

MORE ABOUT MANDALAS



Mandalas are circular images that have been used by religious groups, psychotherapists, and artists for centuries. The word “mandala” is Sanskrit for “essence” and “completion” and its image was first introduced into popular culture in the United States by psychoanalyst Carl Jung, who had studied eastern philosophies. Jung discovered that the therapeutic use of mandalas focused and centered the mind and helped patients to heal and become whole. When the human brain is stimulated by a mandala, it can create patterns in the consciousness that influence the entire body. This is because meditating on their symmetry brings about balance and wholeness. And it is thought that energy centers in the body (such as chakras) can be affected by working with mandalas because of their centering abilities.

An even stronger mind-body connection to mandala power can be caused by coloring or creating them and by noticing them in everyday objects, such as flowers, eyeballs, and hubcaps.

The circular nature of mandalas can inspire a sense of completeness in us and lead to a fully integrated self. It is when we understand this self that we are able to carry out our soul’s calling and to become who we were intended to be.