



Creating Mandalas for Insight and Healing



Journaling

- Focusing first on your process, the felt sense of creating the mandala, what did you notice? What did you feel during the process of creation?

- Now look at the shapes, symbols, or images. Are any of them like the shapes in the Archetypal Stages of the Great Round? If so, reflect on the stage and how it might inform where you are in your journey.

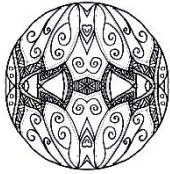
- Finally notice the colors you chose and reflect on the color meanings. What insight into your journey do the colors bring you?

Sharing

As you feel comfortable share your mandala a partner. When reflecting on one another's mandala's own your projections...."If this were my mandala...."

Cinquain: A five-line poem: To synthesize what has come forward write a cinquain about your mandala.

- Line 1: One word
- Line 2: Two words that describe Line 1.
- Line 3: Three action words ending in *-ing* that describe what Line 1. What is line one doing, revealing, being...
- Line 4: A four-word phrase or sentence that sums up Lines 1-3 or further describes Line 1.
- Line 5: One word, a metaphoric synonym for Line 1



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