

CREATING A MANDALA

Instructions:

1. Draw a circle freehand or traced.
2. From here, you have 2 choices:
 - a. Fill in the entire circle in a spontaneous way, letting the drawing emerge step by step in a creatively unpredictable way, like doodling, or...
 - b. Fill in the circle with special images that come to you while you visualize – important scenes, meanings and objects from your everyday life.
 - i. You could even have a “theme” in your mandala – food, plants, people, dancing, etc. Or you could just have words and/or a story.
3. Whichever method you choose – fill in the entire circle!

WARNING!!!!

**DO NOT READ THE SECOND PAGE UNTIL YOU'VE
COMPLETED YOUR DRAWING!!!!!!**

ANALYZING YOUR MANDALA

What does it mean?

Carl Jung felt that the mandala was an unconscious reflection of what was going on inside of us – your heart and soul. The reason Mandalas are round is because that represents the “wholeness” of the individual and the world around us.

The circular design represents universal wholeness and protection (archetype).

The colors, shapes, numbers and other symbols in the Mandala can show us our inner picture. Like the symbols in our dreams they hold a specific message to us.....one only the person who created the mandala can decipher.

Jung believed that the Mandala carried information between the conscious and unconscious parts of our mind and represented the “ego” (self) in symbolic language.

Instructions for today:

- 1. Take a look at your Mandala – decide which direction is the top and mark it.**
- 2. On a separate piece of paper, try to “decipher” the symbols you wrote – what do the colors mean? What were you trying to tell yourself – not the external picture, but what do you think your inner-self was trying to tell you? Write down what you think your mandala is all about!**
- 3. If you wish to share your “interpretations” with others around you, that’s fine.....I would also like to see the interpretations that you created from your Mandala, so please hand in the Mandala with your interpretation stapled to it by the end of class!**

