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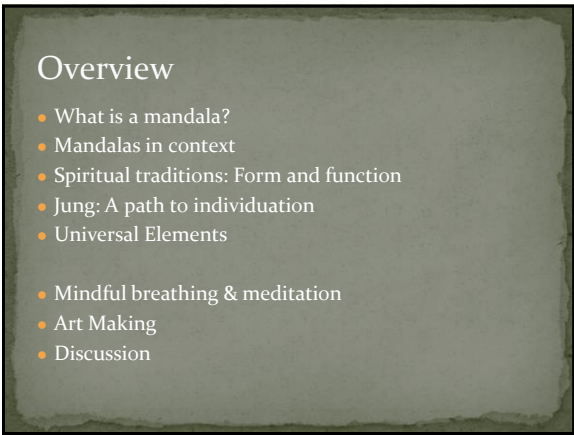
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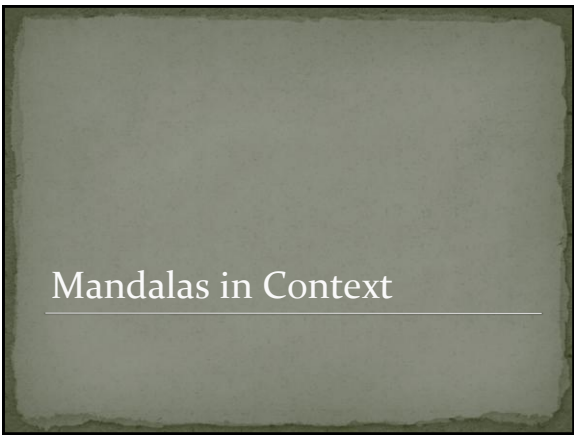
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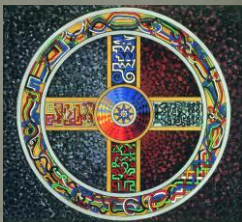
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Psychotherapy

*It became increasingly plain to me that the mandala is the center. It is the exponent of all paths. It is the path to the center, to individuation.*

Jung, 1961, p. 196



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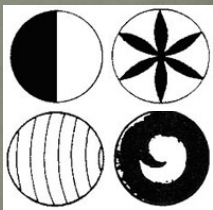
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Assessment: “The Great Round”

Mandala Assessment Research Instrument (MARI®)

Developed by Joan Kellogg (1978), based on Jungian concepts of individuation, wholeness, balance



Mari® Creative Resources (2019)

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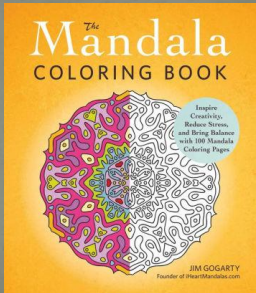
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Coloring books

Self-soothing  
Non-intimidating  
Highly structured



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Healing through creation

Summoning spiritual help



Absorbing the illness



When the healing ceremony is over, the sands are returned to the earth in a ritual dispersal, to the East, South, West & North; then cast up to Father Sky, and down to Mother Earth. (Tana, M., 2009)

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Prayer:  
Spiritual realignment





offering

sacrifice

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Western Christianity:  
Contemplation & Mystery





The Infinite

Cosmology

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Islam:  
Embodied metaphysics



A. Saglam, 2009

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Sacred space



*Let silence take you to the core of life --Rumi*

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A path to individuation

The mandala serves a conservative purpose—namely, to restore a previously existing order. But it also serves the creative purpose of giving expression and form to something that does not yet exist, something new and unique....

The process is that of the ascending spiral, which grows upward while simultaneously returning again and again to the same point.

von Franz, M.-L., 1965, p. 225



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# Universalities

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## Some ways to think about it

Cardinal directions  
North, South, East, West  
(NE/NW, SE/SW)  
above/below  
front/back  
Cardinal directions are often  
associated with  
Colors  
black white red green  
blue yellow

Colors are also associated with  
Elements  
Earth, air, fire, water...  
which are identified with  
Emotional qualities  
Earth • green • stability  
Air • yellow • ephemeral  
Fire • red • passion  
Water • blue • melancholic

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## Then there's the physical self

Top/bottom  
Left/right  
Front/back  
Internal/external  
Head  
Heart  
Feet  
Spine

CHAKRAS  
Crown  
Third Eye  
Throat  
Heart  
Solar plexus  
Sacrum  
Root

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## Preparation

Mindful breathing, body scan, meditation

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## Review

Identify 3 cultural manifestations of the mandala form

- Sand painting (Tibetan Buddhism and Navajo)
- Rose windows
- Mosque architecture
- Celtic Cross

Spiritual practices:

Healing (Navajo)

Prayer (Tibetan Buddhism)

Embodied metaphysics (Islam)

Contemplation (Christianity)

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