

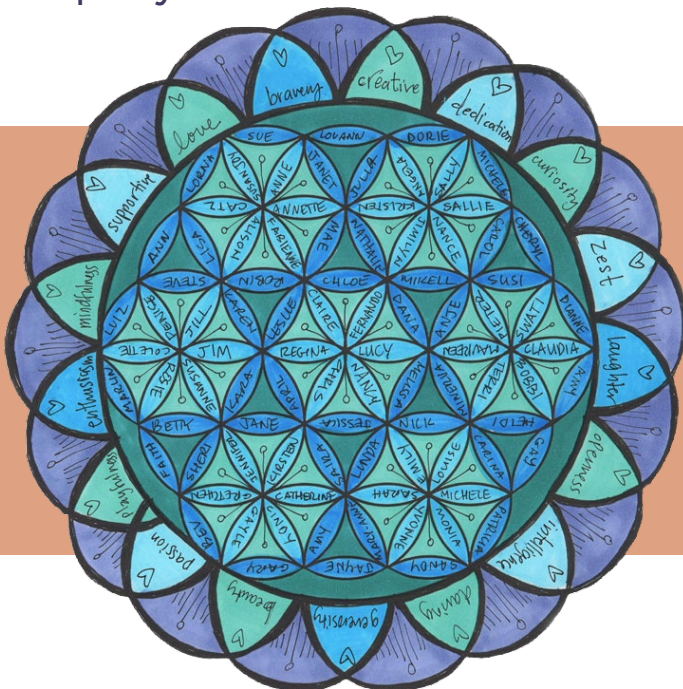
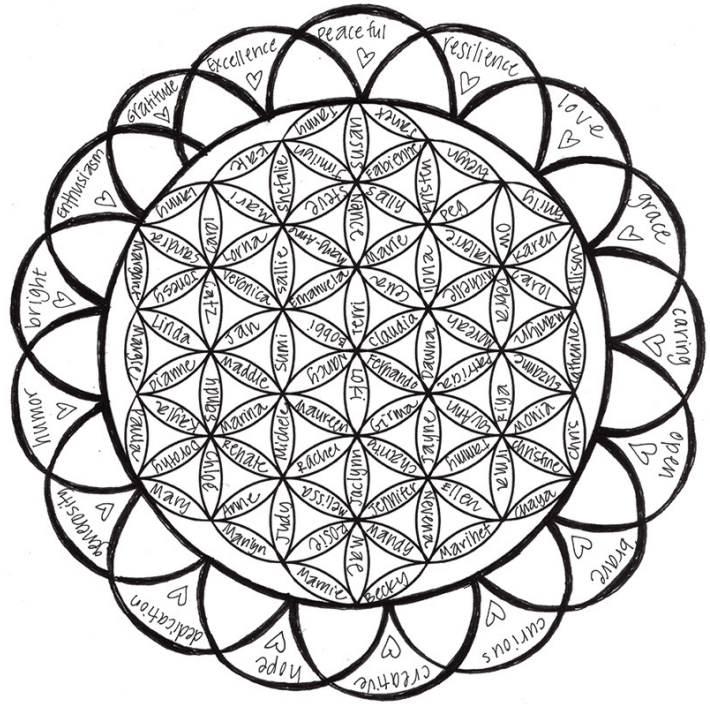


soulful practice  
Gratitude Mandalas  
*with Kathryn Costa*

# gratitude mandala

One of my favorite practices is to combine my love for words and journal writing with mandalas. Each year during the holidays, I pull out a Flower of Life mandala and fill the shapes with words of appreciation. The mandala design that I use for this soulful practice begins with the Flower of Life in the center surrounded by a border of interlocking semicircles.

In the center petals, I wrote the names of the many people I am connected to including family, friends, colleagues, and members of my True North Arts community. You may include the names of mentors, teachers, authors, and artists who inspire you.



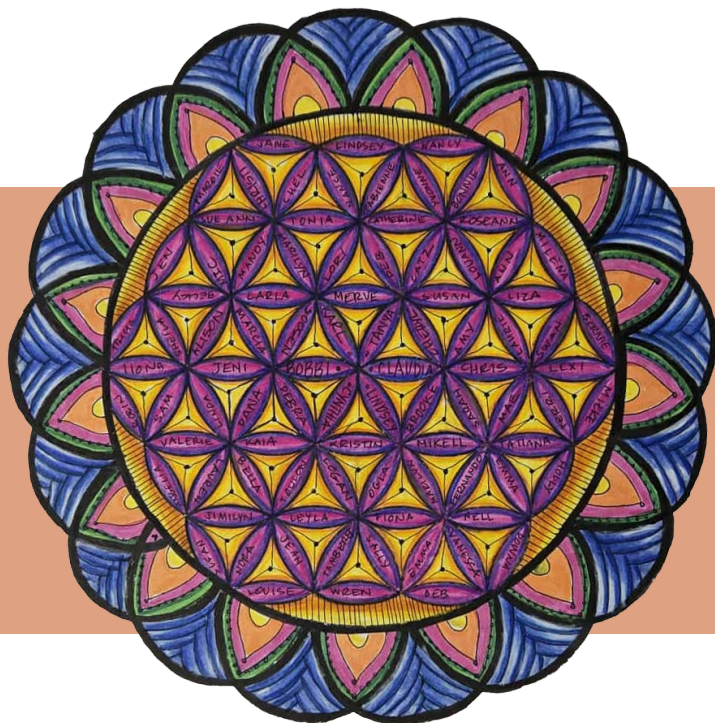
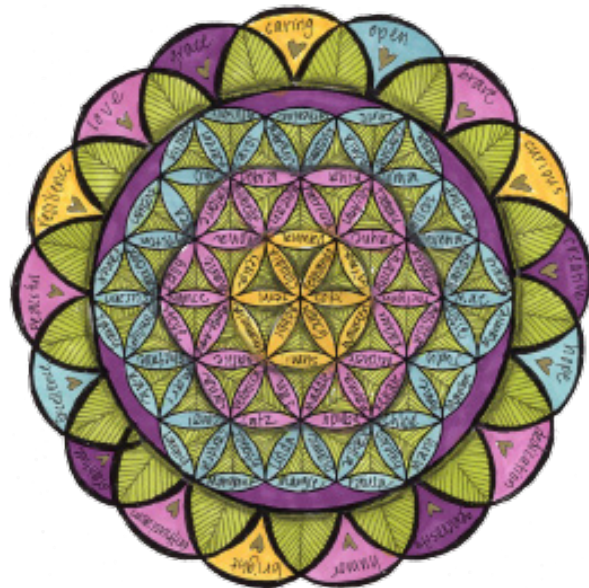
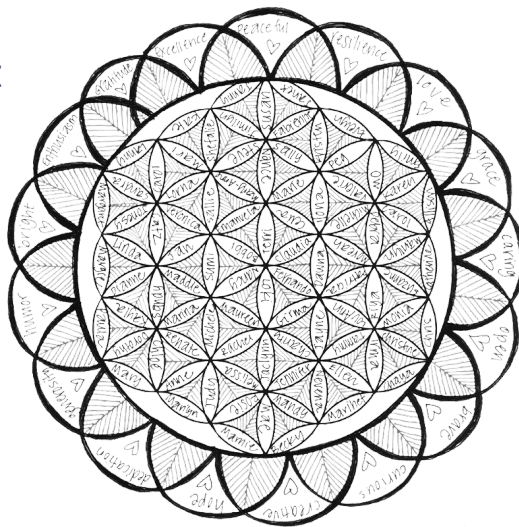
**"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." - ALBERT EINSTEIN**

# gratitude mandala

Along the outer edge, record words that describe the qualities you admire and appreciate. As you fill in the mandala, consider the many ways you are connected.

Fill some of the shapes with doodles and small drawings. In my example, I added hearts beneath each virtue. A leaf-like pattern is repeated throughout to add detail.

Pull out your favorite coloring supplies and think about each person as you fill the shapes with color. May your heart be filled with joy as you color this gratitude mandala.



Try this: Print a copy and bring it to your holiday celebration. Invite guests to add their own words of appreciation. Together you can create a group gratitude mandala.

# invitation

## 13 Wishes Ritual and Winter Solstice Gathering

As you reflect on what you are grateful for this season, you are also invited to look ahead with intention. The 13 Wishes Ritual is a beautiful way to dream for 2026 and welcome the new year with clarity and heart.

Beginning on the Winter Solstice, you will burn one wish each day or night for twelve days. Do not read them. This simple and sacred act of offering your wishes to the fire symbolizes trust. Trust in life, trust in the universe, and trust in your own inner strength. By releasing these wishes, you place your intentions in the hands of a higher power or the supportive forces of the universe.

The thirteenth wish is different. It remains with you. It is not given to the fire but read consciously. This final wish reveals the dream or intention that you are meant to nurture yourself. While the first twelve wishes are released, the thirteenth reminds you that you are a co creator and active designer of your life.

For a full description along with tips and ideas for writing powerful wishes, visit: [www.truenortharts.com/13wishes](http://www.truenortharts.com/13wishes)



### Winter Solstice Gathering

FREE online event

Meditation | Art Activity

Sunday, December 21, 2025

3 to 5 pm, EST

REGISTER:

[www.truenortharts.com/wintersolstice](http://www.truenortharts.com/wintersolstice)

