

From: <http://creatingmandalas.com/psychology-of-the-mandala>

Mandalas are circular designs that reflect the wholeness of the person creating them. According to Carl Jung (pronounced Yoong), "a mandala is the psychological expression of the totality of the self" (1973: 20). Jung, a Swiss psychiatrist, discovered the significance of mandalas through his own inner work.

Drawing Mandalas

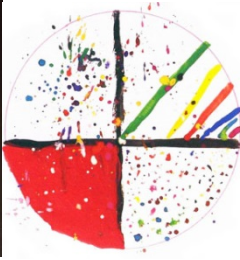
You can also choose to draw your own mandala.

Find Mandala Template Here:

- [Mandala Drawing Template](#)

Getting Started:

1. You will need a clean sheet of paper, crayons, colored pencils, paints, pastels, or markers in various colors.
2. Find a quiet and comfortable place where you will not be interrupted. Turn off your cell phone and put on relaxing music.
3. Take a moment to relax your mind and body. You can do this by taking three deep breaths. Breathe in love and breathe out tension and fear. [Download a free guided meditation](#) to help you relax.
4. Draw a circle on the paper. You can use a compass or outline something round, such as a bowl.
5. Draw a small shape in the middle of the circle. A diamond, square, circle, or a star all work well. (These are your "motifs.")
6. Draw another shape outside this first shape. (You can change colors at any point.)
7. Repeat it in a ring all around your centre motif.
8. Keep going, drawing new motifs in expanding rings, as you work toward the outside circle of your mandala.
9. Try overlapping some motifs; this creates new and interesting shapes, which still harmonize with what you've drawn so far. As you move outward, your motifs may be larger since you have more space to work with. You can then start putting one shape inside another, again creating more interesting shapes.
10. You may find yourself wanting to go back and add something to a previous ring. That's fine. **The mandala is finished when it feels finished to you.**
11. If you've drawn in pencil, you may want to scan or photocopy it before coloring your mandala. That way you can color it more than once, and share it with others to color.



Mandala painted by Kristine Mann while in analysis with Jung

