



The Movement Medicine™ Mandala

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- 1~ Great Mystery
- 2~ Divine Feminine/Yin
- 3~ Divine Masculine/Yang
- 4~ Earth/South
- 5~ Fire/East
- 6~ Water/West
- 7~ Air/North
- 8~ Body
- 9~ Heart
- 10~ Mind
- 11~ Past
- 12~ Present
- 13~ Future
- 14~ Fulfillment
- 15~ Interconnection
- 16~ Realisation
- 17~ Self
- 18~ Others
- 19~ Community & Environment
- 20~ Ancestors & Spirit World
- 21~ Divine Source