

Instructions: Mandala Exercise

Mandala Creation:

Begin by drawing circle. Pick a color that you feel drawn to use. Then begin to fill the circle. Let yourself go....the object of mandala drawing is not to make a picture of anything in particular, but rather to let the drawing unfold without conscious mental direction.

Interpreting the Mandala

Upon finishing your mandala, take a moment to reflect upon the following questions

1. Imagine yourself inside your mandala, and then write for 3 minutes about the following:
 - How does it feel to be inside?
 - Where is it the most comfortable?
 - What do the symbols look like from this perspective?
2. List the colors you used, and then write for 3 minutes about the following:
 - What associations do you have for each color, if any (words, feelings, images, memories)?
3. List the shapes used in your mandala, then write for 3 minutes about the following.
 - What associations do you have for each shape, if any (words, feelings, images, memories)?
4. Give your mandala a title based on your reflections, and write it at the top of the mandala.
5. Take 10 minutes and summarize what you have reflected upon thus far.
 - What themes are resonating from your mandala?
 - How is your mandala representative of who you are, and your current situation in life?

