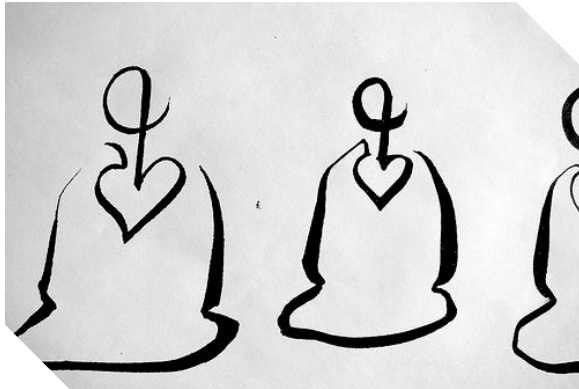




Intentional Meditation Technique The Star Mandala- Connecting the Hearts of a Group

"You must enshrine in your hearts the spiritual urge towards light and love, Wisdom and Bliss!"

~ Sri Sathya Sai Baba



Preparation

First sit together peacefully, side by side, and do a breathing exercise that is comfortable for all members of the group¹.

Perceive each other in this group as vital elements of a mandala: for this exercise, as points of a star of six points. The Star of six points represents the perfect balance of two triangles, and is representative of the Heart Chakra: *as above so below*.

Activate your Soul Star Chakra through the chanting of the Soul Mantra.

Call upon the Divine I AM presence of all the persons involved in the exercise.

Intuitively link the Soul Star Chakras of all that are sitting together in this group. Visualize this happening.

¹ For more information on Breathing Exercises and Yantras, see *Meditating with Yantras – Breathing Exercises* by Humanity Healing

How to Proceed

Inside of your chest, visualize a little white star starting to be activated. Even in its initial stages, the star is already very much translucent and brilliant.

Feel the star to pulsate at the same pace as the beating of your heart. Stay with this perception for at least one minute.

Slowly, perceive the white light softly and warmly irradiating out of your chest, like a gentle cloud, and growing in size.



Now, imagine this massive white enlightened cloud, generated by the pulsing of your star, leaving your heart center and slowly directing itself towards the center of the Mandala.

Simultaneously, imagine your white heart energy, along with the energy of every



person in the group, filling the heart the center of the mandala with a pure crystalline light.

As you meditate and visualize this operation, voluntarily imprint the intention of pure Love, Unity and Oneness into this energy. Seal them in with the words, Om Shanti Aum.

Naturally, you will perceive that the mandala will start to pulsate by itself, tenderly but continuously.

Stay in this moment of collective bliss for as much as you can hold it with your internal vision. This is a collective endowment of love conceived by the heart of a group. It is a powerful gift of healing that can be sent with the group intention to heal one person, one situation or even a group situation such as a natural disaster.

Slowly raise your hands together, and imagine the mandala rising with them.

Visualize the crystalline light mandala continue to rise until it is floating above your heads.

Accompany the rising of your crystal star towards the Universe and Infinite; follow it with your intuition, until you feel that your collective energy found its place in the Body of the Eternal "All That Is".

Your Divine Gift of Love to the Universe will have an independent light, life and

will vibrate among the other stars. This is your way to co-create with the Universe: only with unconditional love we can reach for the stars.

Closing

After sending your gift to the universe, try to see your star as a small little point of light, with a luminescence that is pulsating without stop, just as the beat of your hearts.

Now, coming back to the original mandala group and see that from the point of origin inside of each's member's chest, where the white cloud was formed, there is now a small pulsating star that beats with its own life.

Stay a couple of more minutes inside of the realization that everything that is created in Love is eternal and serves to the benefit of all Creation, beyond the realm of duality and beyond the limiting dimensions of time and space.

To close the ceremony, you may pray together, chant together, or even listen to music together. Try to prolong this sensation as much as you can. Your star can be your point of reference when you are wishing upon a star to create something beautiful for yourself, or for the collective of Mankind, or Mother earth.

Namaste.