The Inner Mandala
exploring the emotional landscape
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American Art Therapy Association Annual Conference 2019

Overview
- What is a mandala?
- Mandalas in context
- Spiritual traditions: Form and function
- Jung: A path to individuation
- Universal Elements
- Mindful breathing & meditation
- Art Making
- Discussion

Mandalas in Context
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

Assessment: “The Great Round”

Mandala Assessment Research Instrument (MARI®)

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

Coloring books

Self-soothing
Non-intimidating
Highly structured
Spiritual Practice

Cross-Cultural Manifestations

Spiritual Traditions

“Places where the gods come and go”

Mary Mueller (2007)
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)

Prayer: Spiritual realignment

sacrifice

offering

Western Christianity: Contemplation & Mystery

The Infinite

Cosmology
Islam: Embodied metaphysics

A. Saglam, 2015

Sacred space

Let silence take you to the core of life — Rumi

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.

Universalities

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

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
Preparation

Mindful breathing, body scan, meditation

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)

References


