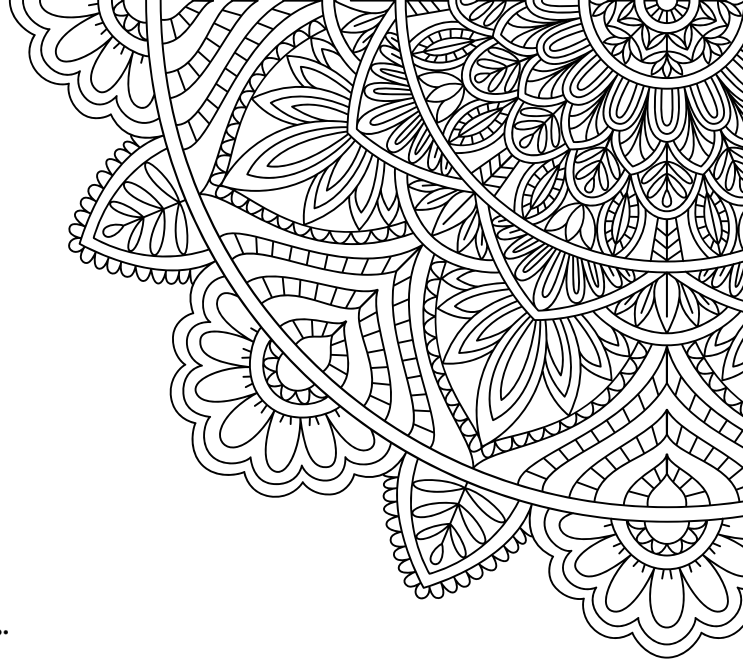
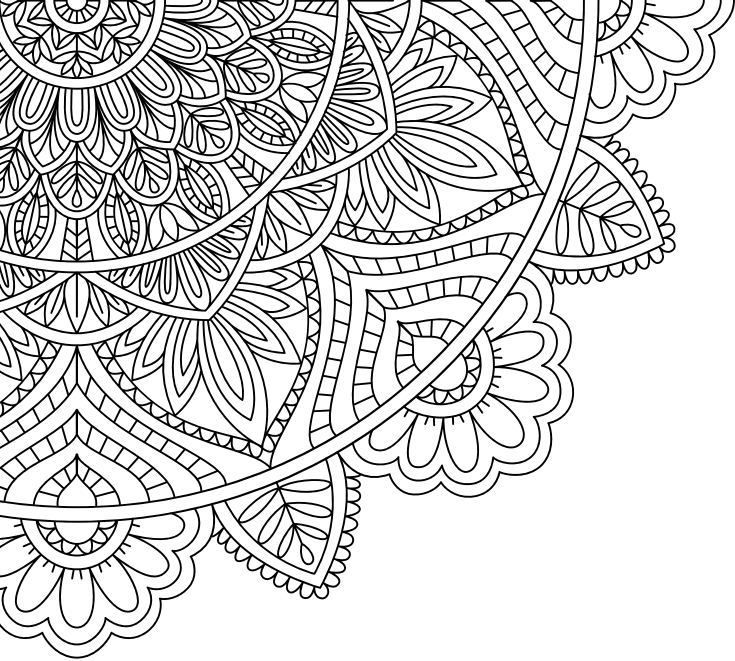


I am Rooted
and Strong

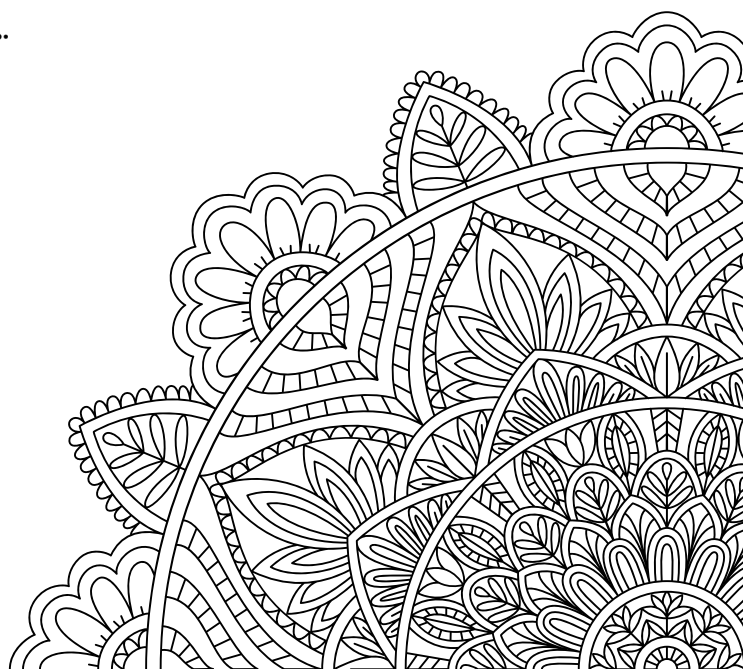
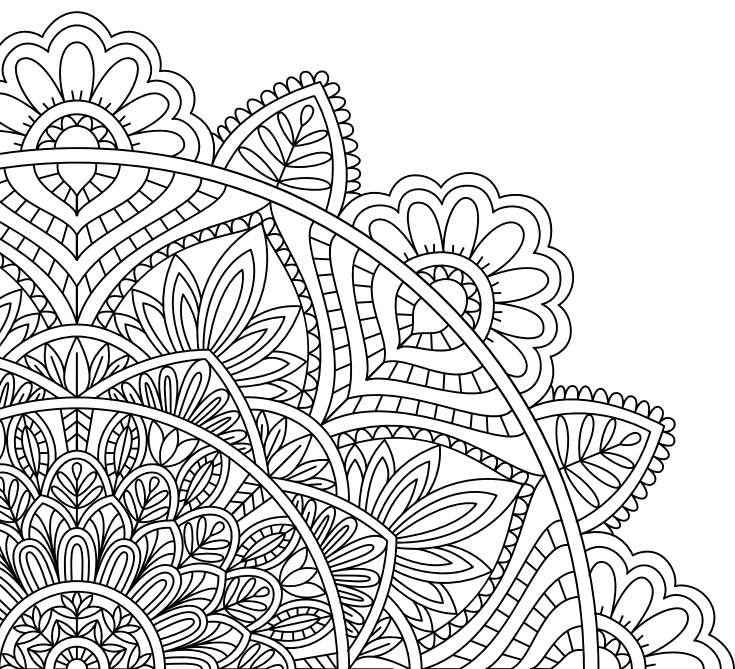
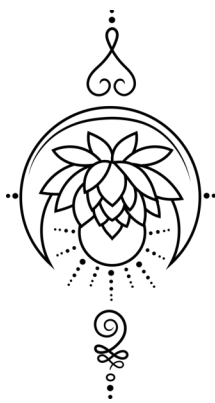


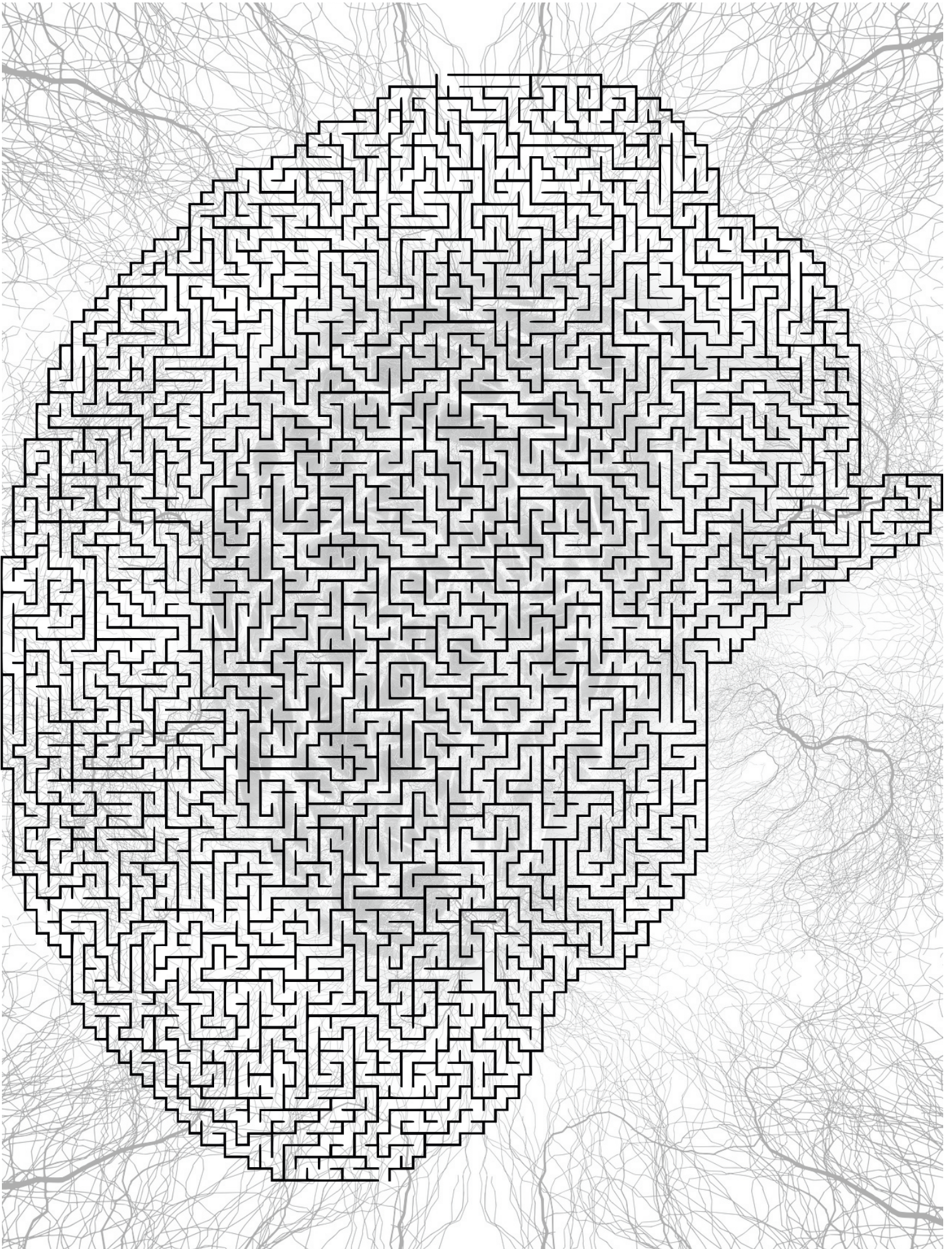


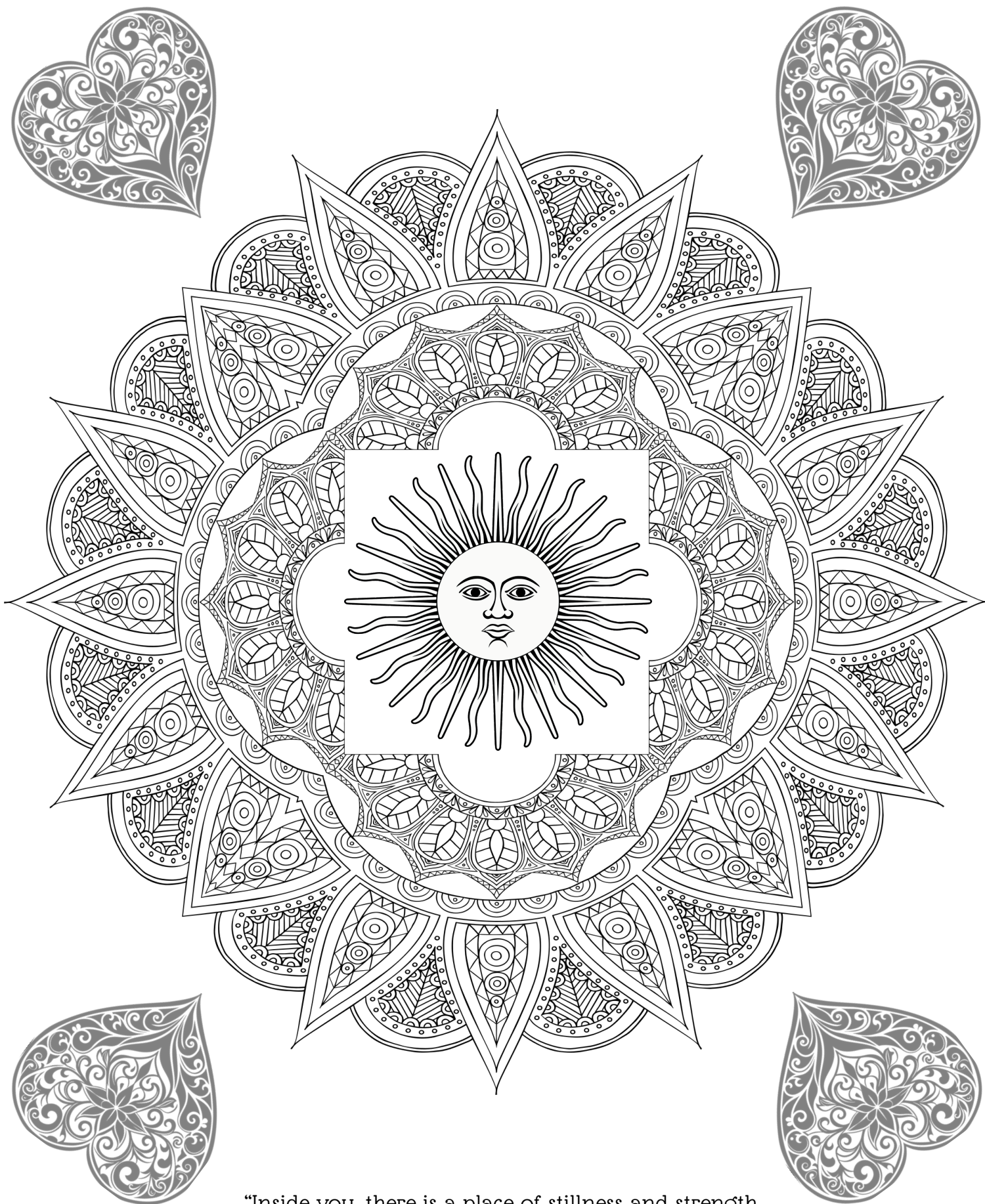
“It is not a matter of choosing between logic and emotion, but of allowing them both to work together, like two wings of the same bird.” - Dalai Lama



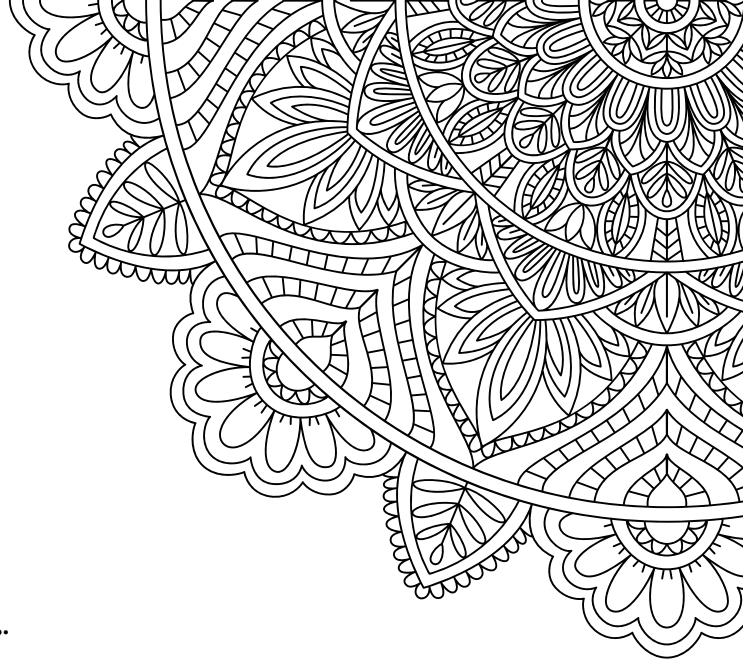
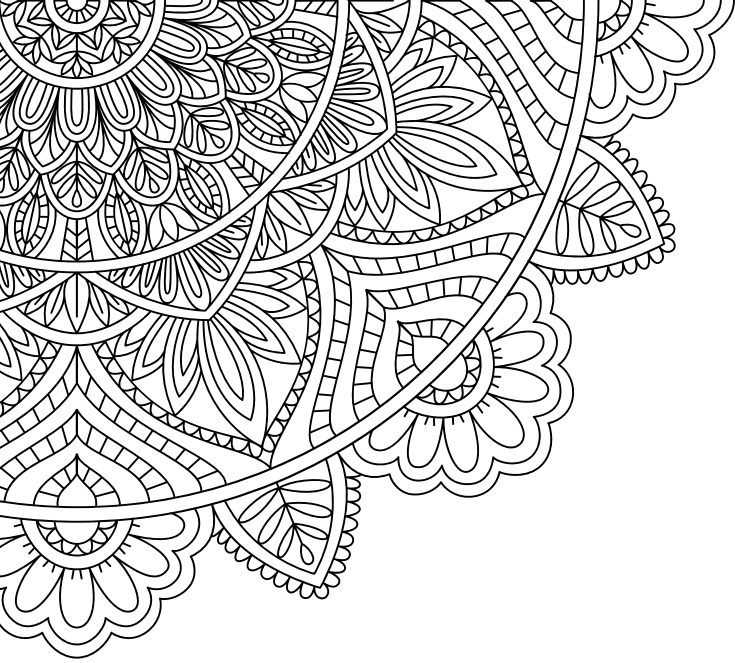
I am Aligned
with my Purpose



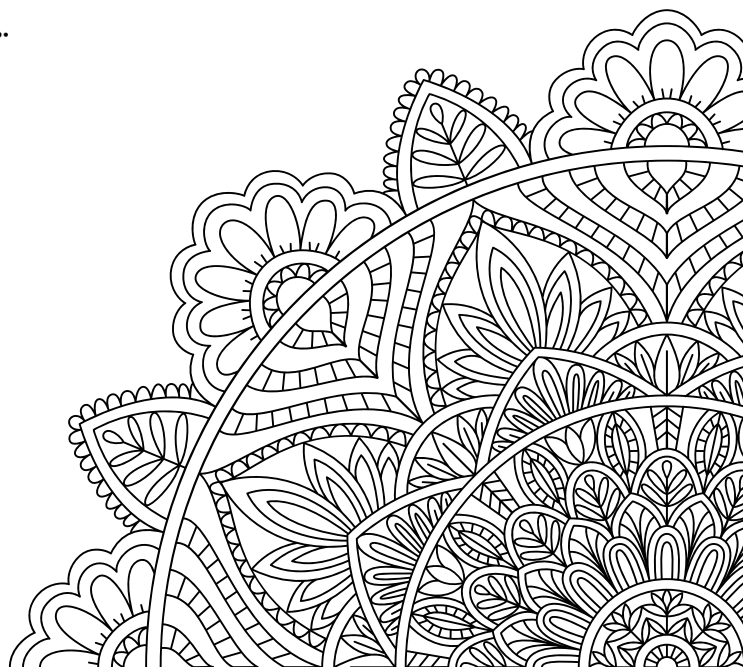
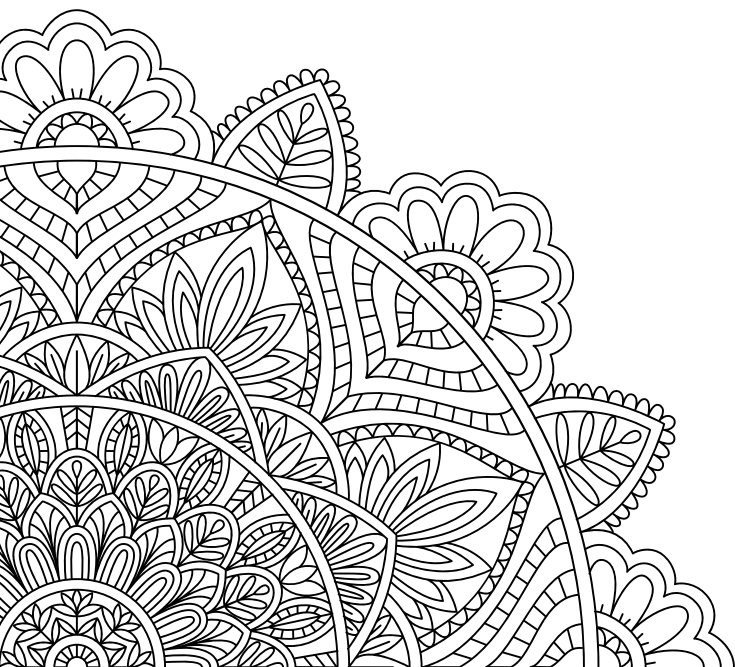
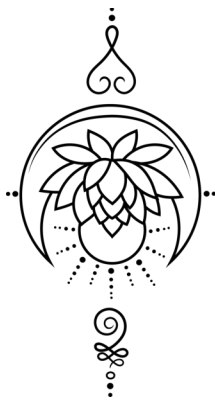


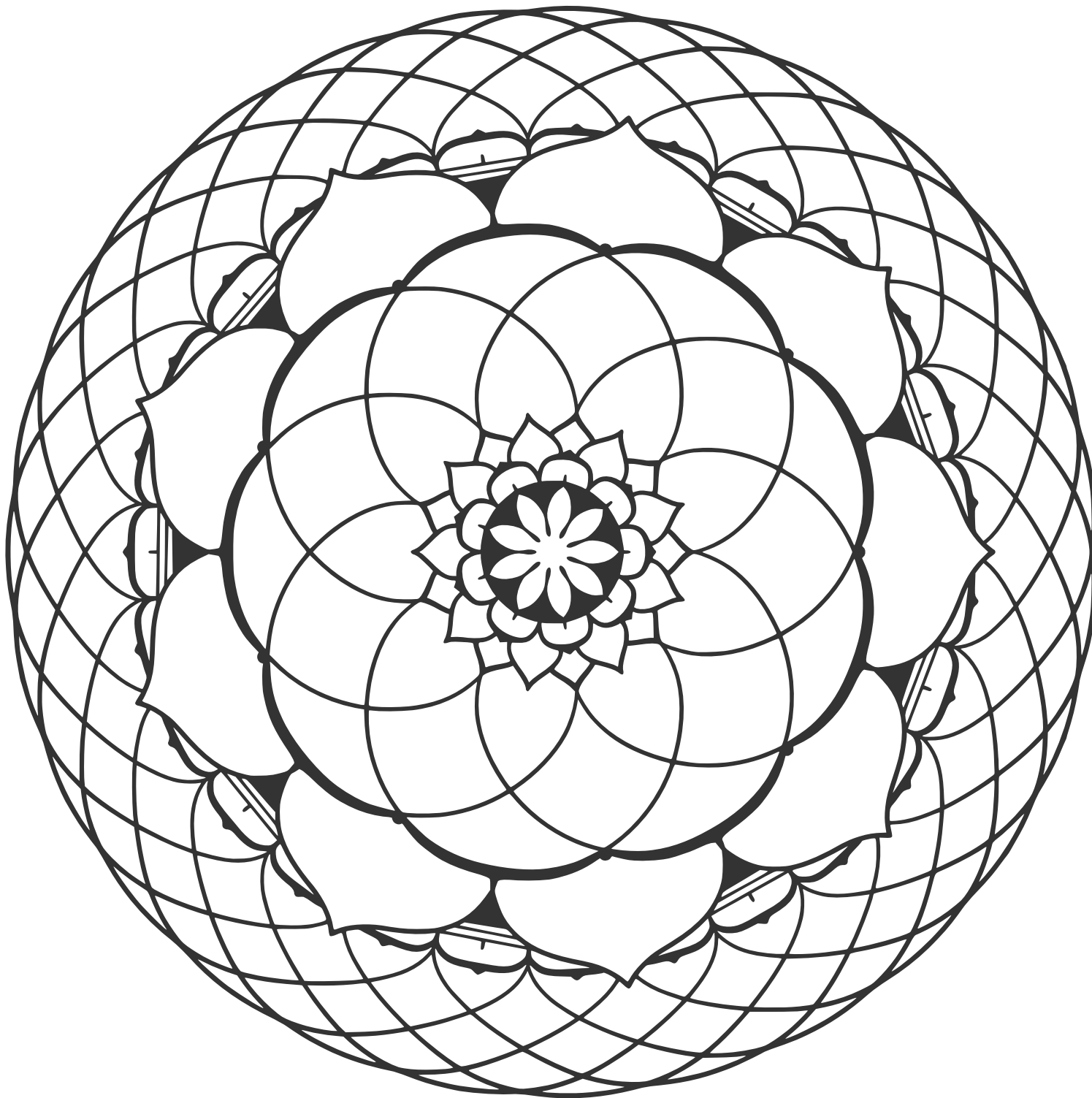


“Inside you, there is a place of stillness and strength
that no storm can shake.” - Deepak Chopra

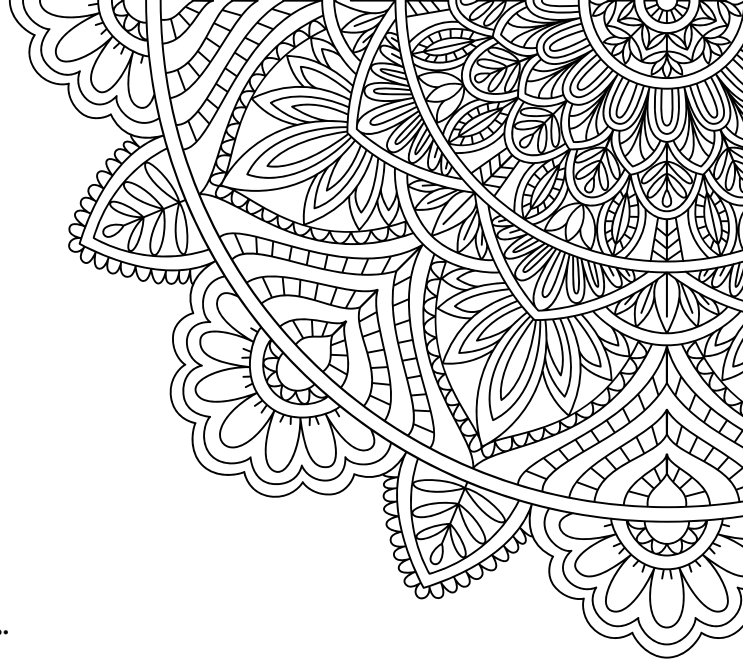
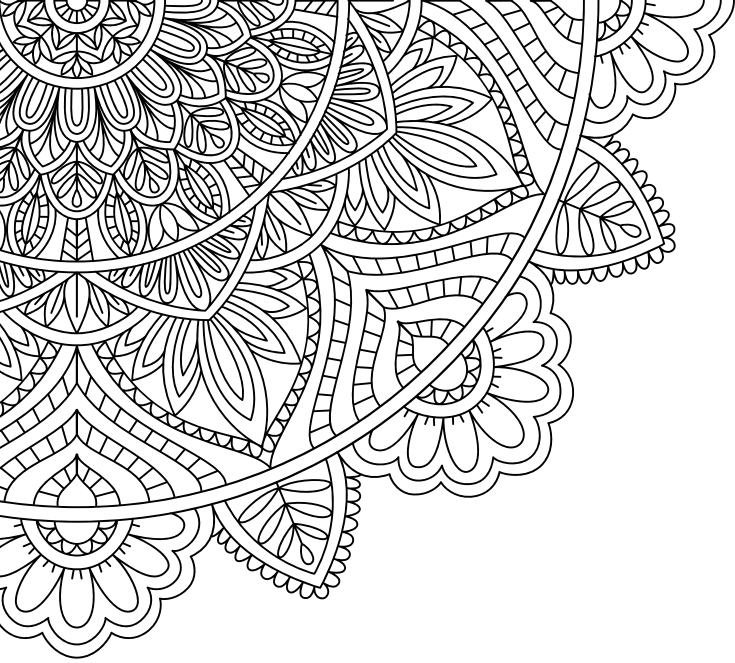


I Honor My Path

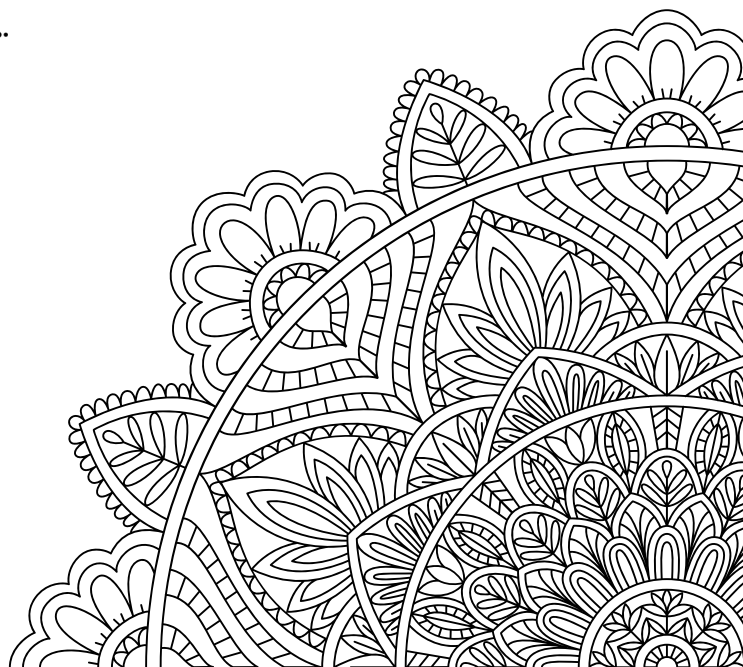
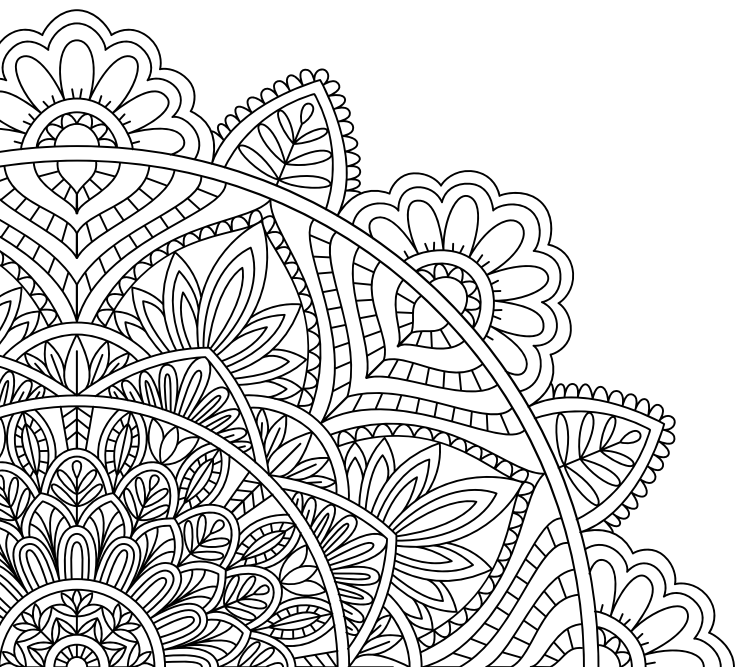
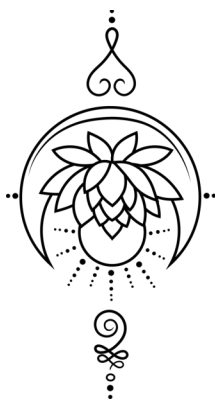


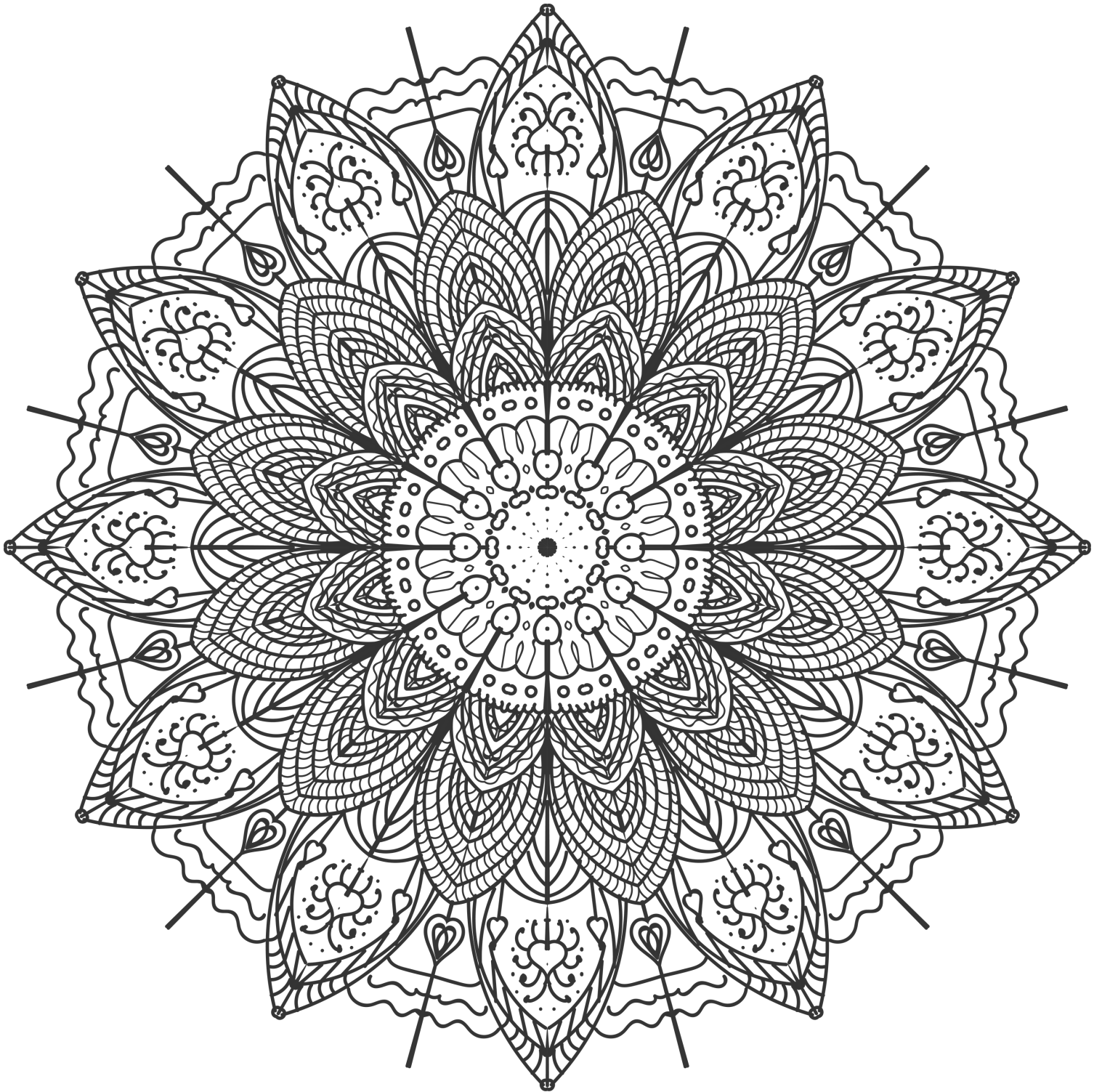


“Your inner guidance is always speaking, but
only in silence can you hear it.” - Rumi



I Listen to My Inner Voice

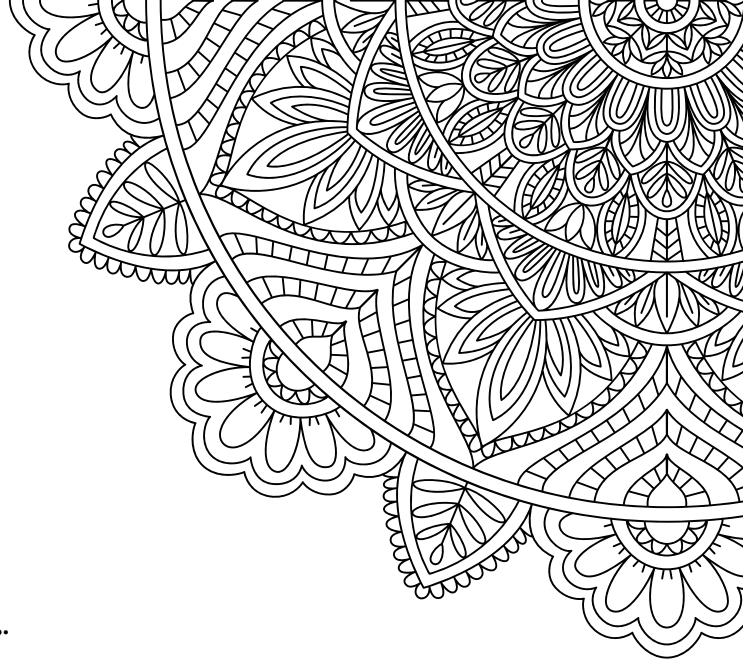
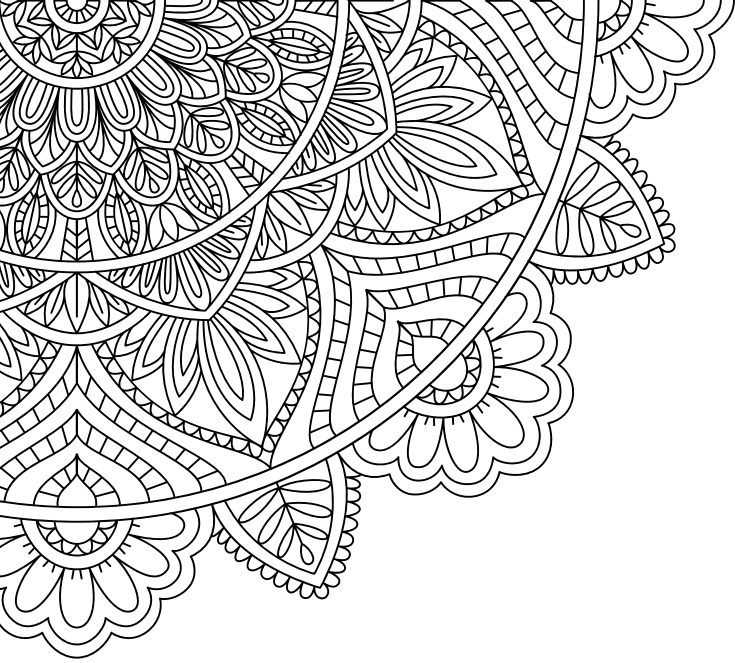




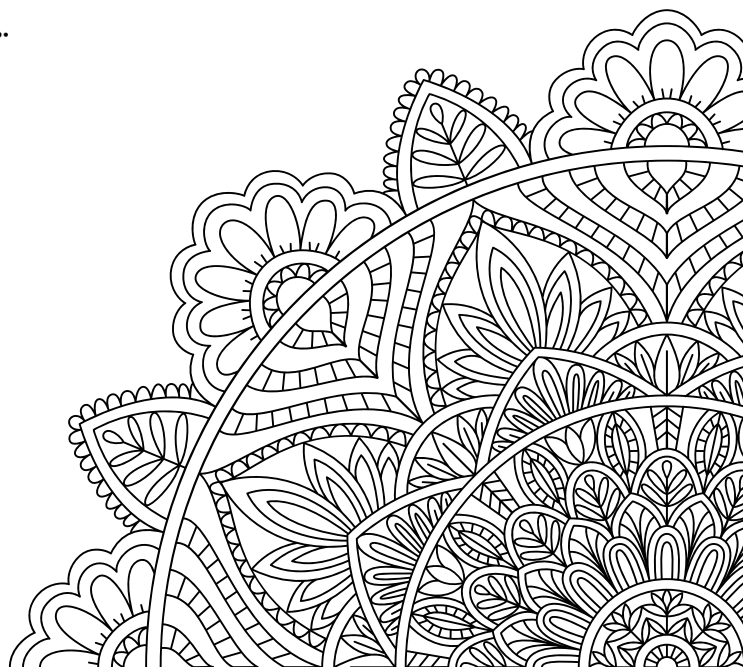
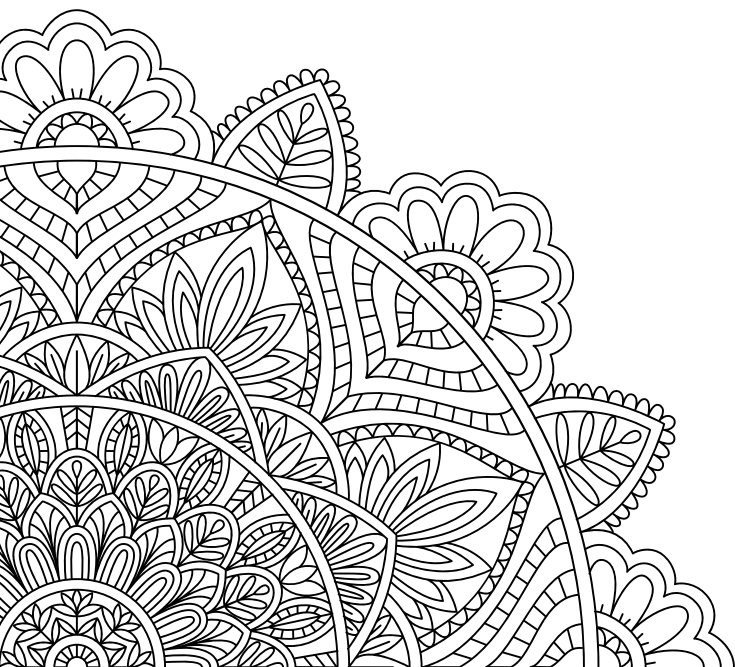
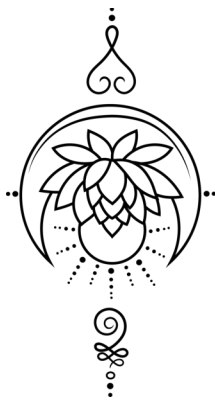
"Follow the rhythm of your heart: it knows
the way better than your mind."



"I Am! Here and Now."

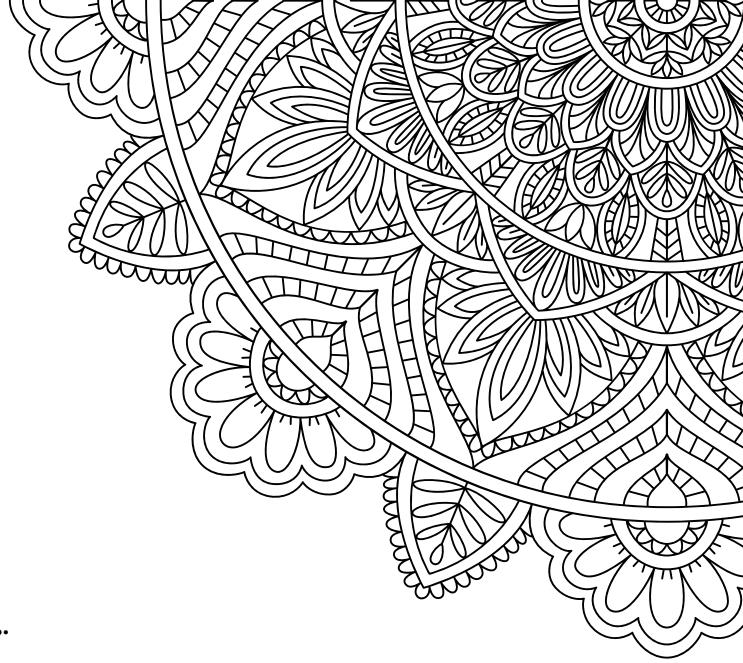
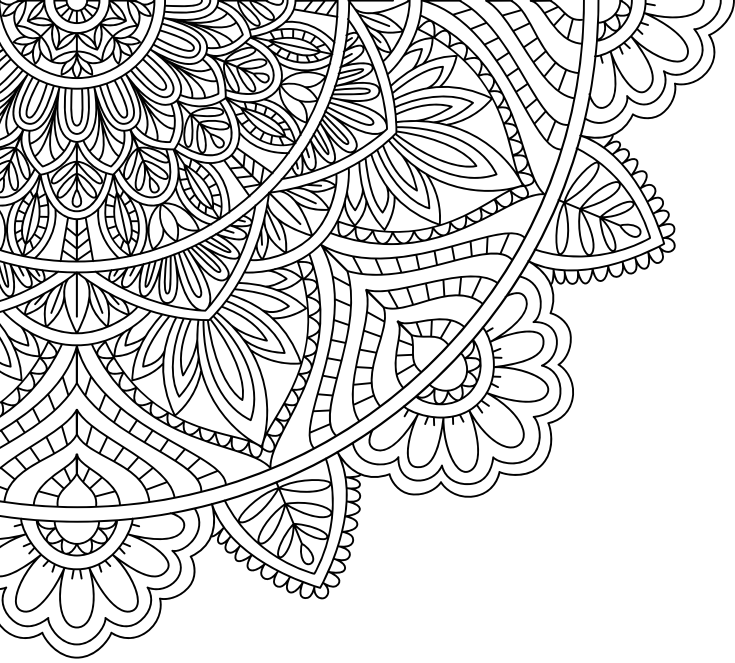


My Soul Knows the Way

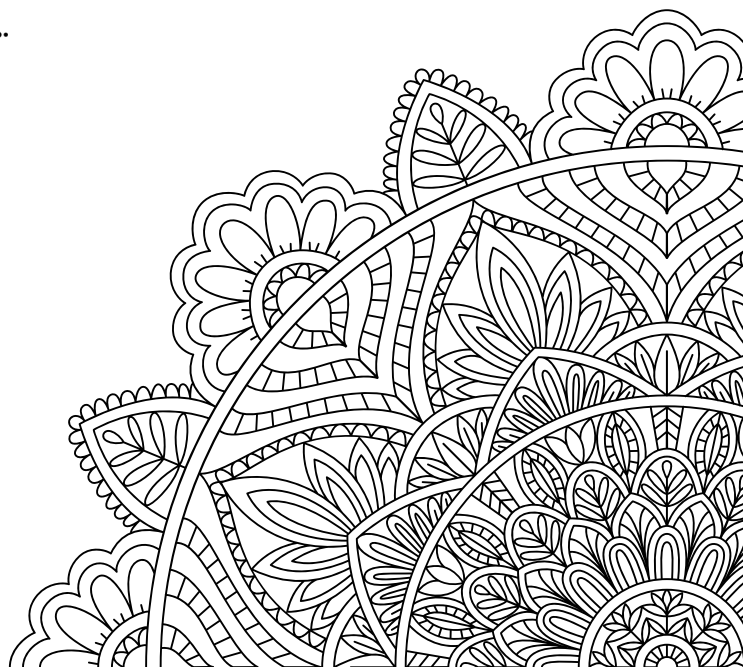
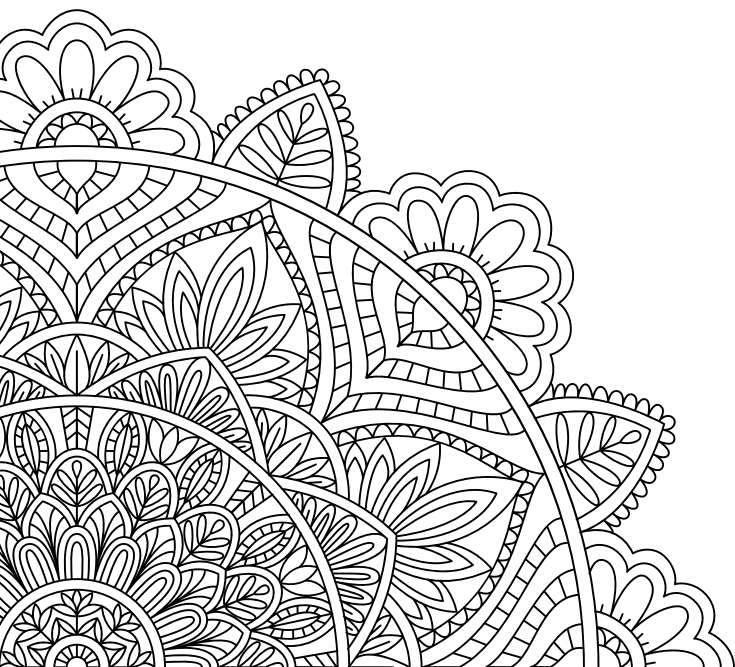


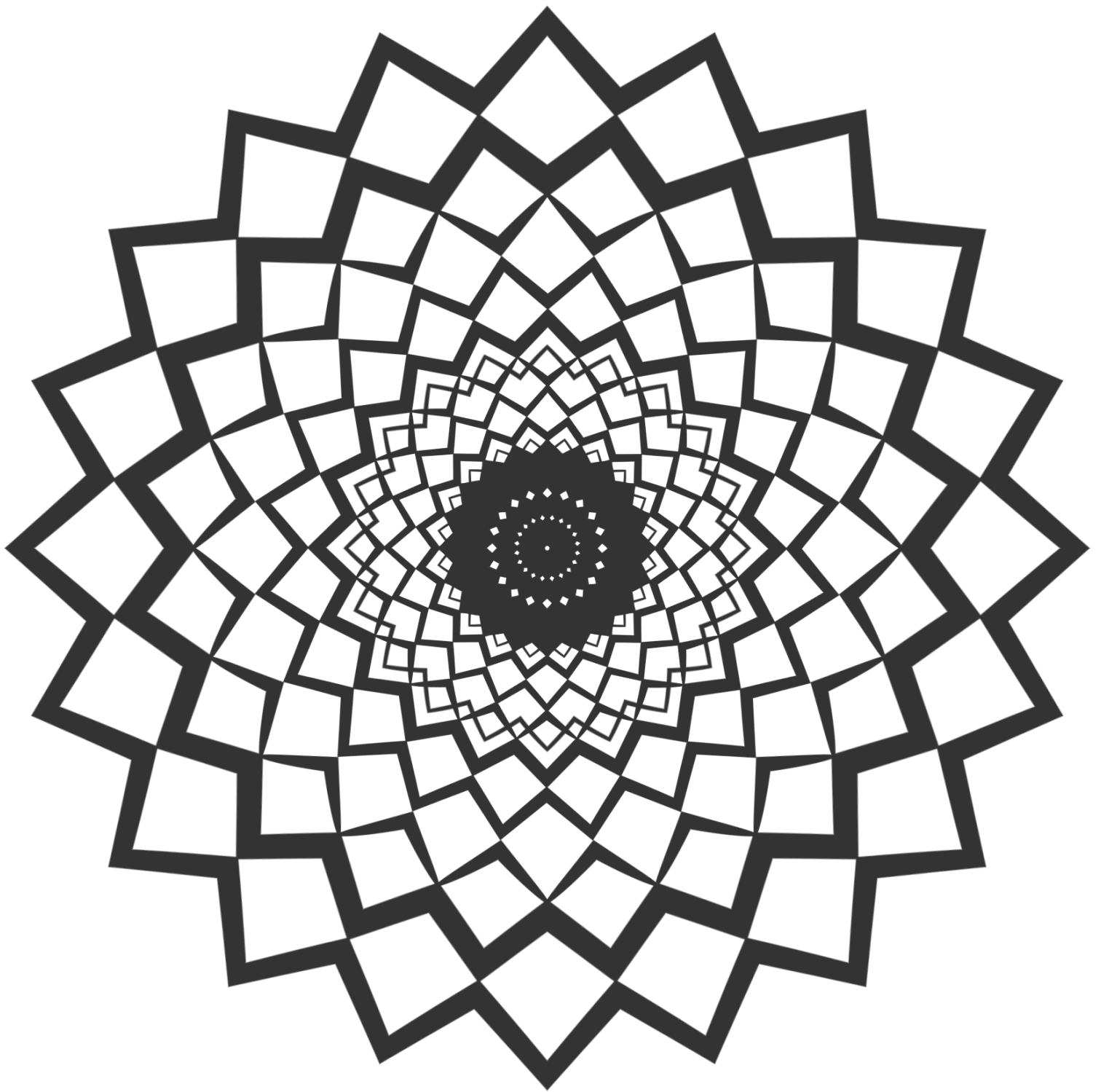


“When you are immersed in the flow, time disappears and the essence of who you are manifests effortlessly.” - Mihály Csíkszentmihályi

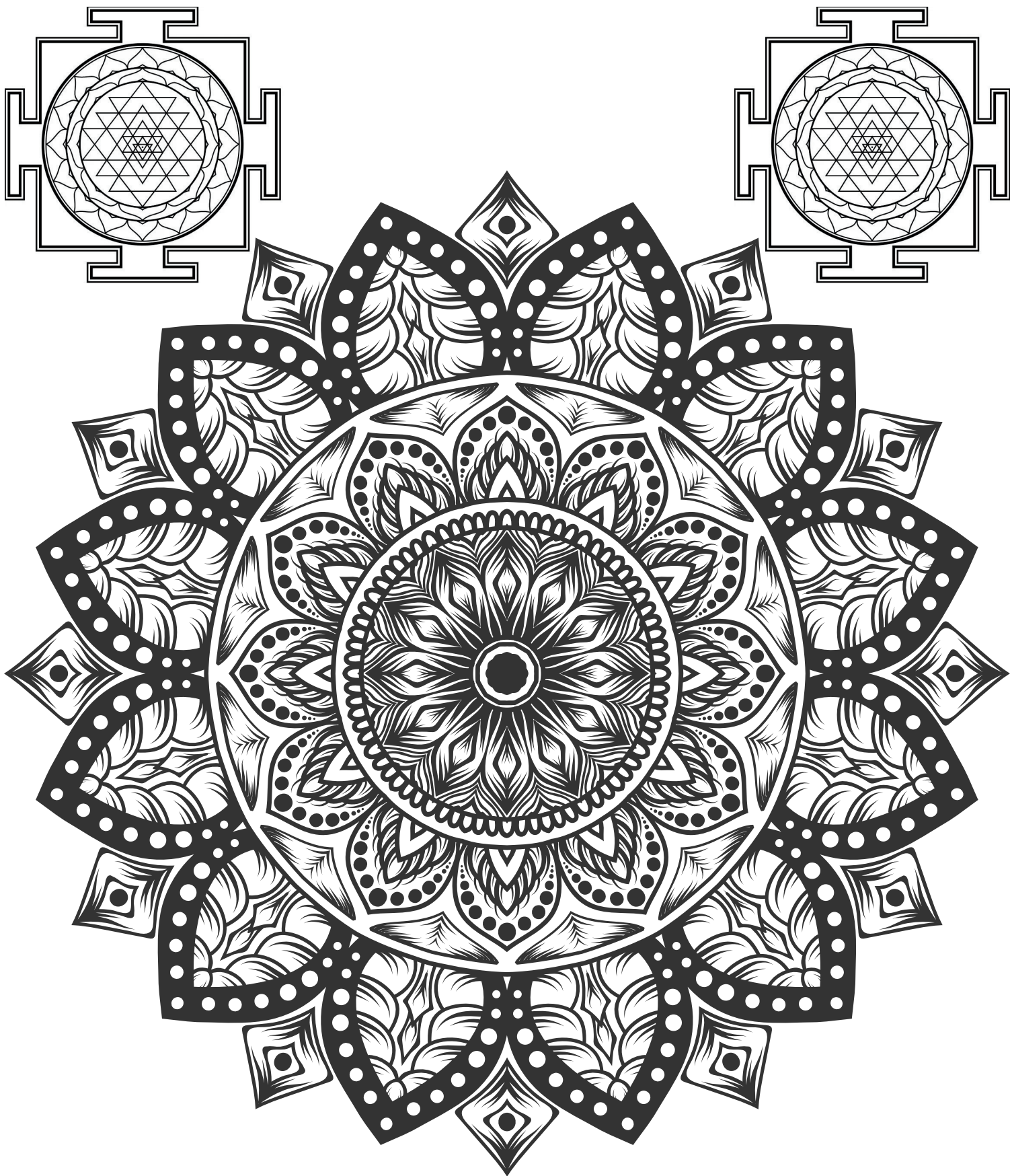


I radiate Love
and Joy

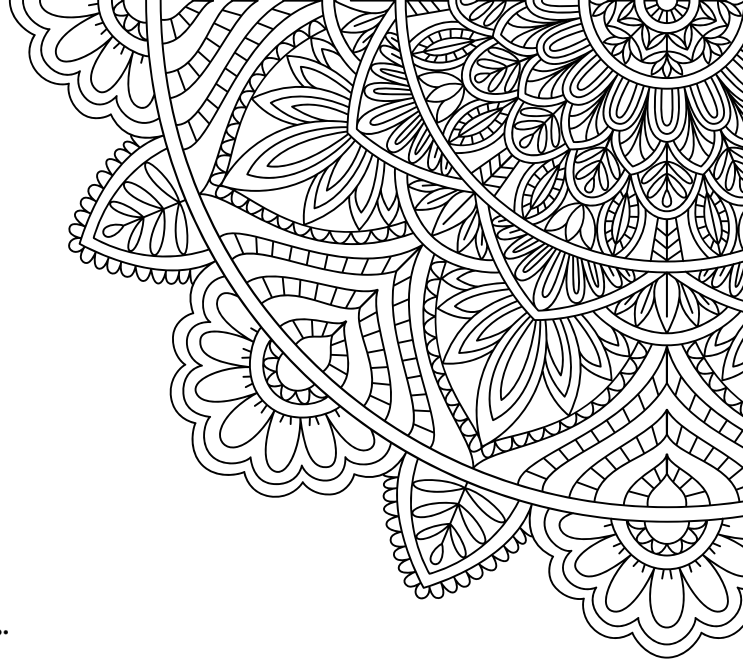
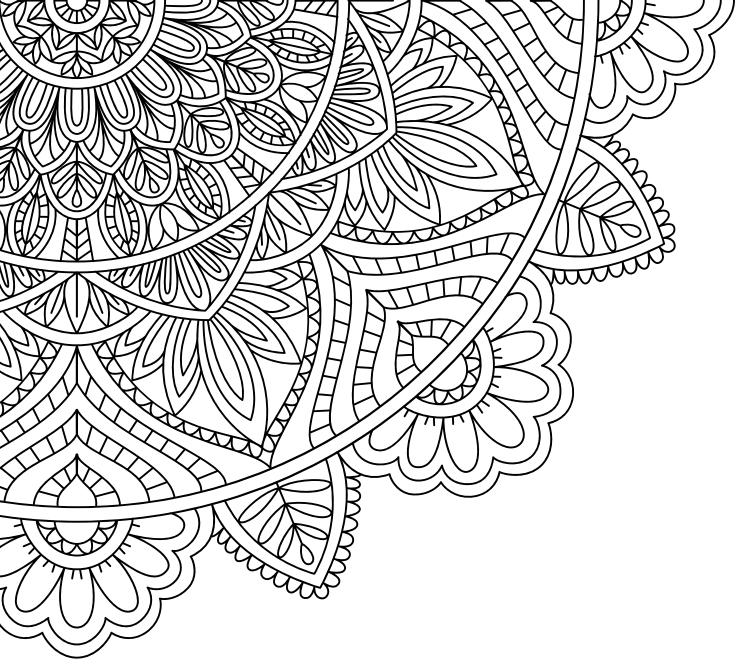




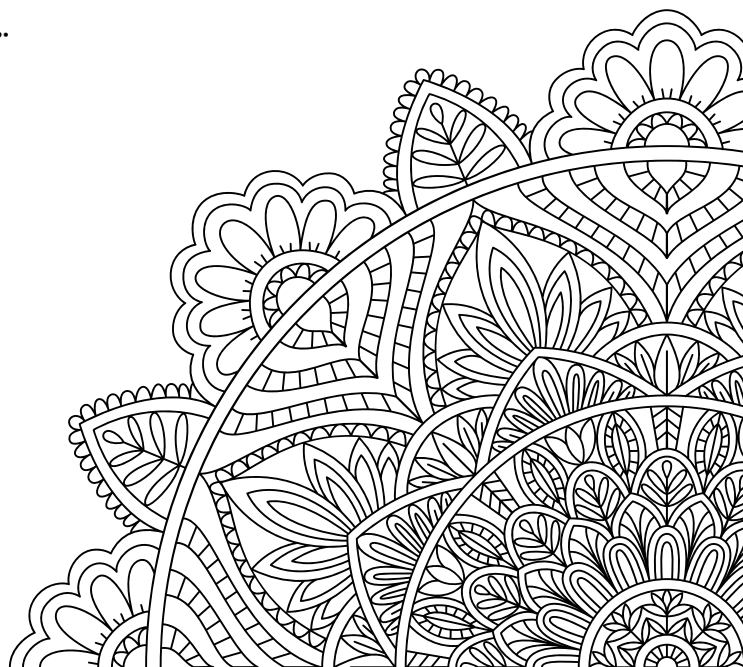
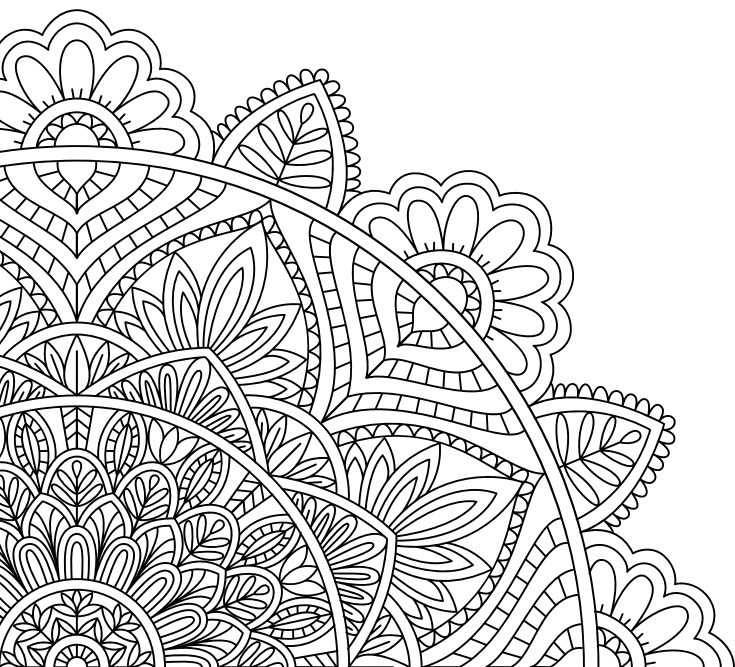
"Stop fighting the river. Become the water and let the flow
take you where you need to go." - Lao Tzu

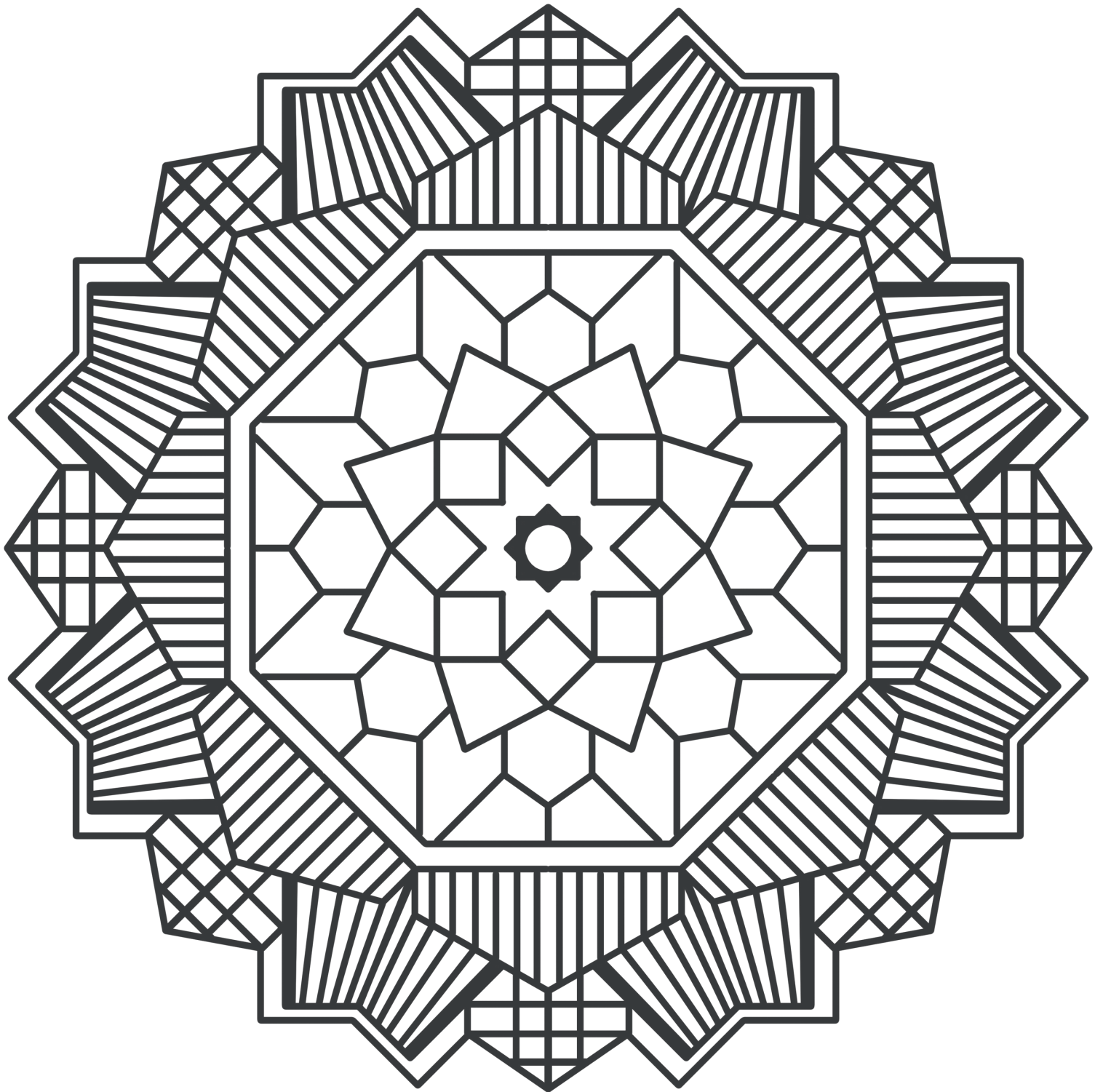


"I make space and open myself to a greater Awareness!"

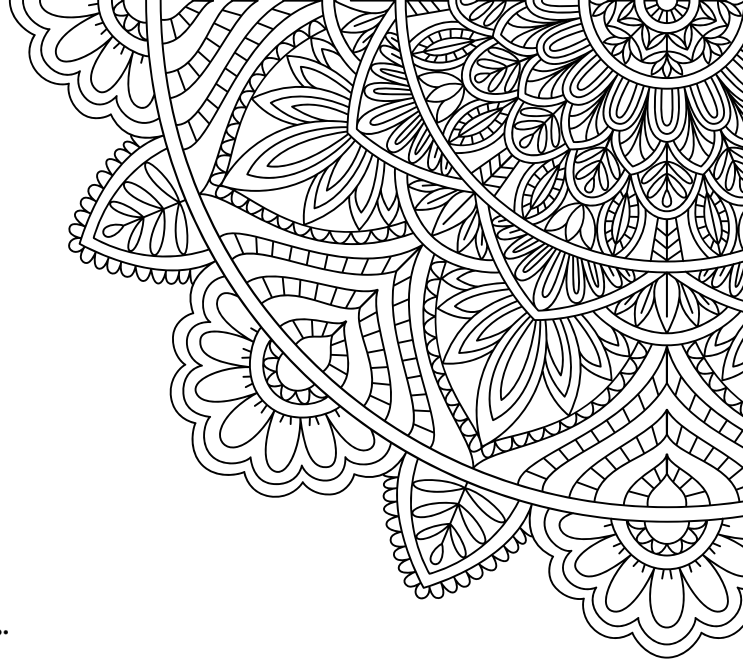
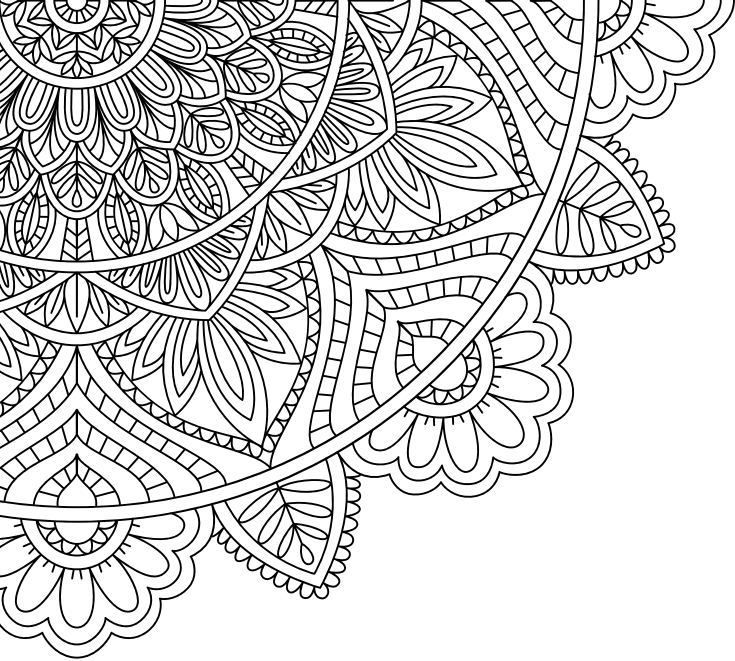


I Create My Reality

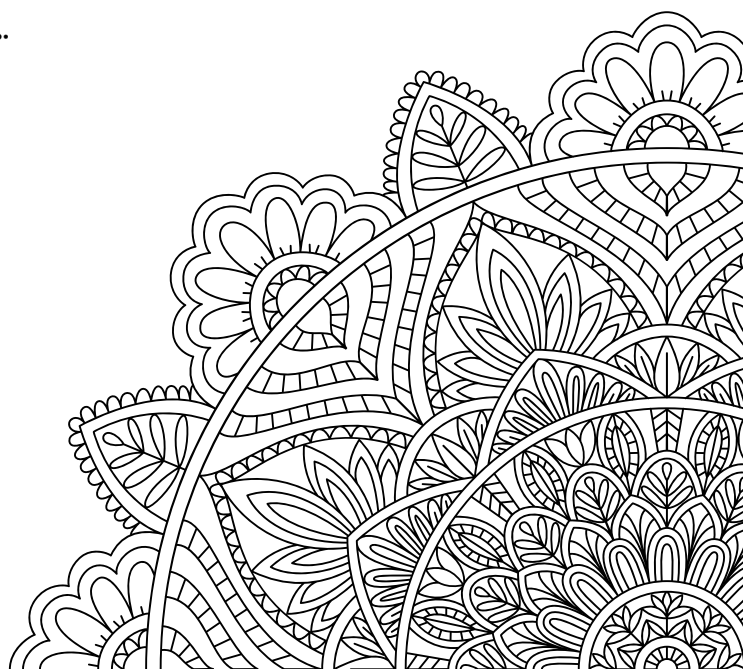
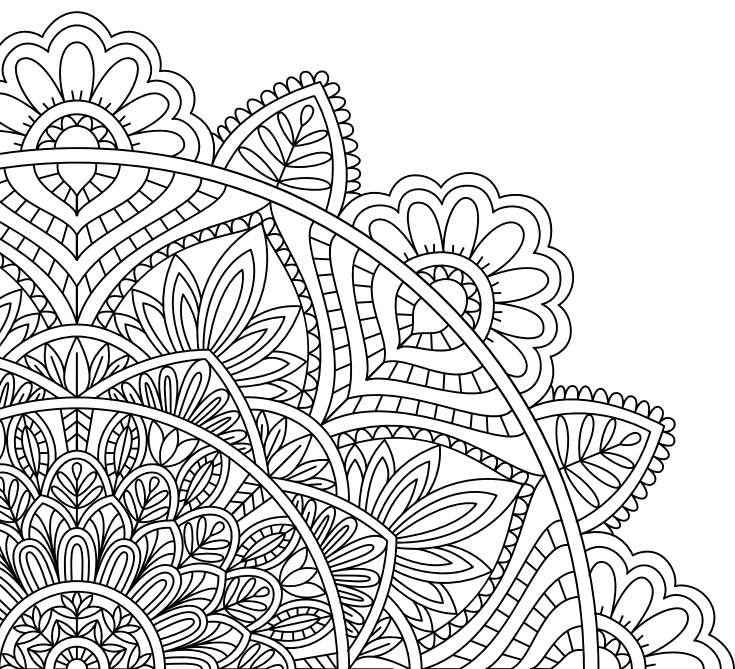
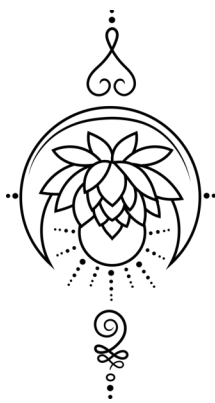


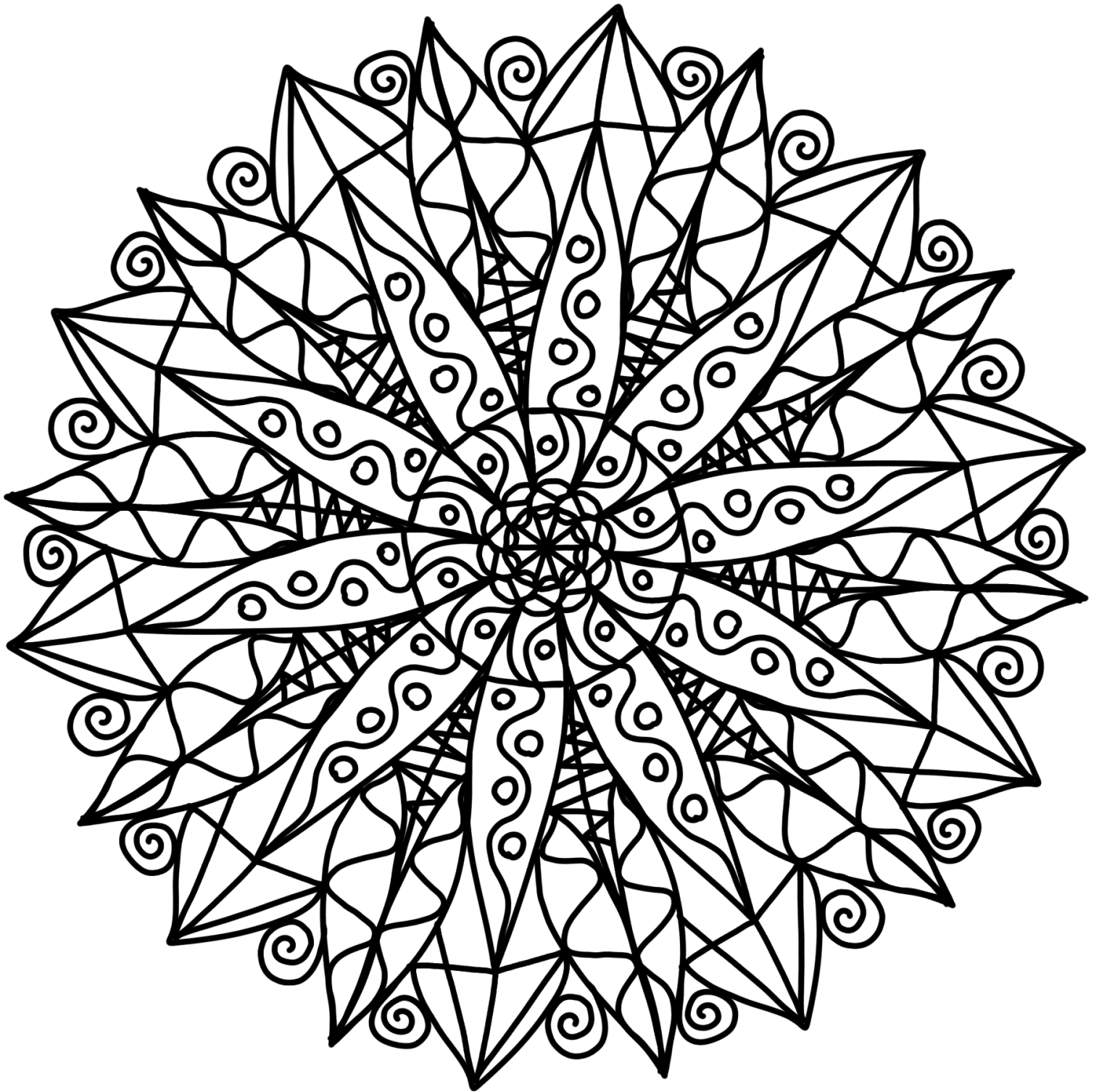


“Don’t force anything. Just immerse yourself in the process and let the flow of life surprise you.” - Eckhart Tolle



I Embrace My Journey





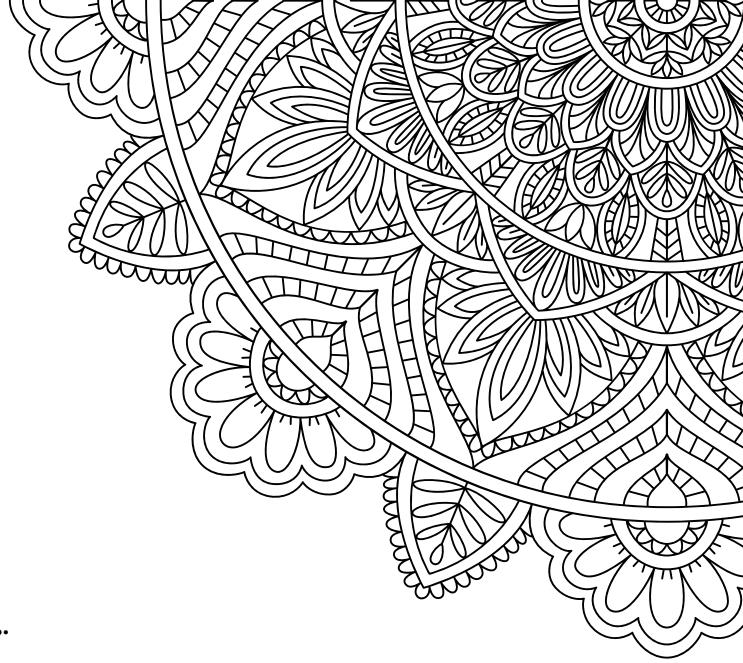
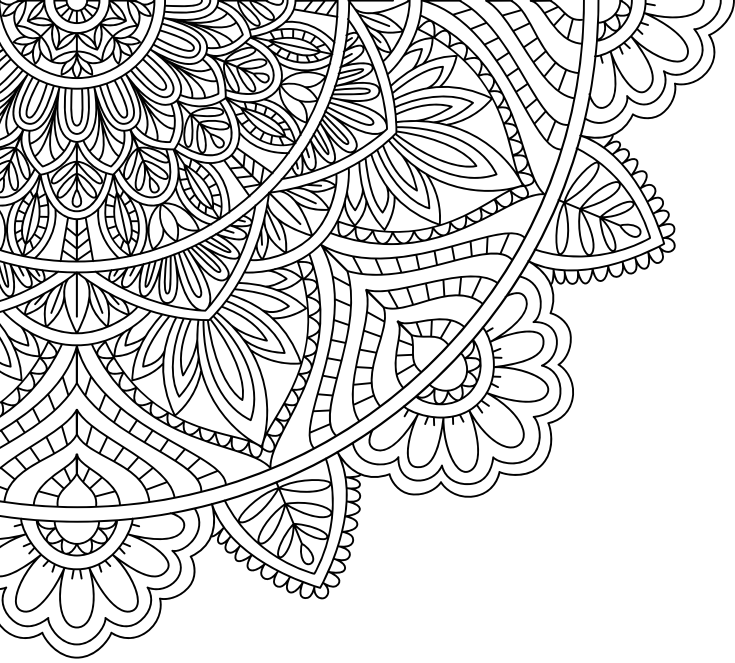
"Creativity flows when you stop thinking and start feeling."

ARCHETYPAL MANDALAS

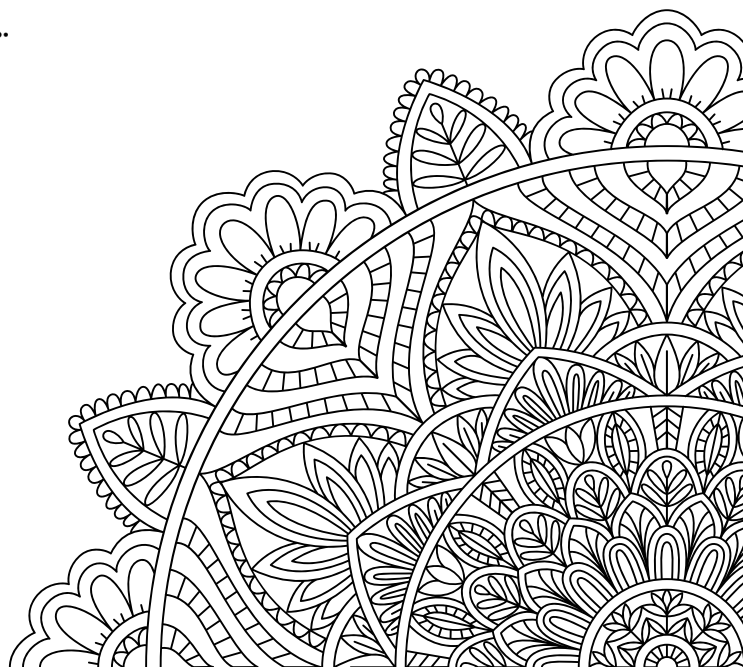
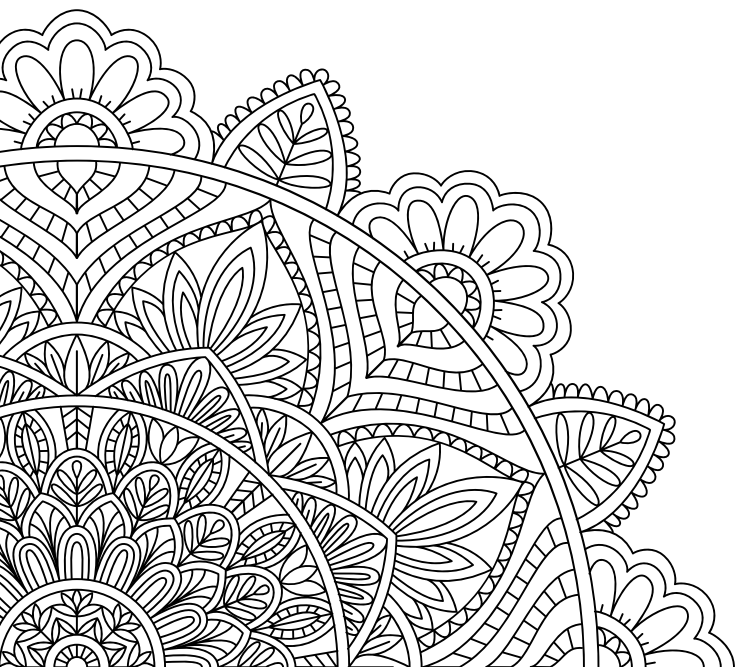
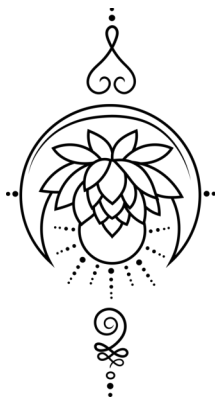
ACTIVATE YOUR INNER STRENGTHS
THROUGH UNIVERSAL SYMBOLS



"The greatest victory is the victory over oneself." - Buddha

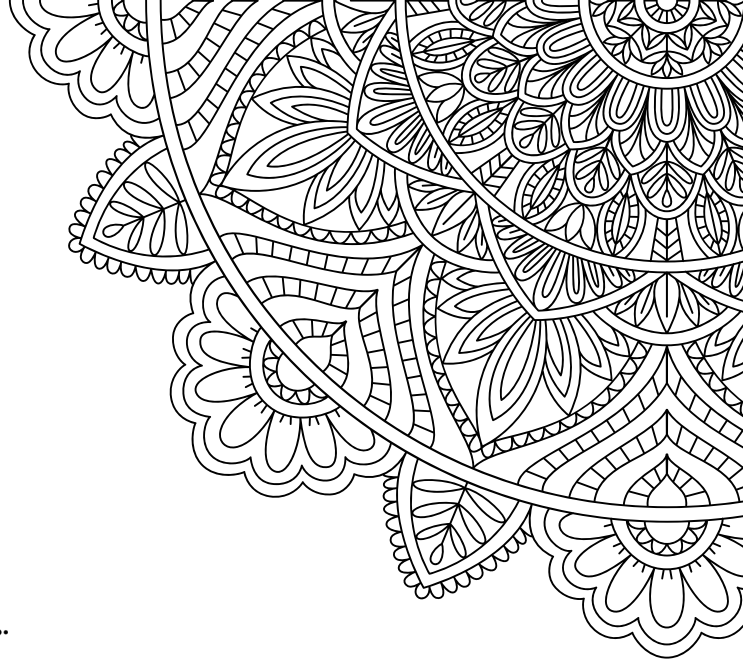
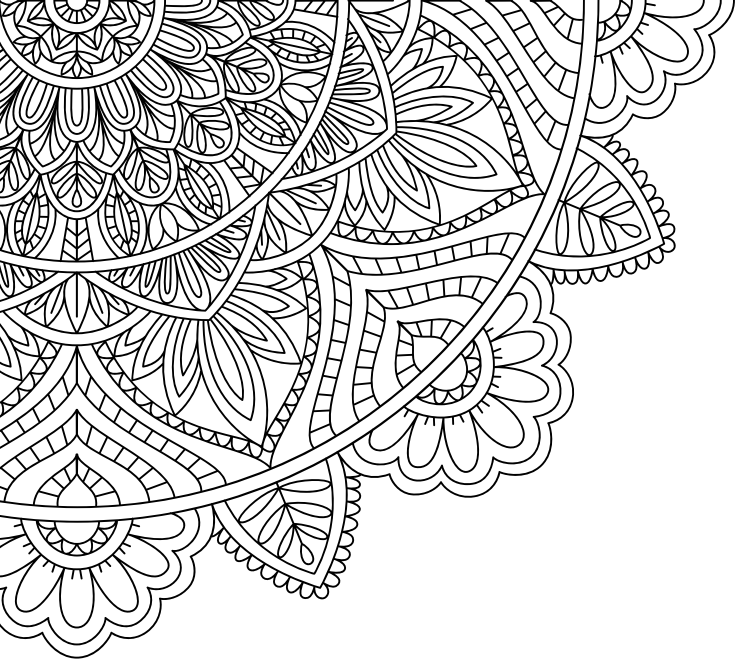


I am Light

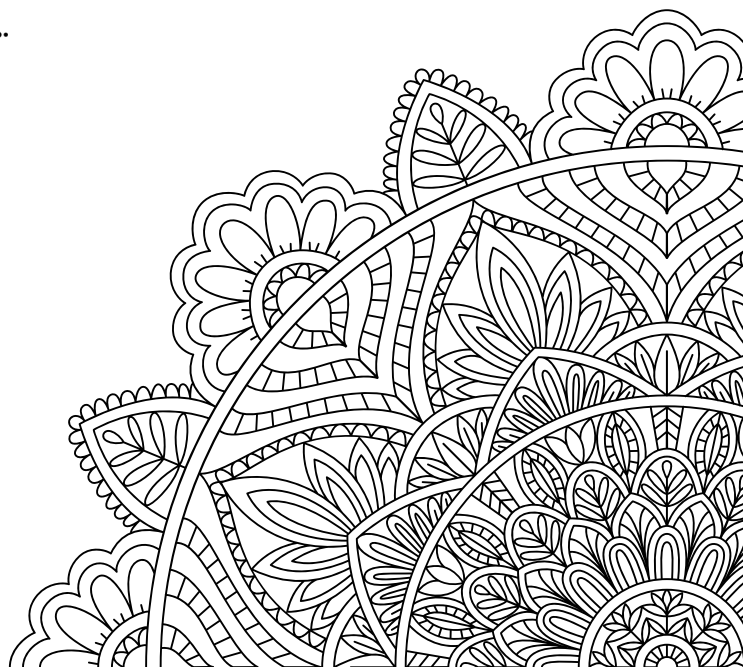
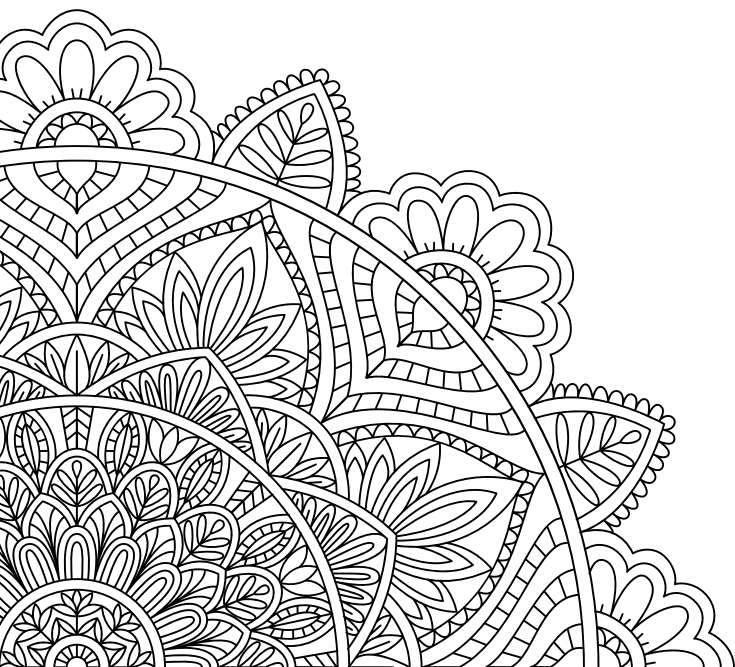




"A warrior is not someone who is free from fear, but
someone who acts in spite of it." - Paulo Coelho

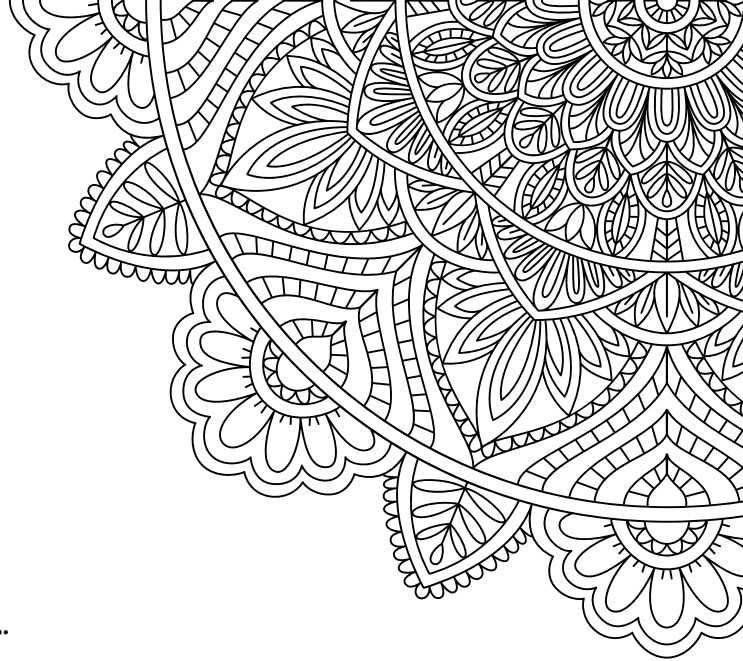
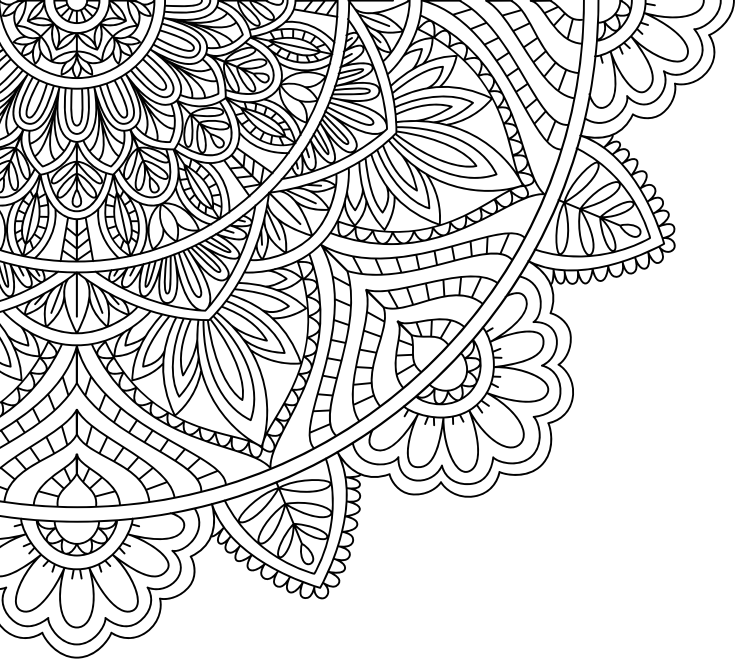


I welcome
Abundance

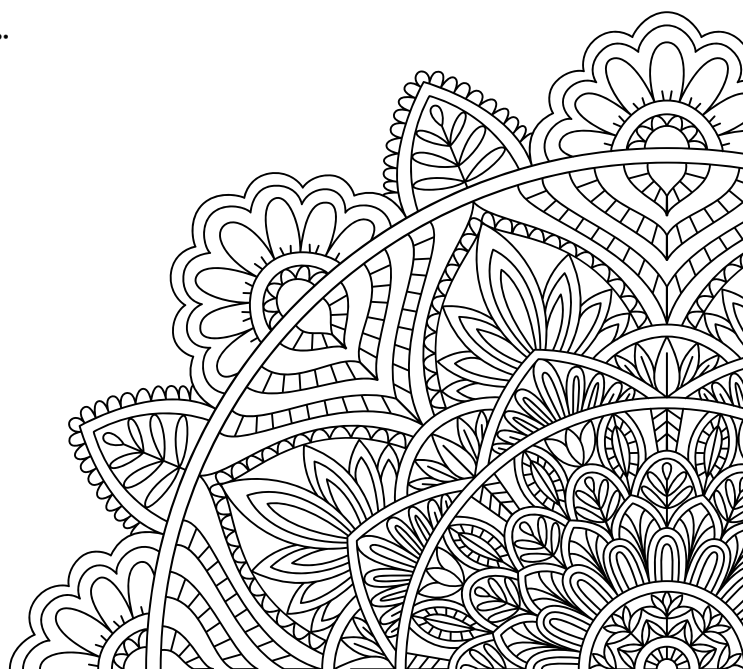
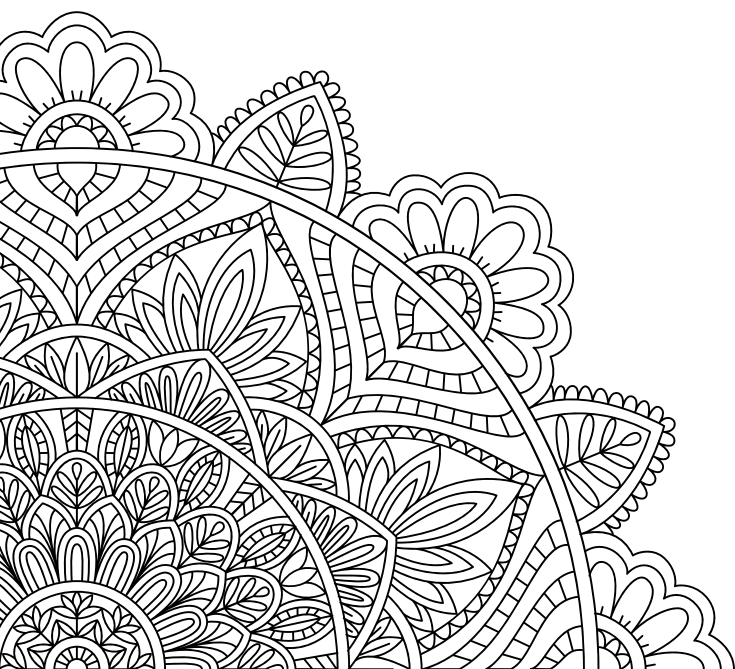
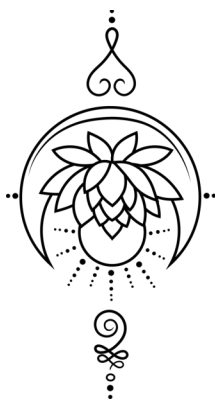




“The Great Mother always whispers to you:
‘You are safe, you are loved, you are enough.’”

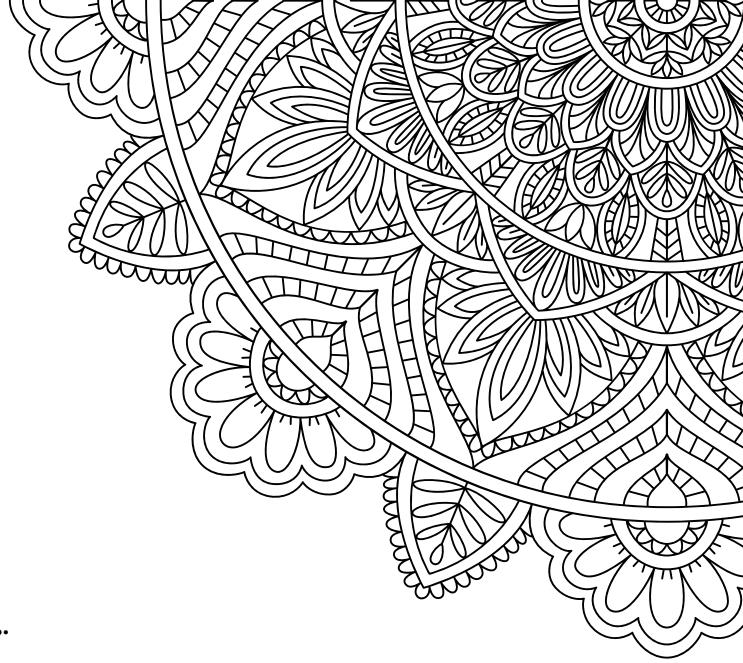
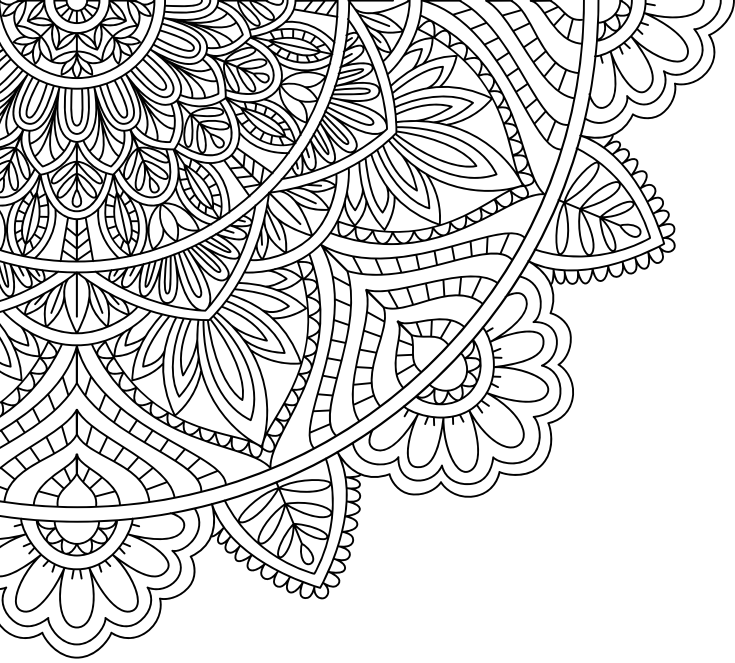


I am in
Harmony with
Life

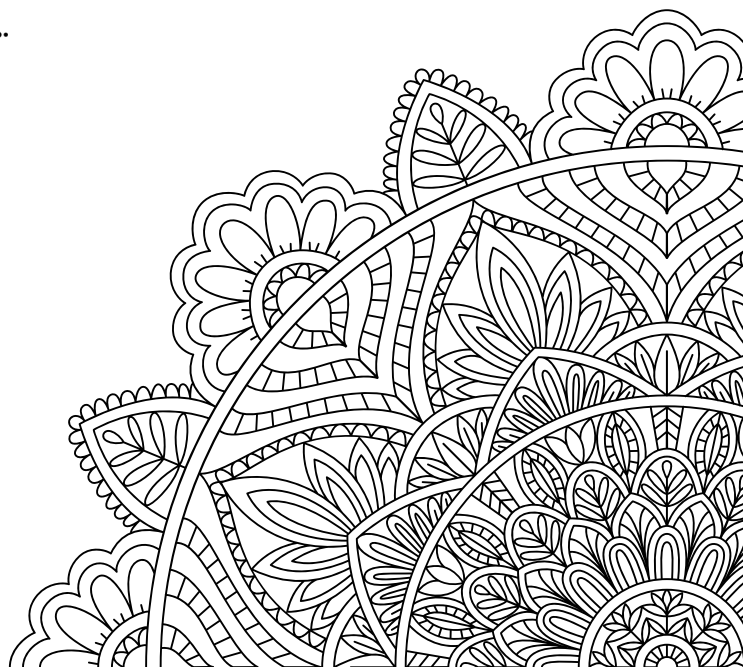
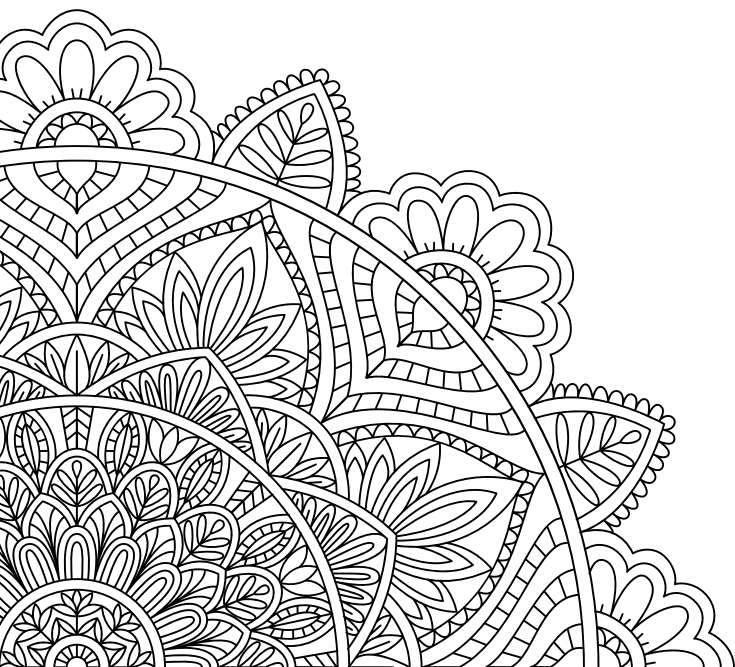




"Being deeply loved by someone gives us strength, loving
someone deeply gives us courage." - Lao Tzu

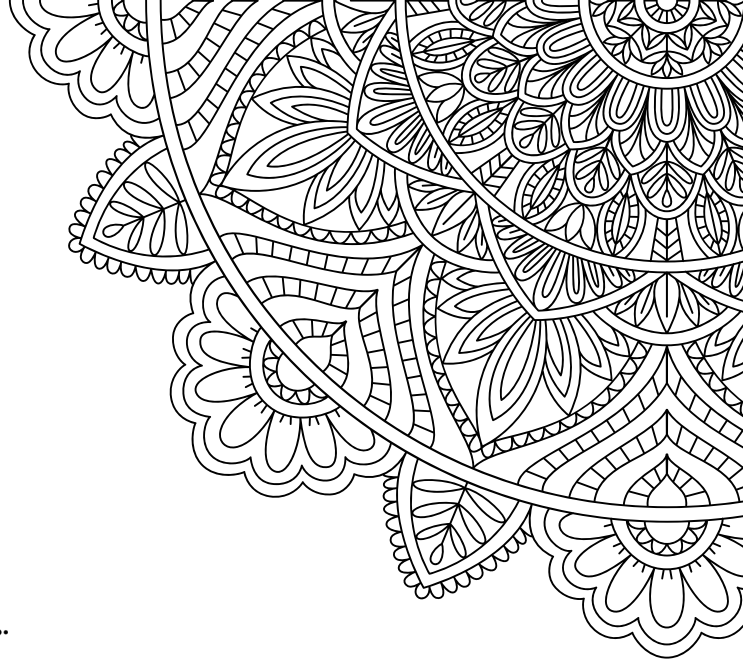
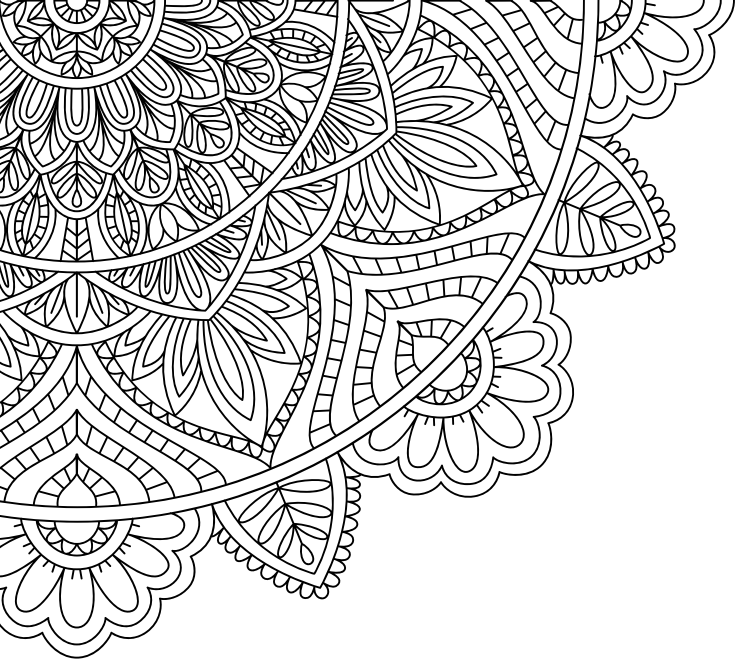


Return to My Center

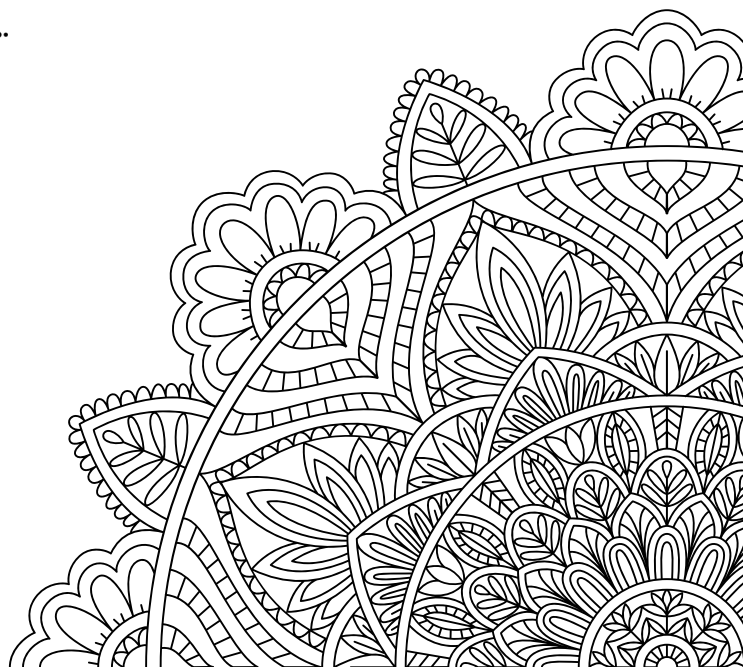
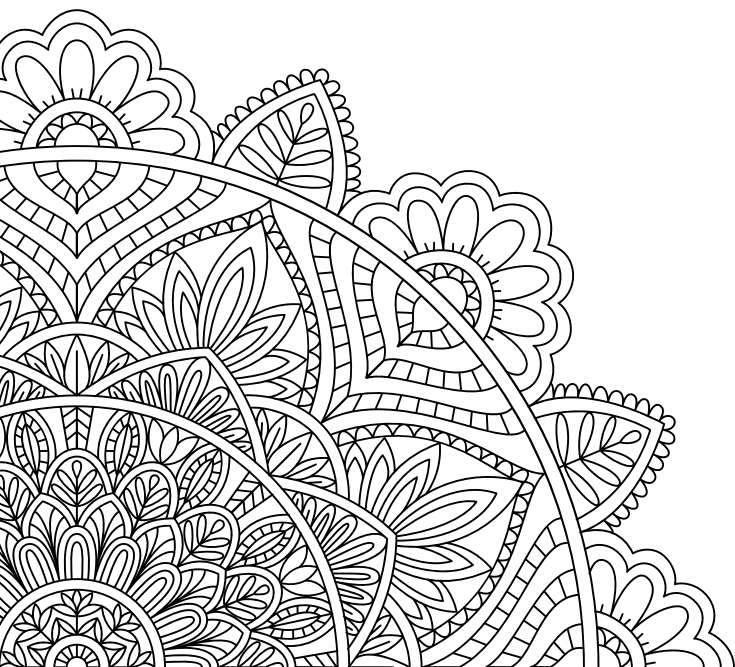


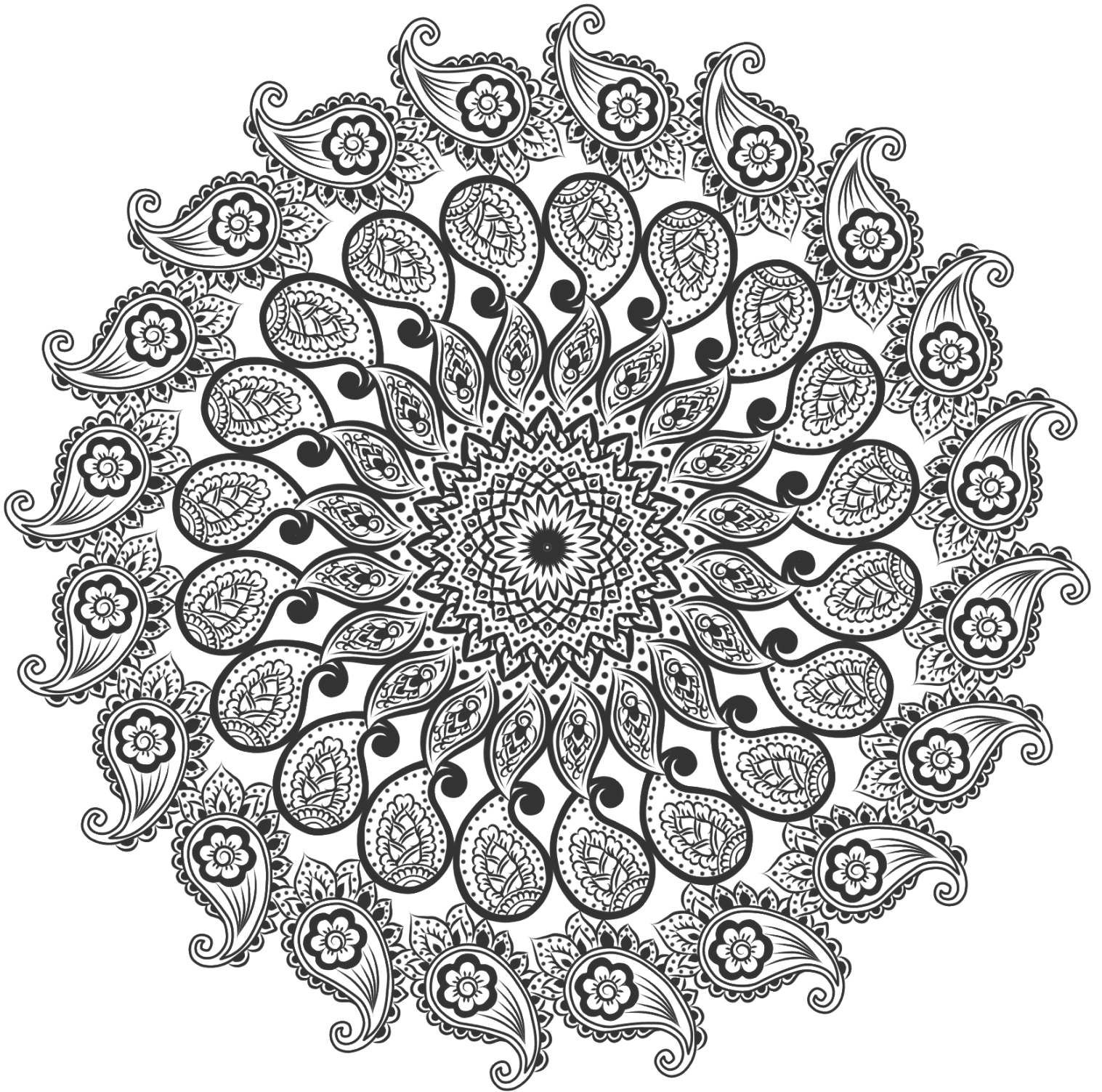


"Wisdom begins in wonder."
Socrates

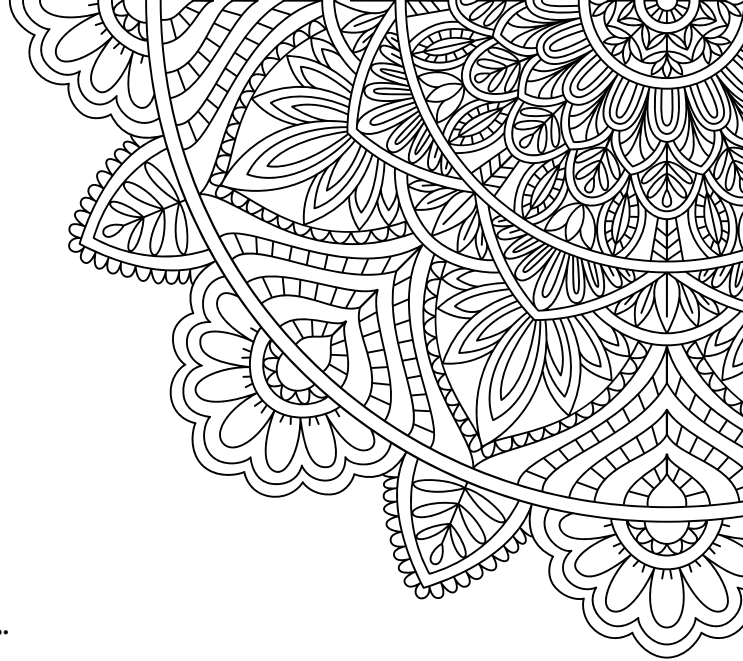
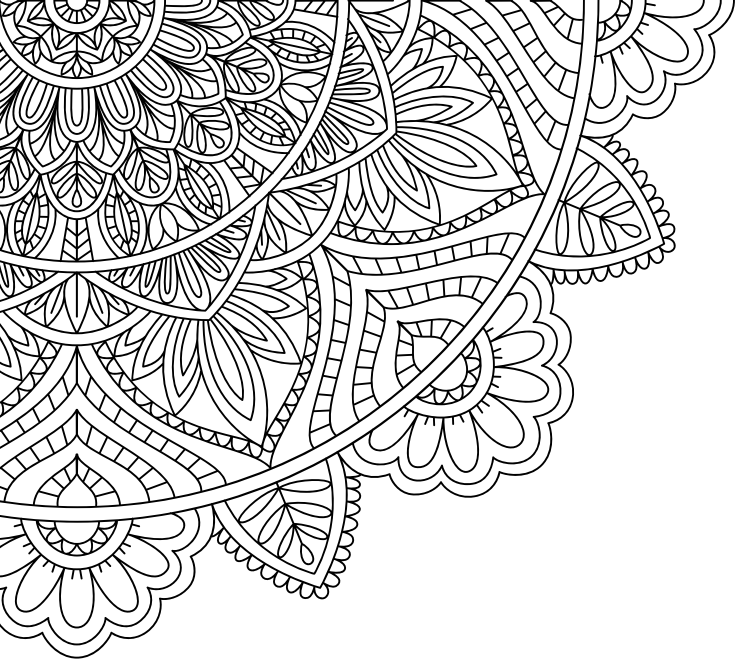


My Energy Creates the World

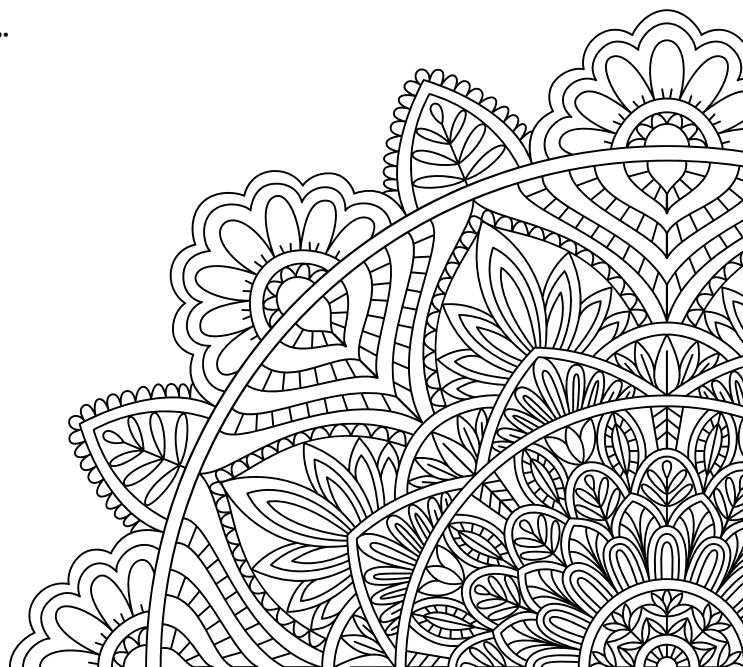
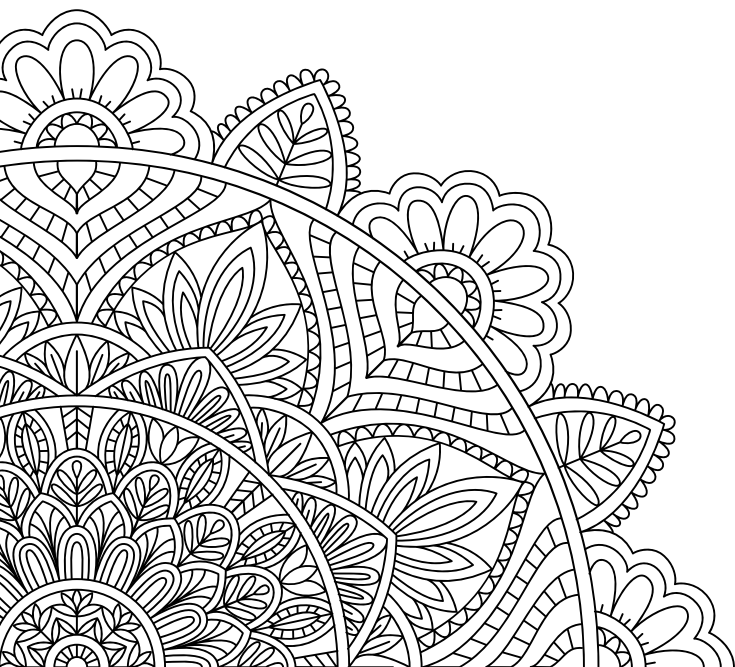
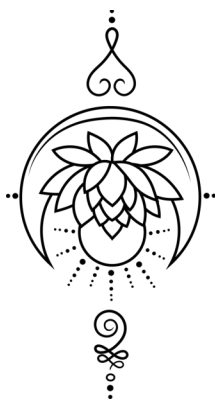




"He who knows others is wise;
He who knows himself is enlightened." - Lao Tzu

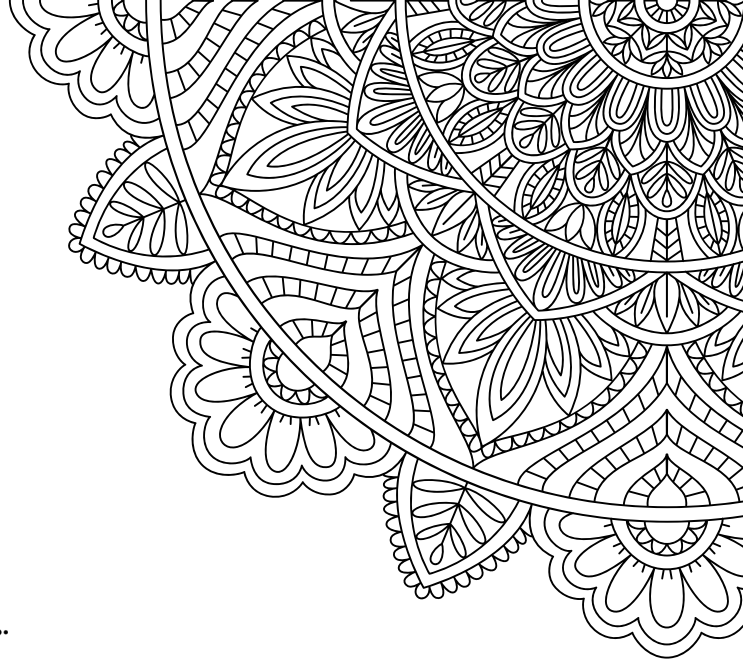
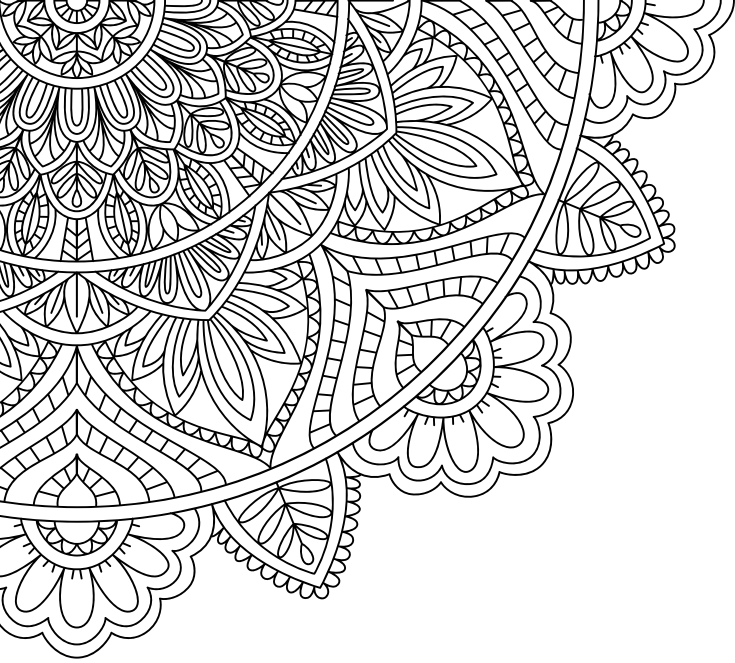


I Choose
to Let Go

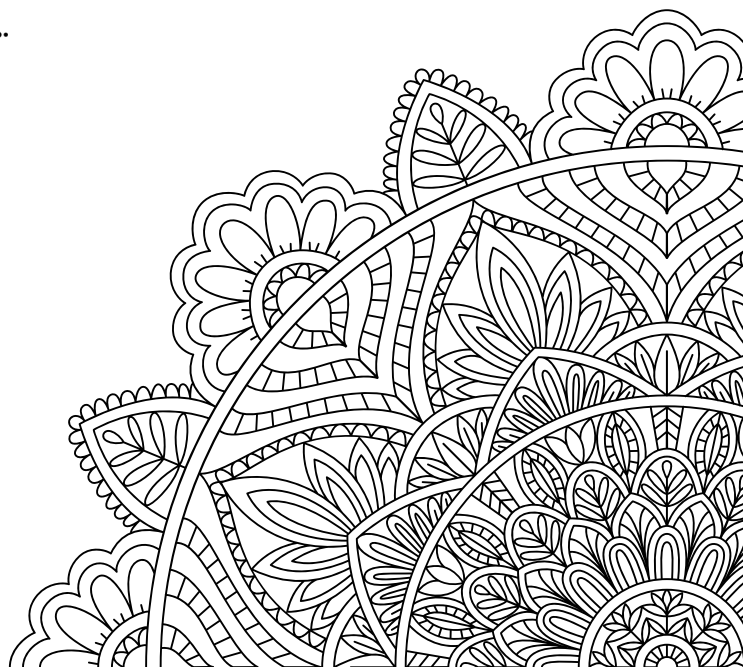
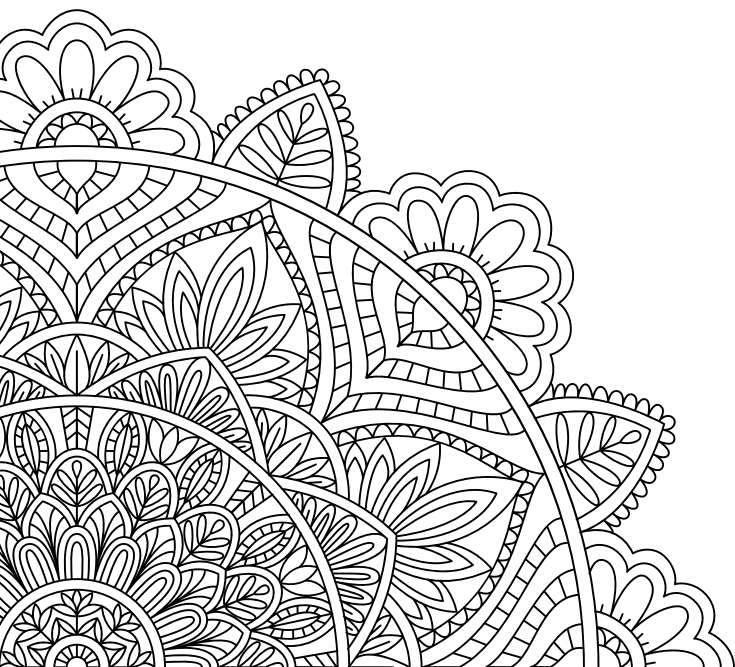
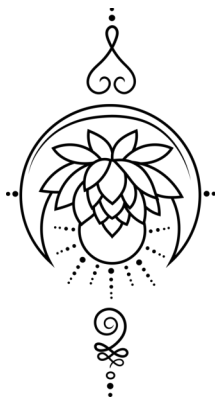




“A master is one who creates masters, not followers.”



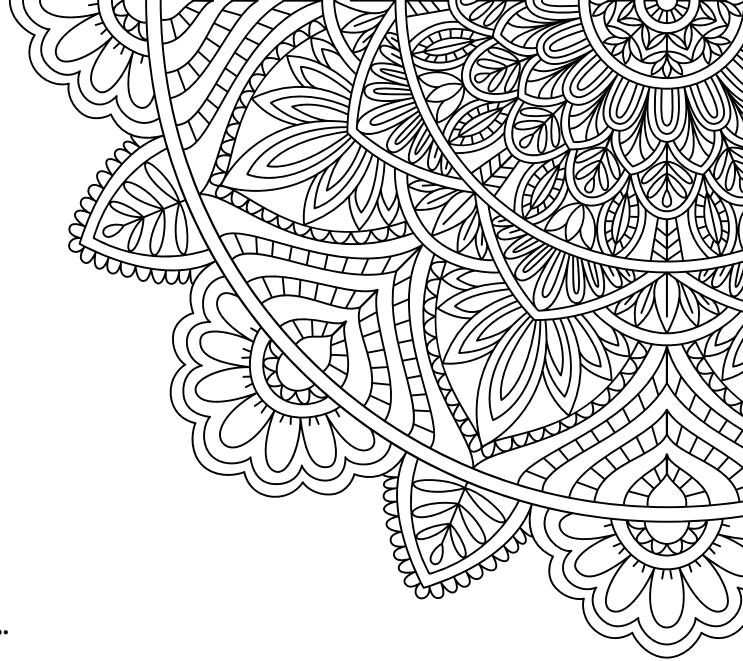
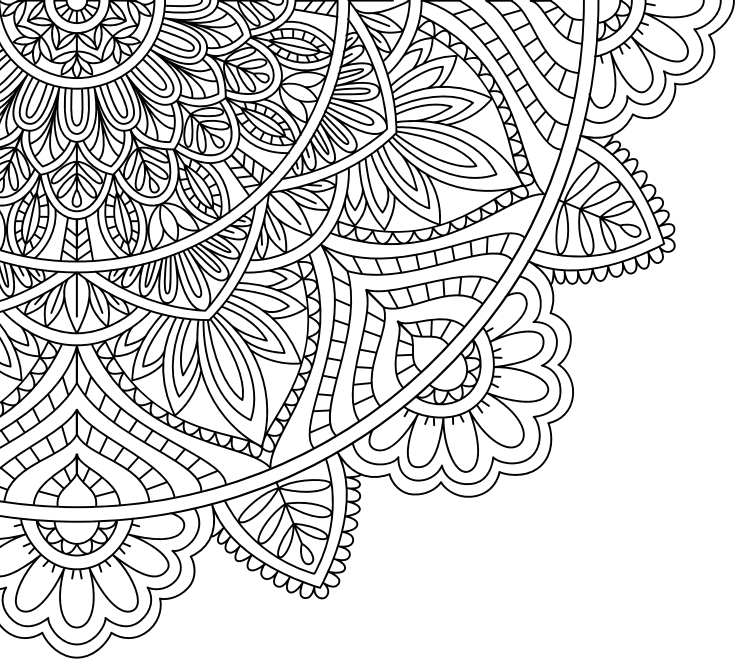
I live with
Gratitude



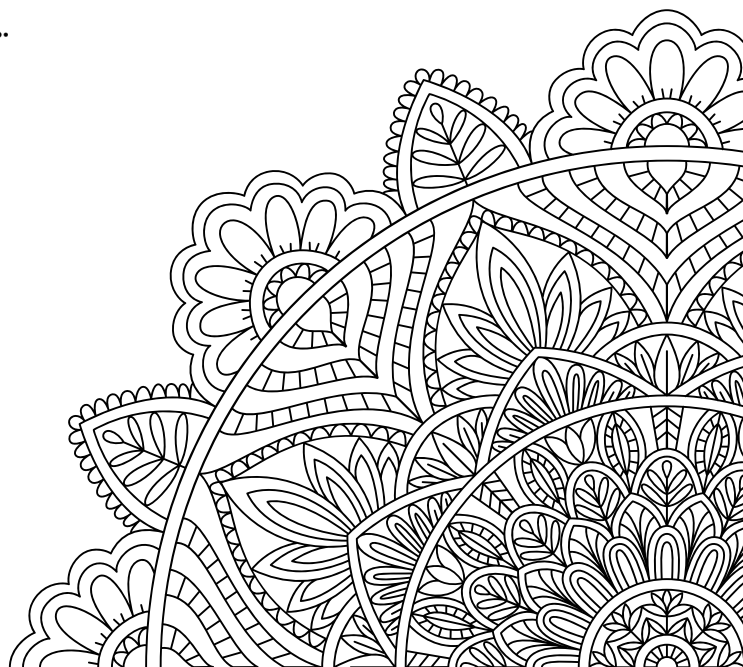
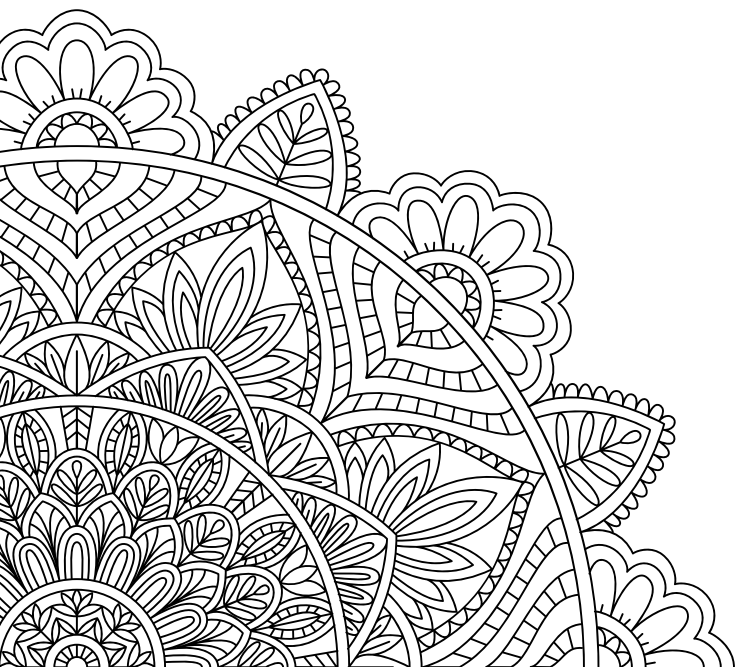
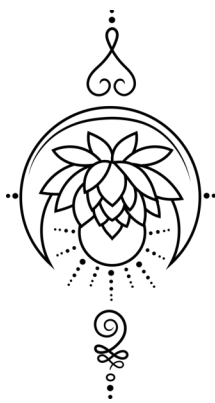
BE STILL
AND KNOW:
THAT I AM
GOD

PSALM 46 : 10

“Knowledge speaks, but wisdom
listens.” – Jimi Hendrix

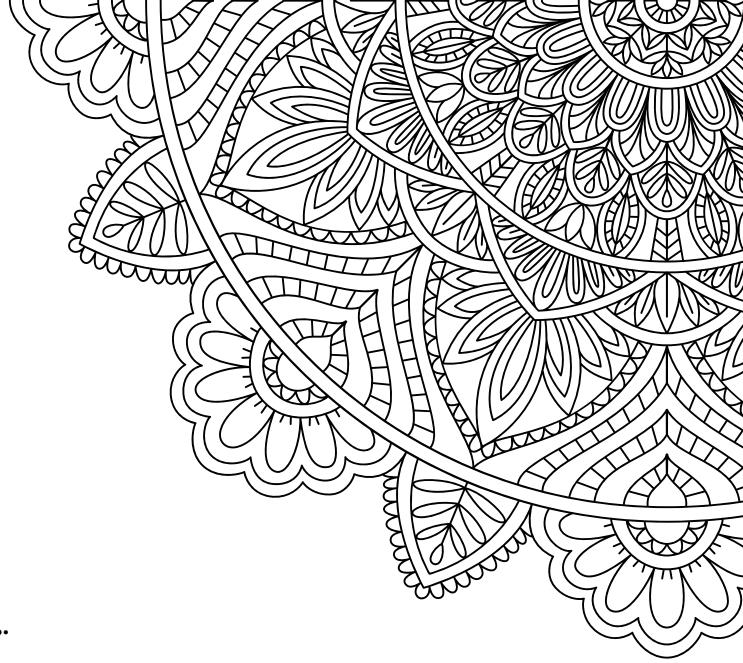
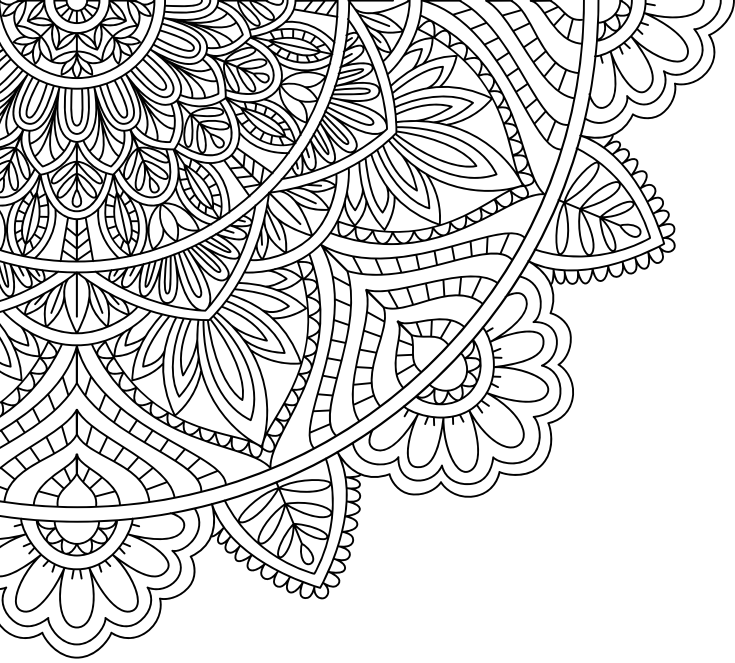


I am Connected to My Essence

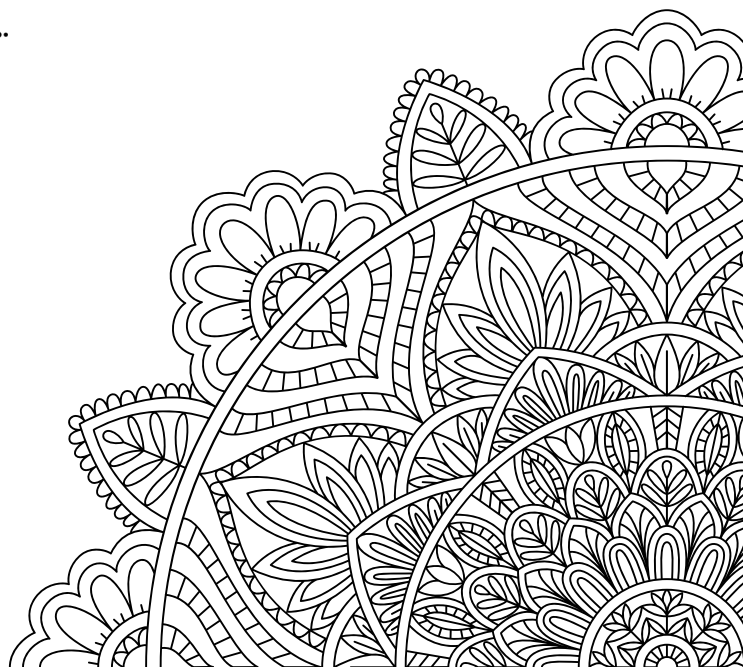
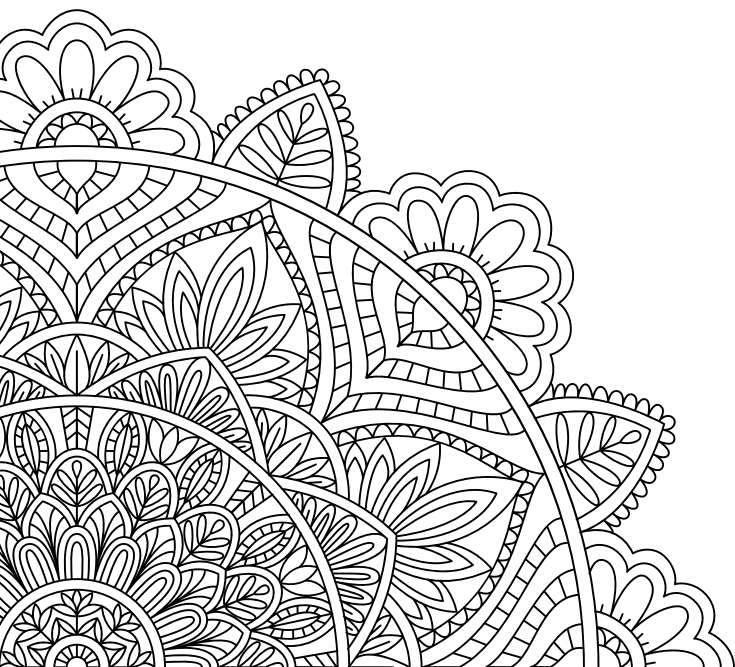
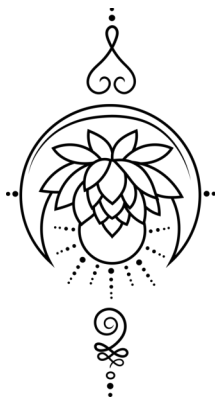




"If you want to heal the present, go back and embrace the child you once were." - John Bradshaw

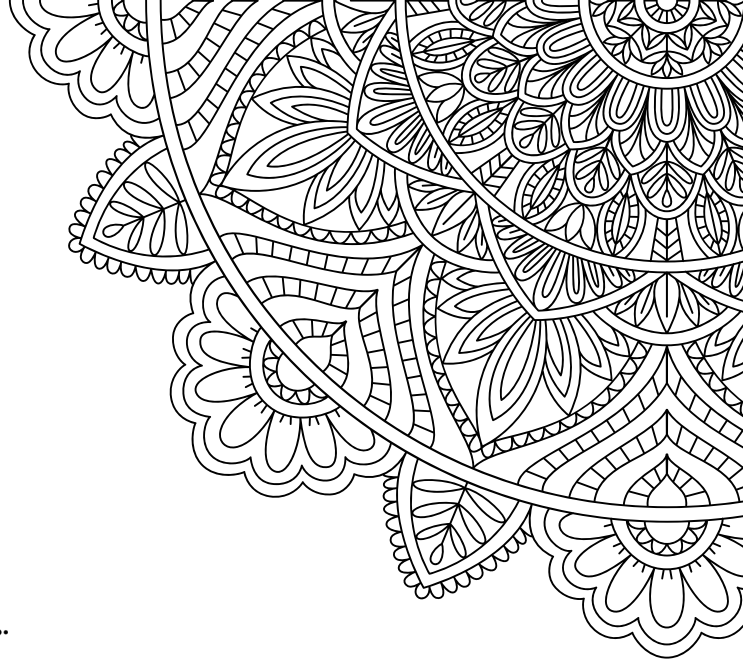
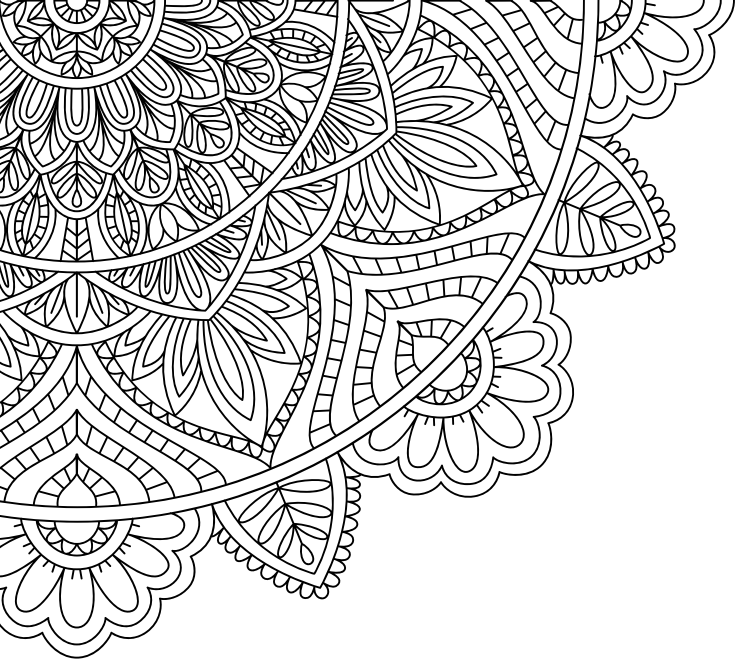


My Heart Knows the Way

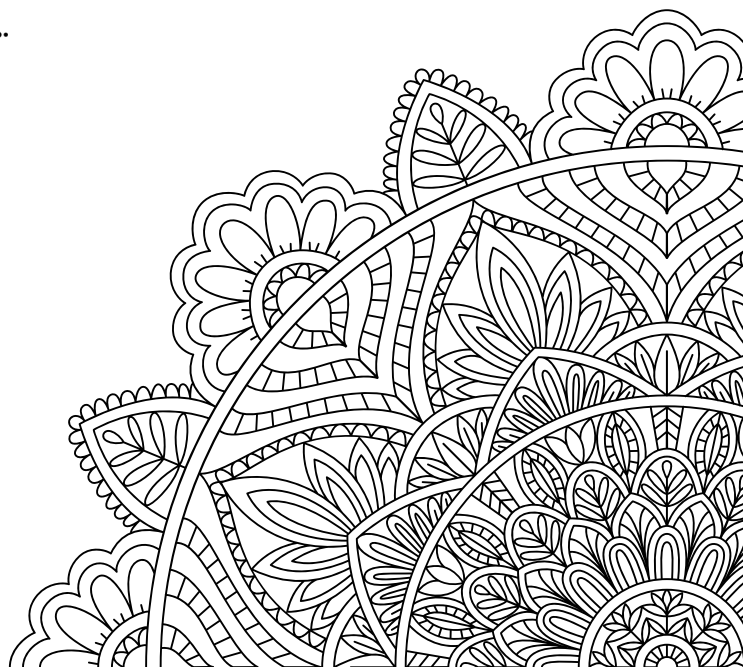
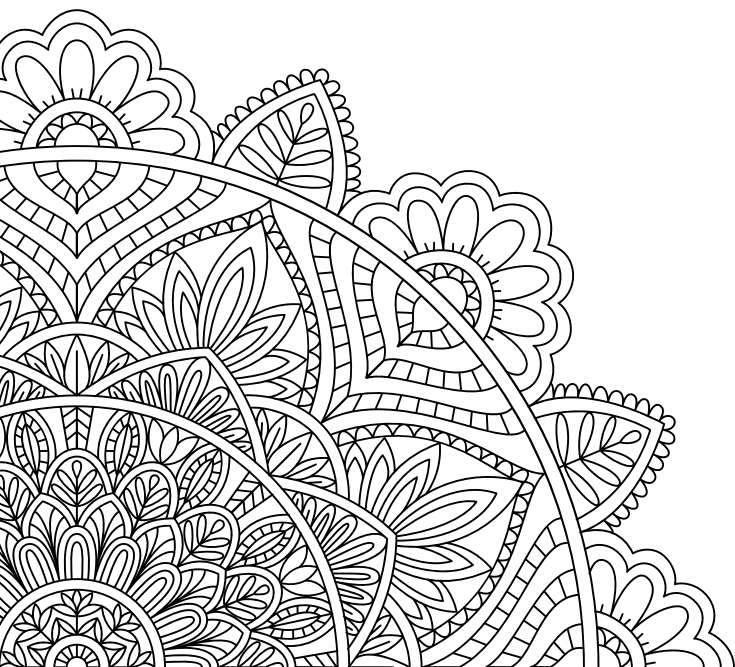




“Let the soul have the freedom to play as a child plays.” – Tagore



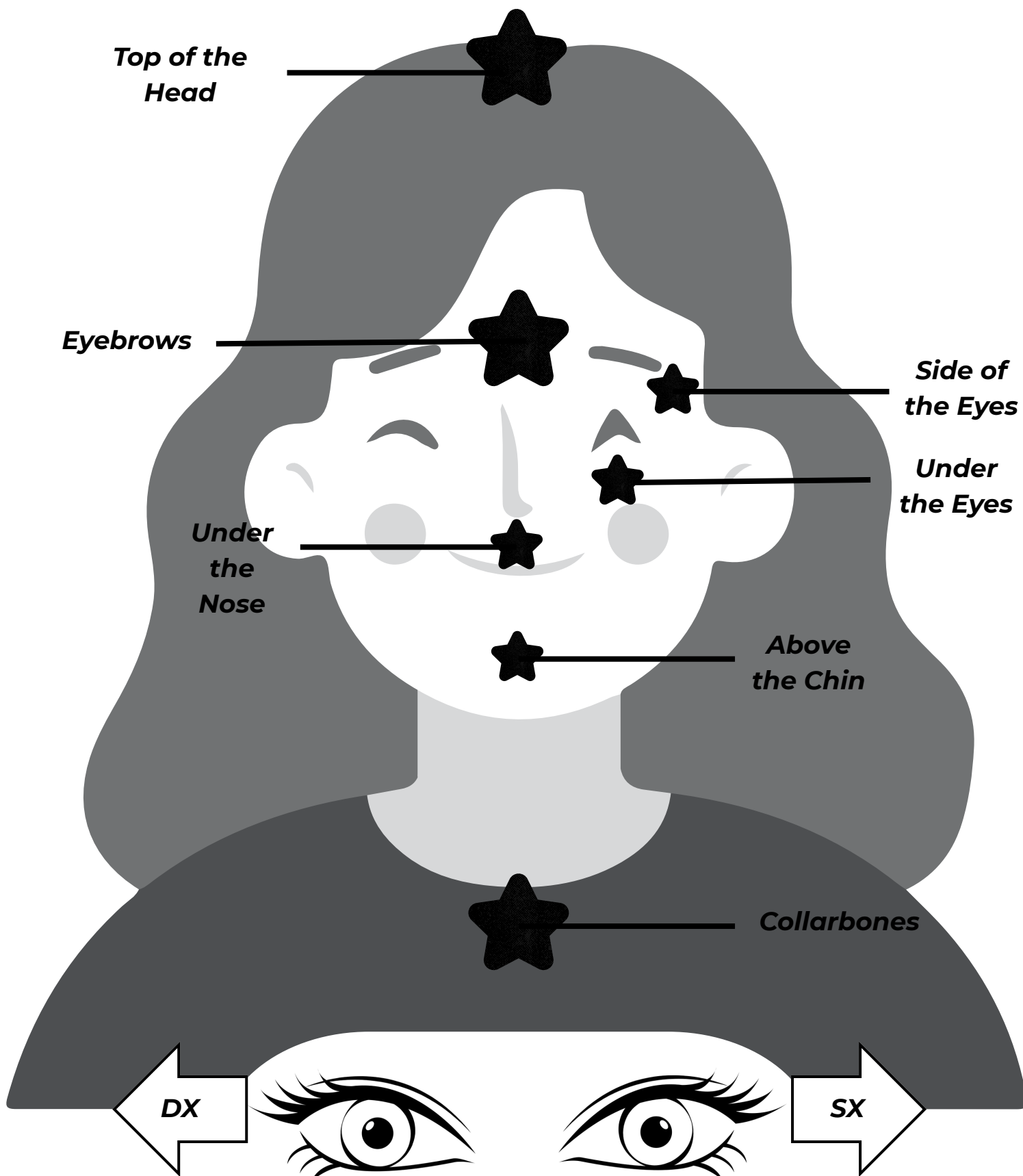
I Free Myself
with Sweetness





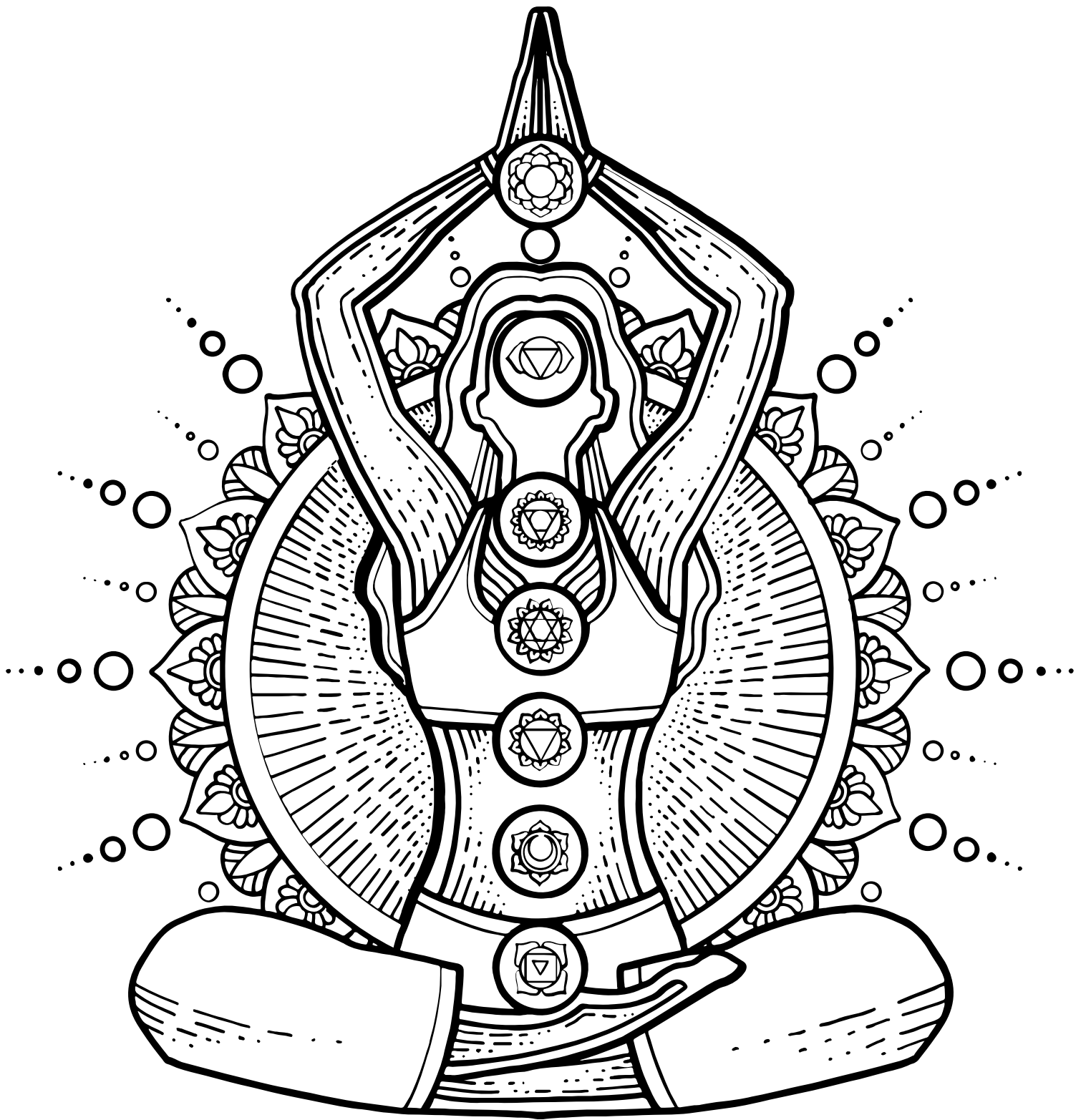
MANDALAS FOR EMOTIONAL TRANSFORMATION

RELEASE EMOTIONAL BLOCKS
AND LET GO OF THE PAST

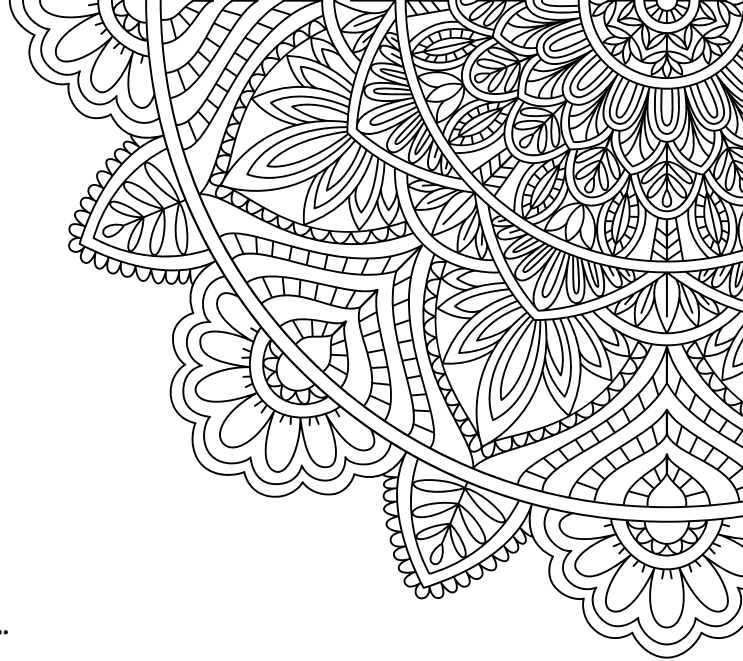
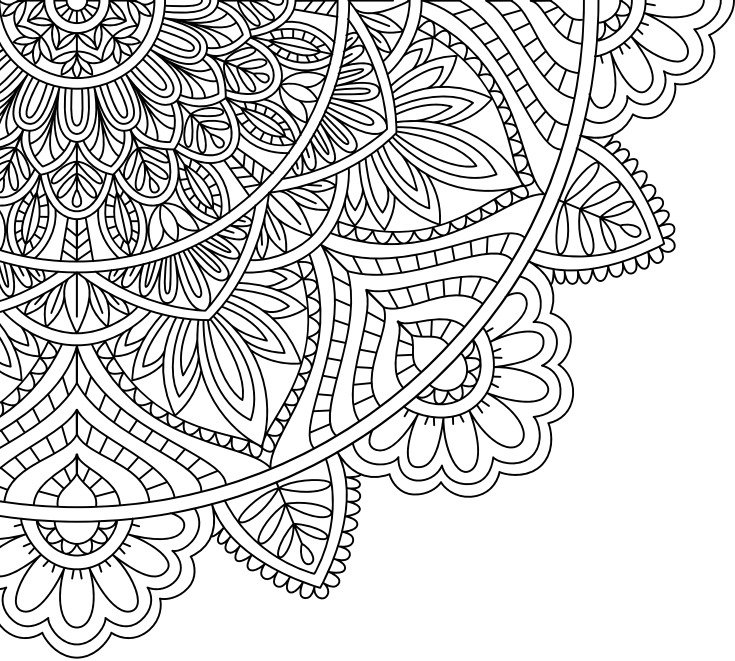


"What you resist, persists.
What you accept, transforms." - Carl Jung

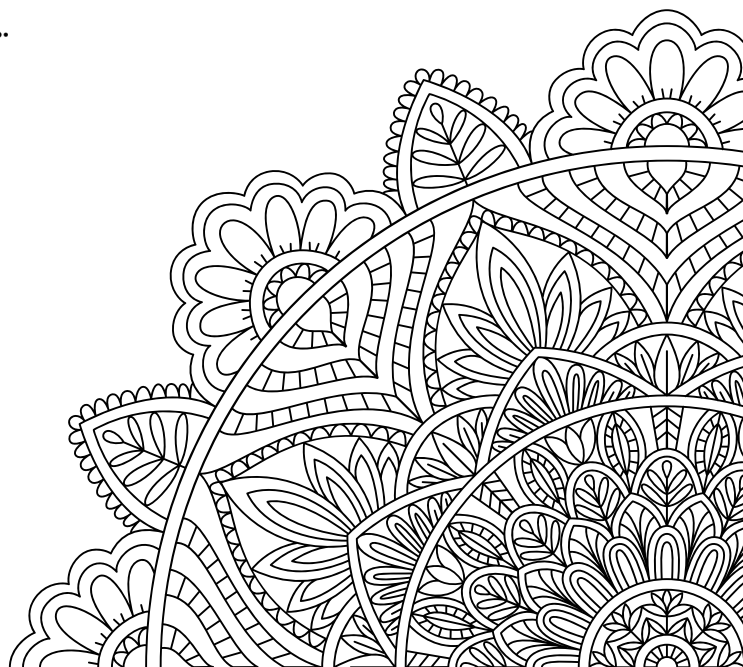
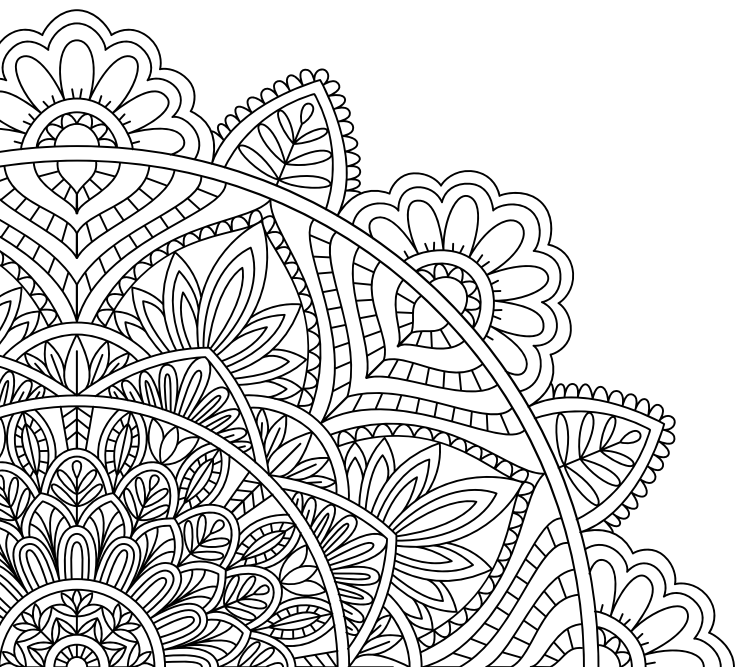
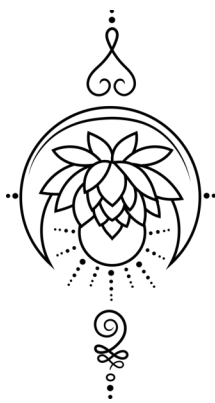
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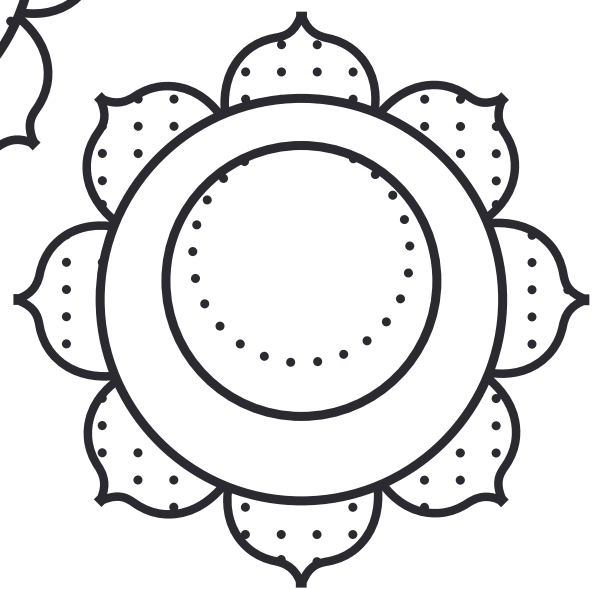
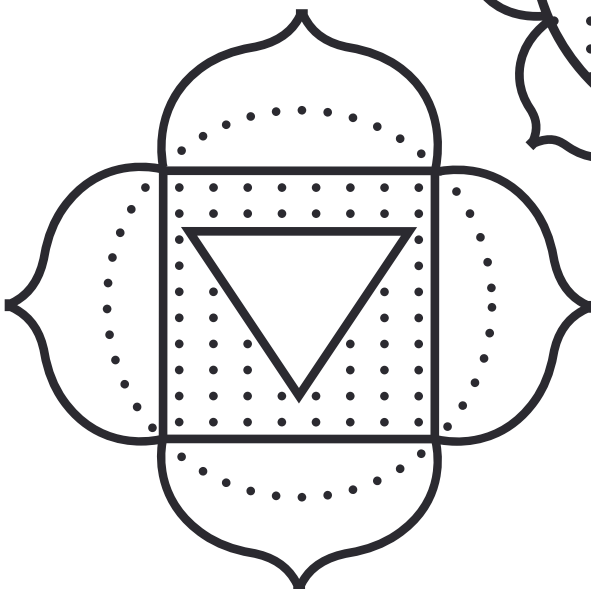
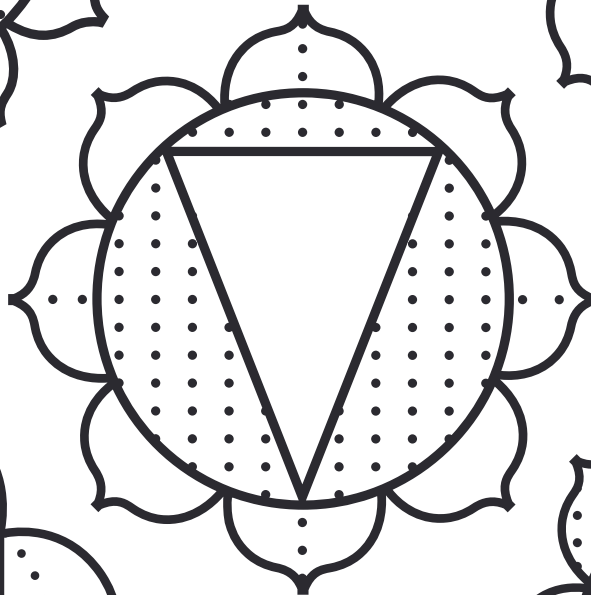
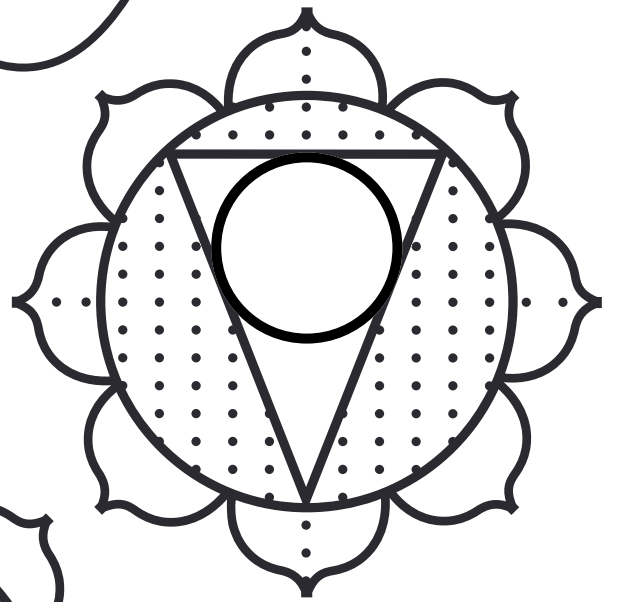
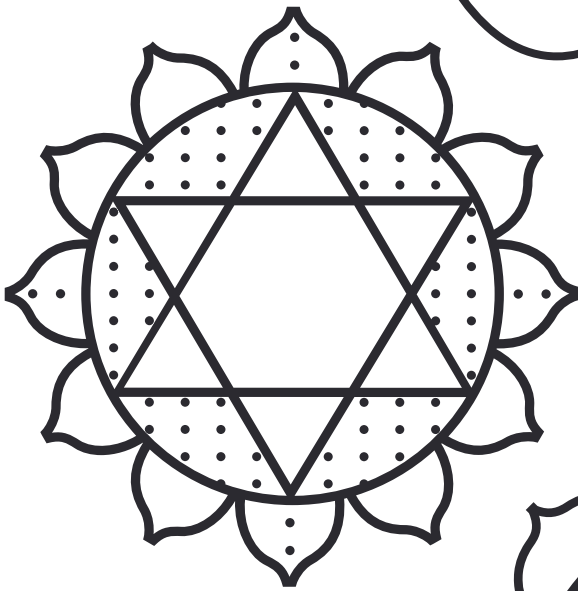
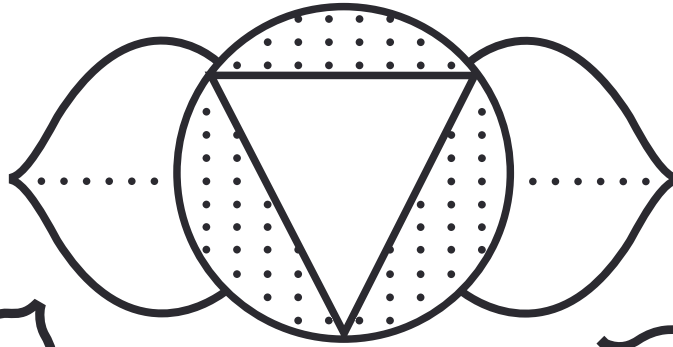
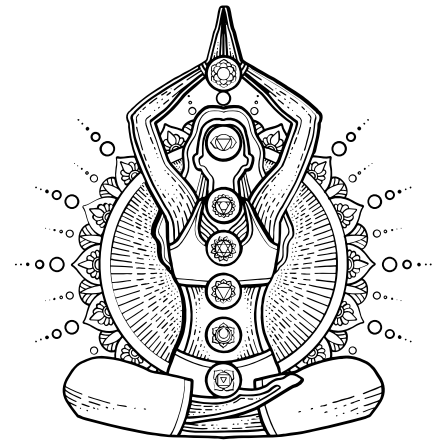
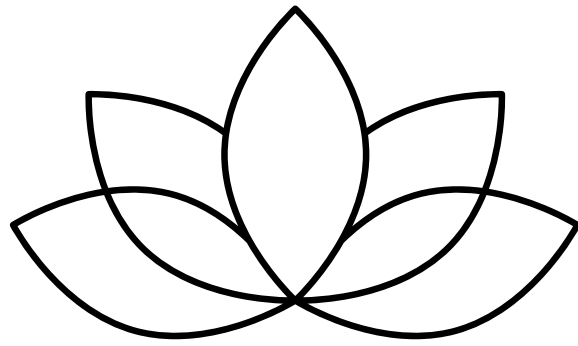
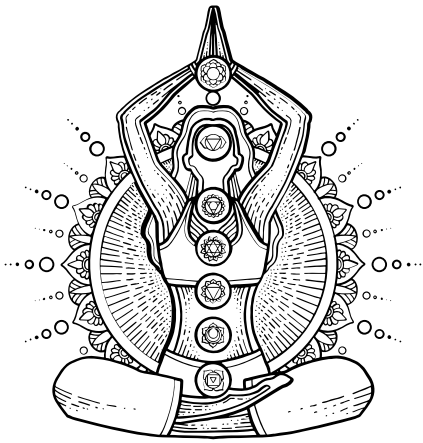


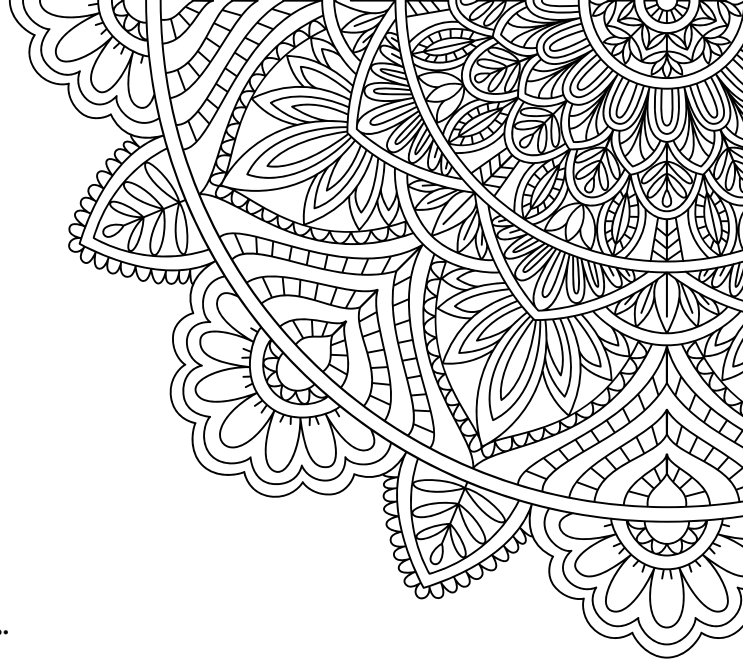
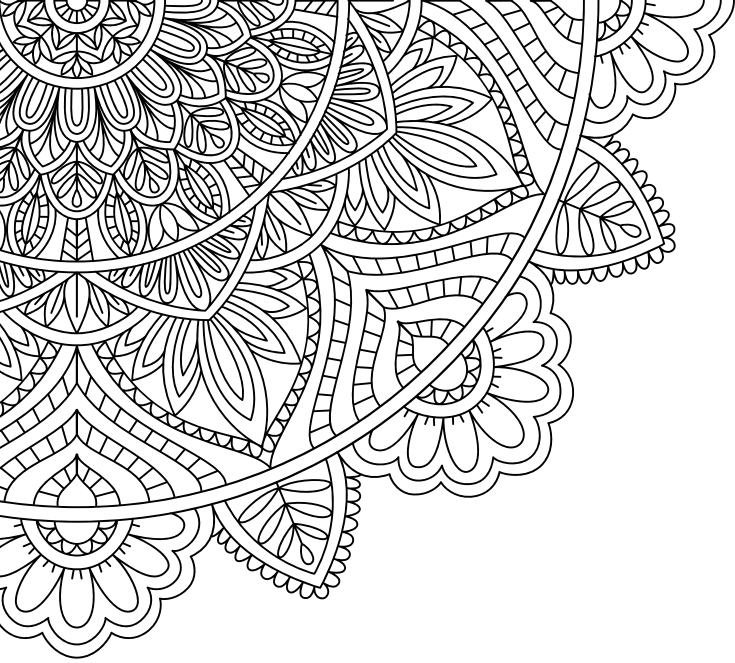
"Breathe deeply, let go, and trust the process." - Eckhart Tolle



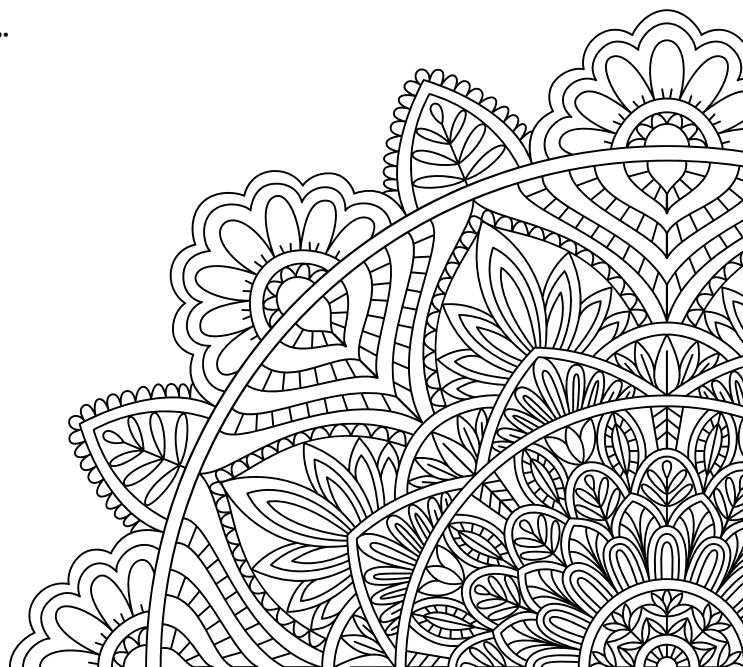
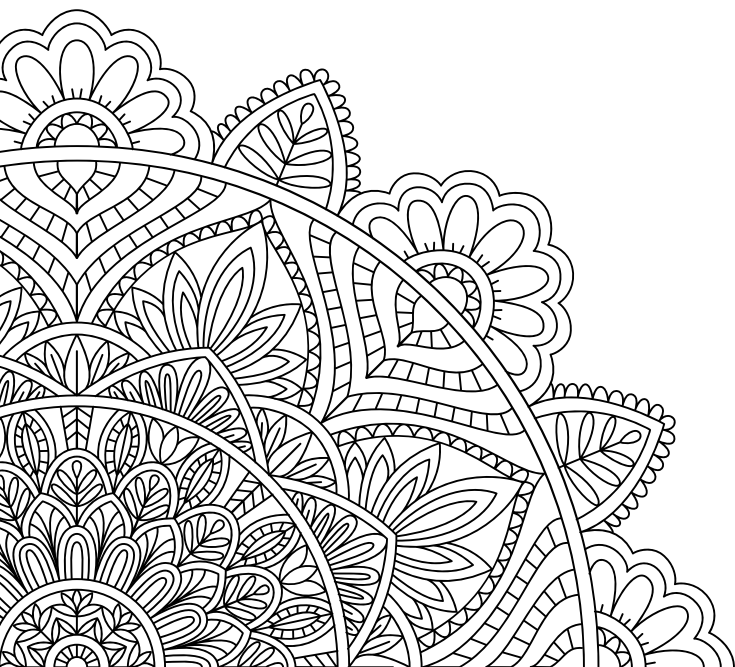
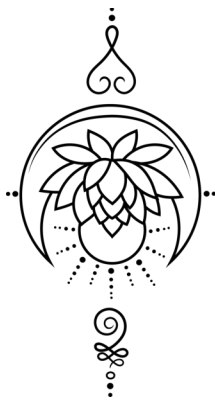
I Trust the Flow of Life

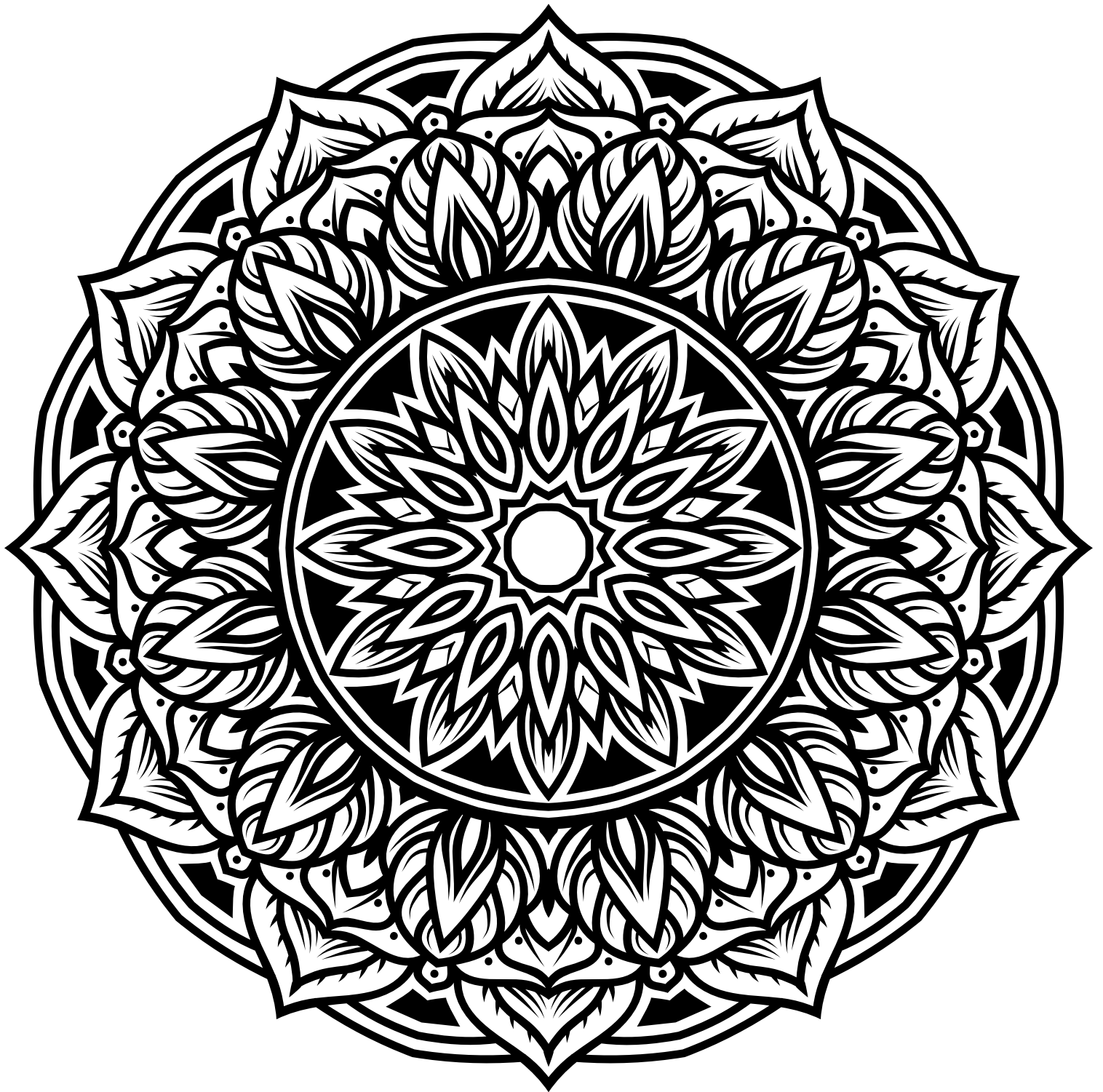




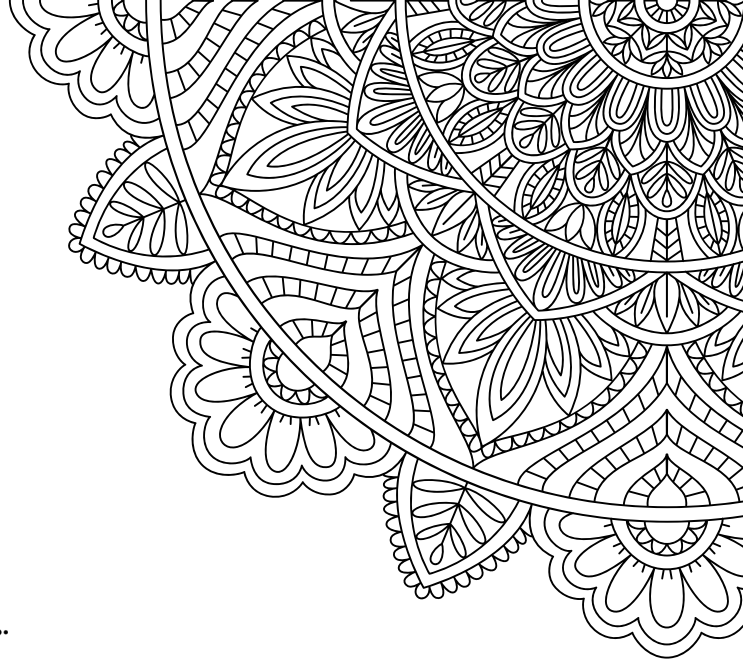
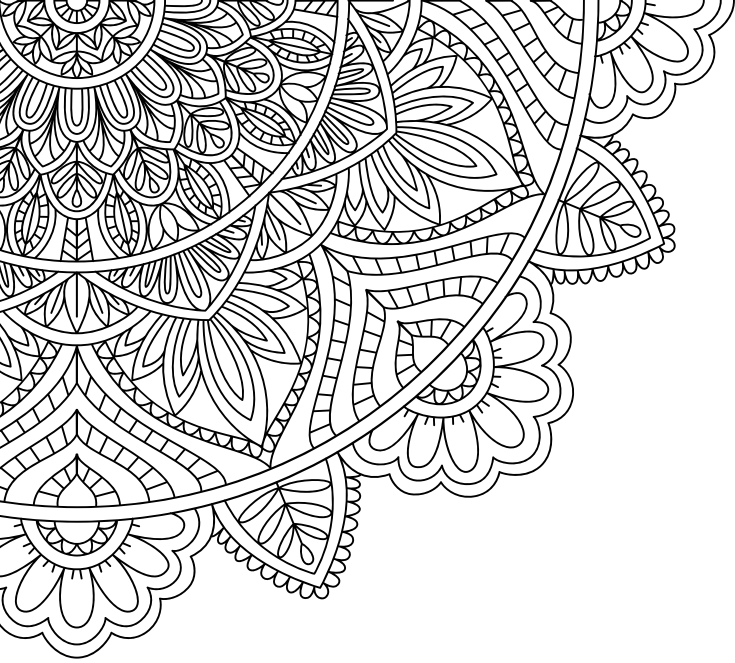


My Feeling is Precious

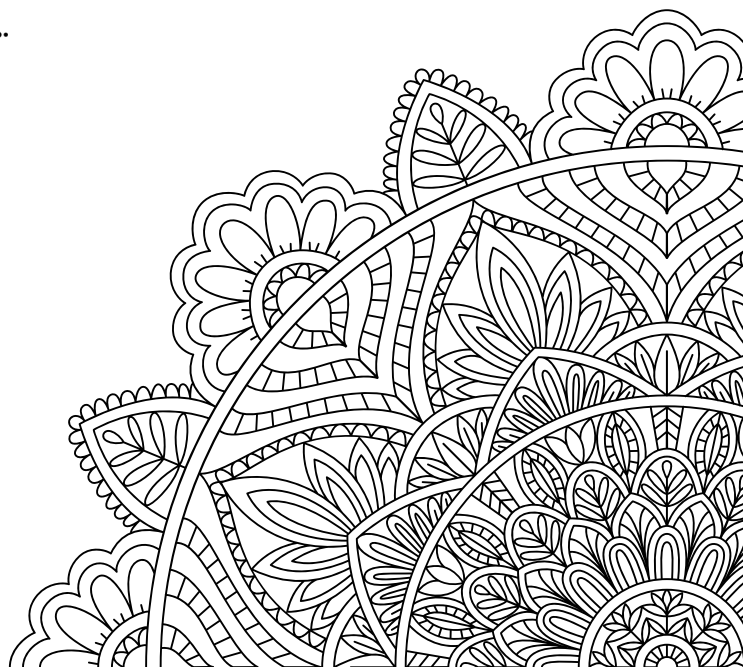
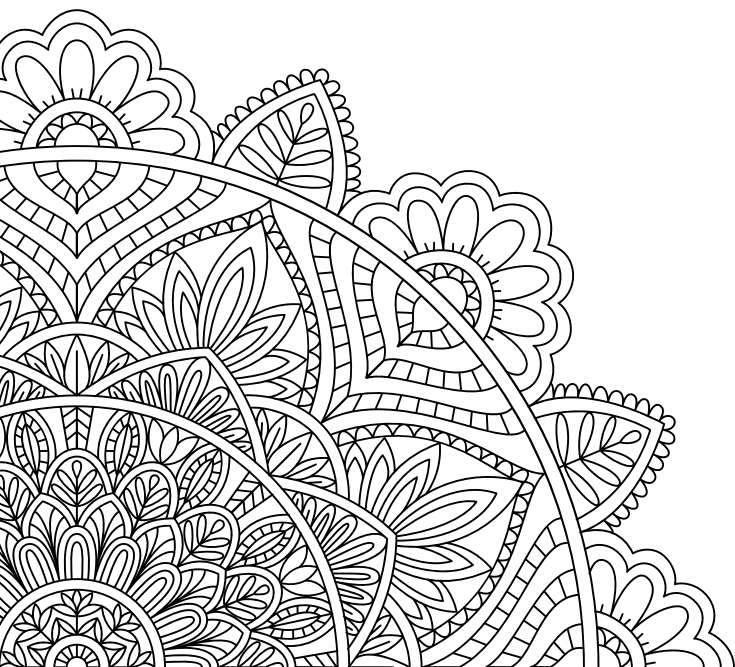
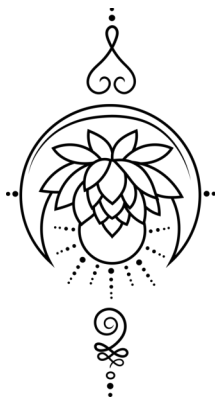




"Let go of everything that weighs you down.
You were born to fly." - Rumi



Every Breath is a
New Beginning



INTUITIVE PROBLEM SOLVING

WHAT'S THE PROBLEM? (Briefly describe the issue that makes you uncomfortable)

WHAT DO I WANT? (Make sure that what you want depends only on you and no one else! E.g. I want to be free to be/do/have)

DEEPEN THE QUESTION: LEGENDARY CLARITY

- How does it manifest itself?
- With WHOM does it appear/worsen/ease?
- When does it manifest?
- Where, in what situations?
- How often?
- In what context?
- What have you already tried to do to solve it?
- What is it for, what is its function?
- Who could be harmed by its resolution?

I N T U I T I V E P R O B L E M S O L V I N G

WHAT'S THE PROBLEM?

(Draw the issue that makes you uncomfortable; it can be a detailed drawing or even just a “doodle” that represents the idea)

WHAT DO I WANT?

(Draw the solution you want to create; it can be a detailed drawing or simply a “doodle” that represents the idea)

INTUITIVE PROBLEM SOLVING

IF I WANTED TO MAKE THE PROBLEM WORSE, WHAT SHOULD I DO
OR NOT DO, SAY OR NOT SAY, THINK OR NOT THINK?

TO DO OR NOT TO DO:

TO SAY OR NOT TO SAY:

TO THINK OR NOT TO THINK:

INTUITIVE PROBLEM SOLVING

WRITE THE OPPOSITE OF WHAT YOU THINK WOULD MAKE THE
SITUATION WORSE:

WHAT OPPOSITE SOLUTIONS COULD IMPROVE THE SITUATION?

TO DO OR NOT TO DO:

TO SAY OR NOT TO SAY:

TO THINK OR NOT TO THINK:

INTUITIVE PROBLEM SOLVING

WHAT'S STOPIN' ME FROM IMPLEMENTING A SOLUTION?

- ☐ Finding the Solution ☐ Knowing How to Apply It
☐ Knowing How to Maintain It Over Time
☐ Managing the Consequences ☐ Other...

WHAT ARE MY EMOTIONS ABOUT IT?

- ☐ Fear ☐ Anger ☐ Pain ☐ Pleasure
☐ Other... (E.s Fear of Making Mistakes, of Not Being Up to par,...)

WHAT SENSATIONS DO I FEEL IN MY BODY AND WHERE DO I FEEL THEM?

WHAT BEHAVIOR OF MINE IS BLOCKING ME?

- ☐ Avoidance ☐ Control ☐ Request for Help
☐ Keep Inside ☐ Explode ☐ Being Right
☐ Denial ☐ Resistance ☐ Repression
☐ Other...

USE TAPPING AND/OR OTHER TOOLS YOU HAVE LEARNED IN THIS BOOK TO DIALOGUE WITH THE ISSUE AND OBSERVE HOW IT CAN TRANSFORM AND EVOLVE

INTUITIVE PROBLEM SOLVING

TELL THE PROBLEM AS A FICTIONAL STORY:

HERO:

OBSTACLES:

RESOURCES:

CHALLENGE:

RESOLUTION:

DEVELOP THE STORY/TELL IT OUT LOUD/DRAW IT:

INTUITIVE PROBLEM SOLVING

HOW CAN I TRANSLATE THE STORY I MADE UP INTO MY REALITY?

WHAT DO THE PROTAGONIST, THE OBSTACLES, THE RESOURCES,
THE SOLUTION OF THE STORY CORRESPOND TO IN MY REAL LIFE?

HERO:

OBSTACLES:

RESOURCES:

CHALLENGE:

RESOLUTION:

CHANGE PERSPECTIVE:

IF A FRIEND HAD THIS PROBLEM, WHAT WOULD I ADVISE?

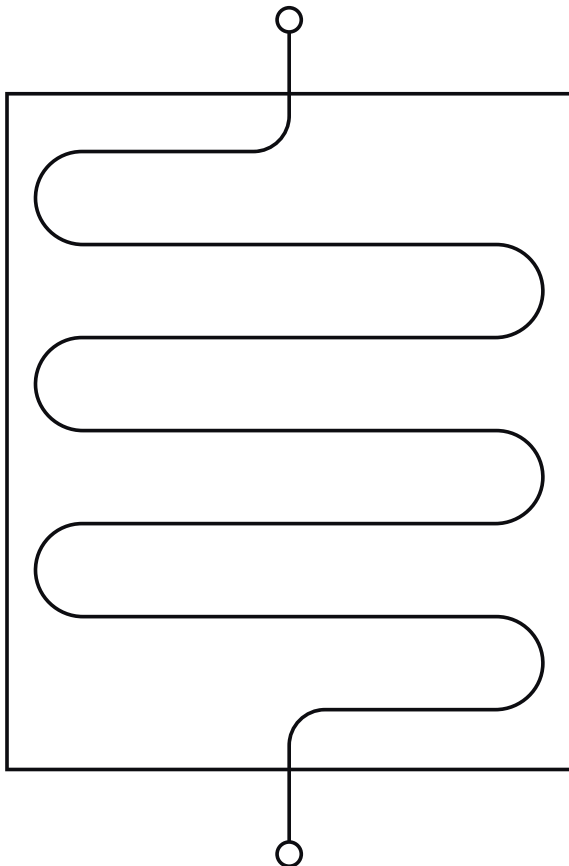
IF YOU WERE A 5 YEAR OLD, HOW WOULD YOU DEAL WITH IT?

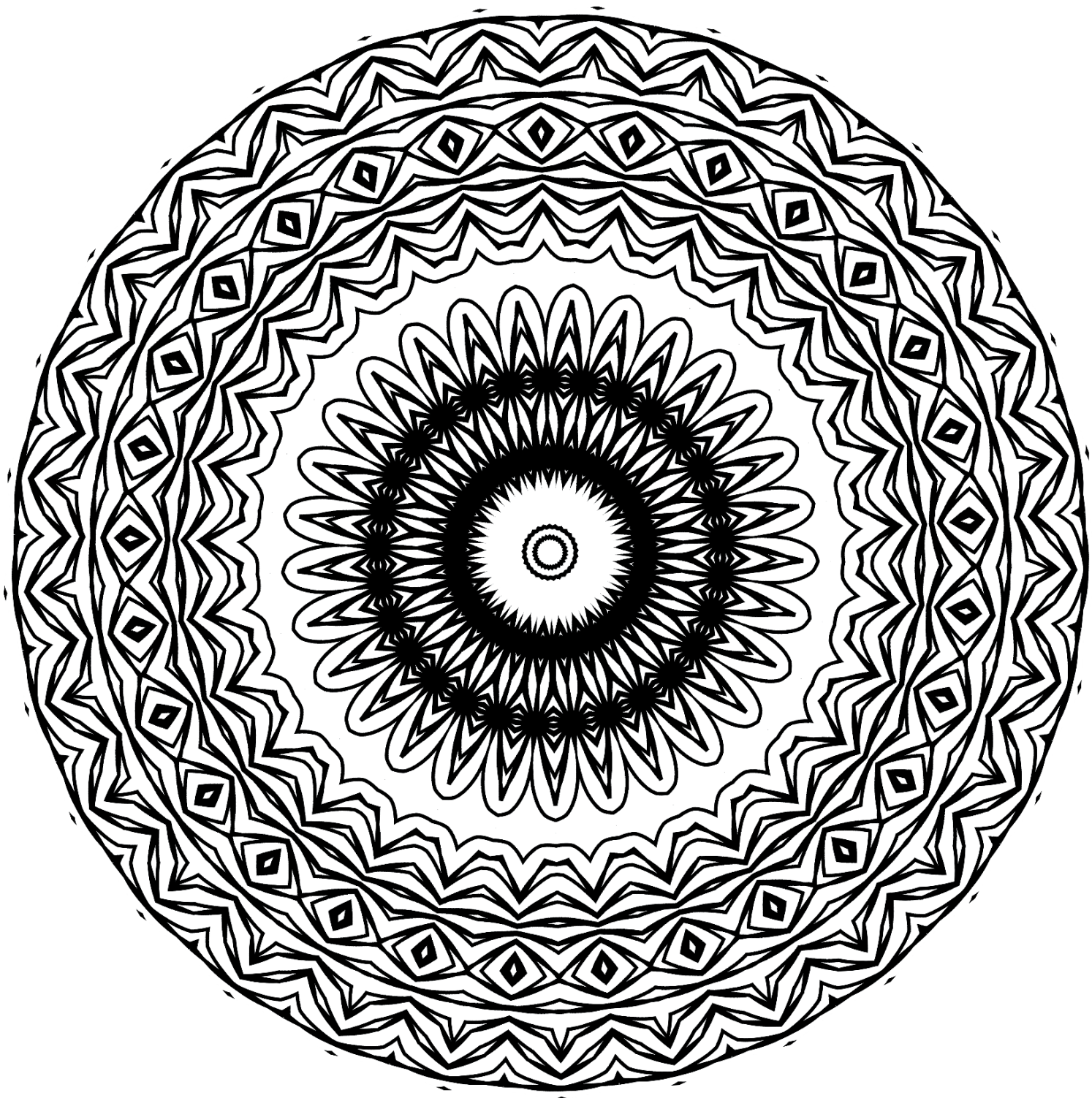
IF I COULD LOOK AT IT FROM THE FUTURE, WHAT WOULD I SEE
DIFFERENT?

INTUITIVE PROBLEM SOLVING

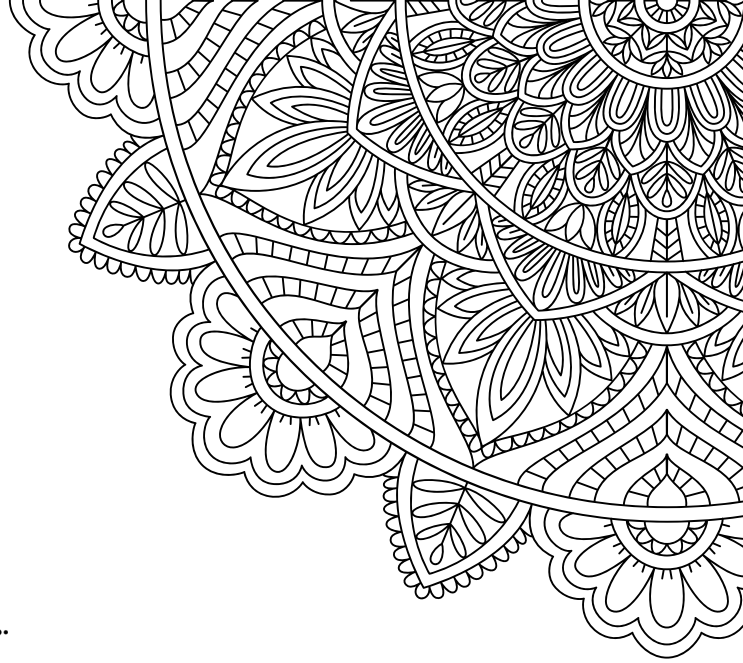
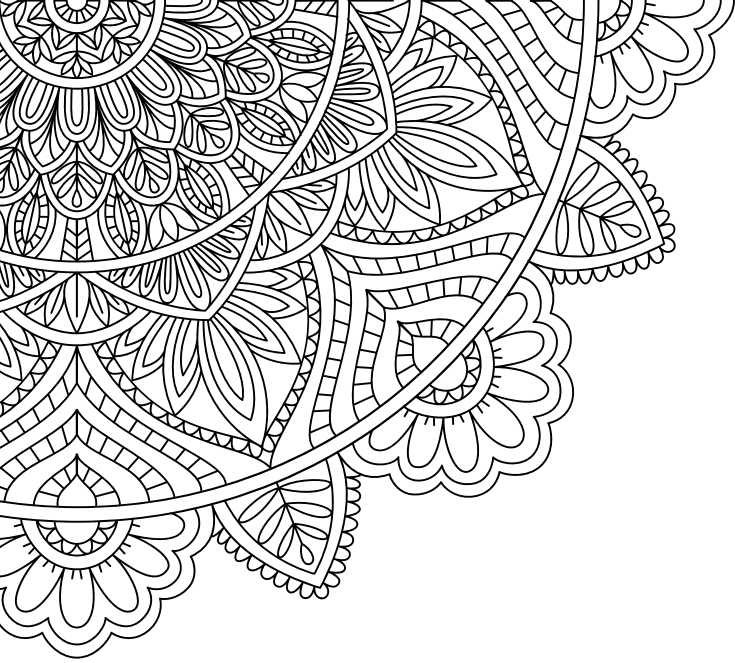
DRAW THE EVOLUTION:

(Draw the steps to complete resolution; it can be a detailed drawing or just a “doodle” that represents the idea)

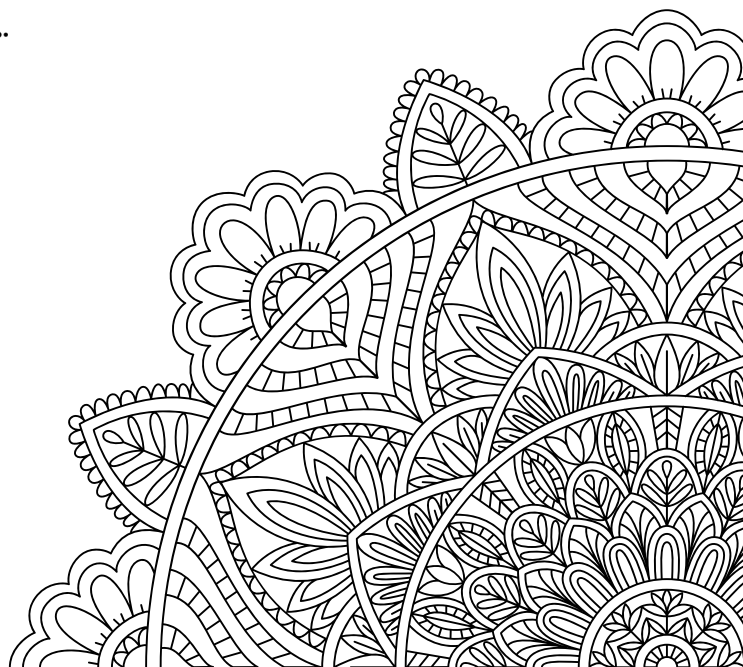
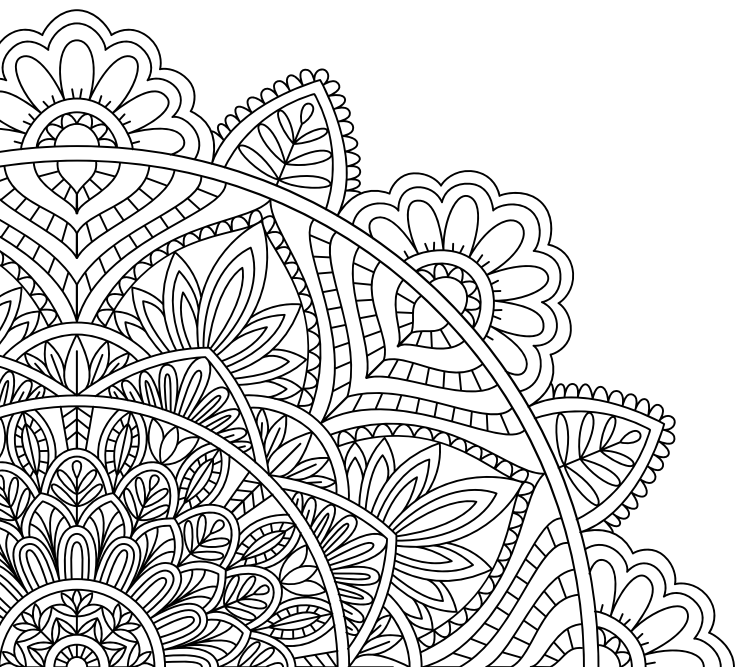
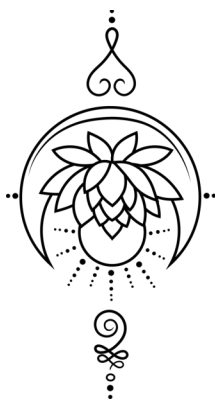


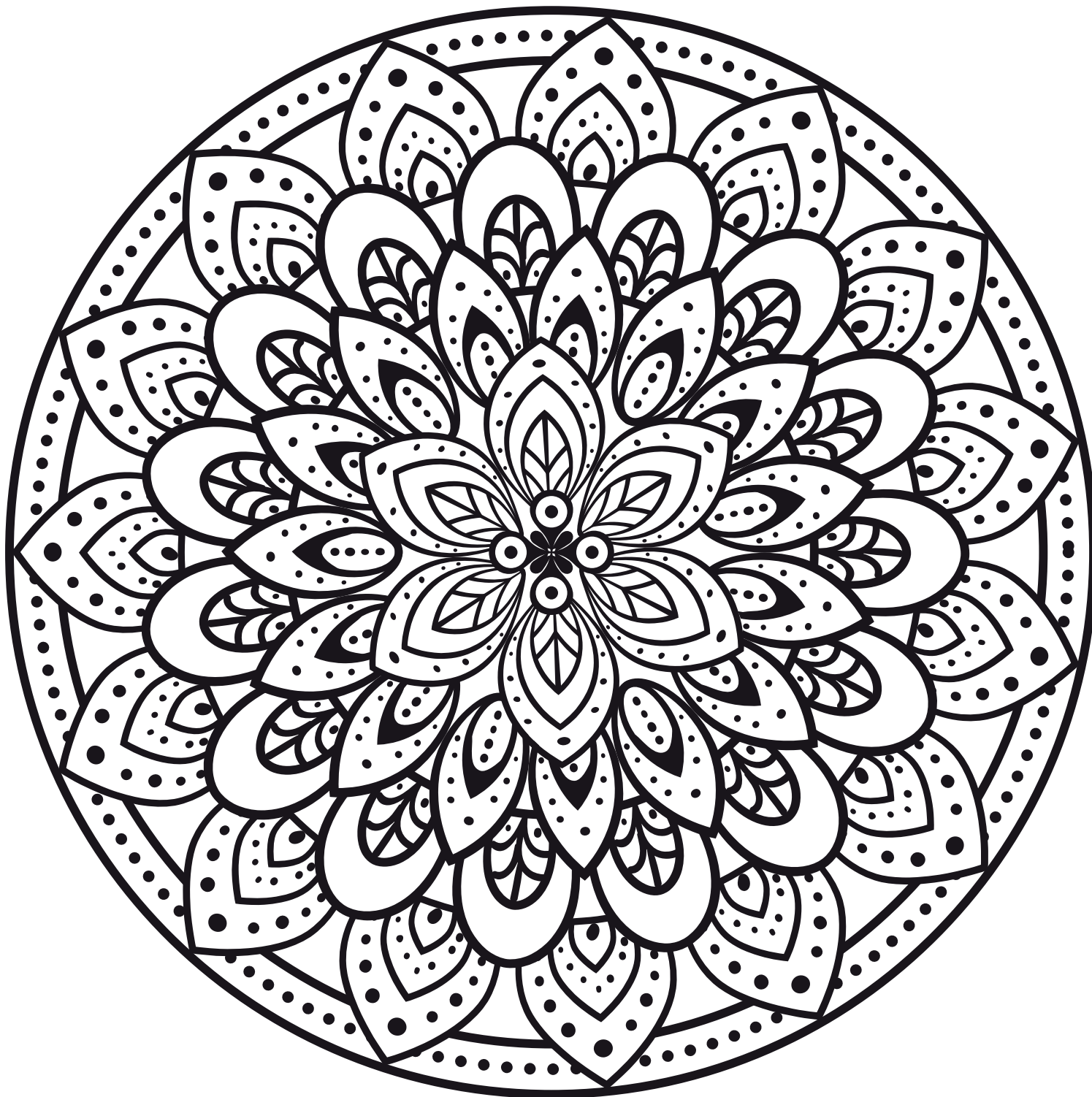


"If you change the way you look at things, the things
you look at change." - Wayne Dyer

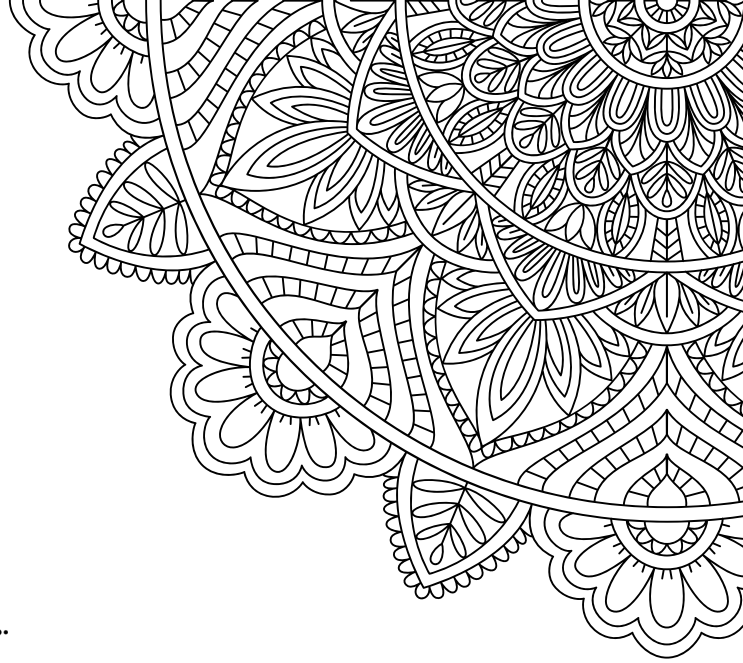
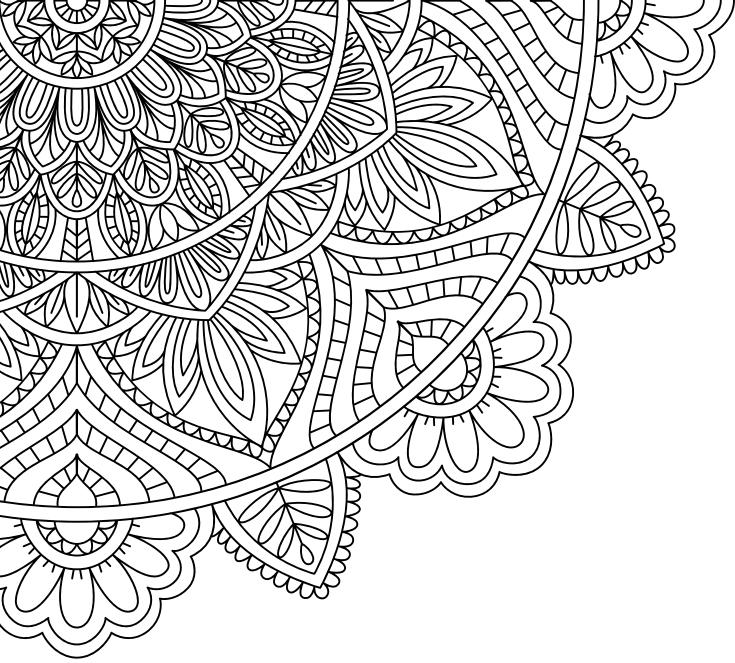


I Trust My Rhythm

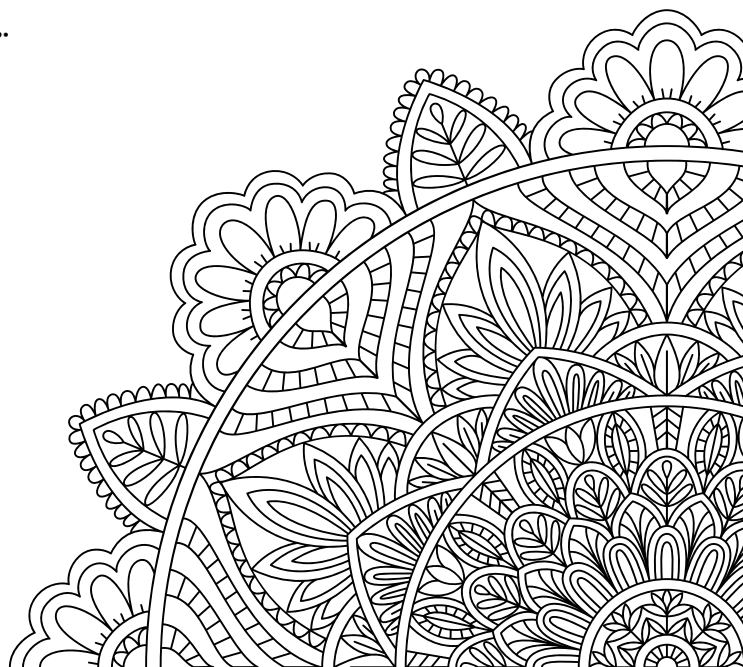
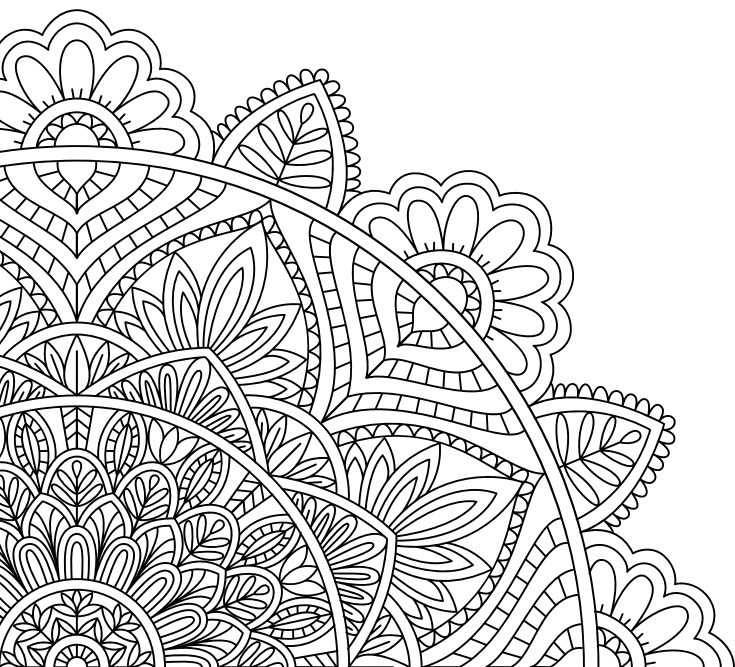
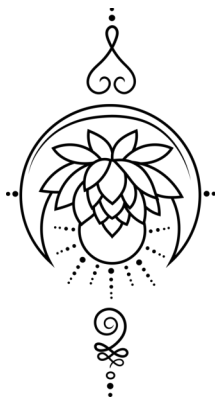


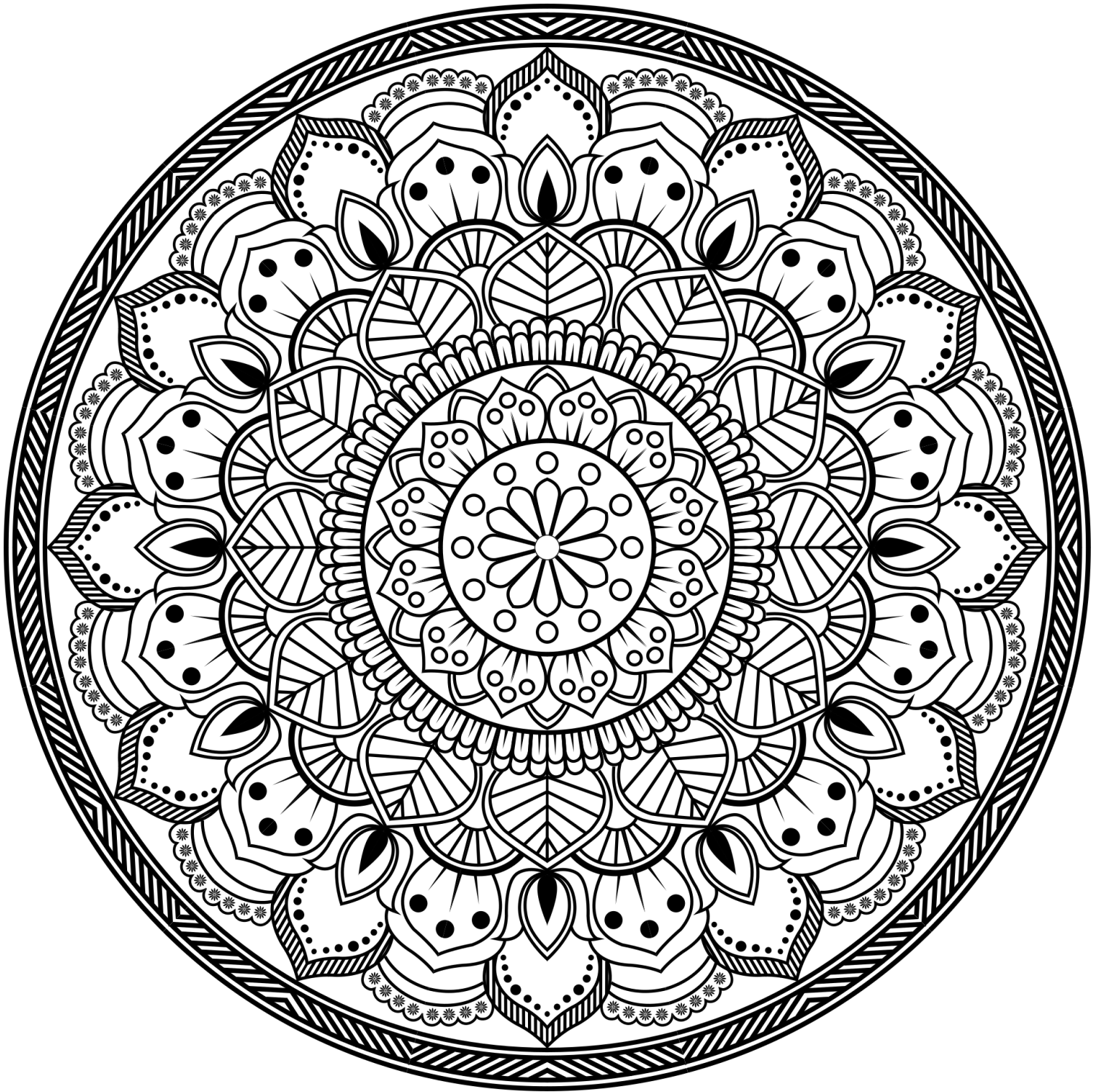


"You cannot solve a problem with the same level of thinking
that created it." - Albert Einstein

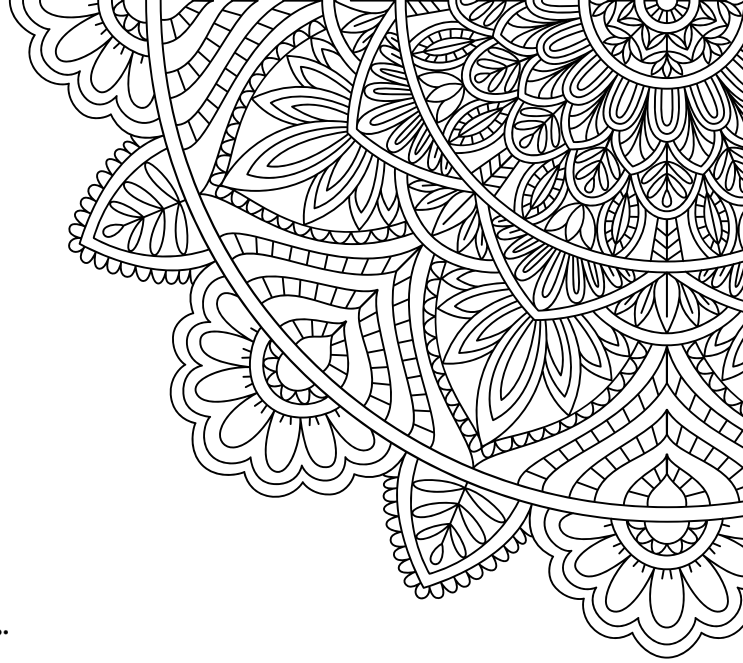
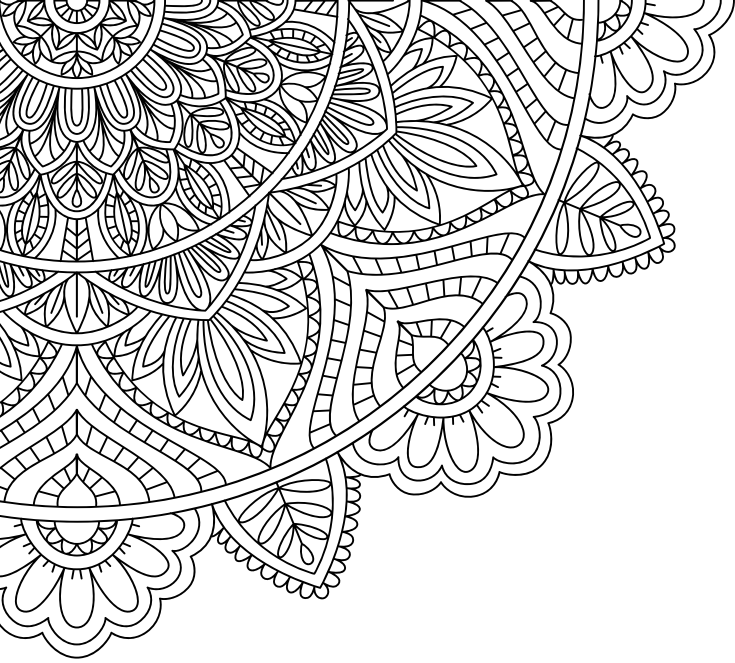


I Leave Space
for Joy

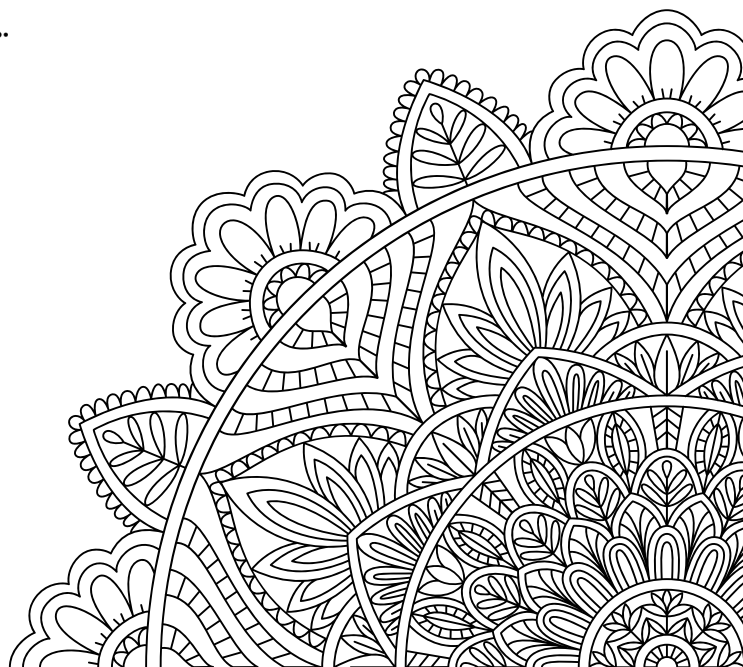
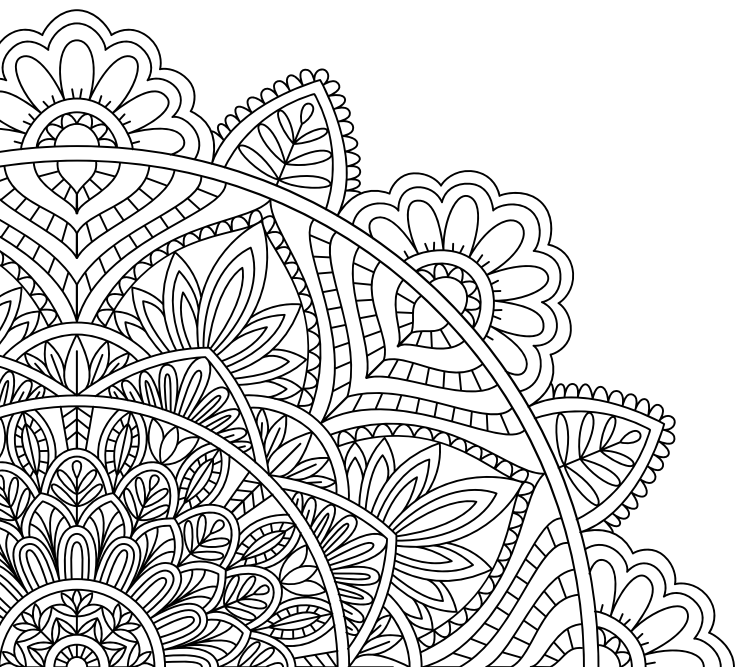
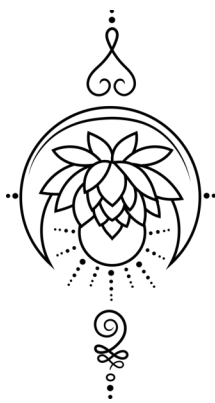


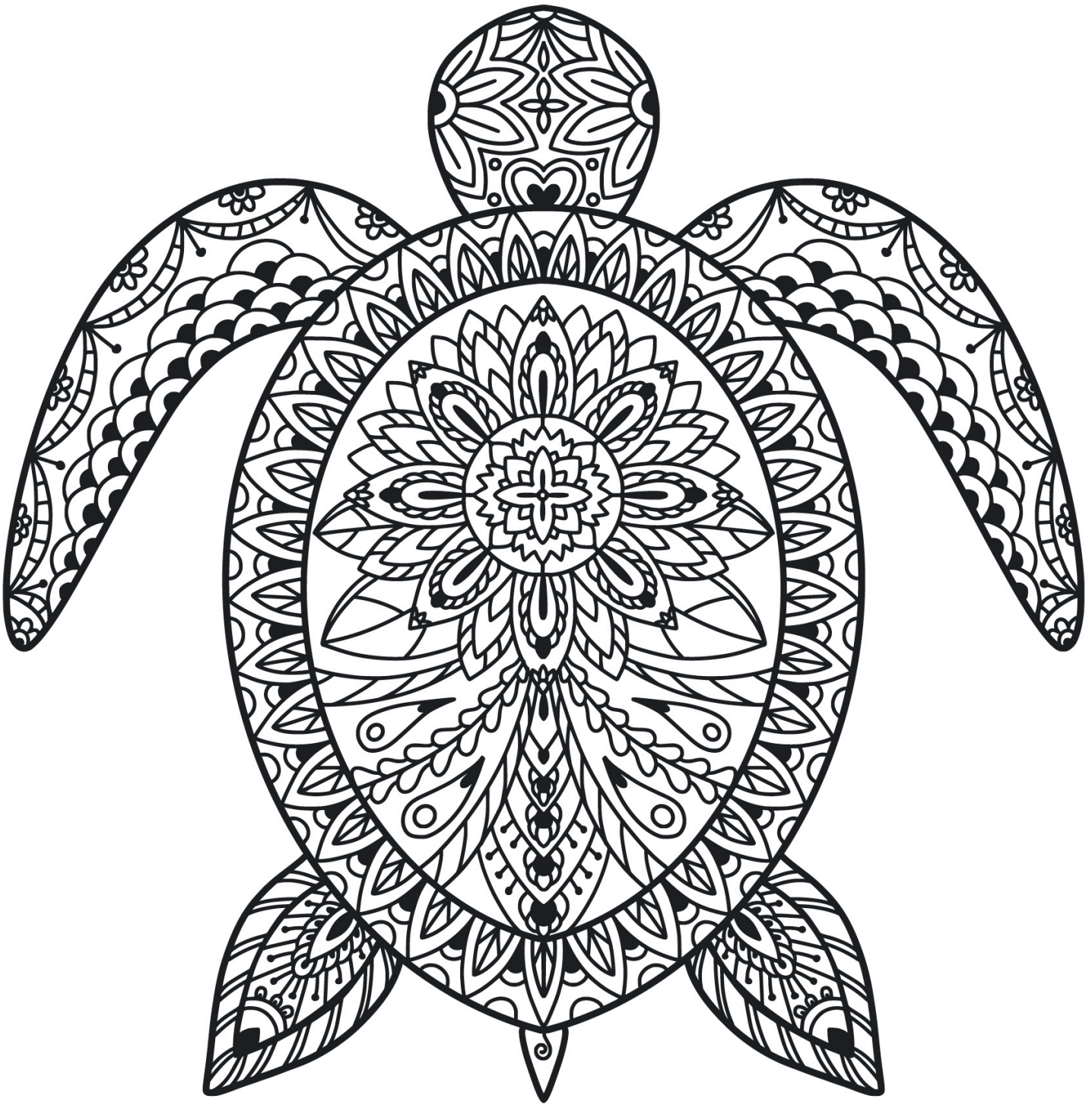


“A problem well defined is half solved.” - Charles Kettering

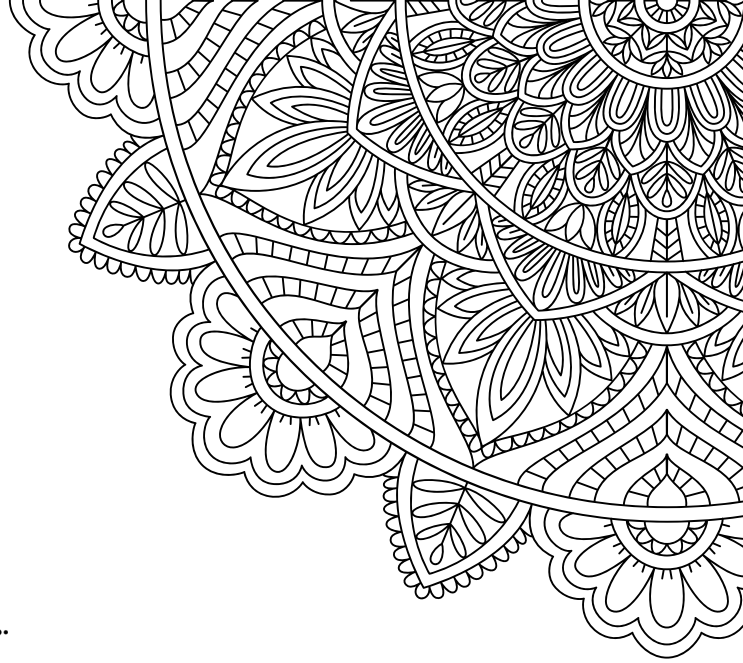
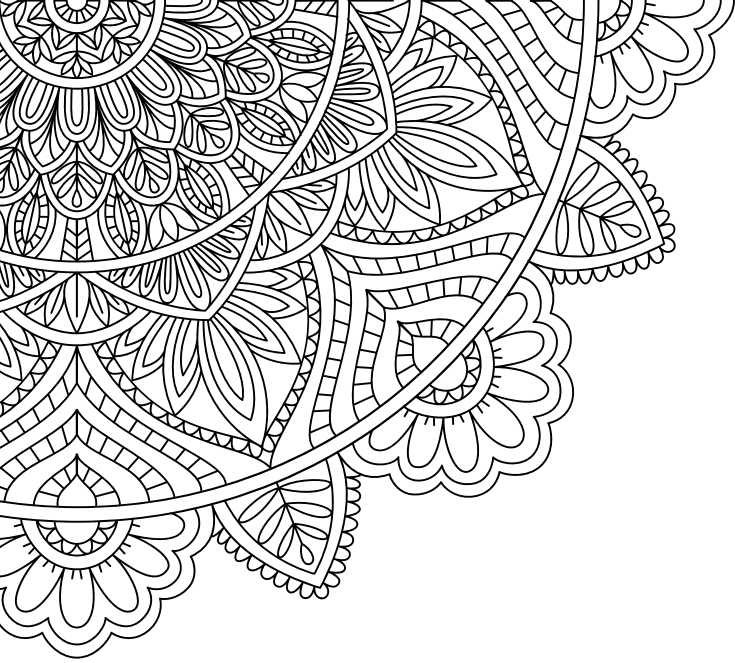


I am at the
Center of Myself

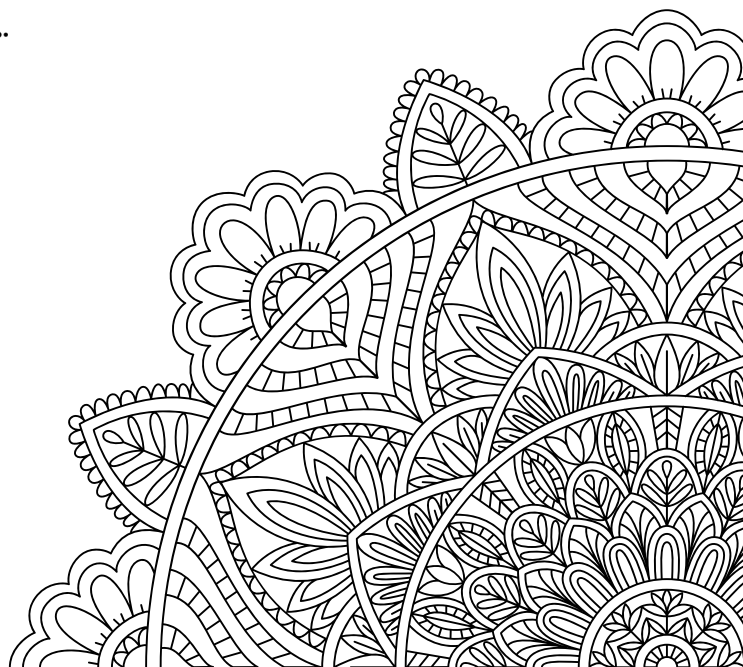
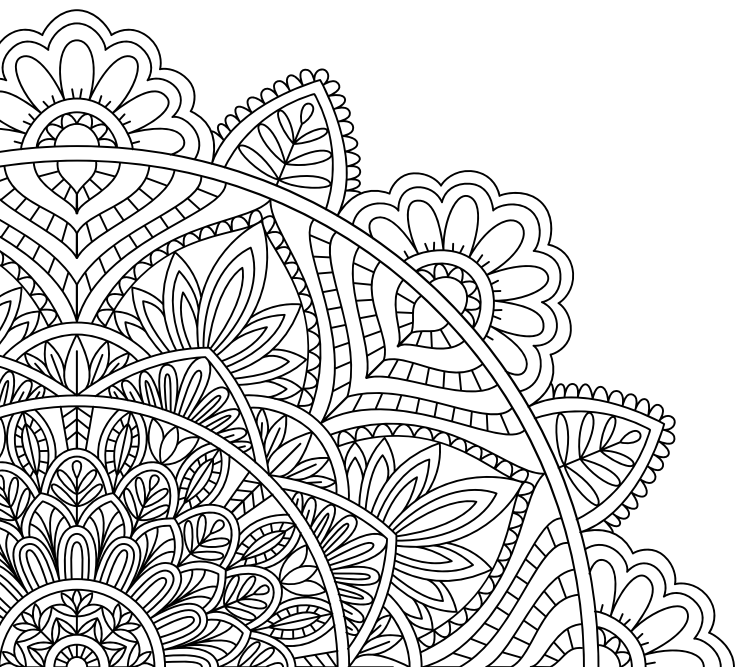
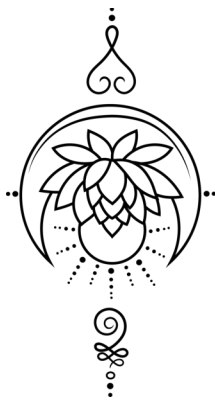


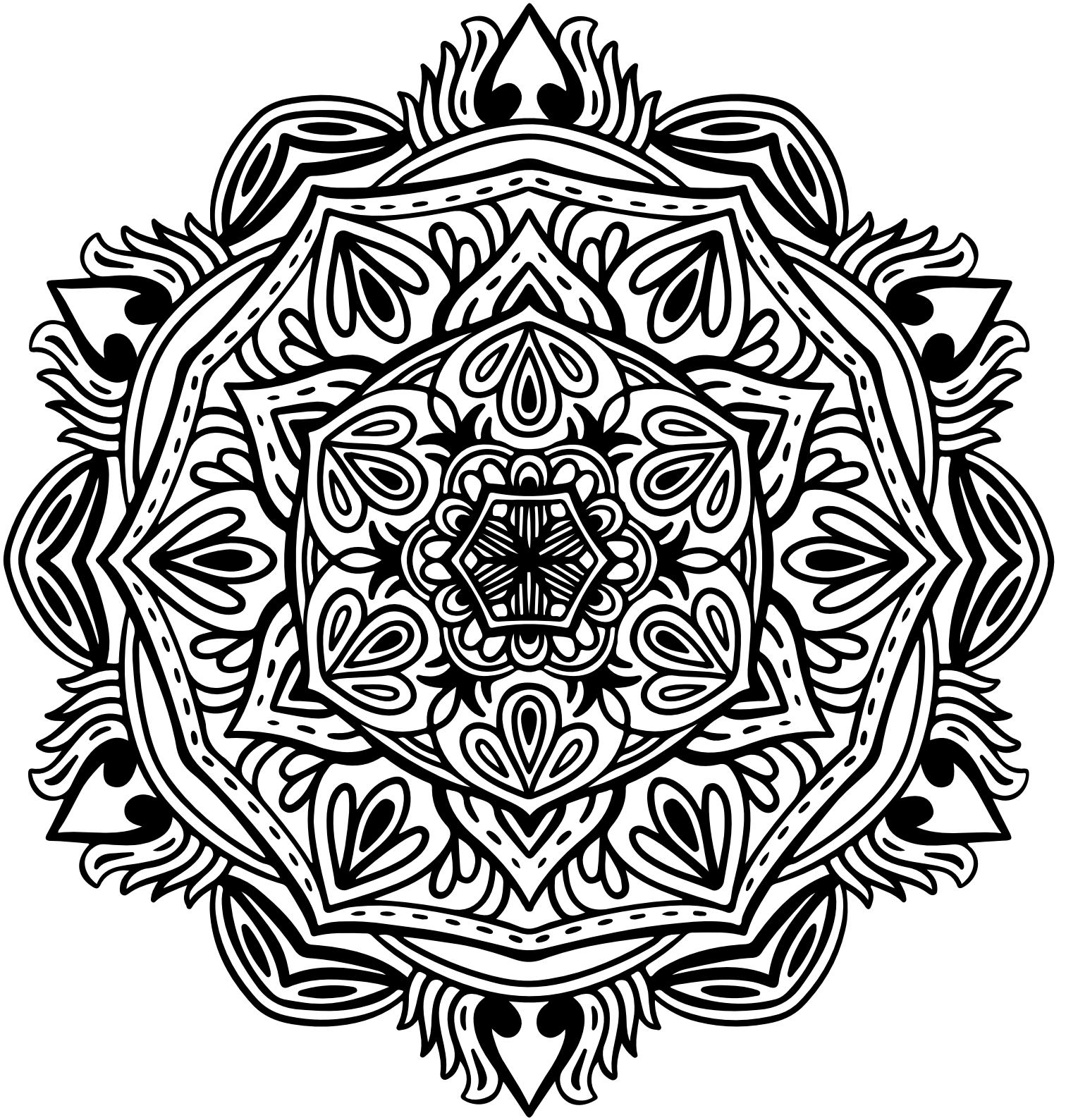


"We inherit not only the physical traits of our ancestors, but also their pain. Healing begins when we choose to break the cycle." -
Clarissa Pinkola Estés

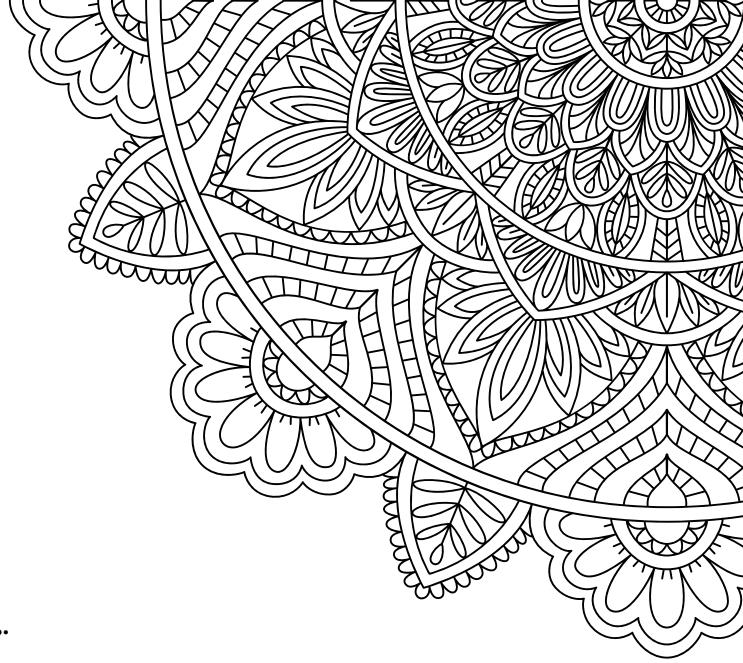
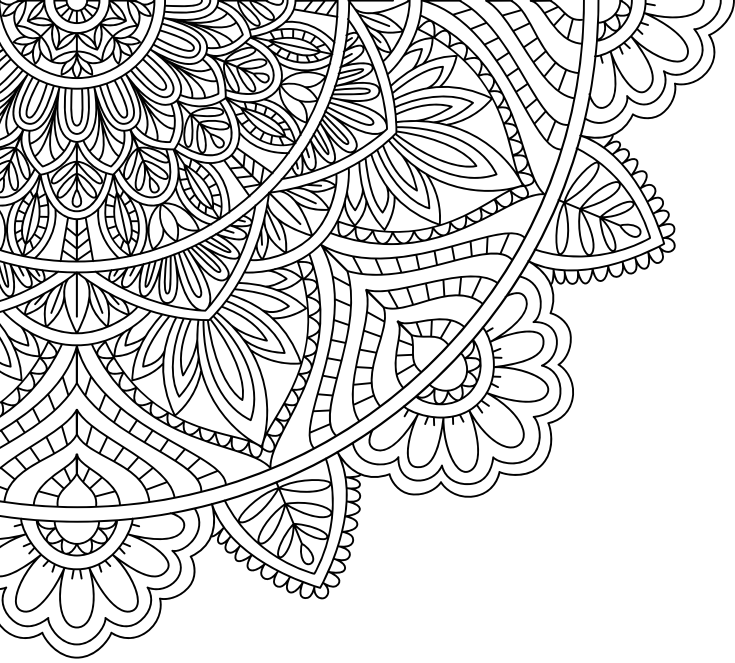


The Universe Supports Me

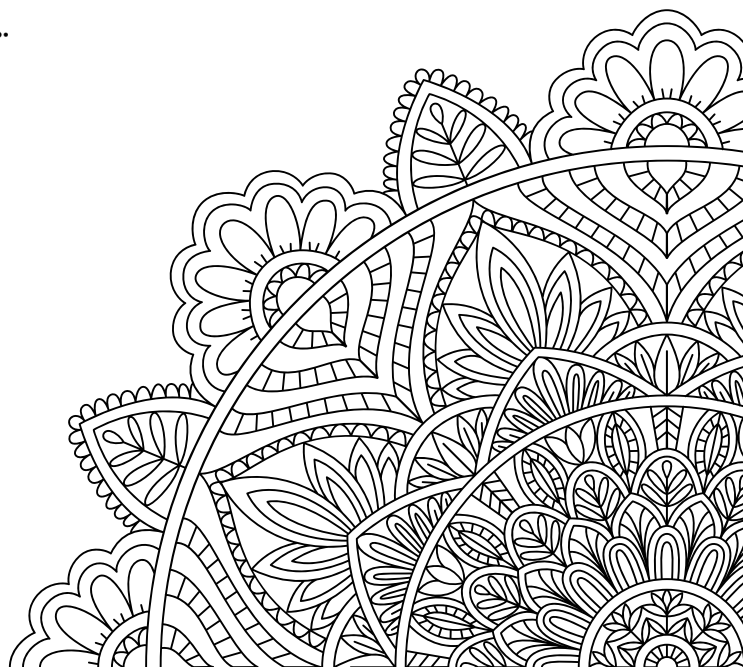
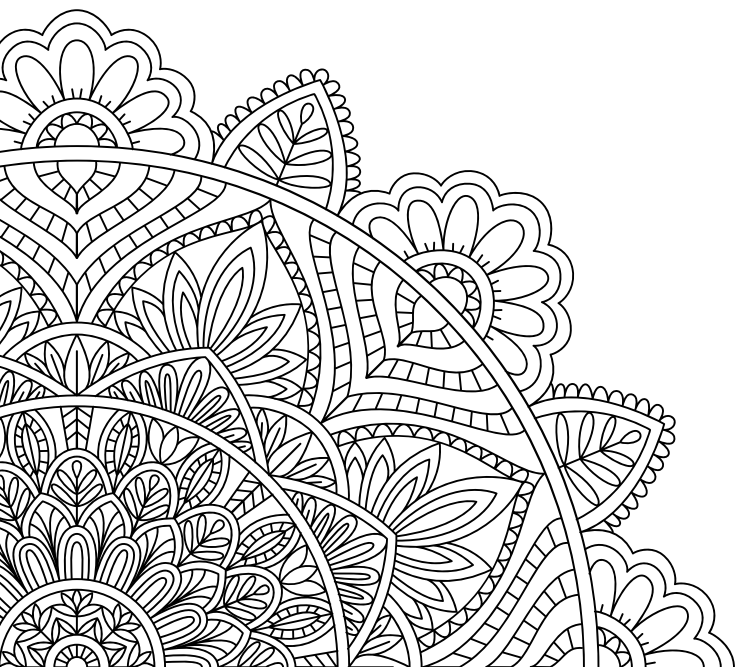
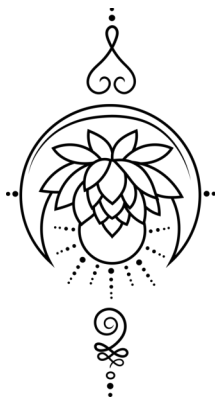




“Releasing the past does not mean denying it, but turning it into
a springboard for your evolution.” - Eckhart Tolle



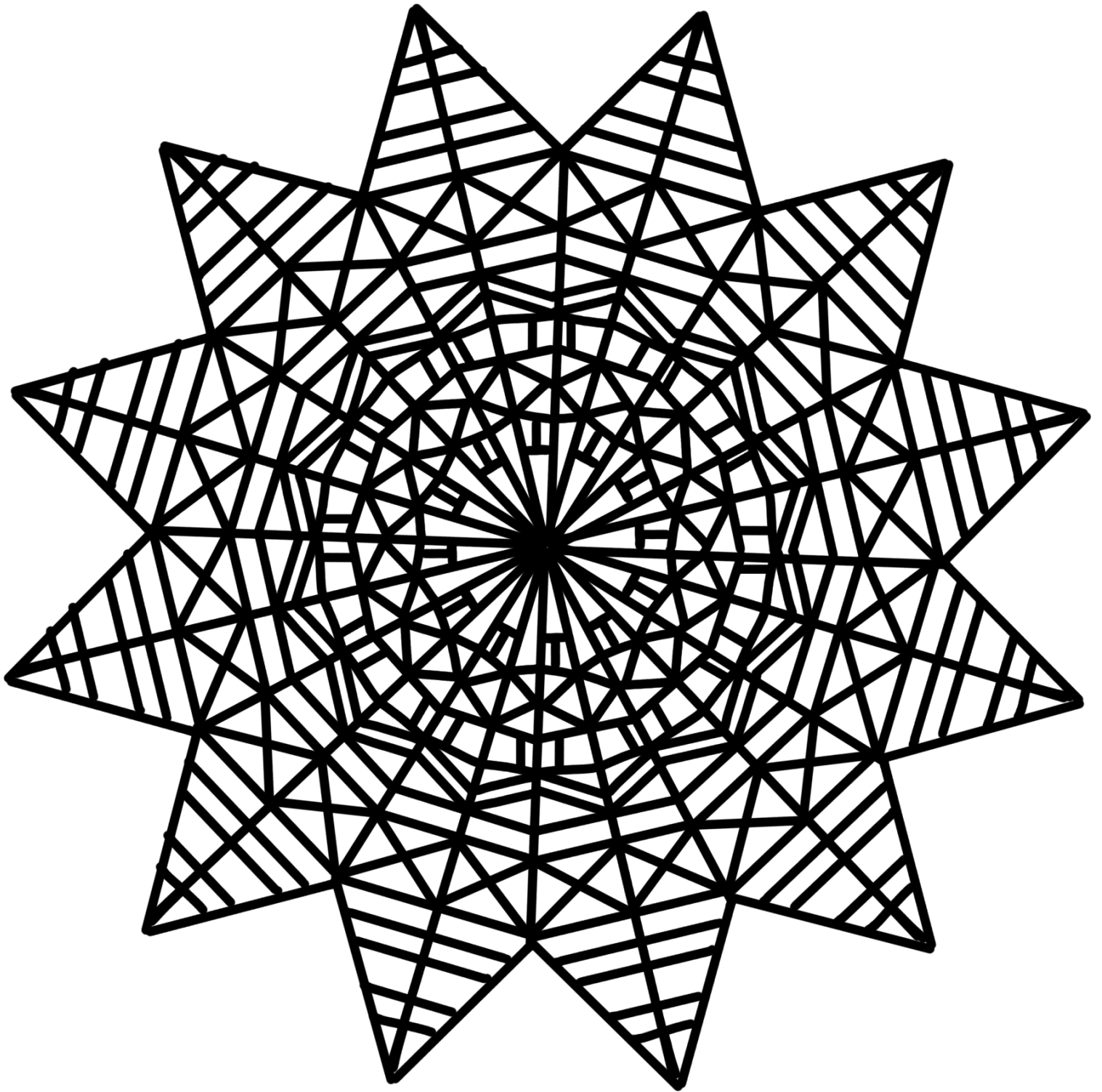
My Light is Infinite



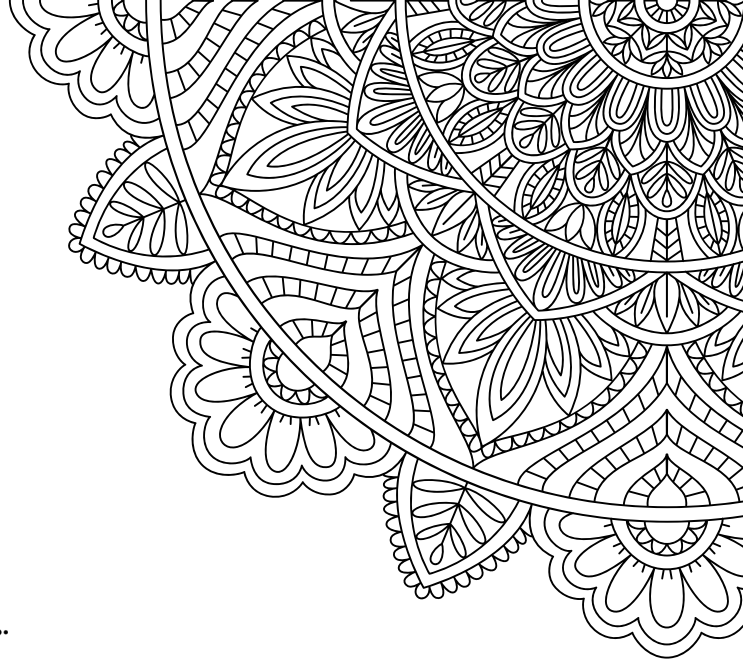
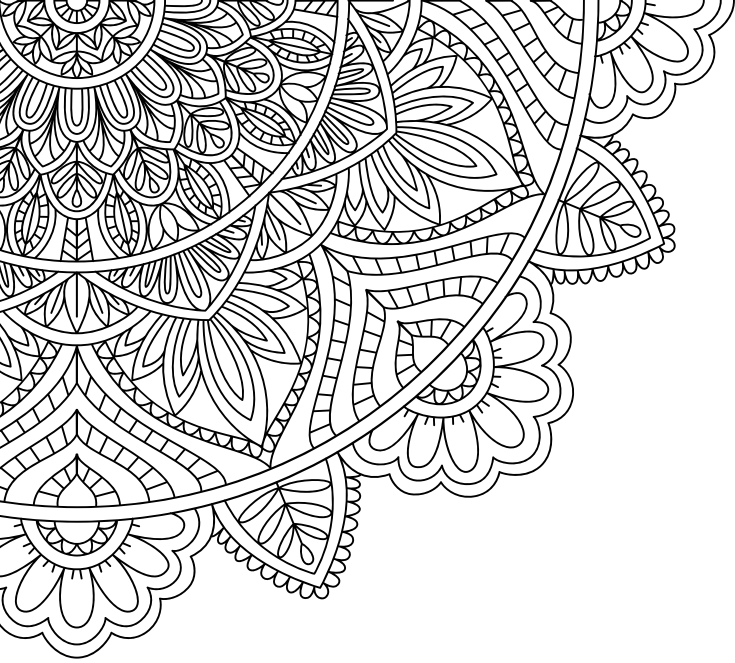


MANDALSAS FOR MANIFESTATION

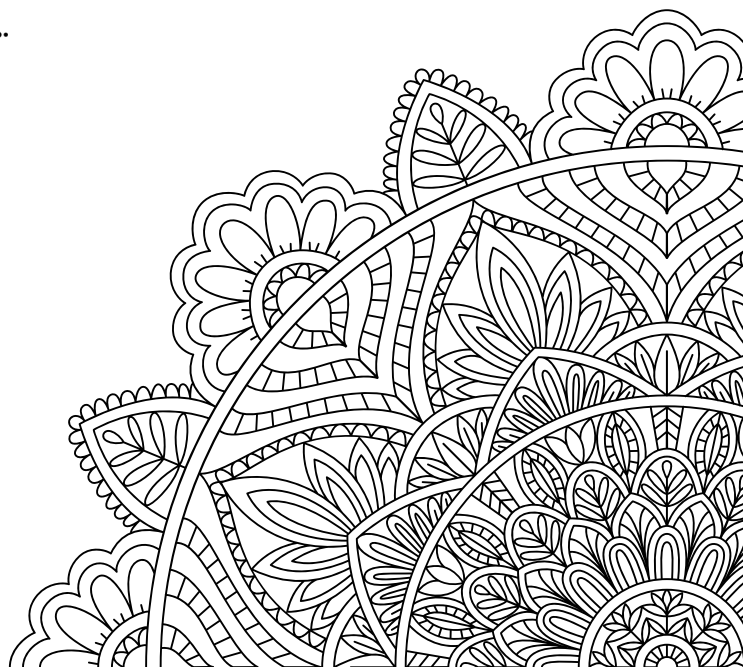
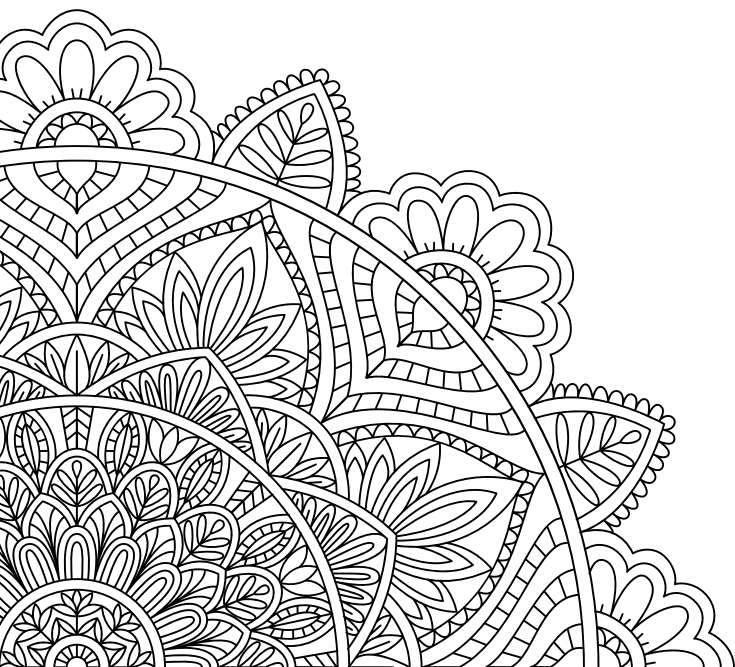
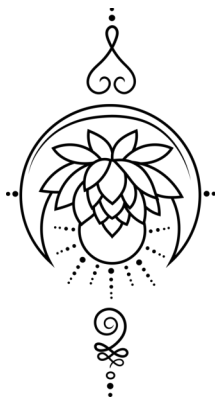
ALIGN WITH YOUR HIGHEST POTENTIAL AND
ATTRACT YOUR BEST SELF



"The future belongs to those who believe in the beauty of their dreams." - Eleanor Roosevelt



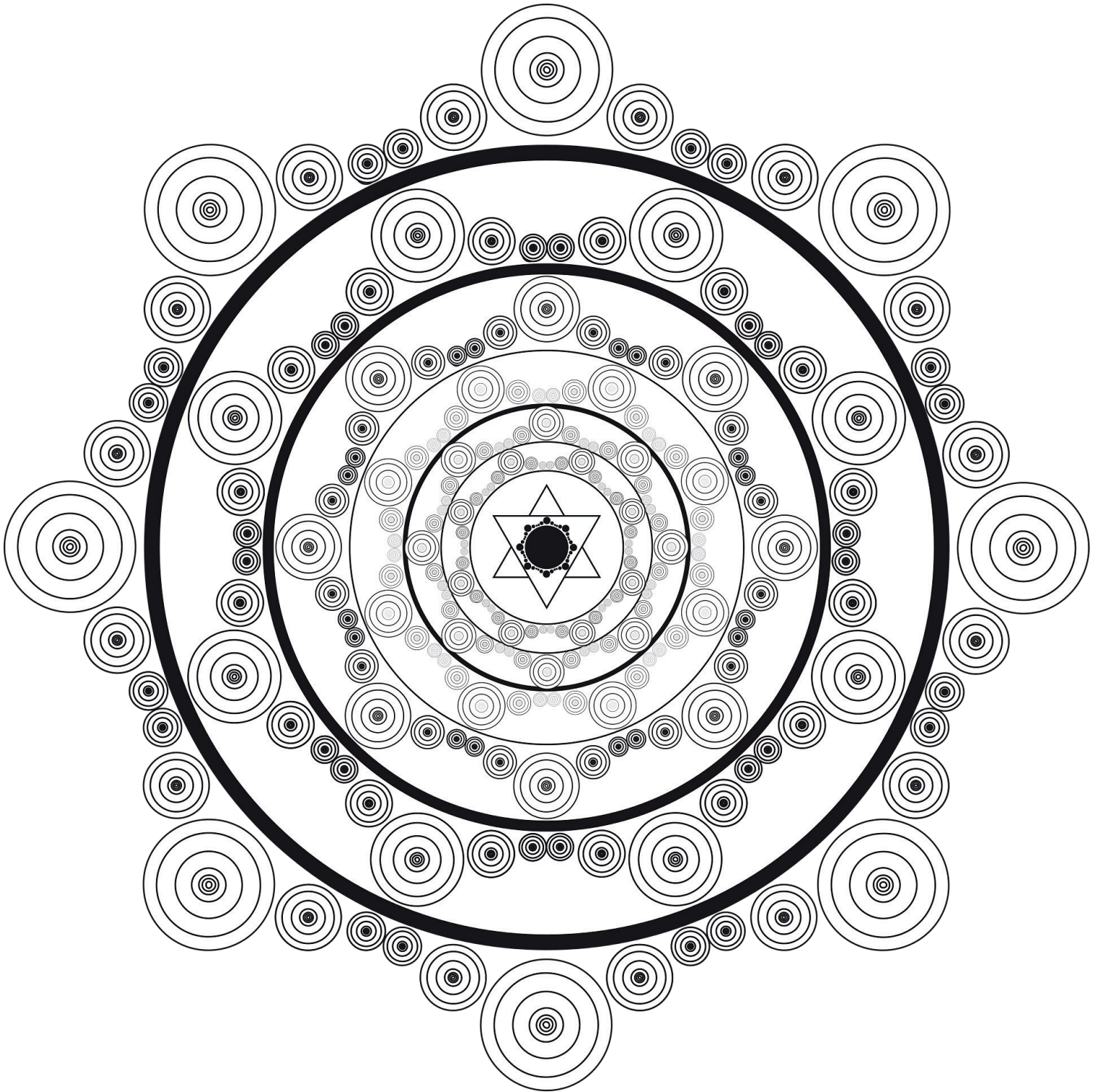
I am open to
receiving



DAY 1 – CLARITY OF INTENTION

 Goal: Define precisely what you wish to manifest.

- ✓ Write your wish clearly and positively, as if it were already fulfilled.
- ✓ Visualize the scene where your manifestation has already occurred.
- ✓ Color the mandala focusing on this image.

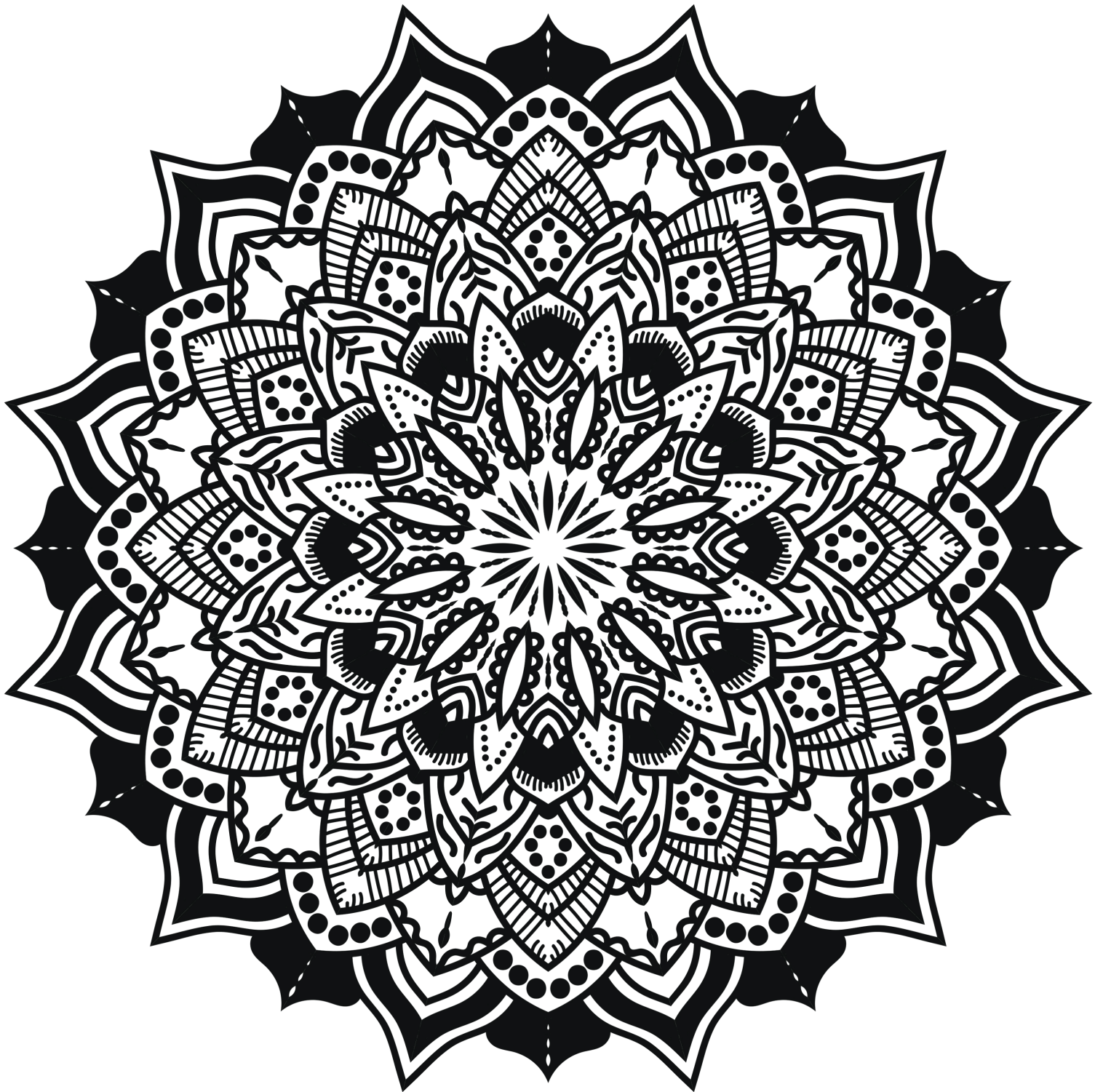


“Become what you want to attract into your life. The universe responds not to what you ask for, but to what you are.” – Wayne Dyer

DAY 2 – GRATITUDE AND ABUNDANCE

 Goal: To rise to a vibration of gratitude and reception.

- ✓ Write down at least 5 things you are grateful for in your current life.
- ✓ Feel the gratitude in your body and amplify it with your breathing.
- ✓ While coloring, mentally repeat: "I am grateful for everything I already have and for everything that is coming."



"Gratitude opens the doors of abundance." - Louise Hay

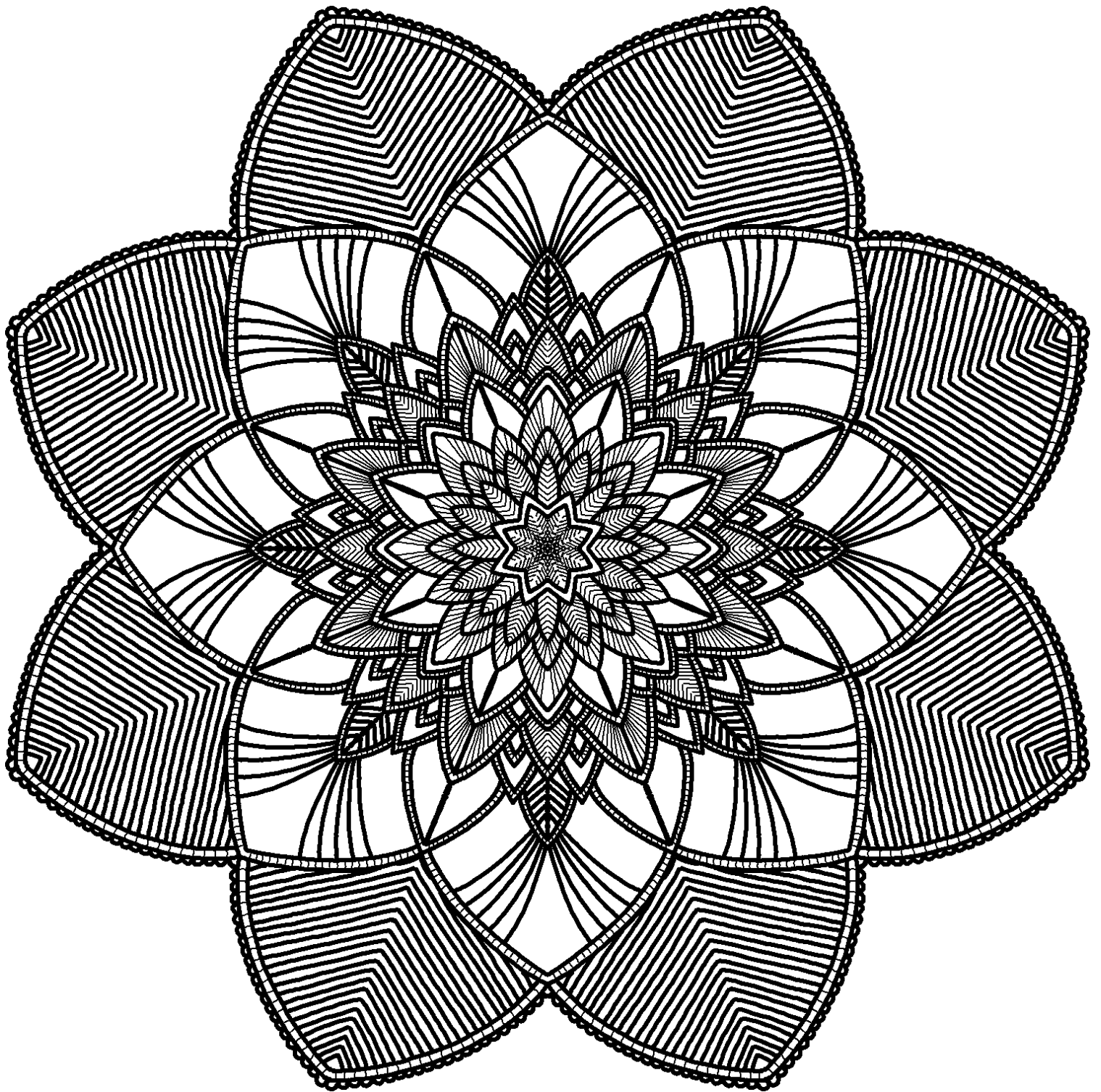
DAY 3 – EMOTIONAL DISSOLUTION

 Objective: Release resistance and energetic blockages.

- ✓ Identify a fear or limiting belief related to the manifestation.
- ✓ Tap on key points while repeating a release affirmation.

"Even though I feel... I love and accept myself totally and completely" "I let go" "All this can change"

- ✓ Color the mandala imagining dissolving the block with each stroke.



"Your life is a perfect mirror of your beliefs.
Change what you believe, and everything you see will change." – Wayne Dyer

DAY 4 – ACTIVATION OF THE ARCHETYPES

 Objective: Activate inner resources through archetypes.

- ✓ Choose an archetype that can support you in manifesting (e.g. Warrior for determination, Great Mother for nurturing, Sage for guidance).
- ✓ Imagine embodying that energy as you color the mandala.
- ✓ Write an affirmation that summarizes your new strength.

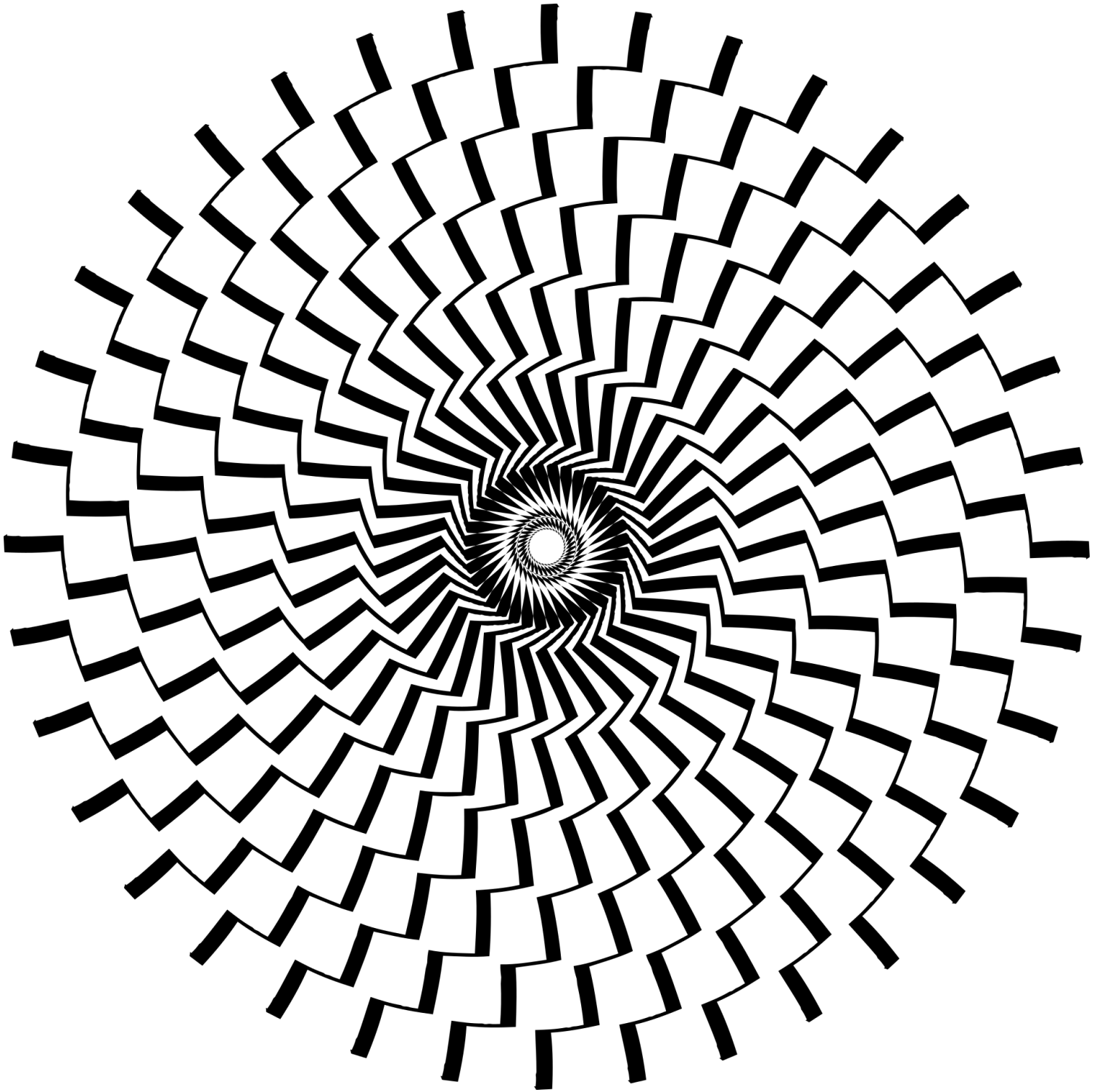


“Have faith in your path. You don’t have to know every step, just trust that every step you take brings you closer to your vision.”

DAY 5 – INSPIRED ACTION

 **Goal:** Integrate intention into practical plan.

- ✓ Define a concrete action you can take to get closer to the manifestation.
- ✓ Visualize yourself performing that action with confidence and ease.
- ✓ Color the mandala while repeating: "I am aligned with my actions and my purpose."

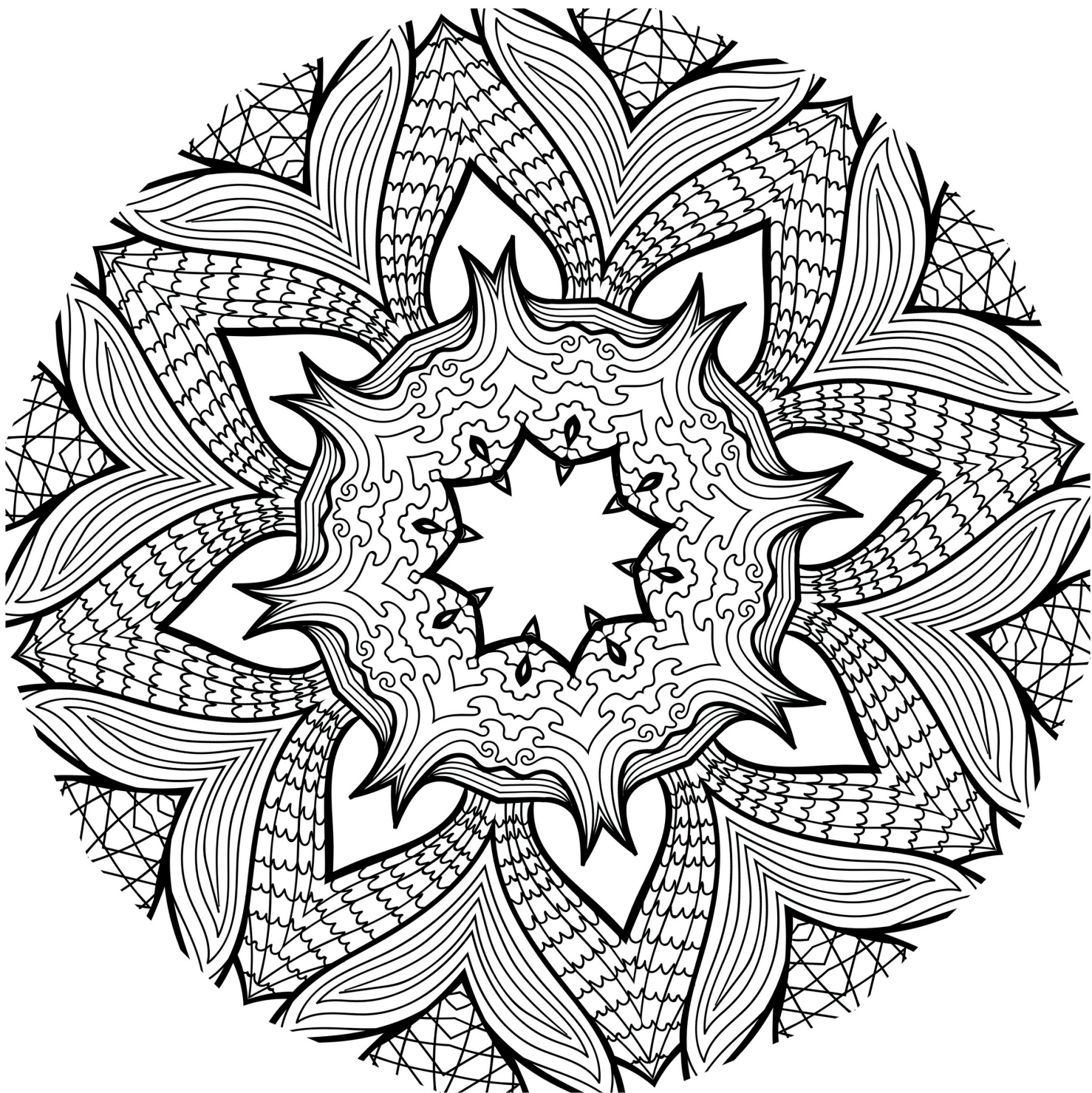


“Create space to receive what you desire. If your life is too full, the universe cannot deliver the new to you.” - Louise Hay

DAY 6 – RECEPTION AND SYNCHRONICITY

 **Goal:** Open up to the signals and opportunities of the Universe.

- ✓ Write: "What signs have I already received that indicate my manifestation is near?"
- ✓ Keep your mind open to synchronicities and new opportunities.
- ✓ Color the mandala feeling that you are already in the flow of manifestation.

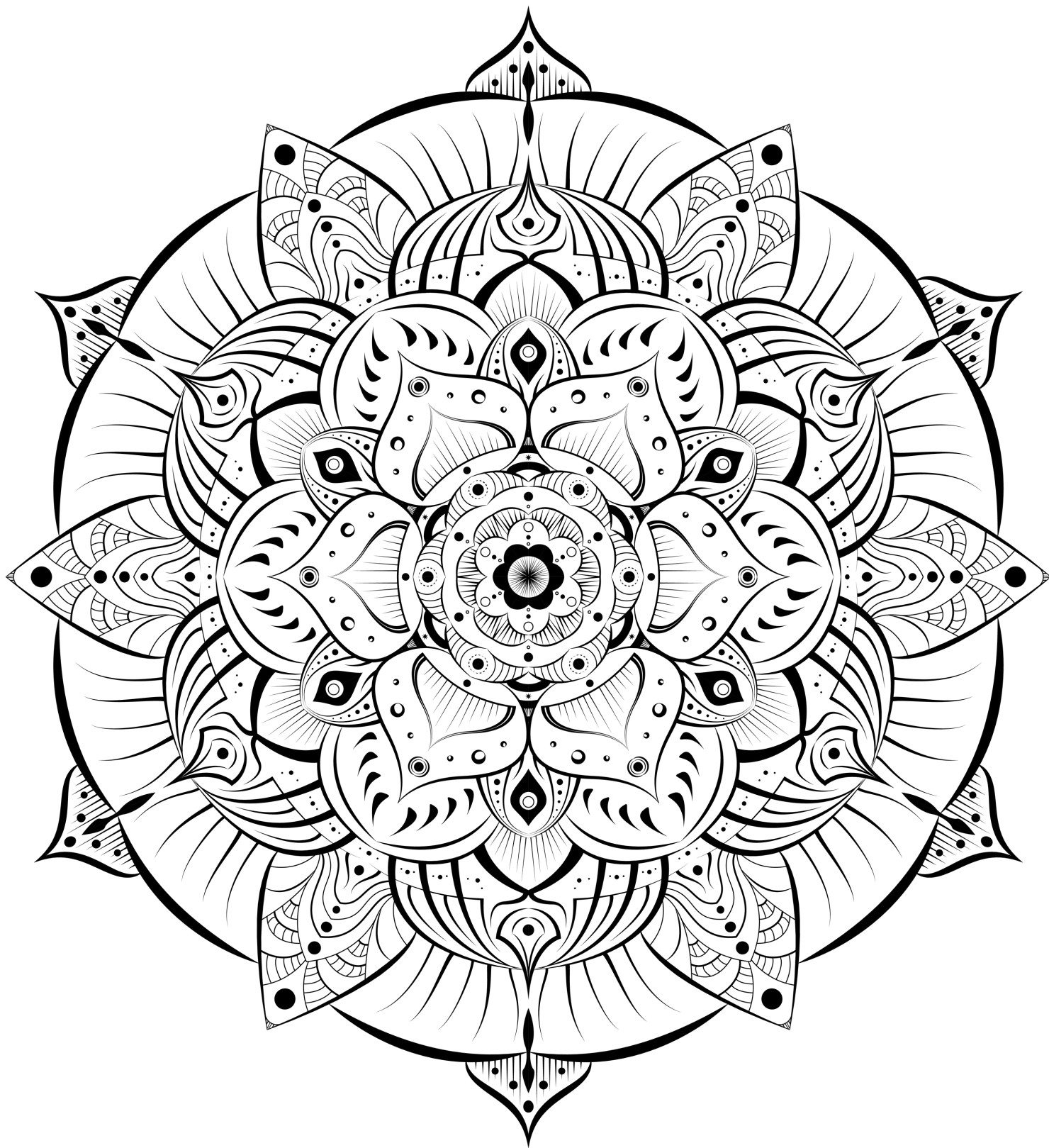


“Ask, believe, receive. Life is ready to deliver what you ask
for clearly.” - Rhonda Byrne

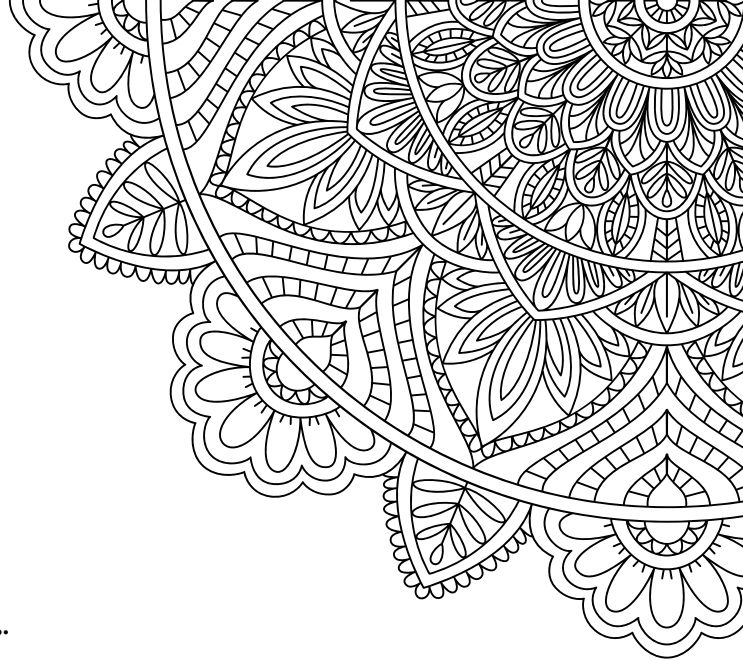
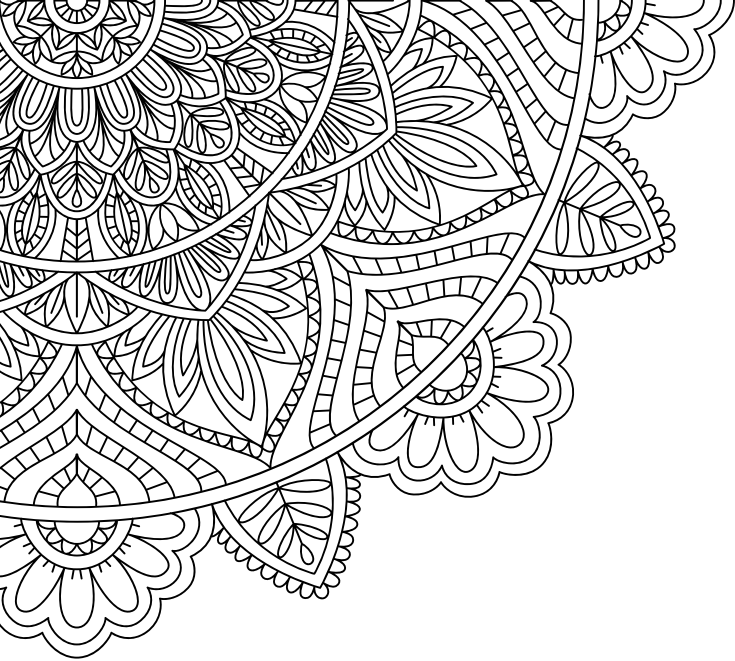
DAY 7 – ENTRUSTING AND CELEBRATION

 Goal: Let go of control and trust the process.

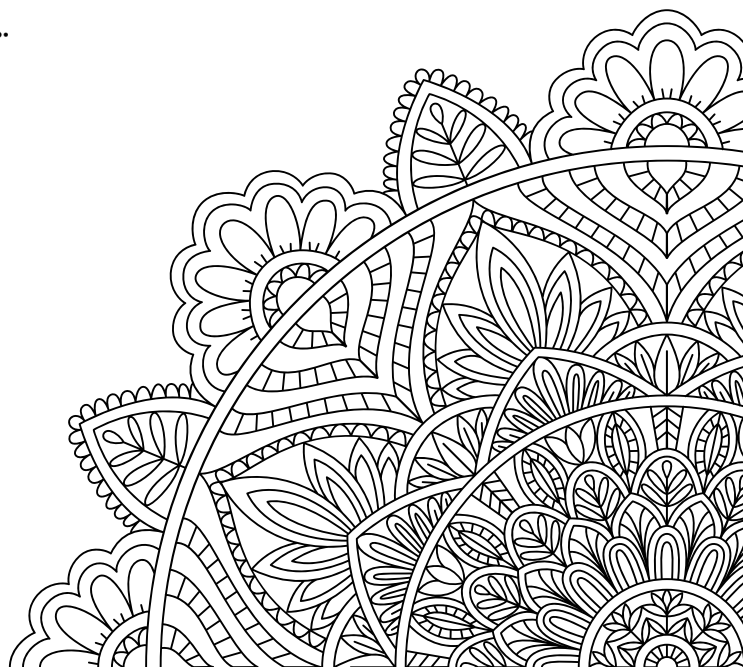
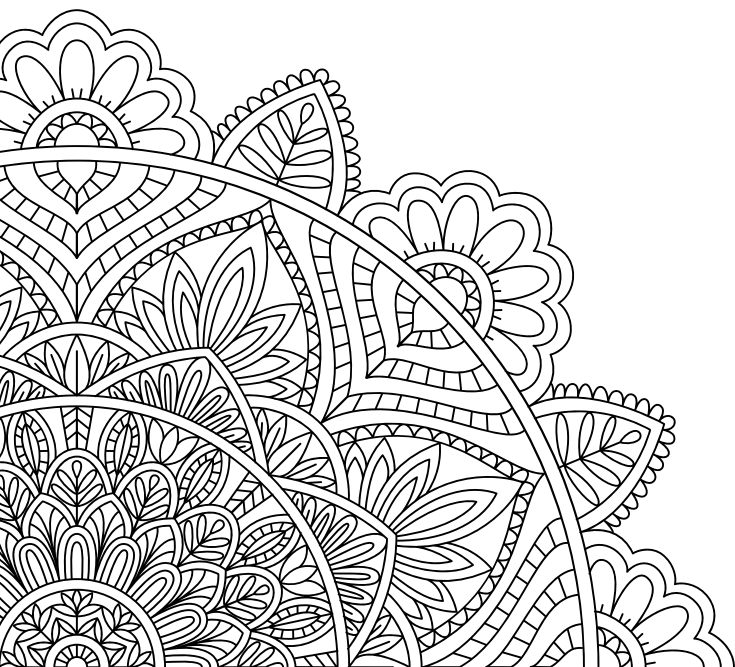
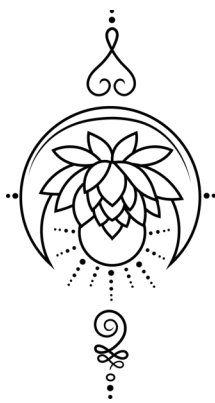
- ✓ Write: "I entrust this wish to the Universe knowing that it will manifest at the perfect time."
- ✓ Color the mandala imagining sending your intention into a field of golden light.
- ✓ Celebrate your transformation with a small closing ritual (a candle, a meditation, a moment of silence).



"We attract not what we want, but what we are." - James Allen



My Path is Sacred



NOTE