

Tastings of Eden



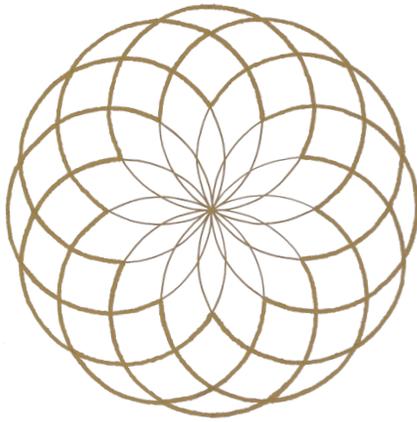
Barbara Evans

Tastings of Eden...

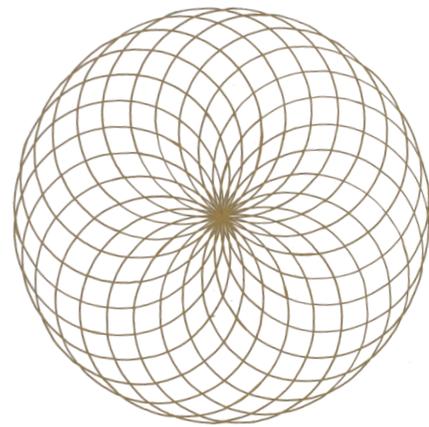
Awakening Dreams and Possibilities

Tastings of Eden is a unique product offering you two Mandala coloring templates from the newly released *Shades of Eden: Mandala Coloring Journal*, interwoven with other tastings of *The Eden Method... The Art of Raising Frequency*.

In *Tastings of Eden* you are being presented with an opportunity to experience energies of Love, Joy, Peace and Harmony ... the frequencies and vibrations of the New Earth. Feel the energy of Universal Love as it surrounds, warms and supports you



Awakening Dreams



Connecting to New Possibilities

The two mandalas above, which you will find in larger format on pages 4 & 6, were created at the beginning of 2012 with the intention of helping us access beneficial transformational energies as we enter a new cycle of growth and evolution upon the Earth.

Coloring these mandalas offers tremendous potential for interaction with the frequencies and vibrations of creation, helping you to remember your True and Authentic Self. The two mandala templates are founded on Sacred Geometry. Sacred Geometry is the Language of the Universe, and the designs carry a healing power within them. One definition of Healing is remembering our WHOLENESS... our Body, Mind and Spirit. By choosing to actively participate and interact with the symbols of creation, you are inviting new levels of your True Self to awaken. This process takes place beyond the logic of words. As you color the patterns you are being invited to connect with deeper aspects within yourself... this will happen easily and naturally if you simply hold the intention for it to be so. The more deeply you allow yourself to be involved, the greater the potential benefit.

The coloring of these mandalas is a sacred process of Divine Love and Intention. Before beginning, it is recommended that you create a sacred space in which to work... this can be as simple as choosing a special chair, lighting a candle, or selecting a favorite crystal to be by your side, or calling upon your guiding angels.

The only rule for the coloring is ... there are NO RULES!

Template 1... Awakening our Divinity... Awakening our Dreams

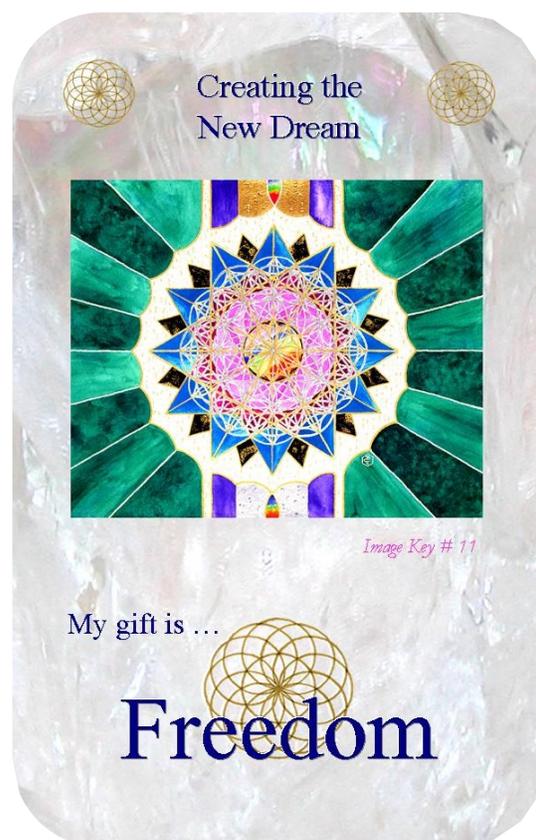
We are all vast and magnificent Beings, children of the Divine Creator. We hold within us a complete DNA Blueprint that codes for our Full and True Potential.

As you prepare to color this first mandala ... spend some time contemplating the "Freedom" card from the deck of *Empowerment Cards*

Creating the New Dream is the name of the Image found on this card.

The frequencies and vibrations of *Creating the New Dream* assist you to connect with your own inner dreams.

The affirmation is ...I AM free to Create my Highest Dream



Coloring this mandala helps us transform through awakening more of our DNA Blueprint. Hold the intention of Awakening your Full Potential as you interweave your intuitively chosen colors.

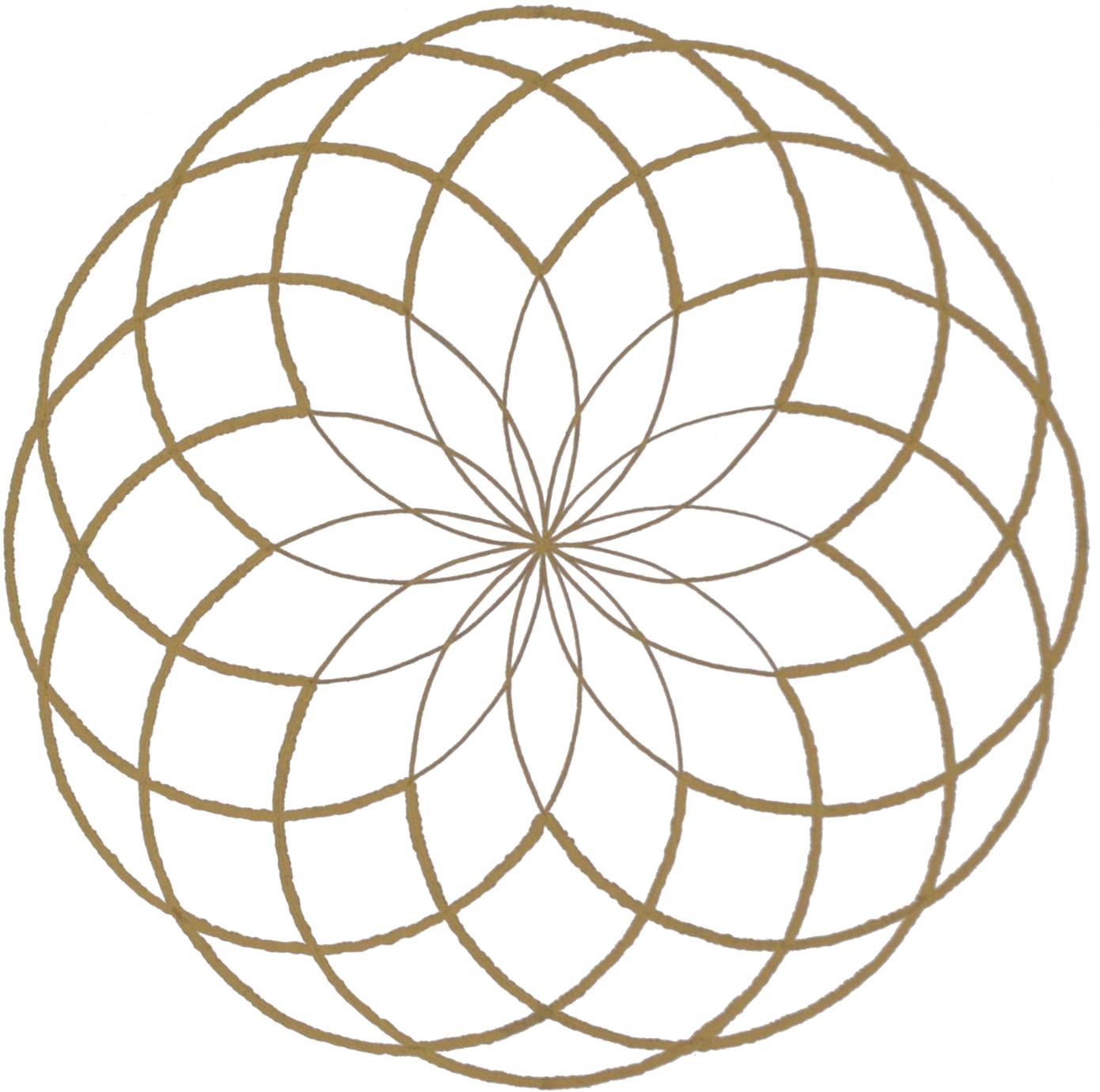
Begin by contemplating the template...

How does this make you feel? What thoughts come into your mind?

Hold the intention of connecting with your Dreams and the Gifts that you carry...

Imagine the colors you are intuitively guided to use, and envision the patterns you see within the Mandala and wish to bring forward?

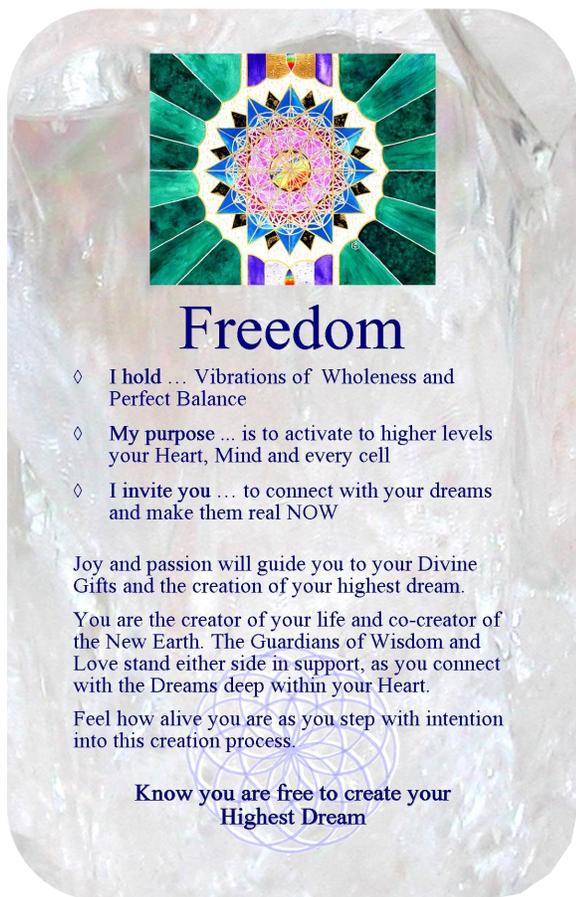
As soon as you feel ready... begin to color!



Awakening our Divinity... Awakening our Dreams

from original drawing by Barbara Evans

Template 2... Divine Unity... Connecting to New Possibilities



Freedom

- ◊ I hold ... Vibrations of Wholeness and Perfect Balance
- ◊ My purpose ... is to activate to higher levels your Heart, Mind and every cell
- ◊ I invite you ... to connect with your dreams and make them real NOW

Joy and passion will guide you to your Divine Gifts and the creation of your highest dream.

You are the creator of your life and co-creator of the New Earth. The Guardians of Wisdom and Love stand either side in support, as you connect with the Dreams deep within your Heart.

Feel how alive you are as you step with intention into this creation process.

Know you are free to create your Highest Dream

As you prepare to color your second Mandala ... spend some time contemplating the message held within the *Freedom Empowerment Card...*

As you read the words... imagine that *Creating the New Dream* is speaking to you, helping and encouraging you to awaken and connect to new possibilities within your life.

POSSIBILITIES! This mandala of Divine Unity helps you connect to new possibilities... there are no limitations. As you color, consider what you really wish to create within your life... bring forth the feelings deep within your heart that yearn to be expressed... and the inspiring thoughts within your mind that call to be heard. Connecting through this pattern helps to awaken these dreams, awaken your gifts and talents ... The Divine Unity template is a portal to the expression of your Highest Self and achievement of your Infinite Potential.

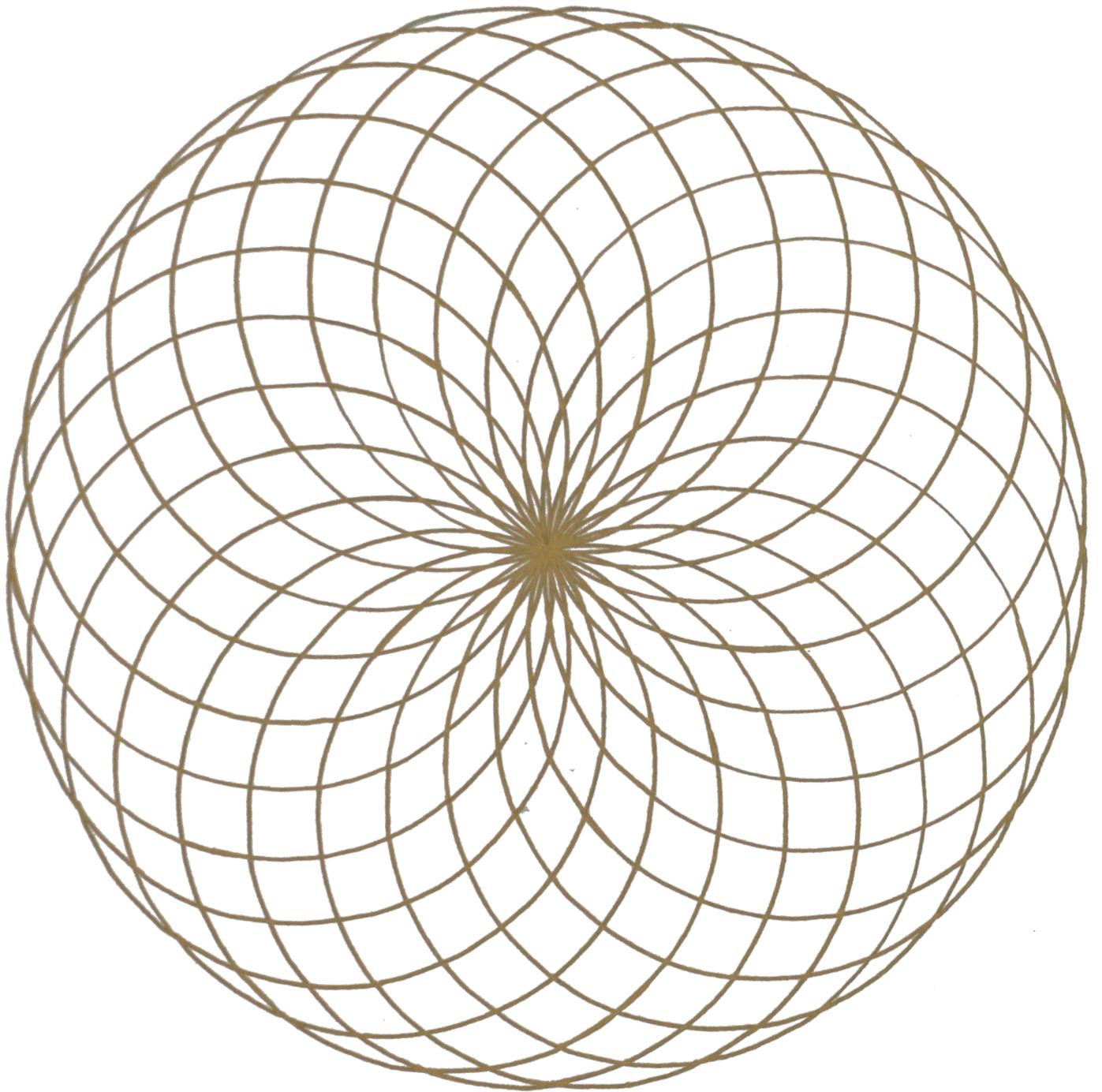
Again begin by contemplating the template...

How does this mandala make you feel? What thoughts come into your mind?

Hold the intention of connecting with Possibilities and your Highest Self...

Quietly contemplate your color choices; which colors are you intuitively guided to use this time... are they the same or different? Again, notice the patterns you see within the mandala.

As soon as you feel ready, begin to color! Enjoy the creative process as you allow your own intuition to guide you.



Divine Unity... Connecting to New Possibilities

from original drawing by Barbara Evans

To complement the benefits of the mandala coloring exercise, the following "poem" captures the essence of the Image *Creating the New Dream* and reflects the power and beauty of working with sacred geometry mandalas...

**Creating the New Dream speaks:*

I AM

*The Perfect Balance held deep within the
Divine Spark which is YOU.*

*I can assist you to find the freedom
To see the possibilities that are available to you.*

*I can assist you to connect with the DREAM that lies within you
And to realize that as a child of the Divine Creator
You are FREE TO CREATE YOUR HIGHEST DREAM.*

My joy is the LOVE which I carry to YOU.

*My job is to activate to yet higher levels...
Your MIND, your HEART, your EVERY CELL...
Creating new pathways within this lifetime
To reach to the FULLNESS and WHOLENESS which you are.*

Messages, guides and Angels abound in this Image Key.

*It represents WHOLENESS.
It represents ALL THAT YOU ARE.
It represents you in your Divine Perfection
And invites you
to make this your experience
NOW*

**Excerpt from Messages Of Universal Wisdom: A Journey of Connection Through the Heart by Barbara Evans*



Barbara Evans is the founder of *The Eden Method*, a new energy healing approach based on high vibrational art. She is a transformational healing artist, spiritual thought leader and Visionary, whose deep sense of Love for our Planet Earth fires her passion for finding a new way of living and being within the world: a way, based upon Love and Wisdom, which supports Wellbeing, Peace, Unity, Joy and Abundance.

The Eden Method brings together a selection of tools to assist with the raising of consciousness through the raising of energetic frequency. The purpose is to activate our inner potential, and awaken our dreams and gifts with the intention of helping humanity move from a base of fear to one of Love and Abundance.

Barbara Evans is author ...

Messages of Universal Wisdom: A Journey of Connection Through the Heart

Messages of Universal Wisdom: Empowerment Cards

Shades of Eden: Mandala Coloring Journal

Waves of Eden: Meditations of Light and Sound DVD (with Dana Walden)

and artist...

The *Image Keys and New Earth Chakra Keys*

More information is available at www.TheEdenMethod.com

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