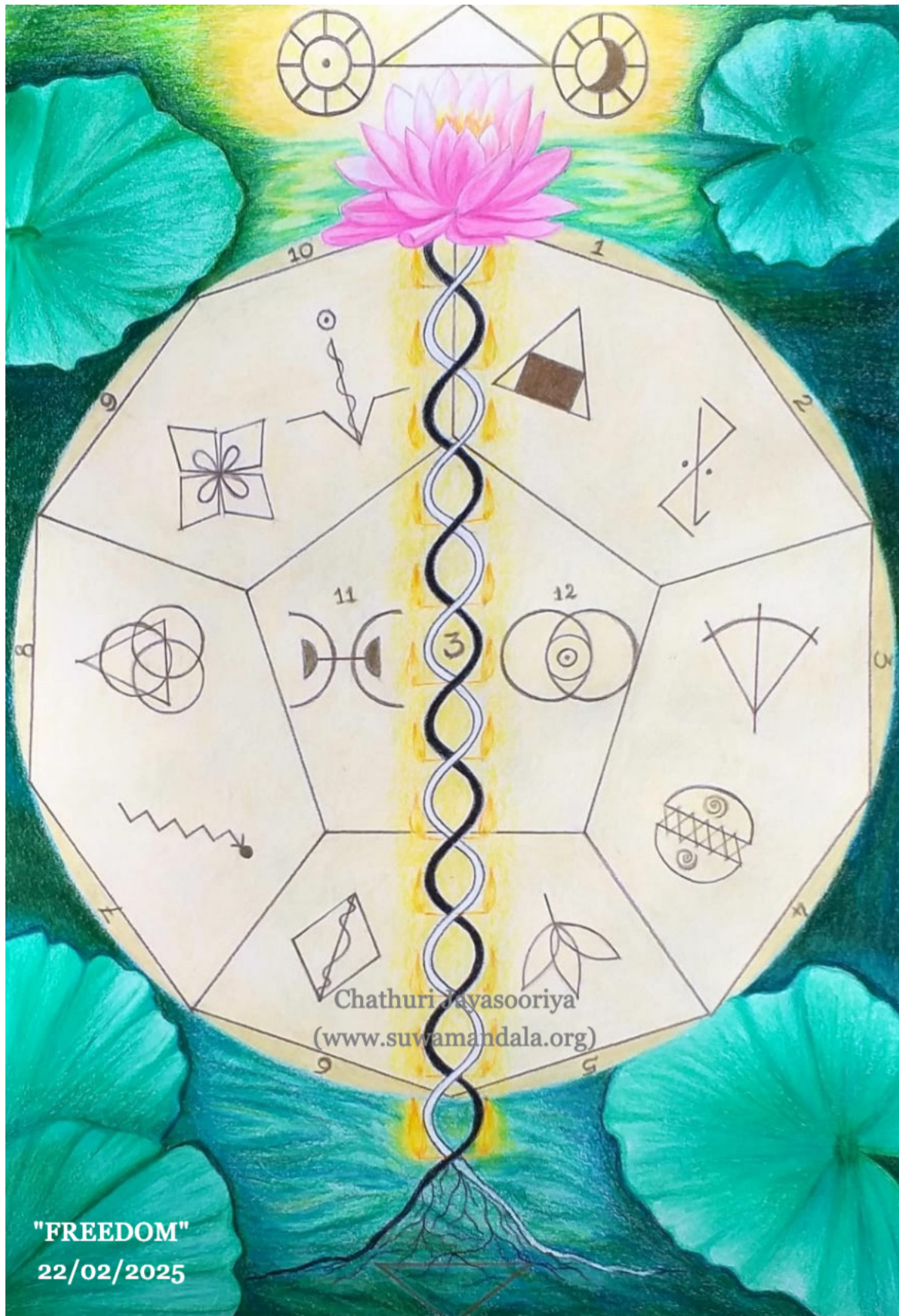


FREEDOM

A Channelled Healing Mandala for Practitioners and Users of Emotional Freedom Techniques (EFT)



This Suwa Mandala (healing mandala) titled 'Freedom' has been created as a complementary tool to optimize the healing capacity of all practitioners and users of Emotional Freedom Techniques (EFT), based on the visions and messages I received during my healing meditations. The spiritual meanings of these symbols which have been organized within the sacred space of the mandala are given below, along with how to use this mandala for the highest good and healing of all those who use EFT in their journeys of transformation, awakening and liberation.

Dodecahedron is one of the five Platonic solids used in Sacred Geometry, which has 12 pentagonal faces that are identical in shape and size. It supports us in decision making by providing us with 12, or multiple different choices, aspects and perspectives. It also connects us to the 12 chakras, helping us to gain information to support our choices.

Number 12 (a Master Number in numerology) has great significance both numerologically and spiritually, and is often repeated across history, culture, religion and everyday life (e.g., 12 months, 12 zodiac signs, 12 chakras, 12 Archangels, 12 days of Christmas and 12 strands of DNA). It is a number that symbolizes completeness, perfection and divine order, and encompasses the energies of creativity, optimism and self-expression.

The **pearlescent** colour that has been used for the Dodecahedron in this Suwa Mandala is a colour that works for the highest good of all, and provides us with the best choices/options that meets the highest good, in alignment with our soul paths, including choices that we may never have conceived of.

In the context of EFT and this specific Suwa Mandala, the 12 faces of the Dodecahedron represent the multiple aspects of an issue while the 5 sides of the pentagon represent the ABCDE of EFT (Aware, Balance, Clear, Development, Ecology). The 12 faces also represent the 12 key acupressure points used in classical EFT, except the one on the Crown/top of the head which is symbolized by the lotus.

The **lotus flower** is often regarded as a symbol of purity, rebirth, strength and resilience, owing to its ability to rise from the mud untainted. Rising through the murky and muddy waters to bloom into pristine beauty also denotes the path to purification from defilements and the human capacity for transcendence, rendering the lotus a classic representation of spiritual awakening, enlightenment and expansion of consciousness. *Sahasrara*, the Sanskrit term for the Crown Chakra, which means 'with a thousand petals' is depicted as a thousand petal lotus. Correspondingly, in the discourse of EFT, it is believed that thousand meridians meet at the top of the head, where one of the acupressure points are located.

The **black and white spiral** represents the *Ida* and *Pingala nadis*, two channels of energy (i.e., meridians) that run alongside the *Sushumna nadi*, on either side of the spine. *Ida* refers to the *Chandra* (Yin) energies of the moon while *Pingala* refers to the *Surya* (Yang) energies of the sun, representing the basic duality of existence. These two energy channels are said to support the balancing of the physical and mental energies.

The **flames** that are burning alongside the *Ida Pingala nadis* symbolize the cleansing and purification of the 12 chakras leading to illumination through the activation of the Kundalini energy, which, as was conveyed to me in my meditation, the tapping process supports through the stimulation of the acupressure points.

The **12 sigils** received from Spirit for the 12 acupressure points carry the below meanings and metaphysical functions (*please note that these do not correspond to any scientific concepts or definitions of the respective meridians or acupressure points*):

1. **Karate Chop – cultivate / harness.** You can cultivate, harness and grow anything you desire, e.g., wisdom, patience, love, wealth. In essence, this is a symbol for abundance.
2. **Brow – creativity and passion.** You are a powerful co-creator, and creation flows with ease when aligned with your passion.
3. **Next to the eye – new knowledge.** You are called to open to new learning, knowledge and insight, which will expand your consciousness.
4. **Below the eye – longevity and vitality.** You are called to awaken the life force energy within you that needs to be harnessed, in order to experience vitality in both mind and body, and reconnect you with life.
5. **Below the nose – balance.** You are called to bring balance to a particular aspect of your life. Balance brings harmony, and is found at the centre / middle ground between 2 points.
6. **Chin – grace.** Grace is experienced in moments when you become a bridge between heaven and earth. You can use this symbol if you would like more spiritual / mystic experiences as well.
7. **Thumb – presence and focus.** Present moment awareness keeps you grounded in the Eternal Now, and will help you with calming your mind.
8. **Index finger – truth.** Life often requires us to navigate multiple, co-existing, contrasting, subjective truths. This symbol will break through illusions and access deeper truths with higher perspectives.
9. **Middle finger – trust.** You are called to trust and allow the flow, and surrender to the divine process and timing. This trust will carry you along the path of least resistance.
10. **Little finger – neutrality.** Neutrality is a process of detachment that helps you cultivate equanimity. This symbol will help you ground in your centre in order not to be shaken by external realities, and rise above conflicting energies.
11. **Below the collar bone – unity.** Oneness requires the experience and transcendence of duality / polarity. You can work with this symbol to explore the internal and external dichotomies in your life (often reflected in inner conflicts), in combination with the sigil for balance.
12. **Below the arm – harmony.** Harmony is a resonance between 2 fields of energies, where there is a vibrational agreement, whether it be a meeting of hearts, minds, bodies or souls.

The **sun and the moon** symbols represent the Ying and Yang, or the masculine and feminine energies, the balancing of which is essential and integral in healing and awakening processes. The **upward and downward triangles** symbolize the connection to Father Sky (Spirit/Soul) and Mother Earth (Matter/Body), also denoting the balancing of the masculine and feminine energies.

Number 3, which is also the root of the Master Number 12, denotes growth and expansion.

How to use the Suwa Mandala

This Suwa Mandala presents you with a complementary tool which can be used effectively alongside your daily tapping procedures, to heal your emotional wounds, (re)programme your mind, raise your vibration and expand your consciousness. Here are some simple steps you can follow:

1. Close your eyes. Keep your feet firmly planted on the ground. You may place one palm on your chest and the other on your stomach.
 2. Take a few deep breaths, in through your nose and out through your mouth. Keep breathing till your mind, heart and body relax into a relatively calm state.
 3. Set the intent for you to be guided to the message that you need to receive today.
 4. Slowly open your eyes and look at the Suwa Mandala, and observe which element / symbol / part of the mandala your energies get drawn to. That is where your intuition, or consciousness is guiding you to focus on as there is a message for you that needs your attention today.
 5. You can choose to either close your eyes once again and ask your mentors / guides to share what the message is, or you may refer to the guidance given in this document (please note that the messages that come through from the same element may change on different occasions, and go beyond the descriptions given here, as each element has 'packed information' and layered meaning that is often revealed to each individual based on their own requirements and energetic frequency). This is a great way to practice enhancing your intuition as well.
 6. Once you receive the guidance as required, do a tapping sequence based on the message. You might receive further insights as you tap. Some affirmations are given below based on the sigils, as suggestions / examples. I invite you to use these affirmations flexibly and in combination, in accordance with your own requirements and intuitive guidance.
- *I plant the seeds of patience and tolerance within me today, and I am open and willing to take daily steps to cultivate and nurture these seeds, and practice patience and tolerance towards myself, others and life every day in every way.*
 - *I am a powerful co-creator of my life and my destiny, and I allow myself to align myself with my passion, and what excites me.*
 - *I am open to new learnings, knowledge and insight, and I welcome universe to direct me to opportunities that help me expand my consciousness.*
 - *I awaken the life force energy within me and am ready to take action to harness it every day in every way, so that I can experience vitality in both my mind and body, and reconnect with life with joy.*
 - *I enjoy balanced and reciprocal relationships in my life, and my relationship with myself and others are truly harmonious.*
 - *I am so grateful for the grace I experience in my life every day, and I am open to witnessing the presence of the divine within and without, in every way.*
 - *I am in the here and the now, as I rise with my in-breath, and fall with the out-breath.*
 - *I am open and willing to see the greater truths in this situation, from a higher perspective, and honour all truths with courage and compassion.*

- *I trust the divine to carry me wherever I am meant to be, to my truest and highest destiny, with ease and peace, and I surrender all my doubts and fears.*
- *I am grounded in my truth and my centre, like an Oak tree, and face the world with equanimity, unshaken by the passing winds.*
- *I am open and willing to explore the conflict within me, with courage, compassion and integrity, and I deeply and completely love, accept and embrace all these conflicting and oscillating parts within me.*
- *I am open and willing to see spaces and opportunities for harmony even in the most challenging relationships and situations in my life.*

Mandalas, just as with any other tool or modality, become the most effective with practice. It is a relationship that requires nurturing over time in order to be strengthened, especially since it works at a subliminal level, with our unconscious minds and auric / energetic fields. Hence, the more you engage with it, the more it will communicate with you and serve you. I wish you much success in building a beautiful and life-enhancing relationship with this 'Freedom' Suwa Mandala.

May your path be illuminated with the light of your soul as you stand in the centre of your ever-expanding mandala, and lead you to your divinity, your wholeness, and your freedom



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*You can download this Suwa Mandala here - <https://www.suwamandala.com/product-page/freedom>