



Mandala: Portal to the Sacred

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For thousands of years circles have been symbols of the sacred. The moon, womb, earth, medicine wheel, rose window, labyrinth, wheel of life—all remind us that creation itself unfolds in circles.

Today we enter the circle not just to create art, but to listen deeply.

Caim Prayers

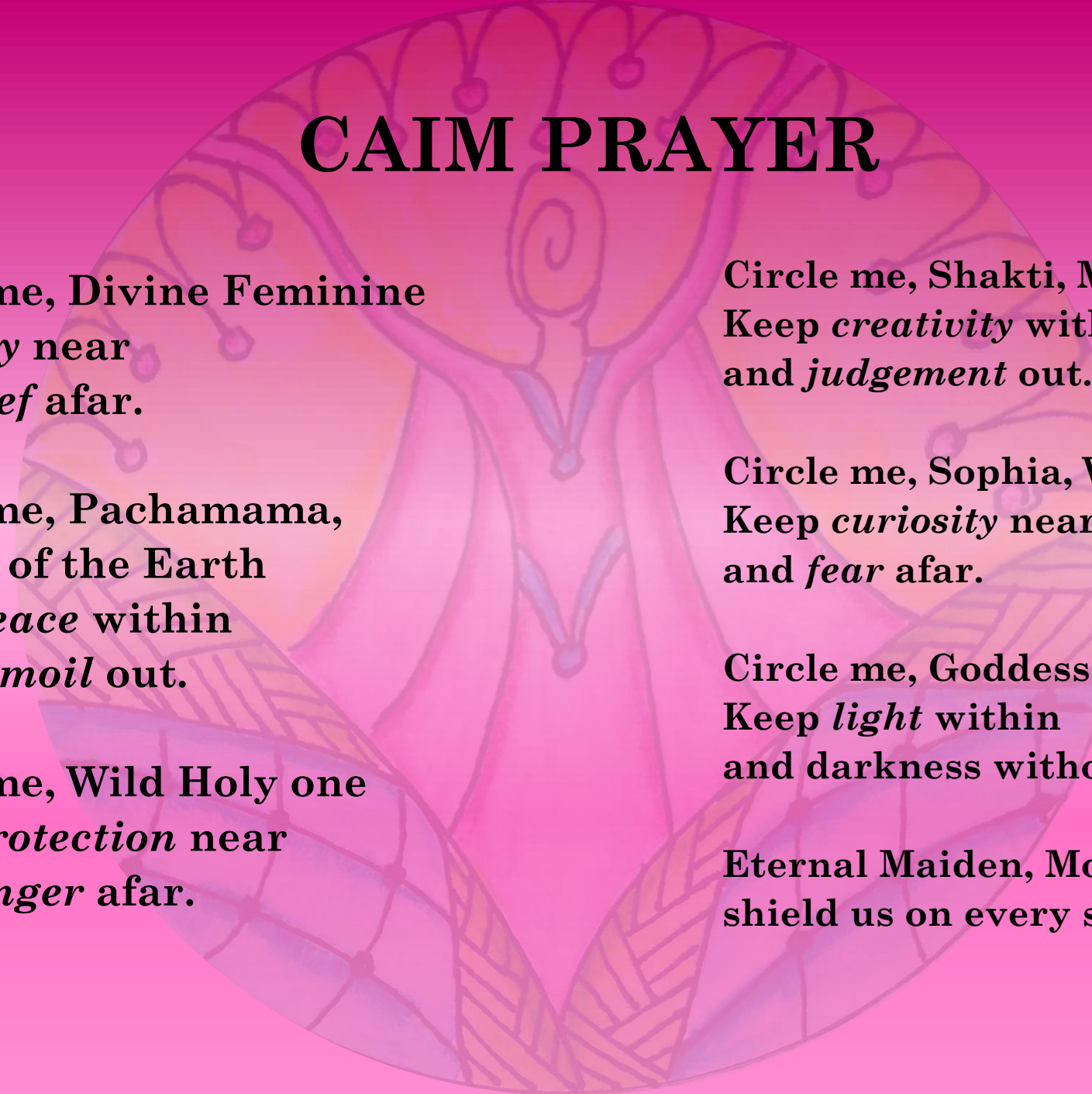
Circling Prayers, or Caim Prayers, are an ancient Celtic practice of drawing a sacred circle around ourselves and those we love. We imagine ourselves held within the protective embrace of the Divine Feminine—the great circle of Earth, womb, moon, and Mystery.

As we physically trace the circle, the body joins the heart in prayer, creating a sacred vessel of protection, love, and belonging.

To circle is to remember: we are held, connected, and embraced by the Sacred.



CAIM PRAYER



Circle me, Divine Feminine
Keep *joy* near
and *grief* afar.

Circle me, Pachamama,
Mother of the Earth
Keep *peace* within
and *turmoil* out.

Circle me, Wild Holy one
Keep *protection* near
and *danger* afar.

Circle me, Shakti, Mother of the Universe
Keep *creativity* within,
and *judgement* out.

Circle me, Sophia, Wise one
Keep *curiosity* near
and *fear* afar.

Circle me, Goddess of the moon,
Keep *light* within
and darkness without.

Eternal Maiden, Mother and Crone
shield us on every side.

Mandala:

An Ancient Symbol

- Ancient petroglyphs
- Stonehenge
- Tibetan intricate sand drawings
- Labyrinths





Mandala: A Symbol In Nature

- Where do we encounter circles in nature?
- Why do you think human beings have returned to this symbol across every culture?

Carl Jung & the Mandala

Following his separation from Freud around 1913, Jung entered what he called his "confrontation with the unconscious." During this time, he painted mandalas almost daily.



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...”

~*Carl Jung*



Archetype of the Self

In Jungian terms, a mandala is **the archetype of the Self**—a symbolic map of psychic wholeness. Jung believed that mandalas arise when the psyche is trying to:

- restore inner balance
- integrate opposing forces
- guide the dreamer toward individuation



Mandala as Ritual

Embodiment & Creativity

The Sacred Feminine calls us to inhabit our bodies. To experience the sacredness around us through our very senses. Creative practice such as drawing mandala invites us into presence with our senses in a variety of ways, becoming an embodied ritual to connect us to the Sacred.





Notice the many ways the circle evokes the Sacred Feminine

the womb

the moon

the earth

the cauldron

the chalice

the embrace

the seasons

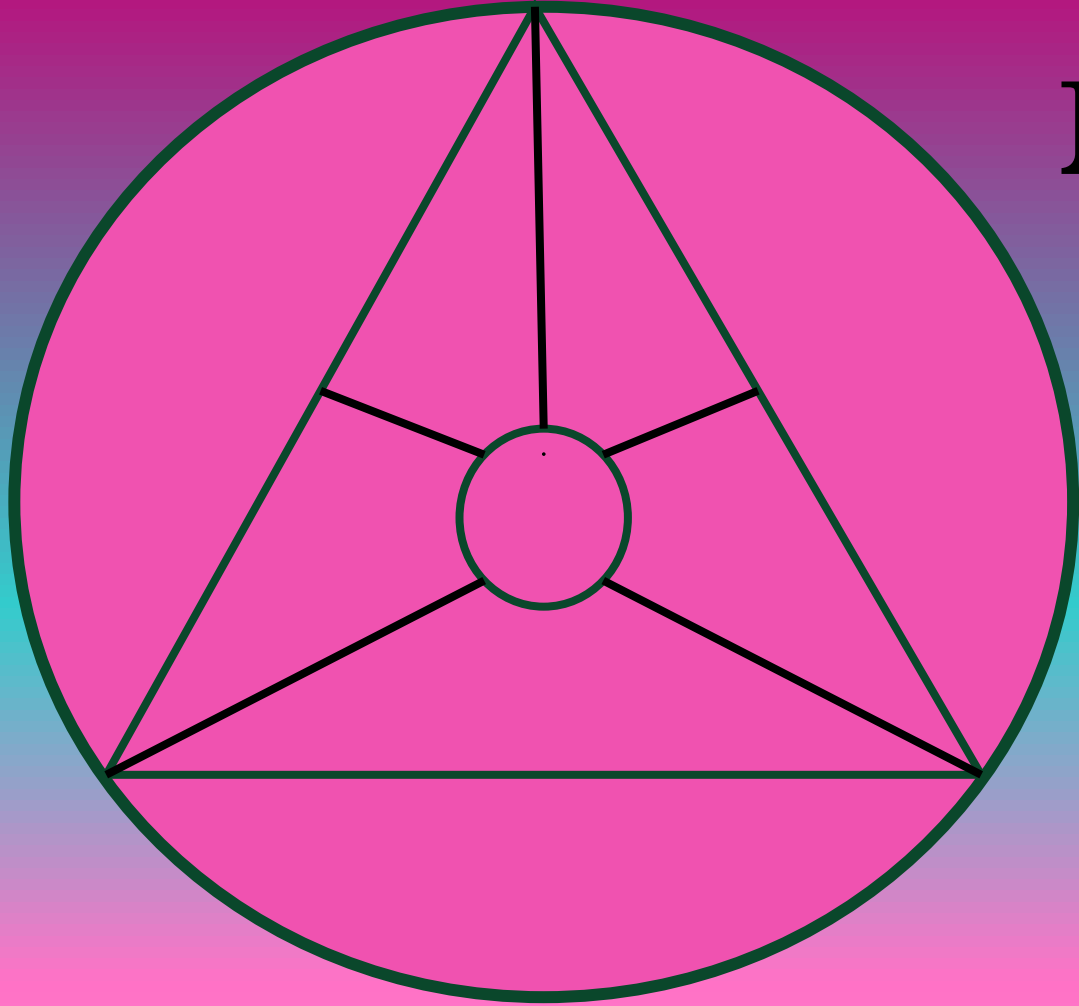
These are archetypal images of the Divine Feminine—not as gender, but as qualities of receptivity, intuition, creativity, compassion, and transformation.

The Divine Feminine invites us not to strive, but to receive.

Mandala As Symbol

- 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, a way to commune with the Divine Feminine.





Mandala as Portal

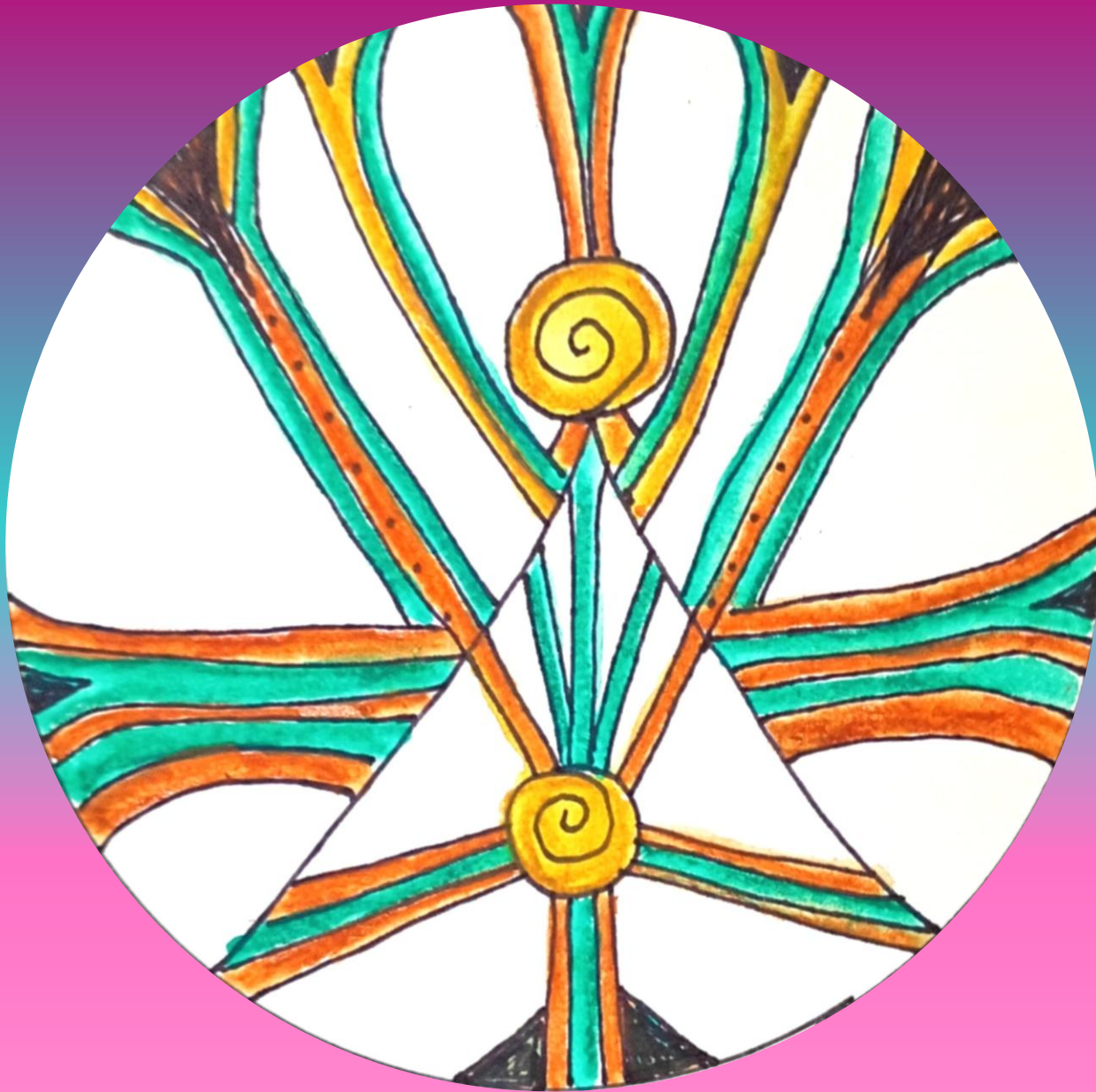
“When the Soul wants to experience something, she throws out an image in front of her and then steps into it.”

~Meister Eckhart

Creating art is a fundamental mode of exploration. Like our dreams, art is central to what makes us human. Through forms like the mandala, we open a gateway to the soul, inviting symbols and images to guide us toward deeper understanding and a creative embodiment of the Sacred Feminine.







“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



Creative mandalas...

- Serve as a midwife to the unconscious
- Provide a record of your journey
- Are a portal for archetypal energy
- Are a way to commune with the Sacred Feminine



Philosopher's Stone: The ultimate symbol of the fully integrated self, representing perfect harmony among spirit, soul, and body.

Alchemy: A symbolic framework mapping spiritual evolution and the journey from inner dissolution to illumination.

Geometric Symbols:

Circle: Gold, eternity, or spirit

Triangle: The fire of transformation

Base (Square/Earth): Physicality, the Earth, or the body



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

Intuitive Mandalas are based on the following principles:

The process is as important as the final image.

Spontaneous creation: Let go of expectations; allow shapes and forms to emerge.

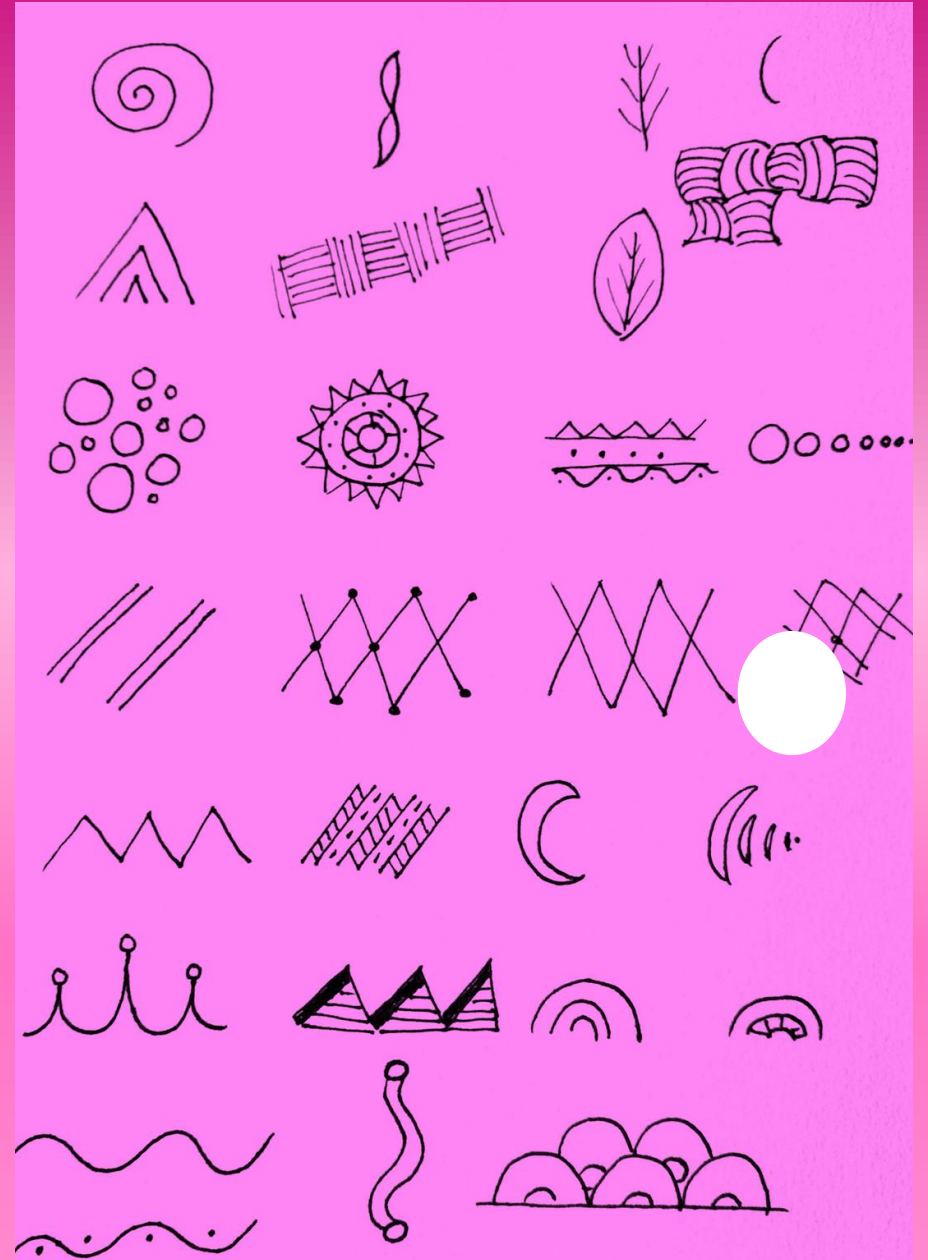
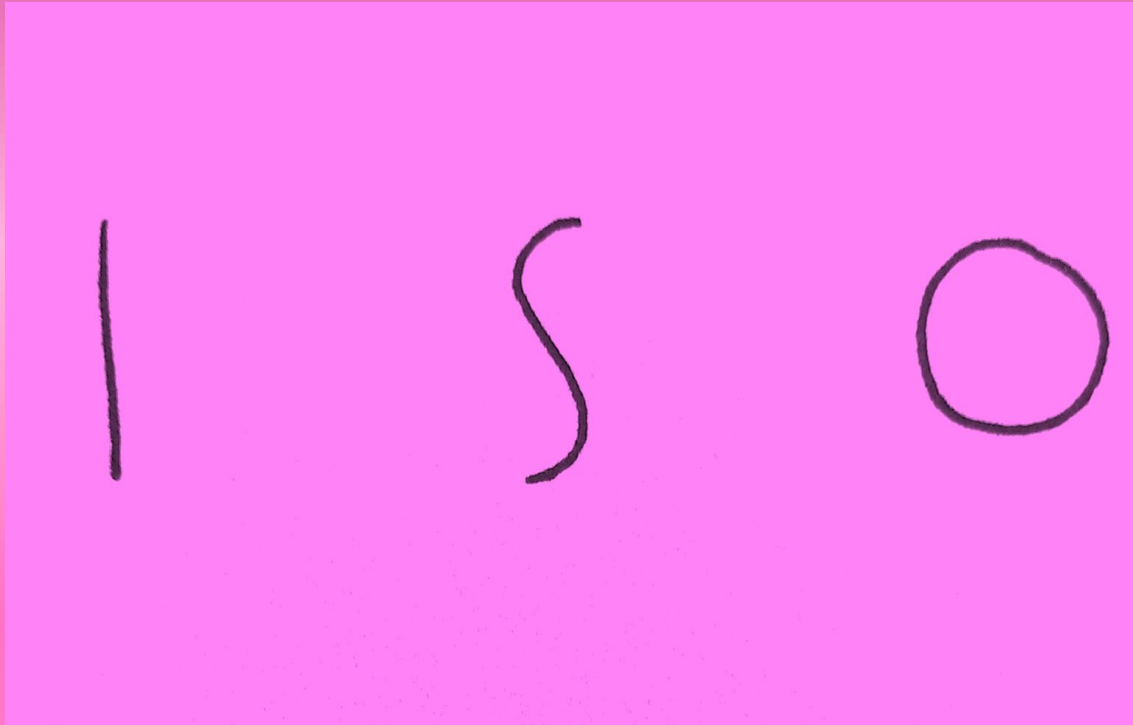
Mindfulness: Draw each stroke deliberately and without judgment.

Imperfection is welcome: Allow yourself to receive. What seems like a 'mistake' often becomes the foundation for a new opening.

Ceremony and celebration: Treat the process as a prayer of gratitude and healing, a communion with the Divine Feminine.

Timelessness: No technology or special tools are needed—only presence and intention.

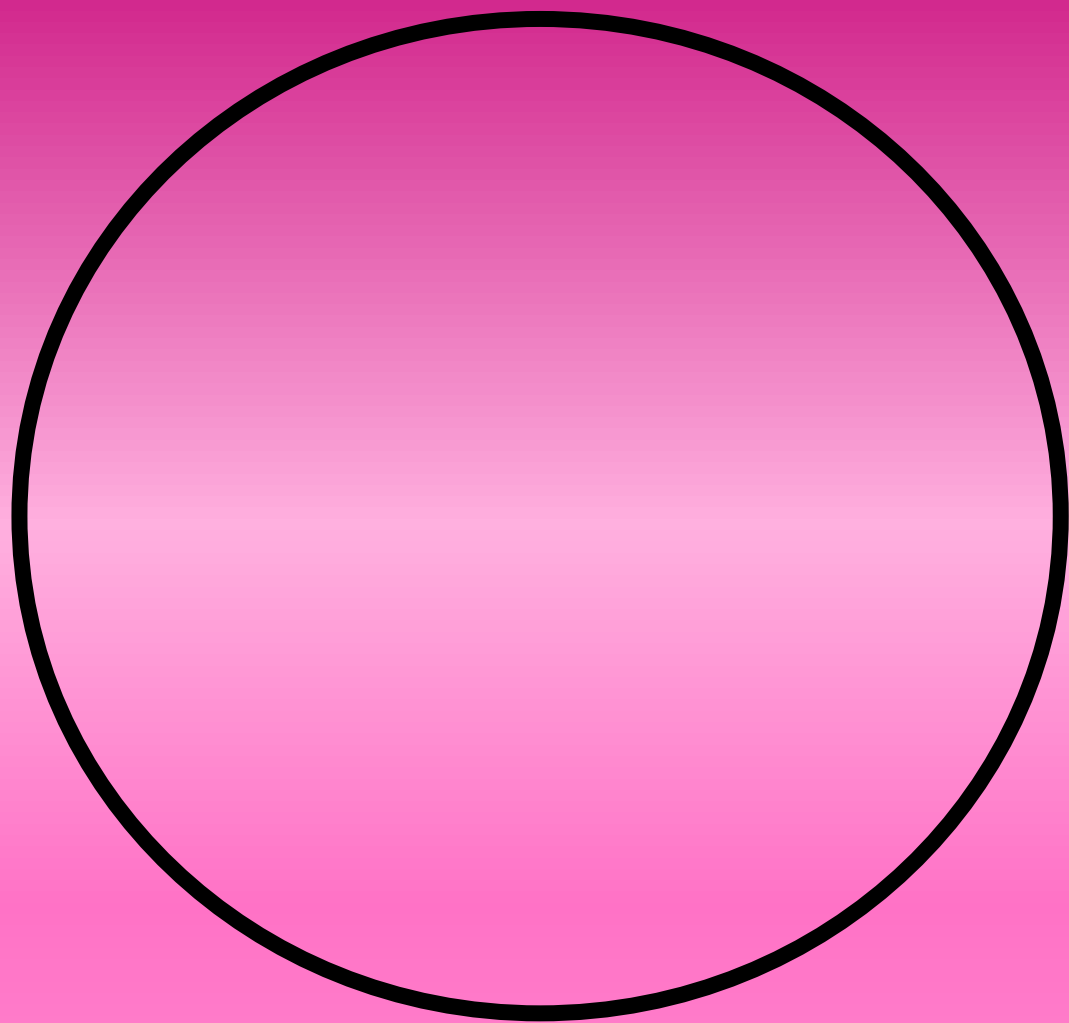
Can you write these letters?



Guided Meditation

Quiet the mind to allow the Soul to speak





Let's Create!



Traditional or Intuitive?

Analyze



Nourish

Interpret



Explore

Identify



Imagine

Work on



Play with

Figure Out



Sustain the mystery

Understand



Appreciate it

Observe



Participate

Tell or write



Paint, collage, move, music

Summarize



Expand

Shift Your Perspective





Sharing

- What surprised you?
- Where did you begin?
- Did a particular color keep appearing?
- What emotions arose?
- Did your mandala change as you worked?
- If your mandala could speak—what would it say?
- What aspect of the Divine Feminine feels present?

Listeners simply receive. No interpreting.
No judgement. Only curiosity.

Breakout Groups of 2-3 people: 7 minutes



Full Group Sharing and Questions

“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



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