

South African Merkaba: Healing Meditation

Original “slow art” by Kristen Palana

This artwork was created to support healing built on truth, not forgetting. It invites unity, protection, and the courage to remember honestly into whatever needs reconciling in your life.

At the center is the merkaba, an ancient sacred geometry symbol of balance and protection found across spiritual traditions worldwide. This piece was created during a 2023 artist residency in South Africa.

Patterns surrounding the merkaba represent South Africa's eleven official languages, layered with the country's own landmasses and biomes. The blue sections on either side are the Atlantic and Indian Oceans, mixed directly into the paint. The piece draws on Archbishop Desmond Tutu's belief that healing comes from remembering the past honestly, not forgetting it or striking back.

Suggested Placement:

A therapy or counseling office, a mediation space, a home office, or anywhere reconciliation, forgiveness, and honest reflection matter.

Used during meditation, journaling, or simply held in view, it encourages **remembrance without resentment, protection, and the steady work of moving forward.**

✨ *May this piece remind you that healing and unity begin with truth!*



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A Gift of Intention

This artwork was chosen as a heartfelt gift, meant to invite unity, protection, and the courage to heal through honesty into your life.

A GIFT
from me to you

To:

From:

Message:



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