



Mandalas for the soul

Mandalas are considered sacred in Tibetan Buddhism and are used in religious rituals. They are thought of as “containers of essence” and are widely recognized as meaningful reflections of their creators. **Mandala art therapy can be a great source of reflection on one’s soul.**

Colouring can reduce stress by drawing your attention to a concrete and repetitive activity. This increases your focus and activates portions of your parietal lobe which are connected to your sense of self and soul. Incidentally, these are the very same areas that are active during meditation and prayer. When you choose different colours, or types of implements (e.g., markers vs. crayons) the parts of the parietal lobe that control both vision and creativity become active.



Create a mandala in the circle below. Fill it with patterns colours and symbols. The centre of the mandala should represent the core of who you are. Moving outwards, the mandala should represent the support, or things you have around you.

Creating your own mandala can be great for centering, meditation, and soothing self-expression.

