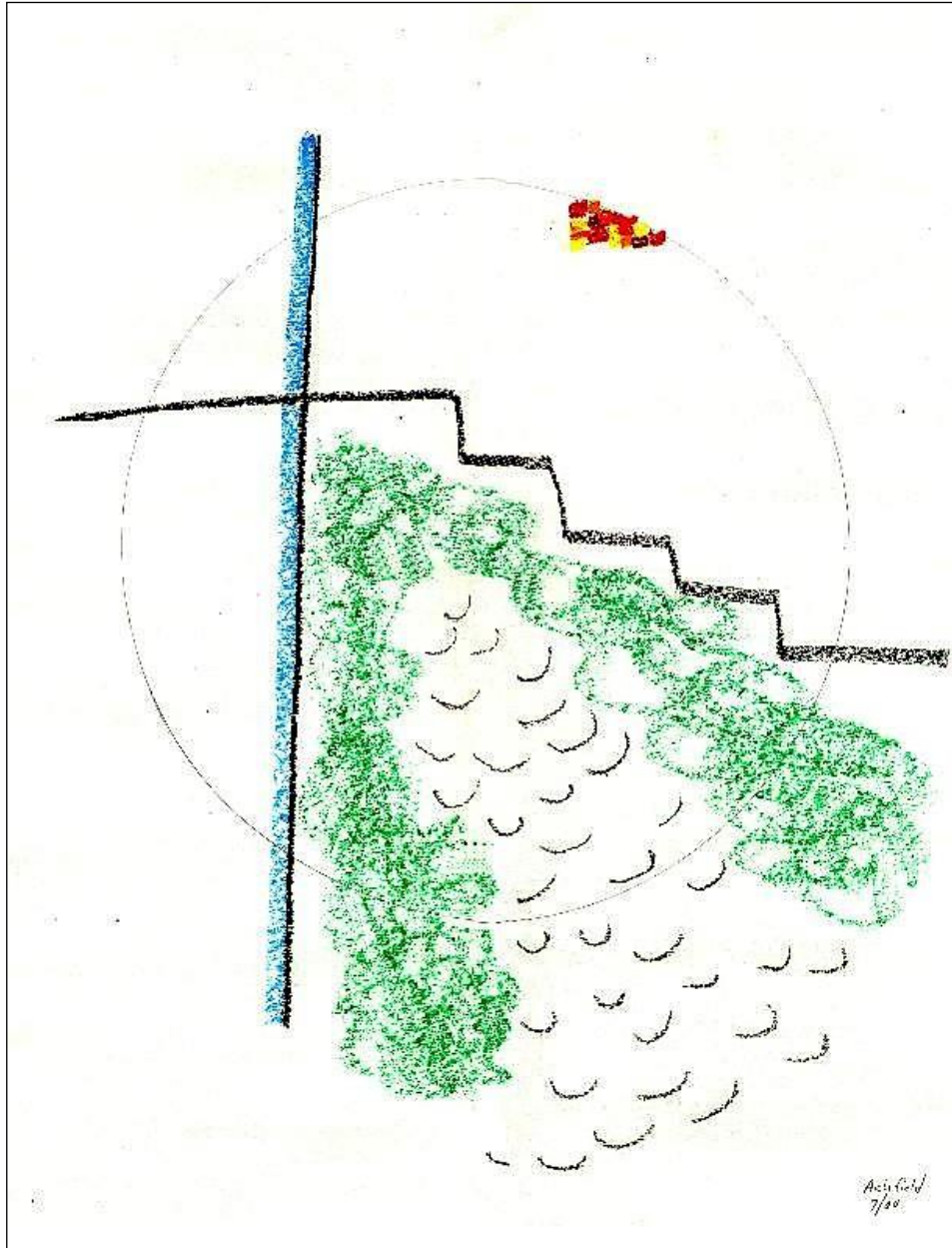


Mandala Retrospective, October 15, 2000, Lenny Gibson

This drawing is a mandala I did after a Holotropic Breathwork session in July, at least six weeks before my throat cancer was diagnosed. It provides striking diagnostic information. Elizabeth brought it to my attention shortly after my first diagnostic biopsy. The diagonal black line replicated the form of the black sutures that closed the incision used to remove the tumor in my neck for biopsy. That was what first caught her attention.



The drawing is oriented as if I am facing the viewer. The black vertical line is the mid-line of my throat/neck. I only became aware later that the blue of the parallel blue line is the color of the throat chakra* in traditional systems.

The tumor was described in the biopsy with poorly differentiated cells. In the drawing, it is the white mass in the lower left quadrant. It is behind the line that represents the incision, as it was physically. The green surrounding it turns out to be the color of the heart chakra, a very healing color.

The most striking feature is the representation of the primary tumor, the multi-colored patch in my upper left quadrant. This accurately reproduces the location of the hidden (occult) tumor that was only discovered by the second biopsy in my left tonsil. The entire drawing is done against a circle, for which the Sanskrit name is "mandala". The primary tumor/tonsil is at the upper edge of the circle, as it was at the upper edge of my throat.

The prescience of this drawing has given me courage to undertake my treatment because it reveals the deep knowledge that one can access by going within. It has also verified the power of Holotropic Breathwork to tap that knowledge.

**chakra--also spelled CAKRA, Sanskrit CAKRA ("wheel"), any of a number of psychic-energy centres of the body, prominent in the occult physiological practices of certain forms of Hinduism and Tantric Buddhism. The chakras are conceived of as focal points where psychic forces and bodily functions merge with and interact with each other. Among the supposed 88,000 chakras in the human body, six major ones located roughly along the spinal cord and another one located just above the crown of the skull are of principal importance. Each of these seven major chakras (in Buddhism, four) is associated with a specific colour, shape, sense organ, natural element, deity, and mantra (monosyllabic prayer formula). The most important of these are the lowest chakra (muladhara), located at the base of the spine, and the highest (sahasrara), at the top of the head. The muladhara encircles a mysterious divine potency (kundalini) that the individual attempts, by Yogic techniques, to raise from chakra to chakra until it reaches the sahasrara and self-illumination results. (Encyclopedia Britannica)*