



# MANDALA EXERCISE

## ART THERAPY EXERCISE

This exercise aims to provide art therapists with a structured yet flexible approach to exploring archetypes, facilitating deeper self-awareness and fostering continuous personal and professional growth.

### INSTRUCTIONS

1. Preparation - Gather materials such as paper, drawing tools (colored pencils, markers, or paints), and a compass or circular object to trace the outline of the mandala.
2. Setting the Space - Create a calm and quiet environment to help clients feel relaxed and focused. Encourage clients to take a few deep breaths and center themselves before beginning the exercise.
3. Drawing the Circle - Instruct clients to draw a circle on the paper using a compass or by tracing a circular object. This circle will serve as the boundary for their mandala.
4. Centering Thought or Intention - Ask clients to think of a central theme, question, or intention they want to explore through their mandala. This could be related to their personal life, emotions, or an aspect of their identity.
5. Filling the Mandala - Encourage clients to fill the circle with symbols, patterns, and colors that resonate with their chosen theme or intention. They should work intuitively, allowing images to emerge without overthinking or judging their choices. Suggest that clients use both abstract and representational elements to express their ideas and feelings.
6. Reflecting on the Mandala - Once the mandala is complete, give clients some time to reflect on their creation. Ask them to consider the following questions:
  - What symbols or patterns stand out to you?
  - How do the colors and shapes you used make you feel?
  - What do you think the mandala reveals about your current state of mind or inner experiences?
7. Discussion and Analysis - Facilitate a discussion with the client about their mandala. Explore the archetypal themes and symbols present in their artwork. Help the client draw connections between the mandala and their personal life, emotions, and psychological processes.
8. Documenting Insights - Encourage clients to document their reflections and insights in a journal. They can write about the process of creating the mandala, their thoughts and feelings during the exercise, and any realizations that emerged.

To read more about *Exploring Archetypes in Art Therapy*, visit our blog post on the below link:  
<https://arttherapyresources.com.au/archetypes>