



# Creating Mandalas for Insight and Healing

*Karen Perrell Campbell*  
*Creative SoulCraft LLC*

1

## Mandala: An Ancient Symbol

- Ancient petroglyphs
- Stonehenge
- Native American medicine wheels
- Tibetan intricate sand drawings
- Labyrinths



2

## Mandala

- The *mandala* is an icon of our journey to wholeness.
- It is a symbol that signifies inner transformation from duality into oneness.
- The mandala is a symbol with unlimited potential which continues to unveil itself.
- It is a spiritual map to help guide us back to our natural state.
- The creation of a mandala is a ritual of wholeness.



3

## Mandala A Reflection of Self

I sketched every morning in a notebook a small circular drawing, a mandala, which seemed to correspond to my inner situation at the time...Only gradually did I discover what the mandala really is:...the Self, the wholeness of the personality, which if all goes well is harmonious.

C.G. Jung



4

## Mandala A Reflection of Self

*"The mandala is an archetypal image whose occurrence is attested throughout the ages. It signifies the wholeness of the Self. This circular image represents the wholeness of the psychic ground or, to put it in mythic terms, the divinity incarnate in man."* Jung, *Memories, Dreams and Reflections*



5



"I knew  
that in finding the mandala  
as an expression  
of the self  
I had attained  
what was for me  
the ultimate."

C.G. Jung

6



## Mandala A Reflection of Self



*"My mandalas were cryptograms concerning the state of the self which was presented to me anew each day....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."*

C.G. Jung, Memories, Dreams and Reflections

7

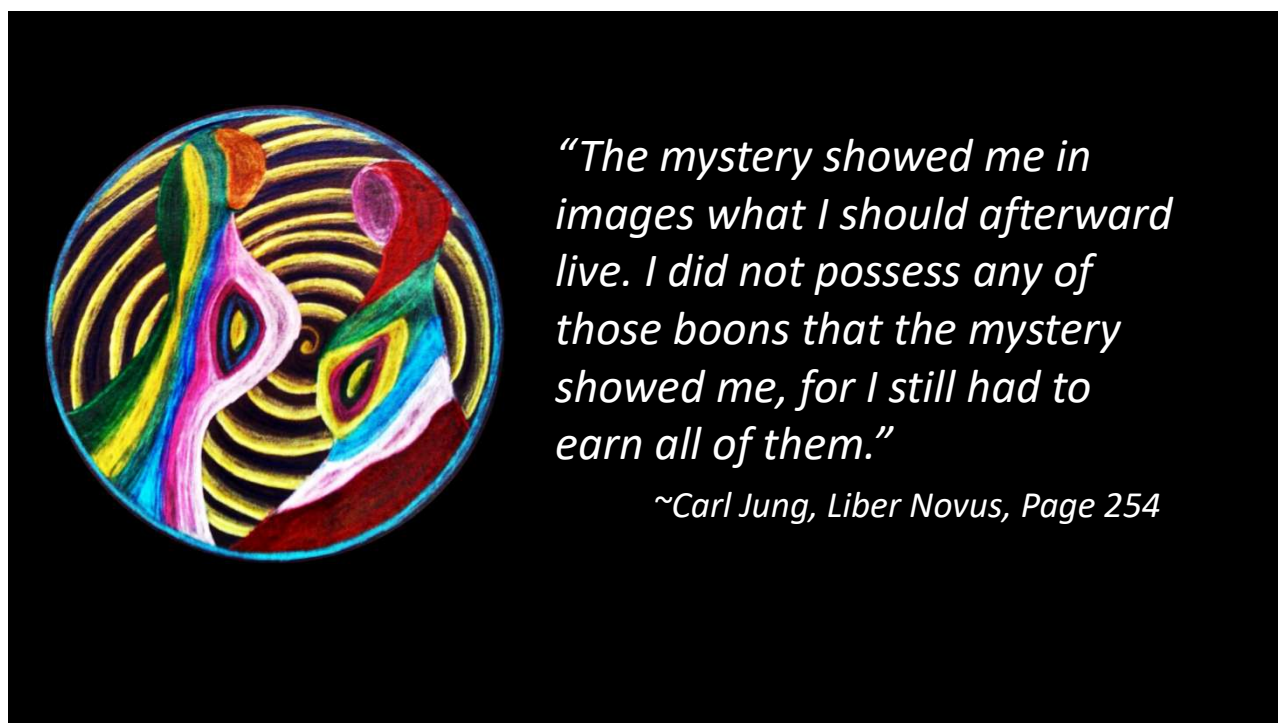


*"There is a crack, a crack in everything  
That's how the light gets in"*  
~Leonard Cohen

8



9



10





11



12



### The Cover of the Chalice Well in Glastonbury, England

The Vesica Piscis symbol or its resemblance has played a significant role in the art, mythology, and spiritual practices of many cultures throughout history. It is a symbol that has mostly been associated with creation, life, rebirth, renewal, fertility, and divine feminine energy.

13



14





Ring the bells that still can ring  
 Forget your perfect offering  
 There is a crack in everything  
 That's how the light gets in

*Leonard*

*Cohen*

15

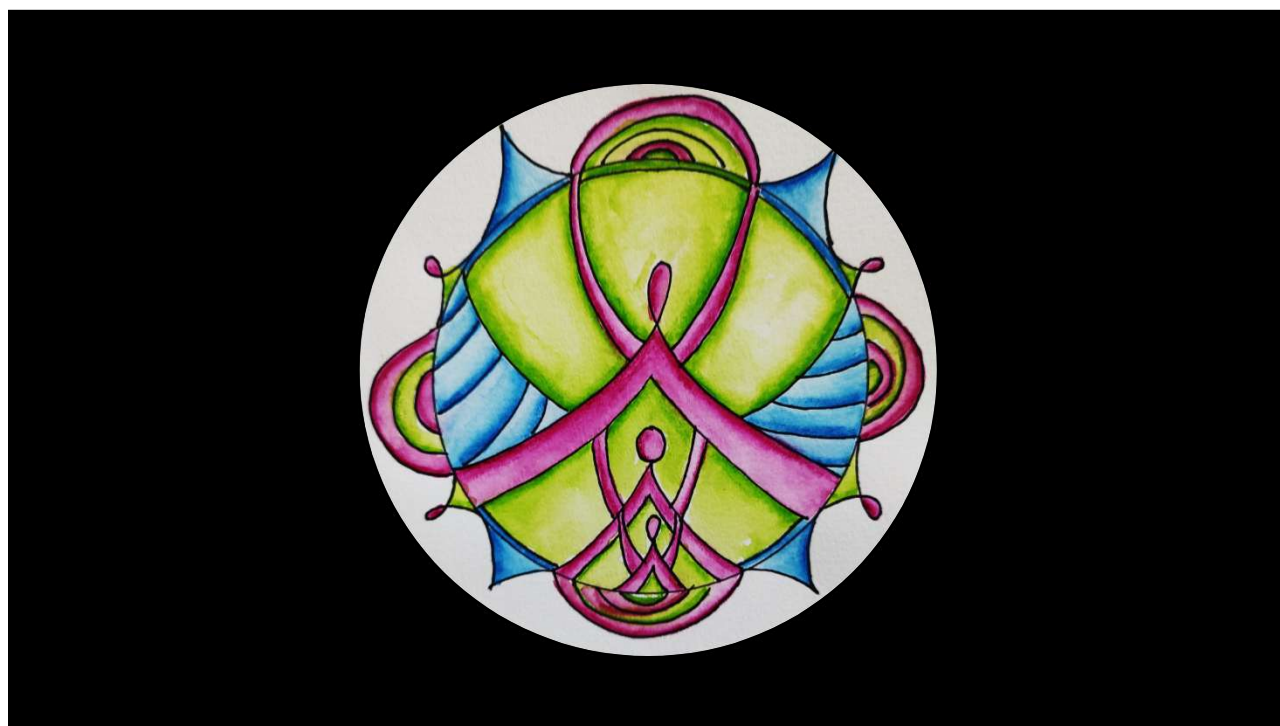
*"The mystery showed me in  
 images what I should afterward  
 live. I did not possess any of those  
 boons that the mystery showed  
 me, for I still had to earn all of  
 them."*

*~Carl Jung, Liber Novus, Page 254*



16





17



18



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19



20



*Often the hands will solve a mystery that the intellect has struggled with in vain. C.G. Jung*

21



*"The mystery showed me in images what I should afterward live. I did not possess any of those boons that the mystery showed me, for I still had to earn all of them."*

*~Carl Jung, Liber Novus, Page 254*

22





## Mandalas for Insight & Self Expression

*"When the Soul wants to experience something, she throws out an image in front of her and then steps into it."*

*~Meister Eckhart*

Art making like dream work is a primary mode of inquiry. Both dreams and art are basic phenomena of human existence.

23

Creativity as  
a path to  
integration



24



25



26

## Creating mandalas...

- Serves as a midwife to the unconscious
- Provides a record of your journey



27

## With creating mandalas, you can

- Pray
- Relax
- Expand your imagination
- Trust your creativity
- Increase self-awareness
- Make peace with imperfection
- Discover healing in creative expression
- Meditate
- Relieve stress
- Have a relationship with the unconscious



28



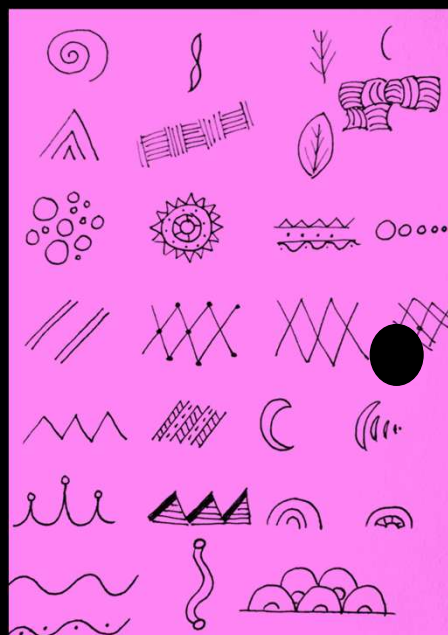
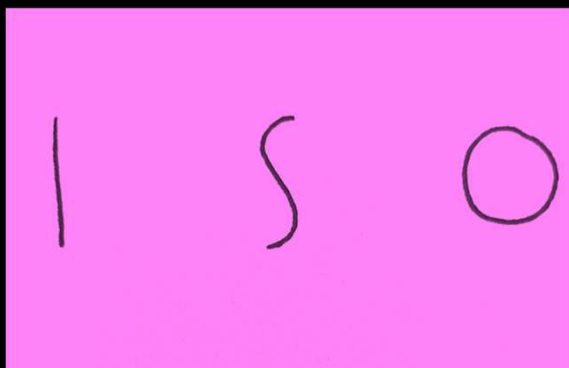
## Intuitive Mandalas are based on the following principles:

- Its creation is **SPONTANEOUS AND INTUITIVE**.
- The mandala is **FREE FORM**. It may be totally abstract, or you may discover representative shapes find their way into the creation.
- The process of creation is a **PRACTICE OF MINDFULNESS** yet what comes forth is unexpected.
- Make **PEACE WITH IMPERFECTION**. The creator should see "mistakes" as the foundation for an unexpected pattern.
- The creation of these mandalas are **CELEBRATORY AND CEREMONY**. It can be a way to converse with the Holy.
- A n Intuitive mandala is **TIMELESS**. It is a focused contemplative activity not requiring any technology or special tools.
- The process of creating them requires **DEEP LISTENING** for what the spirit wants to bring forth. Free the mind and listen deeply.



29

## Can you write these letters?



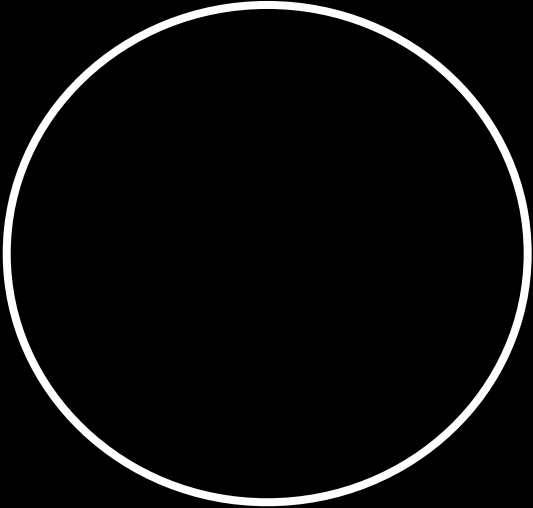
30



31




32



**“The dark will be your womb tonight.  
The night will give you a horizon  
further than you can see.”**


**David Whyte “Sweet Darkness”**

Starting in darkness, allowing the psyche to bring into the light  
that which is still in the shadows.



33

## Traditional or Intuitive?

|                      |   |                                    |
|----------------------|---|------------------------------------|
| <b>Analyze</b>       |  | <b>Nourish</b>                     |
| <b>Interpret</b>     |  | <b>Explore</b>                     |
| <b>Identify</b>      |  | <b>Imagine</b>                     |
| <b>Work on</b>       |  | <b>Play with</b>                   |
| <b>Figure Out</b>    |  | <b>Sustain the mystery</b>         |
| <b>Understand</b>    |  | <b>Appreciate it</b>               |
| <b>Observe</b>       |  | <b>Participate</b>                 |
| <b>Tell or write</b> |  | <b>Paint, collage, move, music</b> |
| <b>Summarize</b>     |  | <b>Expand</b>                      |

34

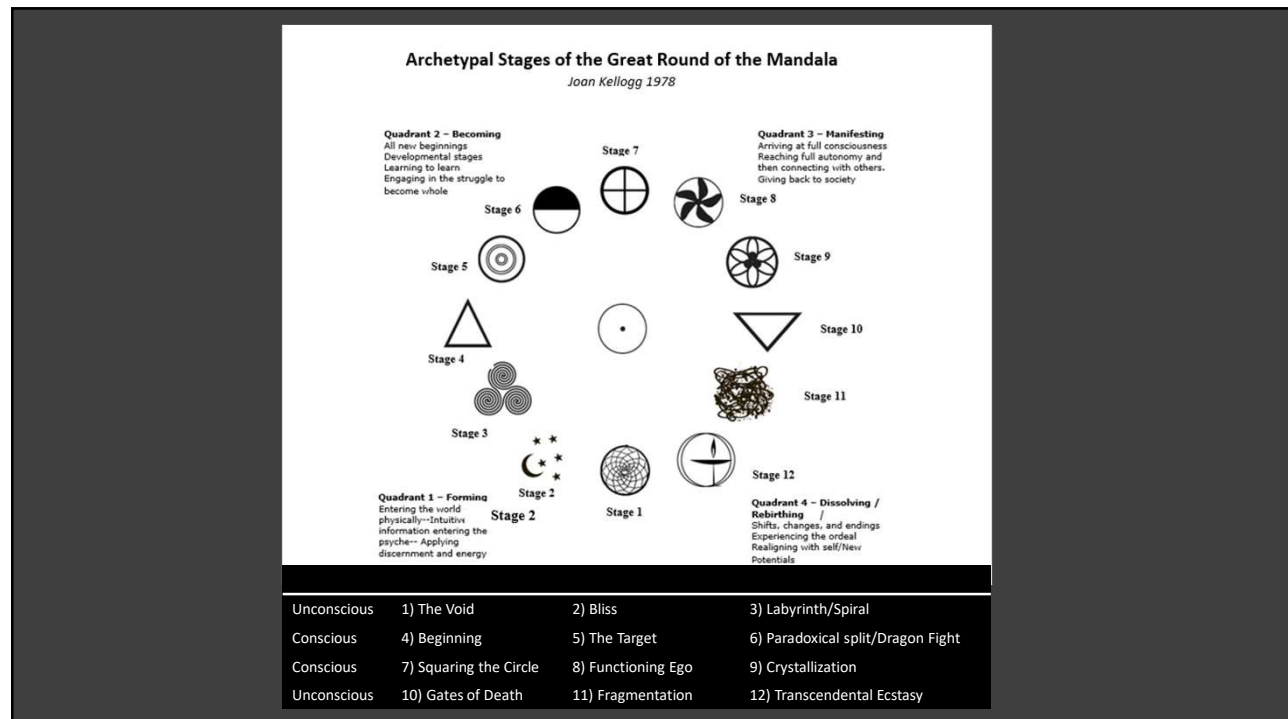


## Colors and Possible Meanings

- **RED** –strong emotions/ life energy/ energy/ passion / will to live
- **BLUE** –intuitive/ receptive/ feminine/ wisdom /comfort
- **YELLOW** -knowledge / cognition/ abstract thinking/ confidence/ vision/ masculine
- **ORANGE** - power / ambition / assertion / will/aggression
- **GREEN** –healing / renewal / accepting / ability to care for others
- **PURPLE** –royalty/ specialness/ special mission/ altruism/ wounded healer/ taking responsibility
- **TURQUOISE** - selfless/ humanitarian/ mediator/ creative problem-solver/ healer
- **YELLOW-GREEN** – new beginnings/ new growth/ spring/ little queasy
- **WHITE** – spiritual versus physical/ lack of affect or emotion/
- **BLACK** - loss/ void/ mystery/ possible depression/ negation
- **BROWN/DARK BROWN**–fertile ground / grounded/ possible insecurity/ low self-esteem / muddy

Archetypal Stages of the Great Round of Mandala, Joan Kellogg, 1978

35



36



## Sharing

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?

37

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*"You must give birth to your images.  
They are the future waiting to be born.  
Fear not the strangeness you feel.  
The future must enter you  
long before it happens.  
Just wait for the birth,  
for the hour of the new clarity."  
Rainer Maria Rilke*



38