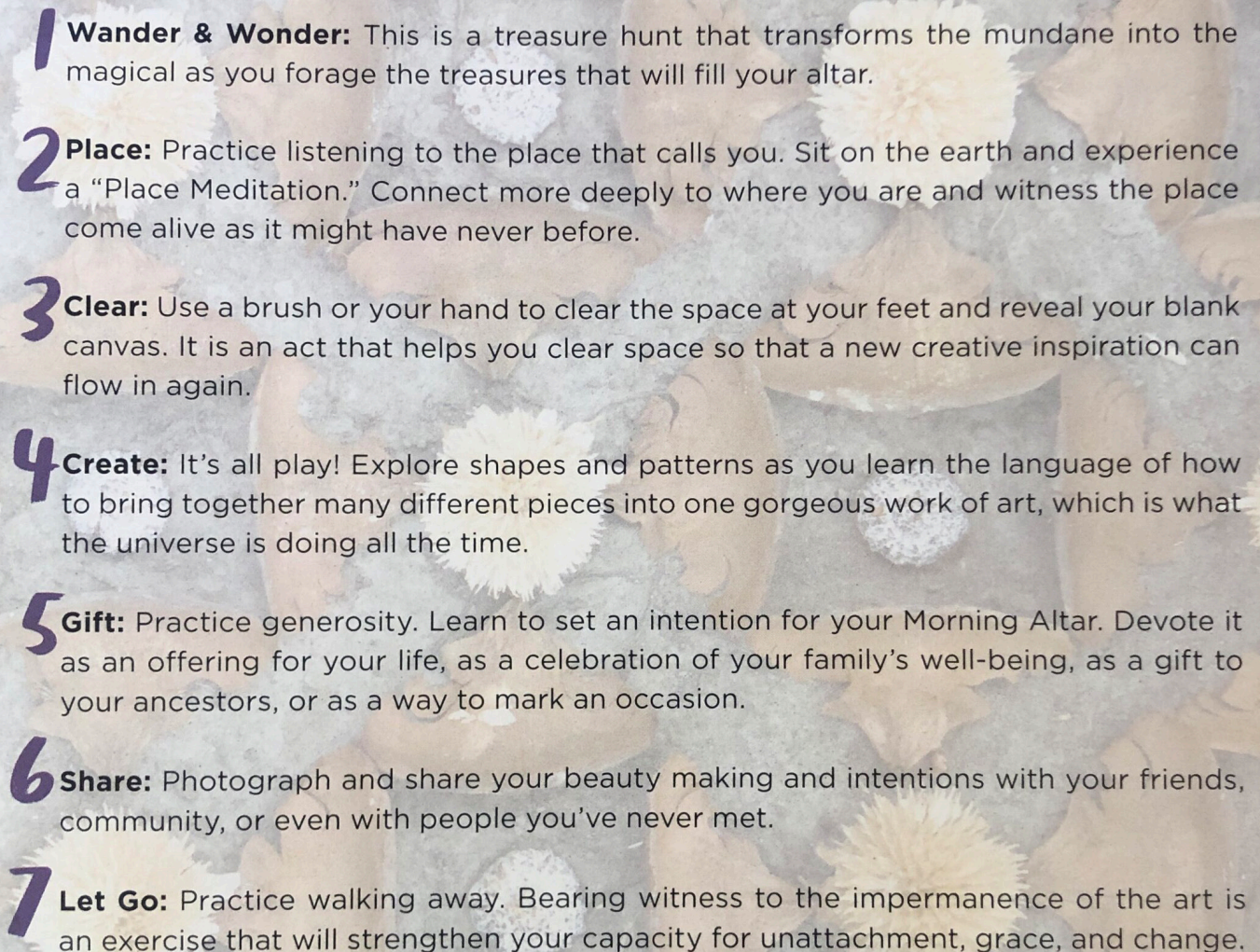


# NATURE MANDALA STEPS

EXCERPTED FROM [WWW.MORNINGLATERS.COM](http://WWW.MORNINGLATERS.COM)

THE SEVEN MOVEMENTS FOR A NATURE MANDALA PRACTICE.

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- 1 Wander & Wonder:** This is a treasure hunt that transforms the mundane into the magical as you forage the treasures that will fill your altar.
  - 2 Place:** Practice listening to the place that calls you. Sit on the earth and experience a "Place Meditation." Connect more deeply to where you are and witness the place come alive as it might have never before.
  - 3 Clear:** Use a brush or your hand to clear the space at your feet and reveal your blank canvas. It is an act that helps you clear space so that a new creative inspiration can flow in again.
  - 4 Create:** It's all play! Explore shapes and patterns as you learn the language of how to bring together many different pieces into one gorgeous work of art, which is what the universe is doing all the time.
  - 5 Gift:** Practice generosity. Learn to set an intention for your Morning Altar. Devote it as an offering for your life, as a celebration of your family's well-being, as a gift to your ancestors, or as a way to mark an occasion.
  - 6 Share:** Photograph and share your beauty making and intentions with your friends, community, or even with people you've never met.
  - 7 Let Go:** Practice walking away. Bearing witness to the impermanence of the art is an exercise that will strengthen your capacity for unattachment, grace, and change.