

Foreword

We are always striving for wholeness. From the moment of our conception, our cells, although dividing, are assembling themselves into large, more unified groups until the 'whole' of us is formed. Once born, we continue to evolve into more highly organized and unified states of being. Eventually we join with others in community, which itself is a larger whole. If we are lucky, we will ultimately experience our connection to the Universe of which we are a part, the largest 'whole' there is.

Humans since the dawn of time have expressed their understanding of themselves and their place in the cosmos through their artwork. The circle or Mandala became a prime expression as one of the Sacred Geometries reflecting our primal understanding of our spiritual and biological matrix and the fundamental connection with each other and a Creator Force, or Source. The Mandala remains both a direct expression of our experience of our self as well as a reflection of our unity with Source, a mirror reflecting our self and the Cosmos.

Sadly, when there is trauma in a life -- illness, injury, violence, abuse -- that mirror can be shattered, fracturing the self and one's relationship to the Whole of life. When this happens, we lose the pieces of our sacred self, the connection to Source which is our birthright, and a deep despair can set in with the feeling that there is no hope for recovery. There is no worse violation than this, no deeper injury.

How can a self, thus shattered, survive?

In this journal, Barbara Evans has created a path to healing. She has unified her knowledge of the science of Sacred Geometry with her deeply intuitive understanding of the Mandala as the vehicle for this healing journey, the conveyance for repairing the fractured, fragmented self. Through an effortless, step-by-step engagement with each healing image, we can literally reconstruct, re-assemble, and reconnect the splintered pieces of our Self. This process of reconnection allows us to become whole again.

Barbara is a gifted artist, deeply empathic and remarkably insightful to the progression that the journey of healing must take. This journal should accompany anyone who is traveling along the path to healing.

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Connecting Through the Heart



Belongs to

The Journey begins

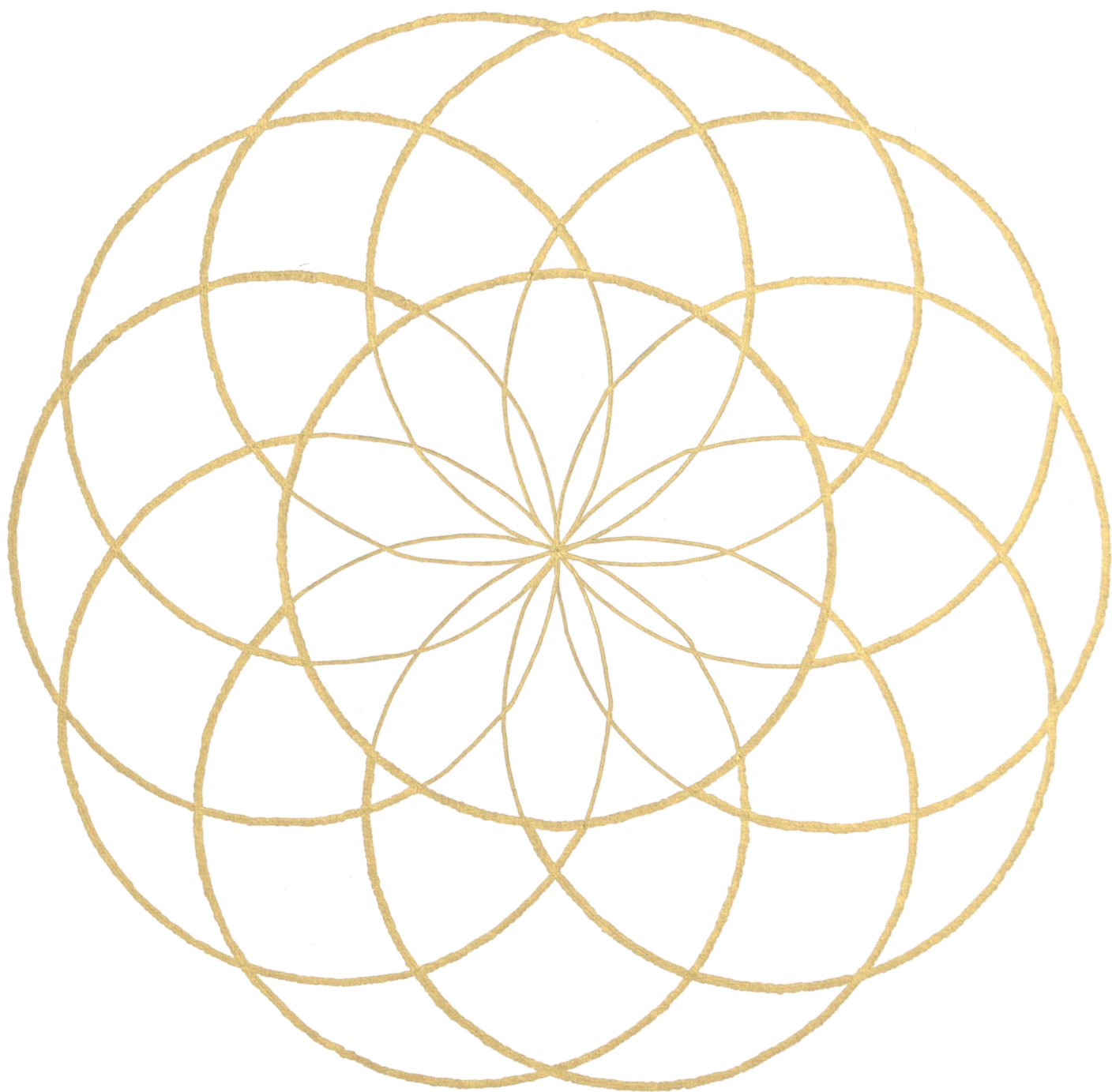
Healing Vibrations
Awaken my Heart and Soul
Inspiring New Life



Healing ...Thoughts

As you prepare to color your mandala... Imagine...

*A gentle breeze blows through your Mind,
replacing negative thoughts and fears with inspiring
thoughts of Peace, Contentment and Healing.*



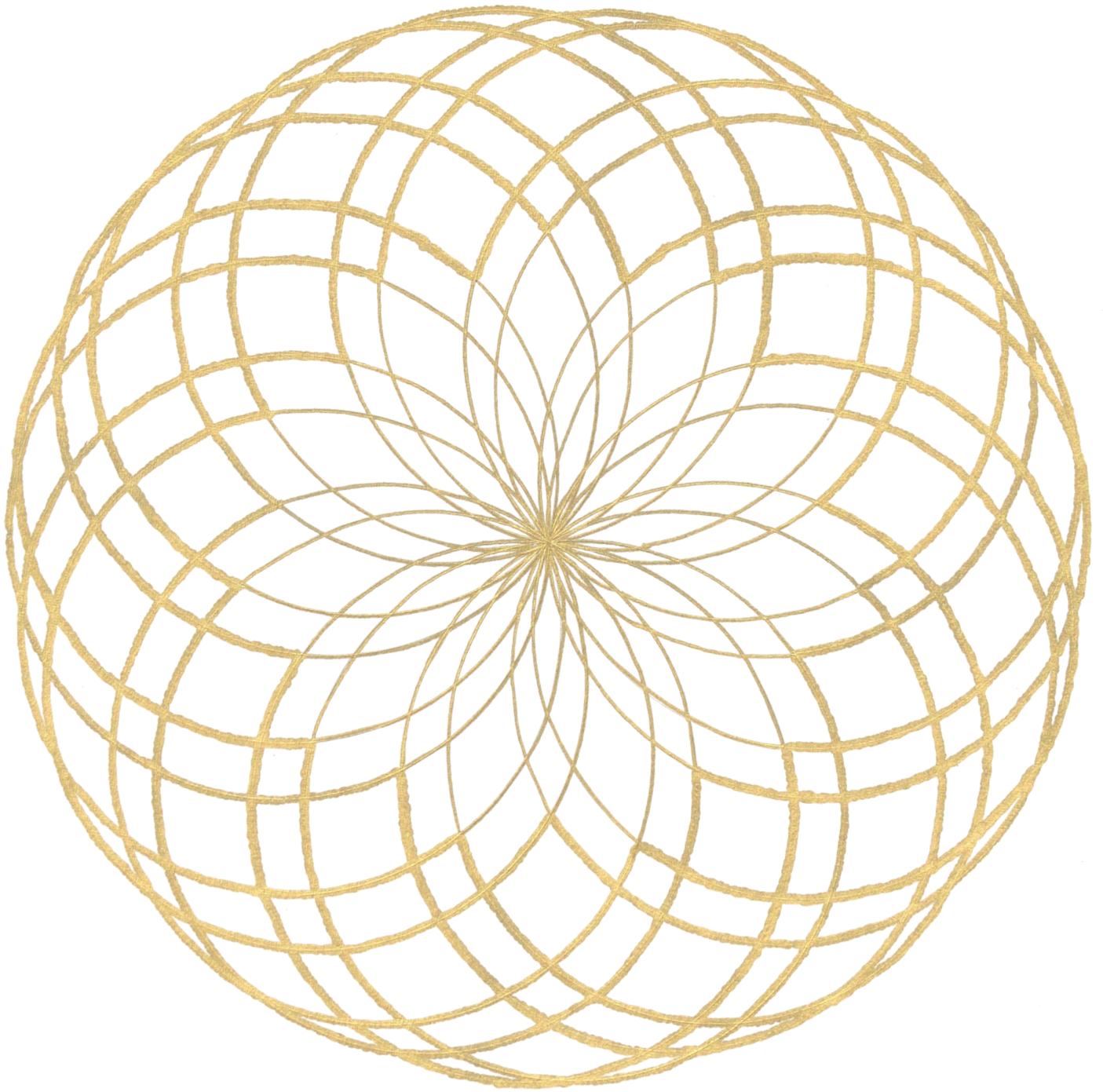
Connecting Through the Heart: Mandala 5



Hope

As you prepare to color your next mandala...

*Hope is like a spark of Love connecting Heart and Soul.
Imagine ...Hope blossoming deep within every cell, ready
to inspire new life ...*



Connecting Through the Heart: Mandala 8