

ACTIVATE

DIVINE CREATIVITY

The Life-Changing Magic of the Mandala

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Dedication

This book is written for Ruby Jayne Rausch and Elliott Mark Rausch.

I dedicate it to my wonderful husband Tom, my amazing sons Ian and Eric and their lovely wives, Beth and Jen.

A special thank you to Merry Norris who continues to unconditionally inspire, support and love me and Dan and Jill Watring for a place to call home.

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Introduction

This book will drastically change your life and bring you back to your creative self. Back to who you really are.

If you read this book and follow the simple instructions to doodle your own mandala, you will open doors to creative avenues that you may not even be aware of. You will find peace and serenity through a process that turns off the crazy amped up world we live in.

I've always loved to create art in some form or another. At a very early age I was doodling, coloring, and painting. One of my most memorable doodles was of our bathroom with the toilet as the focal point. I don't know why I drew that other than perhaps it was the only place I had privacy (I had a very large family). I remember it because my parents showed it to everyone. They were proud because it was a good drawing for a young child, and because it was hilarious!

I was always drawing, jumping rope, singing or playing the piano throughout grade school. I did OK in high school academically; however, I went to a competitive all-girl Catholic school and was shunned by my friends for the more popular and rich girls. Unfortunately, I spent most of my time trying to fit in, not trying to do well in classes. Thank God there was a really cool art department. I didn't love it because of the teacher... Sister Ruth was not an artist, and sometimes she chased us around screaming and waving a brush. I loved it

because it was in the attic of the old school building so it was easy to hide out, paint, draw, and sunbathe in my underwear on the roof.

I went to college intending to get a degree in fine art, but by a twist of fate, I fell in love with the Macintosh computer. I had to decide between learning how to draw fonts with a pencil, or manipulate them with a “mouse.” I chose the latter. For reasons unbeknownst to me, I was technically inclined and I learned very quickly.

I started a computer graphics company in my home just as the “desktop publishing” industry was starting. My brother called me one day and said that they were talking about me on the local NPR station. A client of mine was being interviewed about “cottage industries,” which was the term used for people who worked at home, and he was talking about how remarkable his experience at my “office” was. When he had come to my home-office (the kitchen), I had my 1 year old son on my lap as I was showing the client the logo I had designed. We made some changes and I printed it while my client waited as my laser printer, which had 4 fonts and cost more than the car I was driving, finished the job. (In fact, I was driving an old car because I used credit to buy the printer instead of a new car.) Little did I know, I was a trend setter and ahead of the curve. I just loved what I was doing!

I owned and operated different iterations of that business for the next 25 years using my love of art and my love of technology. It makes sense that I love the mandala; it’s a marriage of geometry and art.

After being burnt out with all aspects of business and running a multi million dollar company, I went through the incredible “Find Your Purpose” process by Tim Kelley. I learned a lot about myself and that my purpose is: to bring joy.

This was during a time when I was wondering how my love of mandalas could possibly translate into something I could do for a living. (If you haven’t noticed I have an entrepreneurial bent). And trust me - that “purpose” didn’t help me find an answer! *“To bring joy?”* What the ... ? How could I possibly create a career with that. It took me a while to figure it out.

Doodling takes out all the pressure of “being creative.” I mean, it’s a doodle right? Who cares if it’s not perfect? Doodling is easy, it’s fun, and because it’s a mandala you’re doodling, it’s powerful. It took me years, but I now realize that teaching others to doodle a mandala does bring joy.

My purpose is to bring joy... one mandala doodle at a time.

The idea to write this book popped into my head one night when I was tucked away with bronchitis.

I knew I would be laid up in bed for at least 24 hours and I love to read, so I started a new book, *“Divine Compensation”*, by Marianne Williamson. As I was devouring the book, coughing, sneezing, and well.... moaning, I started to doodle mandalas in the margins and white spaces. About three-fourths of the way through the book, the idea to write *“Activate Divine Creativity”* came to me so strongly I felt like a deer in the headlights (with bronchitis).

You see, by then, I’d been obsessed with mandalas for about 15 years. Obsessed is a strong word, but I have doodled, painted, needlepointed, mosaicked, and ceramicized hundreds of mandalas between the years 2000 and 2015.

I’ve doodled them so often while in classes, meetings, and professional mastermind groups that people asked me, *“What are you doing?” “How do you do that?” “Why do you do that?!”*

Then people started asking questions like, *“Can you teach me how to do that?” “I’m not creative, how can I possibly learn that?”*

And even... *“Can you make a mandala ceramic backsplash for my kitchen?”*

Soon, I was teaching a class called “Mandala Doodles®.” With very little marketing, the first class filled up and had a waiting list.

The mandala ceramic backsplash became a project. Over the course of six months, with the help of my son Eric Rausch, a ceramic artist, we designed, created, and delivered a 24-inch round, mandala mosaic backsplash. The woman who hired me (thank you Ann Strasser) has told me many times that it’s the first thing she sees in the morning, and the last thing she looks at before going to bed, and it makes her feel peaceful and whole. WOW!

I have doodled so many mandalas I decided to create a series of Mandala Doodles® Adult Coloring books.

My belief is that the world can be changed for the betterment of mankind, one mandala at a time. There is something inherently powerful and Life-Changing in them.

Dr. G. Carl Jung was with me on this. He would try to get his patients to color mandalas because he believed that they would work out issues in their subconscious without any effort; issues they may not have even known they had.

I was introduced to the mandala during a very low period of my life. The dark night of the soul was upon me and true to the name, I couldn't see any way out. I had lost touch with my family of origin; I was angry, sad, depressed, and basically caught in such a deep grief I could barely think straight.

A few angels dropped into my life and took me under their wings. These were women I didn't know, but they surrounded me with love and support. I barely felt it at the time. Love wasn't an option for me then, I thought I didn't deserve it and felt like I would never again experience the love I thought I had with my family.

But these delightful ladies dragged me around to have coffee and join in discussions with other people who were having a difficult time with life. One day, they took me to an open house at The Jung House in Columbus, Ohio. One of my new friends had a painting in an opening and wanted to show it to me - but she had never painted before! I was curious. How could that be that she was in a show with her very first painting?

I remember the moment I walked into the room - I was surrounded by hand-painted mandalas created by women who had no artistic experience. I gazed around and was struck by the colors, symbols, and beauty of each one. Each woman had written a statement about what the mandala meant to them. As I read them, I was more than curious, and for a few moments, my grief disappeared.

I had never seen nor heard of a mandala, but something lit up inside of me and I said, "*whatever this is, I want in,*" to the woman and teacher facilitating the show; my now dear friend, mentor, and a goddess in her own right, Merry Norris. Our relationship began that night and became one of the most important relationships in my life.

Merry Norris was teaching the mandala process in her home studio (MerryNovaStudio.com). It is a "sacred studio" filled with workstations for six women, every kind of art supply you could imagine, colorful Buddhas and goddesses adorning the walls, butterflies, flowers, candles, lotuses, a little fireplace for when it's cold, windows looking out at her yard, hanging mirrors and crystals, chocolates, and women laughing and having fun!

My first mandala represented my family of origin. I cried and laughed as Merry and the other women in the workshop took me through the process of creating a mandala that supported my feelings for my family; good, bad, and ugly. My healthy grieving began.

The simple process of creating a mandala seemed really difficult at first. My first mandala is not a masterpiece to anyone but me, but it's been in my office within eyesight ever since.

I took the mandala workshop six more times that year. It became lovingly dubbed "The Mandala of the Month Club" by my husband. He supported me as he saw my inner spark reignited.

Many years after the first workshop, Merry and I went to Maui to paint mandalas. Doesn't that sound like a dream; painting mandalas in Maui? We were taught by Merry's mandala painting and spiritual mentor, Paul Heussenstamm, of mandalas.com who has painted mandalas around the world and provides Deepak Chopra with artwork for many of his events.

We spent a couple of weeks there painting mandalas and since then I've dreamt of my hair flowing in the tropical breezes, overlooking the ocean on Maui, while teaching women how to paint and experience the mandala— maybe Oprah would drop by! She's a hero of mine who has helped the word "spirituality" become mainstream.

In 2014, a colleague, Tonya Tiggett (PromotingUniversity.com), who watched me doodle mandalas in our mastermind group, introduced me to someone who was teaching people to meditate. Sheri Mollica-Rathburn had recently opened up a meditation and mindfulness studio called Om2Ohm (Om2Ohm.com). Tonya knew that Sheri wanted to add workshops to her repertoire so she introduced us.

I went to meet Sheri at Om2Ohm . She knew I wanted to teach a class called "Mandala Doodles." Before I could explain why I wanted to teach the mandala process, she said yes. She actually said, "YES YES YES!"

As I drove away I thought "Oh my God, what am I doing? This is so woo woo - am I really going to start wearing flowing clothes and sparkly jewelry and become an angel lady talking about mandalas?" No. (Or maybe?)

Later I told Tonya about the message I received when I had bronchitis - that I

should write the book *“Activate Divine Creativity.”*

Tonya said, *“Great! I’ll hire you for a keynote at my event (which was a year later). Will that be enough time for you to write and publish it?”*

Um, Yes! I KNEW I had to do this work and write the book. What I felt while painting my first mandala changed my life drastically, and I’ve seen it change hundreds of other women’s lives in powerful, meaningful, and lasting ways.

I’ve been involved in dozens of workshops where I’ve witnessed the meditative and creative process as it moved and changed women’s lives in the Midwest, California and Maui. Hundreds of women.

What always strikes me is in the beginning, each person has the exact same white canvas or paper, the exact same paints, brushes, pencils, and markers, but when completed, everyone’s mandala is completely unique and completely different.

Every. Single. Time.

As I studied the mandala, its history, its far-reaching uses in religious, philosophical, and psychological realms, I came to understand that I’m not making this up. There is something inherently powerful in the mandala - particularly in the process of creating your own. I learned that the symbology of the mandala is ancient, sacred, and Divine.

Divine?

Yes! The symbology created in a mandala is Divine; by creating your own mandala - you crack open the power of your own Divine Creativity.

EVERYONE IS CREATIVE.

I don’t care if you’re a bean counter who lives in an apartment with grey walls and grey furniture... you are creative. If you weren’t creative, you’d be dead.

Your body is constantly creating millions of new cells. Your organs are in constant motion making your Divine self live, breathe, eat, sleep, and pump little mandala-shaped blood cells to every part of your body. You cannot function in this world without using your creative mind to make decisions as to what to wear, where to go, how to get there and what to eat.

The purpose of this book is to activate the Divine energy of your creativity

enough that you will begin to express your own creativity in new and fresh ways.

THE MAGIC AND POWER OF GEOMETRY AND CREATION.

The mandala is a combination of geometry and creativity. The yin and yang. The heart and mind, the masculine and feminine.

In every thing, person, rock, bird, bug, spider web, kitchen towel, flower, sock, hair follicle, shell, cloud, snowflake, football, and lump of coal, there is geometry and creativity at work.

There is a PERFECT order to the universe. There is no exception to this.

There is also the creative organic process of growth on top, within, throughout and integrated with the geometry; I'm not a scientist, but I do know no two things are alike. Not even identical twins. I know this to be true because I have identical twins as sisters - they are my triplet sisters; they are identical and I am not. They look alike alright, and nobody could tell them apart, but I could because of the little nuances in their bright blue eyes, and adorable little noses. Even if their DNA is identical, the expression of who they are as individuals, physically and emotionally is expressed in their own different ways.

HOW WILL YOU BENEFIT FROM DRAWING YOUR FIRST MANDALA?

Remember how fun it was to pick a dandelion and blow the wispy seeds into the blue sky? Remember what it was like to swim like a dolphin? Remember what it was like to hop on your bike and ride around the neighborhood? Remember what it was like to catch fireflies? That's what it's like to create a mandala. It's not hard, it's active, yet restful. It's fun, easy, and joyful.

It's been proven that meditating, being creative, doodling, coloring, and being mindful help you live a happier, more productive life. Learning the simple process of creating a mandala is all of the above. It's creative; you doodle, you color, it's meditative, it's mindful, and it's fun!

At first, I thought doodling and coloring mandalas was childish and silly, but as I look back at notes I've taken where I doodled and colored a quick mandala, I notice how much it helps me remember the essence of what I was learning at the time.

I began to study doodling just as a new book called *“The Doodle Revolution”* by Sunni Brown came out. It documents how powerful doodling is and how many successful people have doodled during meetings, in notebooks and journals. People like Steve Jobs, Bill Gates, Michelangelo, Ralph Waldo Emerson, George W. Bush, Bill Clinton, John F. Kennedy and Leonardo Da Vinci (to name a few).

I love mandalas. I love doodling. I love coloring. My studies proved the power of the mandala and then the power of doodling... Voilà! The name for my workshop “Mandala Doodles” was born.

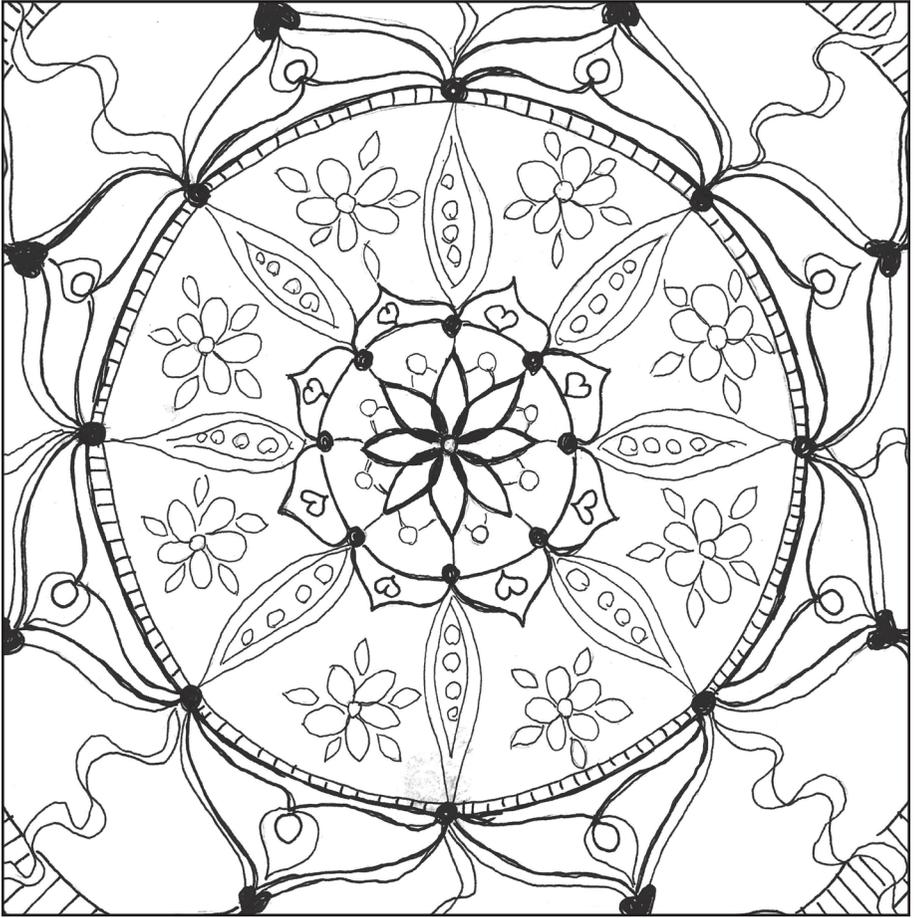
Very soon after that, I received a “download” from the Universe; from God, in which the entire process came to me at one time. I could clearly see eight simple steps. I documented the eight steps to give instructions in the workshops. These eight steps became the impetus for the outline of this book.

So, there are eight chapters. In each chapter I give an overview of what I have experienced in my own process of activating my Divine Creativity and what I’ve learned about the mandala. At the end of each chapter, you will doodle a step in the process of creating your own mandala doodle. Each chapter will build on itself.

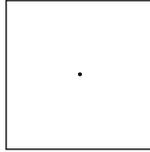
After chapter one you will doodle one step, after chapter two, you will doodle step one and step two, after chapter three, you’ll doodle step one, step two, and step three, and on and on until you doodle all eight steps to complete your first mandala doodle. Each chapter has an illustration of the steps so there is no mystery and you can see how easy it is.

The idea is that as you build in each chapter, the process of doodling a mandala will become easier and easier for you. Doodling mandalas and being creative will become second nature. And being freely creative will improve all aspects of your life.

So, let’s get started!



The Seed Is Planted



Chapter One

The Seed Is Planted: Creation

EVERYONE AND EVERYTHING in the universe originates from a single point.

Have you asked yourself these age-old questions: “Where do I come from?” and “Why am I here?”

Being human is so odd. We are walking miracles. We know that we have billions of teeny, tiny cells all working together in constant motion. They make up organs that breathe air, digest food, smell flowers, see rainbows, pump blood, grow other human beings, fight infections, heal wounds, and cover us with a layer of skin that heals itself.

We walk, talk, sing, dance, eat, poop, hug, laugh, read, write, and create.

We cry, laugh, yell, fight, figure things out, build, play, twirl, hug, and make love.

We think, collaborate, invent, tinker, build, type, dig, swim, and Google things we can't figure out immediately.

Yet, we marvel at robots that can work in an assembly line or a phone that plays music and takes pictures, and we take our amazing, magical selves for granted.

When is the last time you woke up in the morning and thought “Holy shmo-ly—I’m a freaking miracle?”

I know, you probably can’t remember ever even thinking that. Well... now’s the time.

YOU ARE A FREAKING MIRACLE.

There are many theories as to where we come from; however, it’s universally accepted that a zillion years ago there was nothing (if you Google it, you’ll find it’s 13.8 billion years... to me that might as well be a zillion).

And around that time, the “Big Bang” happened.

The Big Bang wasn’t an explosion in space as the term implies or what I thought I learned in school.

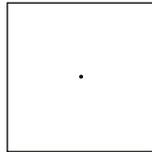
No, the Big Bang was an appearance of space in the universe.

Let that sink in for a moment, it wasn’t an explosion—it was the appearance of space.

What the #&^*?

You see, the universe at that time was a single point in space.

A very hot, dense, single point.



The Big Bang was the point when **space** was added **around** the universe—a small spec.

Once space was available, our tiny, hot universe went into immediate action—I mean lickity split, badda big, badda boom—no fooling around.

“Nature abhors a vacuum.”¹

—Aristotle

¹ Aristotle, “Our Daily Bread,” <http://odb.org/>, January 21 2011, <http://odb.org/2011/01/21/nature-abhors-a-vacuum/>.

The ancient philosopher based this conclusion on the observation that nature requires every space to be filled with something, even if that something is colorless, odorless air.

Our universe expanded and created matter; the beginning of the hard stuff that would eventually evolve into what we experience now in this life (like the chair you're sitting on).

“When the universe was very young, something like a hundredth of a billionth of a trillionth of a trillionth of a second (whew!)—it underwent an incredible growth spurt. During this burst of expansion, which is known as inflation, the universe grew exponentially and doubled in size, at least 90 times.

After inflation, the universe continued to grow, but at a slower rate. As space expanded, the universe cooled and matter formed.”²

Light elements were created immediately after the Big Bang, but it was too hot for light to shine, even though the scientific stuff of light was there.

Let me explain...

For a few years (380,000 years to be “exact” 1) protons and neutrons collided around to make “deuterium, which is an isotope of hydrogen. Much of this deuterium combined to make helium.”³

The atoms crashed around smashing stuff and having a good old time much like my two sons when they were young. (Maybe this is why we like to break things when we're mad—you know, things gotta change, but we don't know how so we punch a wall or smash something.)

AND THEN... THERE WAS LIGHT!

Now, the first “light” isn't the light I imagined when my second-grade teacher (a Catholic nun), explained it to me. No... I imagined a blue sky with a big yellow sun appearing over green grass, pink and red flowers, and a big green tree... and a big giant man, God, was looking down at His creation...

2 Denise Chow, “The Universe: Big Bang to Now in 10 Easy Steps,” *Space.com*, October 18, 2011, <http://www.space.com/13320-big-bang-universe-10-steps-explainer.html>.

3 “Ibid.”

No, the first light was radiation that was “unleashed from the cosmic microwaves.”⁴

The universe became transparent. But it was still dark during the “era of recombination”⁵ and stars and other bright objects were formed.

It took another 400 million years for light to appear as we know it!⁶

In approximately 9 billion years our solar system was formed.⁷ Now, I don't know about you, but I've always thought of our solar system as the universe. My tiny mind can't comprehend how far Sri Lanka is from my suburb of Columbus, Ohio much less the edge of our solar system or the UNIVERSE.

We've sent spaceships into the heavens to take pictures and mathematical measurements and scientists speculate over all the data. I find researching the creation of the universe fascinating and the Hubble images breathtaking, but my mind quickly twists into a headache as I try to comprehend the facts, figures, and images.

I would rather apply this knowledge to my own life as best as I can.

Since I'm not of a scientific mindset, the facts and figures begin to mean nothing to me other than, “*creation is freaking amazing and I AM a part of it!*”

Why would I spend time trying to explain the beginning of the universe in lay terms (very, very lay terms)? Because I've been changed by allowing myself a tiny bit of understanding of where “I” fit in to this big old world we live in, and my understanding is that our universe is constantly creating, because it has to. Which means... I am constantly creating, because I have to.

I've been drastically and positively changed by allowing myself to be creative, and I've come to realize and know that it's because being creative IS being alive.

IF YOU ARE ALIVE YOU ARE CREATIVE.

There is no truth to the statement, “*I don't have a creative bone in my body.*” If you think that then the joke's on you—you wouldn't **have** a bone in your body, you wouldn't **have a body**, if you weren't creative.

4 “Ibid.”

5 “Ibid.”

6 “Ibid.”

7 “Ibid.”

My quest here is to activate your creative energy. Not to create a million artists (per se, although that would be great), but to open your channel of creative energy bigger and wider so every aspect of your life works better and brighter

Your inherent creativity **needs** to expand. If you're not creating, you're dying. It's that simple.

On my path to healing, I discovered a simple but powerful creative process that changed my life forever! It uses a form of art called the mandala that's been part of humanity for as long as history has been recorded. The mandala is found in every religion across the world in paintings, drawings, buildings, fabrics, and sculptures.

The word mandala was completely foreign to me. I was brought up Catholic so I had a knee-jerk reaction to it. I wondered if it's something I shouldn't fool around with even though I have been exploring different religions for many decades! Old patterns die hard.

If you have any trepidation about the mandala, realize that every flower is a mandala and a perfect representation of the miracle that YOU are.

A mandala is simply a circle which contains symbols, and in most art is enclosed in a square. In Sanskrit, mandala means "container of sacred essence."

When you create a mandala you are creating a container for YOUR sacred essence. A mandala can be about anything and is a personal decision. It can be about sunshine, lollipops, and rainbows. It can be about your relationship with Christ, Buddha, or Sarasvati. A mandala can represent your work, garden, pet, partner, spouse, or children.

There are no rules or limitations to what a mandala is about.

Creating mandalas opened up my creative energy and helped me grow out of a deep depression to a fulfilling, happy, healthy life. This book is about helping others activate their creative power.

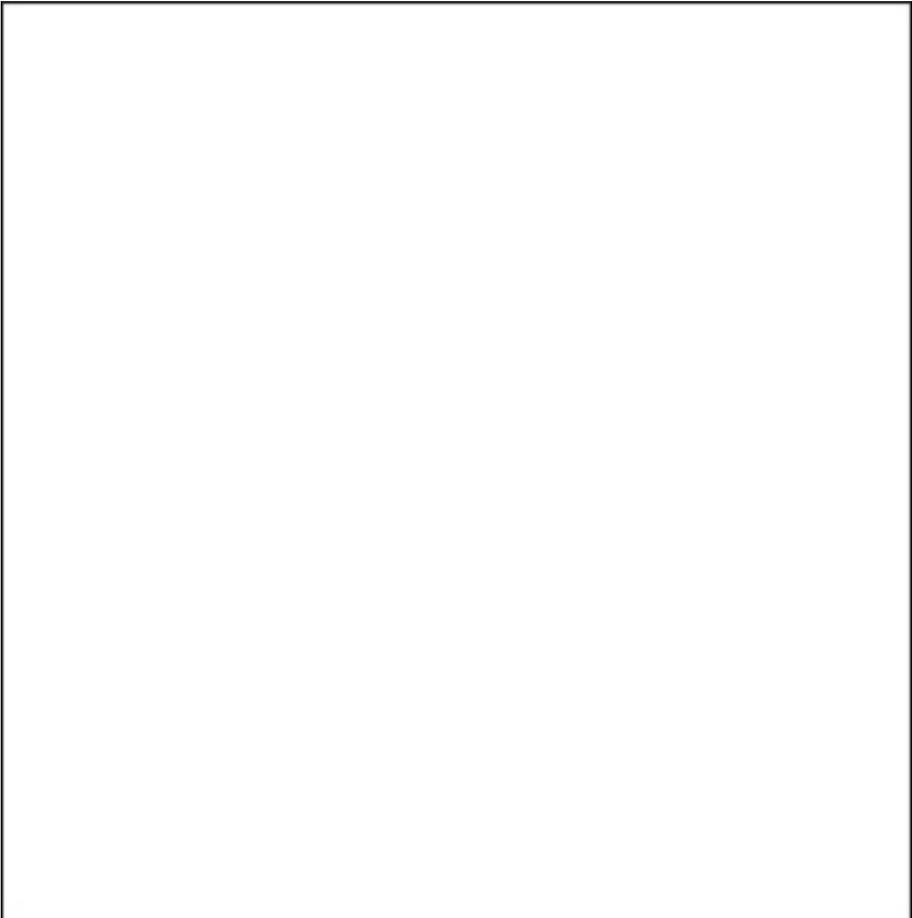
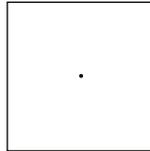
The mandala is a simple but extremely powerful symbol of creativity, expansion and life, a circle in a square (that you get all creative with), and I want to share that fun with you!

So, stay with me here as you venture into your dance with Divine Creativity.

MANDALA DOODLE EXERCISE:

You are going to start with the simple act of planting the seed. Using a pencil, in the large, empty square below the instructions, do the following:

STEP 1. Draw a dot or seed in the middle of the square as illustrated below.



Thank you for downloading chapter 1 of Activate Divine Creativity. If you would like to read the rest of the story and get your creative juices flowing, you can purchase the book on Amazon.com - [click here](#).