

Mandalas: Language of the Soul

by Paul Heussenstamm

We are all circles on the great mandala, and by changing the intensity of color, we clarify the fullness of each circle. Every soul is a circle with a unique combination of color and intensity. Each circle contains two individual circles with a delicate membrane between them.

This powerful dream voice came through me in 1992 while I was painting in Hawaii. It clearly symbolizes the essence of my work as a painter where soul patterns are colorfully manifested through the ancient symbol of the mandala. Mandala means circle or center and it has literally been around for thousands of years, although not well known here in the West. The mandala, for me, more than any other teacher in this lifetime, has opened the doorway into the symbolic language of the soul. Once this language is known, once the doorway into the unconscious has been opened, once the dynamism of intuitive pattern reading is understood, then life as it is known changes suddenly and dramatically.

As I began to open up this ancient doorway, I received access to and understanding of a soul language that has powerfully changed my life and the lives of all those who come into contact with this level of intuitive knowing. One of the true gifts of this language is a deep understanding of the patterns, symbols, and currents in Nature and how they relate to my own souls unfoldment and development. These insights highlight my journey into the potential of full radiance of the soul. As I look into my own soul's pattern. I have come to see the long body (a way of seeing the past) of my own soul's unfoldment. My life as an artist truly began the moment the sperm hit the egg. I now understand that a pattern was struck within the core of my psyche, or soul, at the moment of conception. Of course, it took thirty-seven years and



numerous life experiences before the pattern of an artist fully manifested in my conscious awareness.

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What I have come to know is that my art, all art, is a litmus test of the soul. From the ego-mind level, paintings and art are beautiful and moving. From the perspective of the soul, or the mind's eye, paintings reveal the energy currents and symbols of the painter's unconscious, and in many cases, the collective unconscious. I use the word unconscious to mean that which we carry intrinsically as human beings, but do not know consciously. Therefore, the unconscious is limitless, vast and a life long journey of exploration.

MINDala

The amazing thing about the unconscious is that it is known by few here in the West. Once you have discovered your unconscious, it is the beginning of the great journey of soul alignment and development. Through this work of exploring the soul, I have realized the essence of measuring the soul: the range of feelings and the sense of presence you carry. Paintings contain the intrinsic soul quality of the artist and intrinsic patterns of our collective intelligence. This is why art has such great value. It reveals that which cannot be said and it makes visible the invisible. From the soul's perspective, all paintings are alive, breathing, pulsating, dancing, glowing, carrying the forces of the unconscious.

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INNER BALANCE MANDALA

(Mandalas continued from page 7)

Art As A Spiritual Path: Teachings from My Soul

Ultimately life itself is not very serious, and life is just an overflowing energy that seems to have no purpose. An Artist is to lead life purposefully and spiritually. Likewise, an Artist is living life as play and not as work. The so-called serious mind of our society, will in fact turn play into work and art into business. An Artist lives his life as a dream and has more or less renounced the society's serious mind. An Artist struggles with the seed that lives inside him, which can grow into such heights that outward nonsense will automatically fall away. Once you have experienced through Art your creative inner riches, there will be nothing in life that is comparable. Once an Artist finds his creative bliss, the usual forms of enjoyment, entertainment, and possessions seem foolish, and also begin to fall away as you connect with your inner ecstasy.

Ultimately, through the heart, an Artist has communicated something that cannot be communicated through words. The message is hidden in all works of art. Here are the keys to Art as a Spiritual Path; a painting is a visual mantra that is seen over and over in a particular way and felt over and over again in a feeling way; and an Artist has emphasized in his own way a heightened frequency that can transform your consciousness. An Artist creates a wavelength painting through time. Having a relationship with a painting creates waves that go deep into the psyche and penetrate into consciousness.

The mind exists only when there is past or future. To enter a painting, you must not think because you can't think in the present. The moment you think, it has become the past. The mind cannot exist in the present. It exists only in the memory of the past, or it projects into the future. It never comes into direct contact with the present; it is impossible. Without thought there is no mind, and no-mindness means a new awareness and an expanded consciousness. So many of the great paintings both in the West and in the East come from an essence that isn't from the mind. There you have a chance, a moment of possibility, to enter the here and now of the painting. Then you begin to explore the reality of the painting, which may lead to an inner realization; or that reality may explode through your eyes into your heart.

When you realize that paintings have an existence, you can create a bridge between you and the painting. When you see the life, the Soul, of a painting, there can be a dialogue with all

existence and you can have an intimate, loving relationship with the painting and with life.

Art as a Spiritual Path opens the possibility of being in love, in dialogue with the Divine.

When one is studying a painting, the mind goes on and on. The mind will continue unless you become very aware. When entering a painting, there can be a miracle. The moment you become aware, there will be no past. Now you can enter the moment fresh, ultra-sensitive, alert, and alive. In a painting you can truly be reborn into the current of the painting. The Upanishads called this "the inner space of the heart." This space; I can only describe as a space of

consciousness — the expression of awareness. Through art, the mind transcends above thinking, above the past, opens the vulnerability of your heart to depths of feelings and new dimensions.

Art is a metamorphosis, a transformation of your own mind, an awakening transformation of the surface reality into an eternally living consciousness.

Art as a Spiritual Path transforms and changes your attitudes toward existence and opens you to the sky of consciousness. The whole of existence found in a painting becomes a flow of love, great feelings, compassion, and the experience of grace through the Divine. A celebrated Artist is loved and will be throughout time, through thousands of eyes and hearts. The Artist opens each viewer to a joyous celebration.

In India, the Hindu religion has created deities with a thousand hands in every direction. This means that everywhere there is a hand. Nowhere can you go where the divine hand will not be upon you. There is an embrace of the Divine everywhere. When you see the whole of the Art World through time, you will see a thousand armed deity in our world — the Artist as a hand of the Divine in all times, in all places, and extending out to one who has opened her/his heart through art, a painting, or thousands of other keys that unlock the direct experience of the Divine.

When you become meditative through art, your body will become so sensitive. When the heart is opened, your eyes see deeper; you feel more; even your organs feel deeply. Ordinarily, we never really see, hear, or feel fully — just so-so. When your heart is opened — painting, like passing through a garden — awakens you to the glory of the moment. In Western life, our eyes have become insensitive, just like our feelings and our intuition... the body has also become this way. Our whole culture is against the Heart Awakening. The Artist gives us an opportunity to reawaken to our birthrights — our true gifts — where we are reborn into a life that connects us with the Divine and we have a powerful, moment-to-moment relationship with our Soul.



PAPAYA MANDALA



KUAN YIN'S TEMPLE MANDALA

Through the heart, an Artist has communicated something that cannot be communicated through words. The message is hidden in all works of art.

Our society knows very little about the Soul and true art. It's a miracle when an Artist creates a visual landscape of the mysteries of life. Our culture has interfered with our true nature. Opening the heart connects us with the wisdom of our body's vast realms of experiences. We spend enormous amounts of money renovating and building museums (\$4.5 billion in the past few years) and very little on the development of the Artist to fill the museums. The National Endowment for the Arts (NEA) has been severely stripped of both its freedom to create and the collective means of supporting the Artist.

Our way of seeing and understanding art is old, and the mystery isn't there. Art can penetrate into your innermost depths. Unless we transcend our present form of relating to art, there will be no direct Spirituality. Unless the Artist knows how to explode into the Soul of the viewer, then both the Artist and the viewer will not be reborn into the dimension of the Divine. If you can meditate on a painting and open to its mystery, then you are opening your own Soul to life's hidden mysteries.

Each day great change happens, and each day we are present for these changes in the body, in the mind, in the emotions, and in the heart. Without this meditation, civilization has a way of making us unconscious. This is the way we try to create or enter art. We must move to our Heart Center and open our hearts in order to awaken into the Divine quality of paintings and life.

My experience is that Artist must be initiated either from a teacher or from life. In Buddhism, the term for initiation and for the one who is being initiated is Srotapanna, one who has come into the current. Great Art is flowering just like an enlightened Buddha and carries the same form of currents or energies. One who has been initiated and surrenders fully to it, falls into the current and starts flowering. You have only to find a favorite Artist, such as Monet, and you can easily see through your heart that he carried unquestionably this current. I recommend spending a day at Giverny where Monet created his true alter to the Divine goddess of beauty.

Art is outside of time and space and always will be. One of the great problems and really diseases of our modern society is a mind that is in a hurry. The new phenomenon of our society is time-consciousness, which has changed radically changed our awareness and our lives. We have become so time-conscious that not for a single moment can we wait, stay in the moment. It seems impossible these days. Therefore, art that is timeless is separated from our world, it's out of reach. This isn't so when you go to an ancient temple, in India for example, where the art has been meditated on and prayed for 1000's of years. For example, in the Ellora temples, just a few kilometers from Bombay, you can experience sacred paintings and stone carvings, meditated and prayed on for over 1,500 years. The whole place is consecrated to the Divine through the Spiritual values of beauty and Artistic creations.

If you find any Artist or any art, just surrender to the universe. And the awakening may happen. The Artist in you may appear. When you are fully open, fully vacant, totally more or less empty, then the spiritual force rushes toward you and fills you. So always remember that whenever you feel like surrendering, do not lose the moment. It may never come again. Surrender to art and art will



BUTTERFLY MANDALA

become a teacher to you. Many things will be revealed to you from art that no book or scripture can reveal to you. Surrender to a color, and the color may become a God to you, or the color will reveal things that no God can reveal to you. The Ultimate is surrender, which is the path of the Artist, the spiritual path of the Artist. This is the initiation and entry into the spiritual life through the creative process.

An excerpt from "Divine Forces - Art that Awakens the Soul" by Paul Heussenstamm. Copyright 2009 by Mandalas.com Publications. Visit Paul's website at www.mandalas.com.