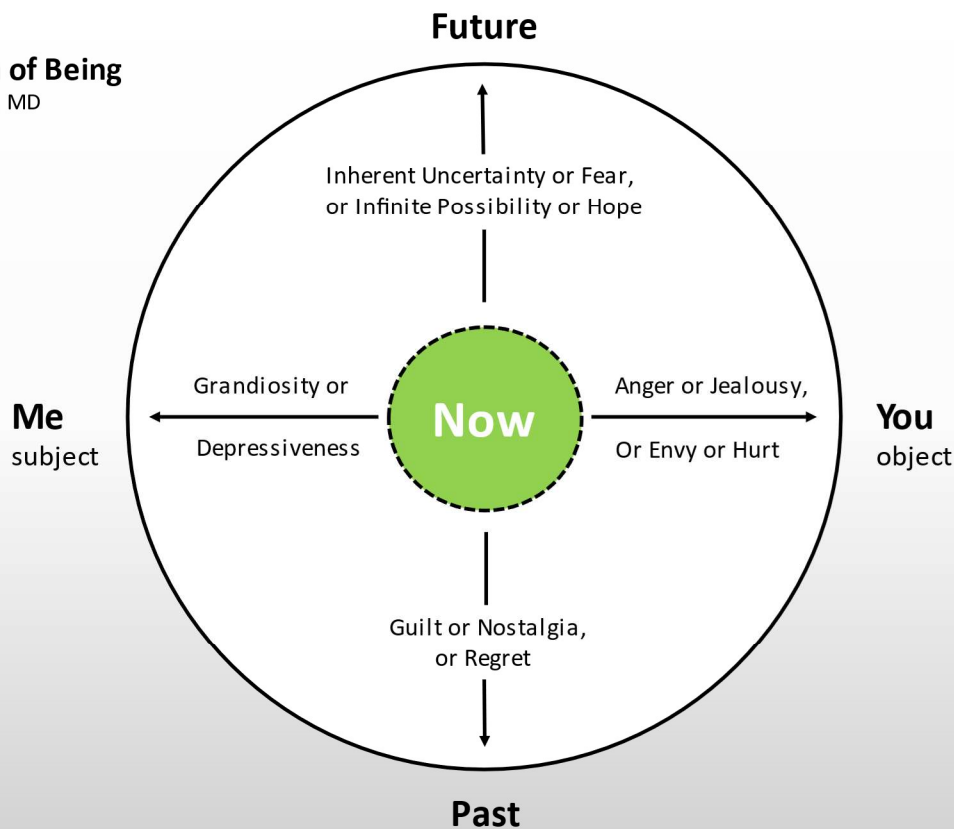


The Mandala of Being

By Richard Moss, MD



“Ask yourself, ‘When I am not right here, right now in the simple fullness and presence of my being, where have I gone?’ ...you will see that there are only four possible directions your mind can carry you at the instant you leave the and now of yourself... The Past, Future, Subject (Me), and Object (You) – are the four directions our minds are drawn in when leaving the Now.” by Richard Moss, The Mandala of Being

“The Mandala of Being provides a model for self-inquiry into the specific emotional dynamics that govern our lives at each of the four outer positions. At the same time, it provides a practice of Self-remembering, reorienting us towards the Now, where we can live as our authentic and spontaneous selves.” by Richard Moss MD

Storytelling in small groups or through personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

- 1. Share about which direction (Future, Past, Me or You) you most often go when you leave the “Now,” present moment.**
- 2. Share a childhood story about living, or not living, in the “Now.”**
- 3. Share an experience when you became fully aware of living in the “Now.”**

Check out and download more small group storytelling reflections and prompts at:

<https://lifesjourney.us/storytelling-in-small-groups-menu/>

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