

# COVER STORY - ABOUT THE MANDALA

## THE BOOK OF TESTAMENTS

### What is a Mandala?

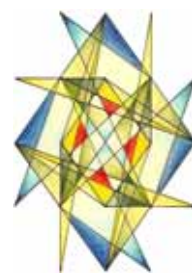
They are called many things - majik squares, yantras, harmony squares, sacred geometry. They are also known as square matrix, meaning “that which gives origin or form to a thing”. In Latin matrix means womb or source, and ever since numbers came into existence, mandalas have been known to man.

Mandalas or patterns are formed by drawing a continuous line in arithmetical order from the first number to the last. The sacred geometry is designed to protect, to heal, to ensure long life, health and happiness, to bring self-awareness and empowerment. On a deeper philosophical level the graphics express the Taoist vision of the universe as a ceaseless change and all-pervasive energy.

### How do you use a Mandala?

Any two-dimensional mandala is meant to be meditated upon as a 3D perfect hologram - a geometrical paradigm and mystical construct of the universe in which all polarities are harmoniously united. To meditate, begin at the outer perimeter of the mandala and gradually work inwards, sometimes pausing at certain points for contemplation and at which point you (the meditator) become completely absorbed and “one” with the mandala.

By the time the centre is reached all egoistic notions have been dissolved and the mind has been opened. You become peaceful and centred with an understanding of yourself, your emotions and thought processes. Sacred geometry will enable insight into your life lessons, your soul urge (life purpose) and life expressions and personality. There are no two mandalas the same for each of us in life. While we are not separate we are each very different in our purpose for life.



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**The Mandala on the cover of The Book of Testaments is a representation of the author, Stephen Chong. How does he utilise it in his own life?**

The mandala on the front cover of The Book of Testaments is unique to me and represents my life purpose and journey. I am very fortunate to have my own mandala, and also one for each of my three children. Apart from being beautiful pieces of artwork that proudly adorn the walls of my home, the mandalas are used in my home to bring a strong sense of peace and purpose to my home environment. They also resonate for me a strong sense of family connectedness and love that supports the well-being of my family members.

I have used the mandalas previously through the meditation process, but now that I have a very strong 'sense of life purpose', I no longer use them for this purpose.

### **Who is the artist?**

The mandalas are created by my so wonderfully talented cousin, Theresa Richardson. I have seen some of the works completed by Theresa, and they are simply 'mind-blowing'. She has created mandalas for many of the spiritual masters, for example, Krishna and The Buddha, and their beauty is much too great for me to describe adequately.

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Stephen Chong is available for book signing events, public speaking engagements, workshops, interviews and professional development/coaching activities.

