Pilgrim Pause

THE CREATIVE PILGRIMAGE

BEGIN

I HONOR EVERY SMALL BEGINNING, KNOWING IT CARRIES THE PROMISE OF SOMETHING GREATER.



MANDALA STORY

Sometimes the smallest moments become the ones that quietly change our lives. What began as a simple circle during a season of grief became the first step on a journey I never could have imagined. Looking back, I realize that healing didn't begin when I had all the answers. It began the moment I was willing to begin.

Read the full story →

LOOKING AHEAD

TRUST

Sometimes beginning is the easy part. The next Pilgrim Pause explores what it means to trust the journey when you can't yet see where the path is leading.

CONTINUE THE PILGRIMAGE

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Field Notes

Sometimes the smallest creative act is not the result of healing. It is the beginning of it.

We don't always recognize the turning points while we're living them. Often, they arrive quietly disguised as ordinary moments: a blank page, a borrowed paintbrush, a simple circle.

"There are no wrong turns, only unexpected paths." - Mark Nepo

INVITATION TO PRACTICE

As you begin your own pilgrimage, I invite you to create a freehand mandala.

Don't worry about symmetry.
Don't worry about perfection.

Simply begin.

As you draw, notice what naturally wants to emerge. Afterward, spend a few moments writing in your Field Journal. Notice what the featured mandala story and your own mandala stirred in you.

What is awakening within me right now?
What seeds of possibility am I carrying into this season?
What does my heart want me to remember today?

Every pilgrimage begins with a single circle.

Pilgrim Stamp

THE STORY BEHIND THE PILGRIM STAMP

WONKY IS BEAUTIFUL



This hand-drawn mandala is the very first lesson from *The Mandala Guidebook*. As I was drawing it, I noticed the lines weren't perfectly drawn. My instinct was to redraw it until every line was "just right." Then a quiet voice within whispered, *Don't perfect it. Leave it as it is.*

For the past ten years, this simple mandala has become an invitation to thousands of people to begin drawing, regardless of experience or confidence. **It reminds us that while each individual line may be imperfect, together they come into harmony to create something beautiful.** Perhaps our own lives are much the same.

Featured Activity

How to Draw a Mandala Freehand

Discover how a simple pen, a sheet of paper, and a few repeating patterns can become the beginning of your own mandala practice.

Watch the companion video →

Creating Mandalas for an Inspired Year

Kripalu • January 1 to 3

Begin the new year with creativity and intention. I warmly invite you to join me at Kripalu for a weekend of mandala making, guided reflection, and creative community. Together we'll explore the Journey of the Four Gates and discover how a simple circle can become a lifelong companion. Perhaps we'll meet around the table.

CONTINUE THE PILGRIMAGE

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