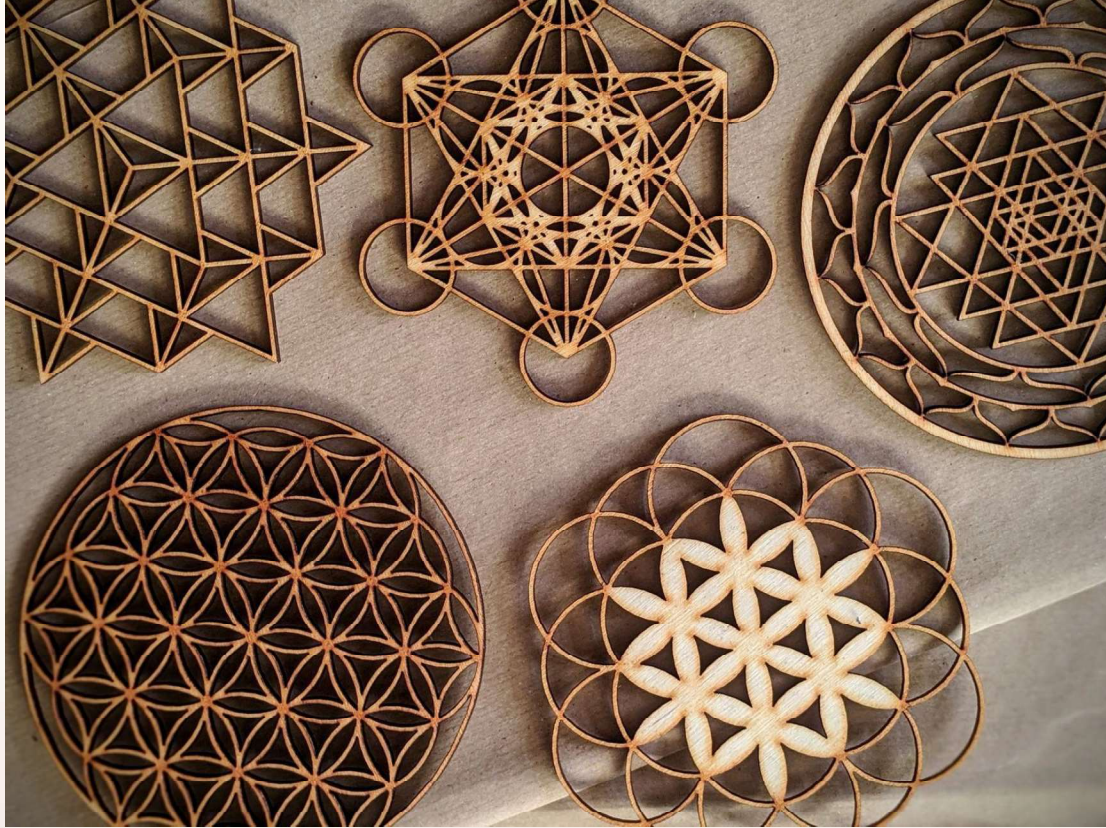


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Spring 2021

Mandala Therapy: Art of Centering the Self



मण्डल (Sanskrit)
Mandala

Sacred circle
symbolizing
cosmic totality



Sri Yantra Mandala



Yogic meditation aid

- ❖ To cultivate self awareness
- ❖ To hold and reconcile dualities in the world and in ourselves



ANCIENT PETROGLYPHS

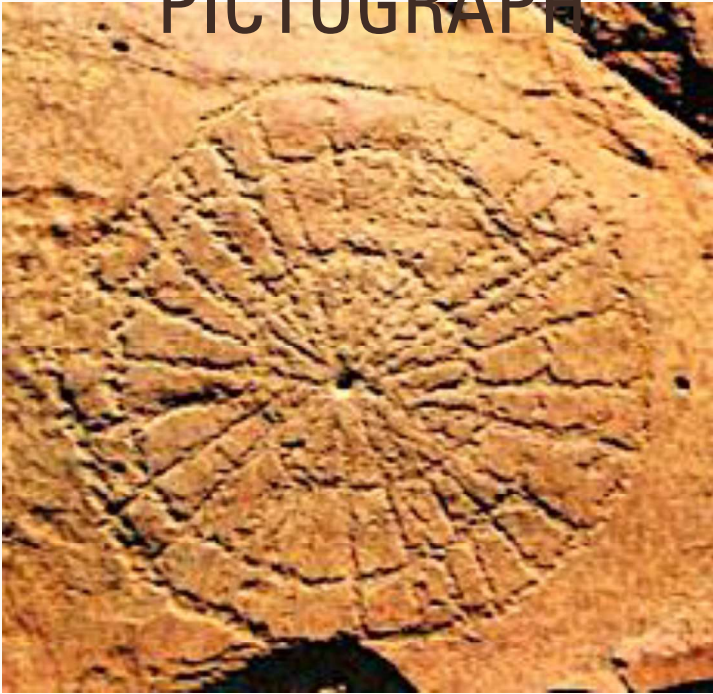


Ratnagiri, India 10,000 BCE



Rocky Valley, UK 1800 BCE

ANCIENT PETROGLYPH & PICTOGRAPH



Sturts Meadow, Australia 10,000 BCE



Chumash Cave Art, California 100 CE

ANCIENT PICTOGRAPHS



Madsebakke, Denmark 800 BCE



Three Rivers, New Mexico 900 CE

ANCIENT PETROGLYPHS



Kohala Coast, Hawaii 1200 CE

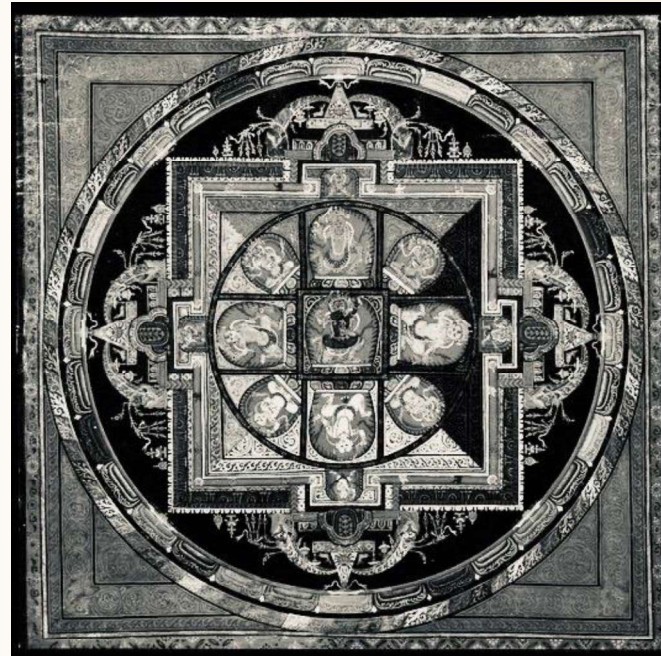


Nine Mile Canyon, Utah 1000 CE

PETROGLYPH & PAINTING



Nazca Hills, Peru 500 BCE



Central Tibet, 1300 CE



mandala joseph.avi
youtu.be



Joseph Campbell & the Power of Myth



ARCHETYPE

The primordial image, or archetype... constantly recurs in the course of history and appears wherever creative fantasy is freely expressed.

In each of these images there is a little piece of human psychology and human fate, a remnant of the joys and sorrows that have been repeated countless times in our ancestral history.



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.

Carl Jung

CARL JUNG AND THE MANDALA

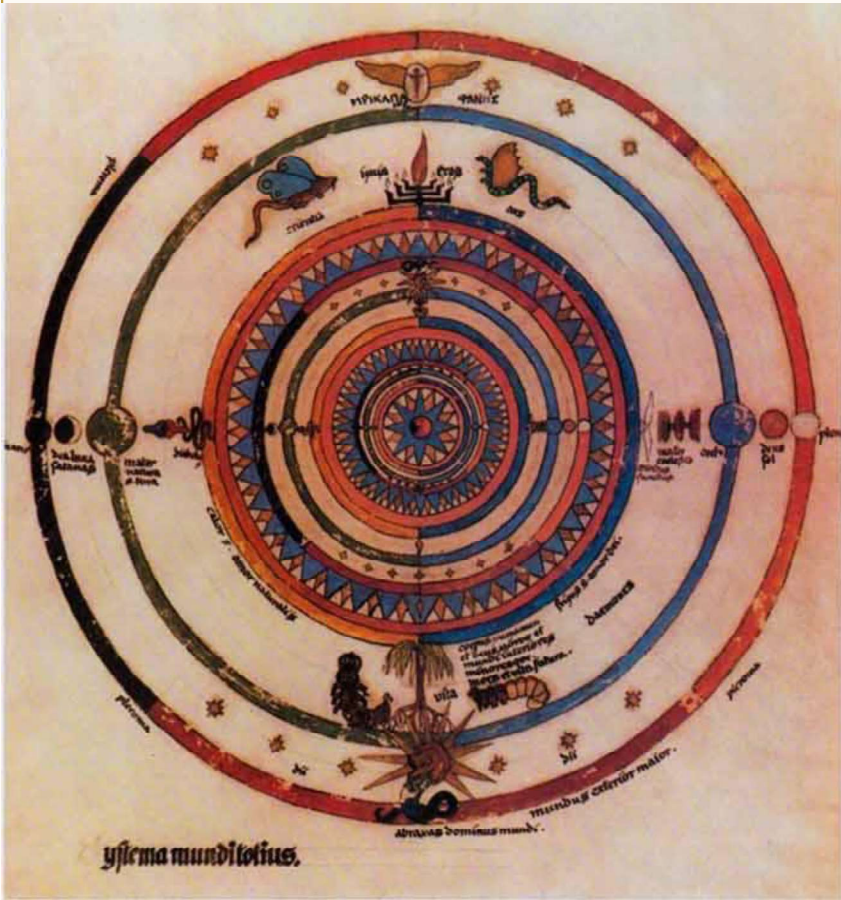


Carl Gustav
Jung
1875-1961

- ❖ Observed spontaneous appearance of mandalas in dreams/artwork of patients at Burgholzli Hospital, esp during periods of chaos
- ❖ Observed that making mandalas had a calming effect on patients
- ❖ Began using mandalas in therapeutic work with patients
- ❖ In 1916 began creating his own mandalas after a painful break with Freud

" 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."



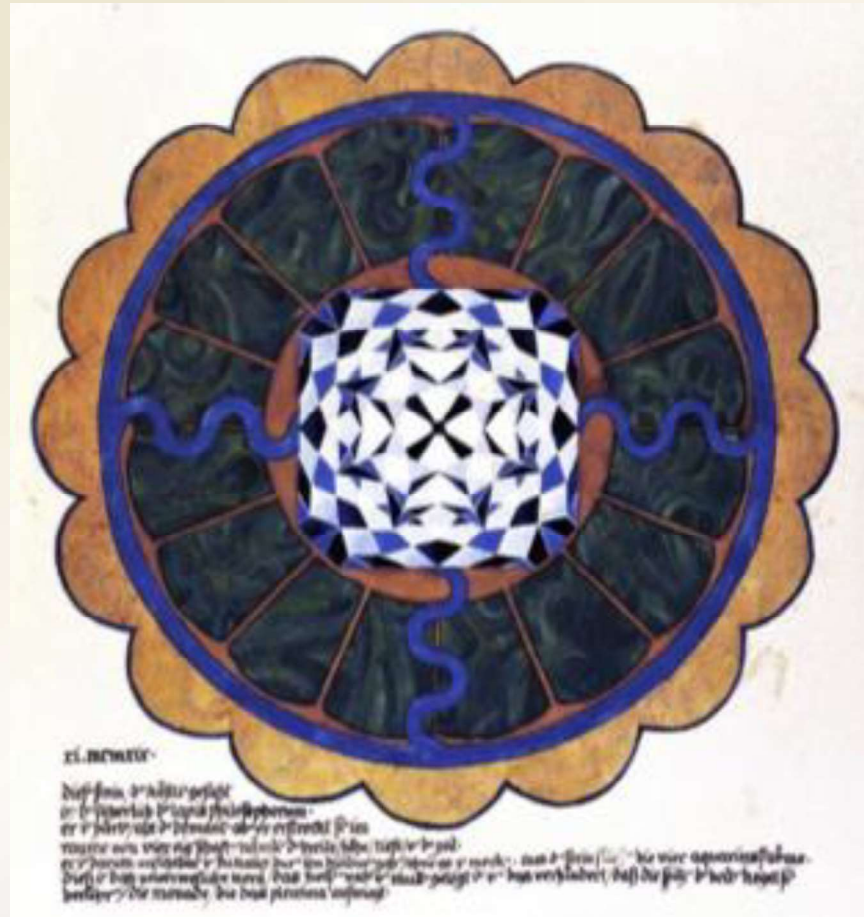
I had painted the first mandala in 1916
after writing *Septem Sermones*:
naturally I had not, then, understood it.

C.G. Jung
Memories, Dreams, Reflections

With the help of these drawings, I could observe my psychic transformation from day to day.

My mandalas were cryptograms in which I saw the Self—my whole being—actively at work.

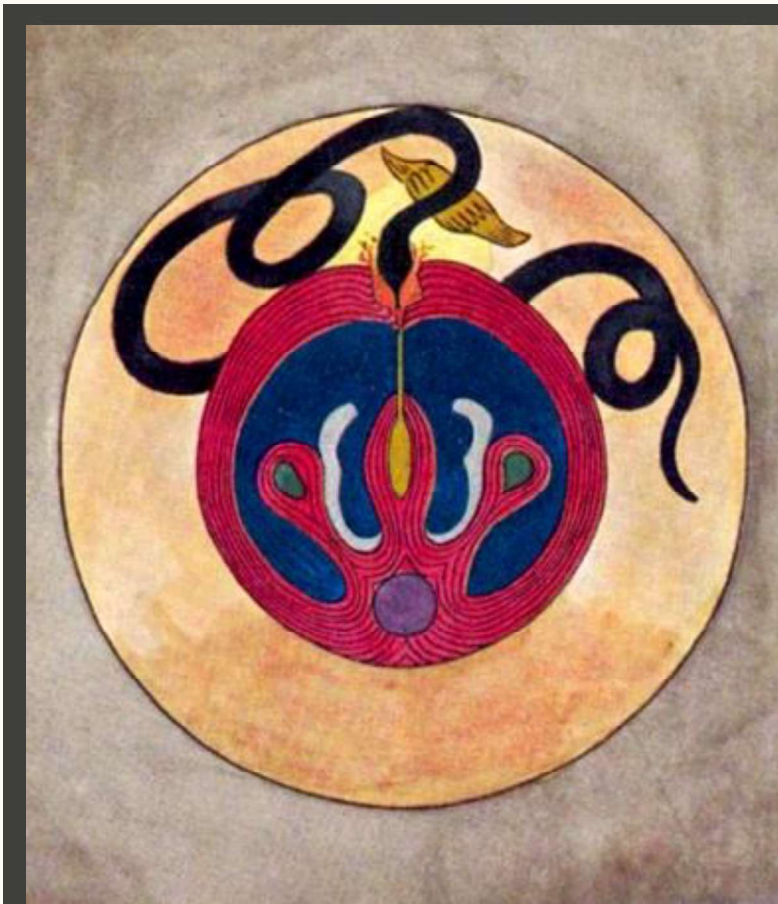
CG Jung



The severe pattern imposed by a circular image of this kind compensates the disorder of the psychic state.

CG Jung

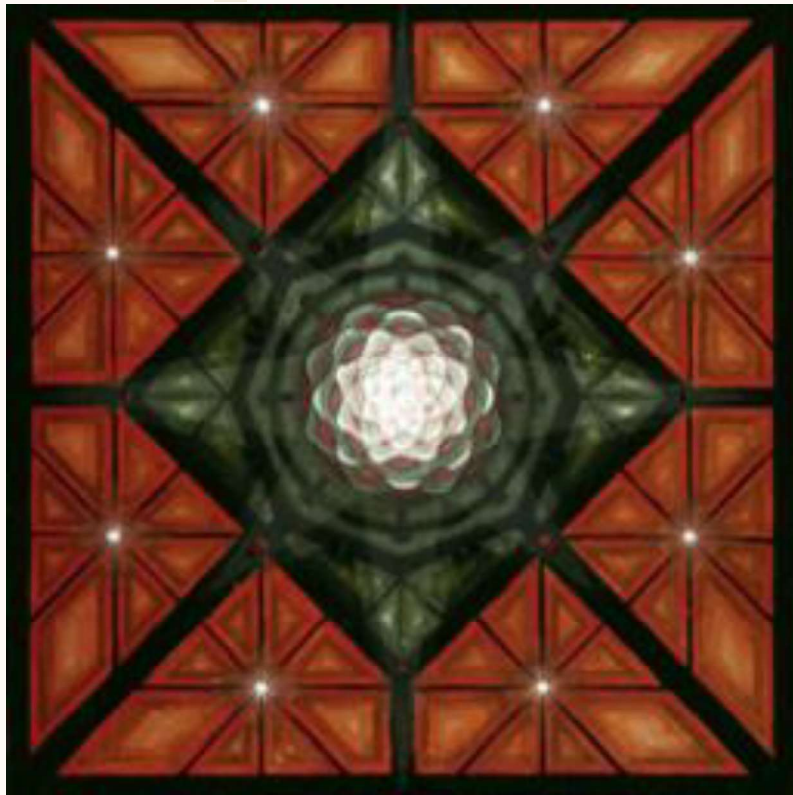




To the extent that I managed
to translate the emotions into images—
that is to say, to find the images
which were concealed in the emotions—
I was inwardly calmed and reassured.

Had I left those images hidden in the emotions,
I might have been torn to pieces by them.

C.G.Jung



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.

CG Jung



A mandala is the
psychological expression
of the totality
of the Self.

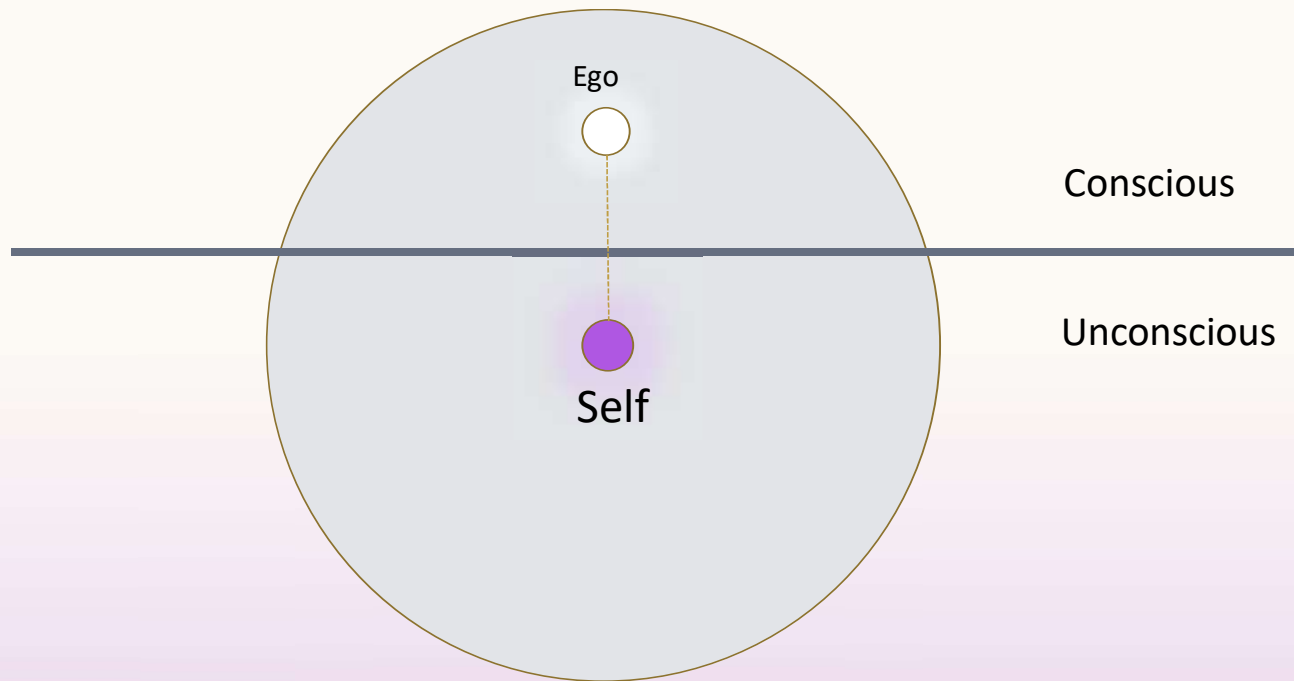
~ CG Jung



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

CG Jung

INDIVIDUATION & THE PSYCHE



Carl Jung Interview 1957



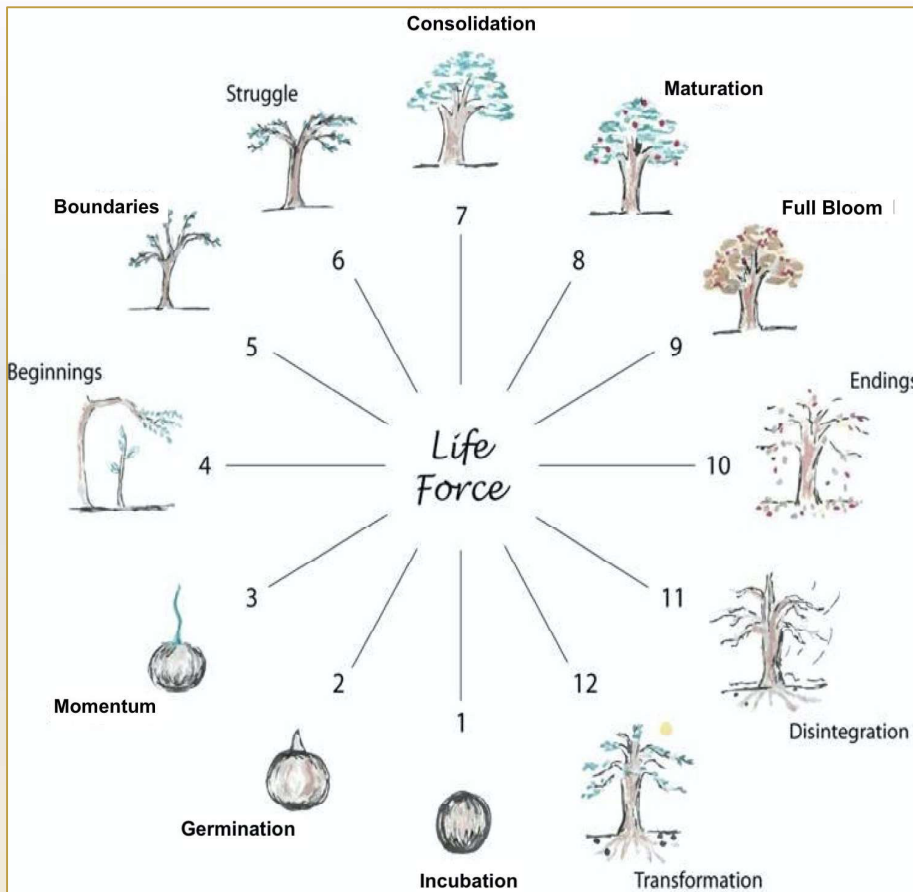
JOAN KELLOGG: MANDALA IN ART THERAPY



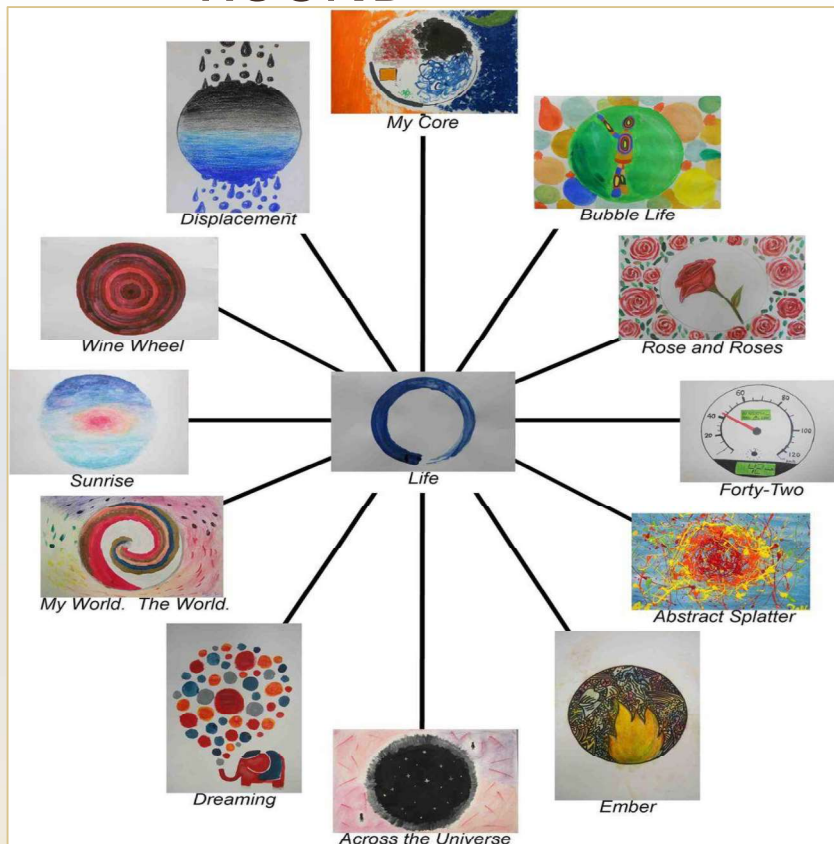
Joan Kellogg
1922-2004

- ❖ Art therapist fascinated by Jung's work; started using mandalas in 1960s during art therapy with psychiatric patients
- ❖ Studied 1000s of mandala paintings to identify archetypal themes in the use of color/design to fill in a circle during various life situations
- ❖ Archetypal themes mirror different states of consciousness in processing change (Examples: beginning and ending, fighting and accepting)
- ❖ Identified 12 basic mandala patterns and arranged these in a sequential circular format around a 13th center point (Great Round)
- ❖ Individuals traverse the Great Round several times in their lifespan to accomplish different developmental tasks

ARCHETYPAL STAGES OF THE GREAT ROUND



MEDICAL STUDENTS AND THE GREAT ROUND



Potash, Chen, Tsang 2016

- Mandala-making workshops were offered to 3rd year medical students as a tool for cultivating self-awareness.
- A total of 180 mandalas were collected and rated according to Kellogg's Archetypal Stages of the Great Round of Mandalas
- Stage 6 -12 axis (struggle vs transcendence) was the most prevalent stage, with most students in Stage 6
- Stage 2-8 axis (germination vs maturation) was nearly as prevalent, with most students in Stage 2



6
struggle

8
maturation



2
germination

12
transformation



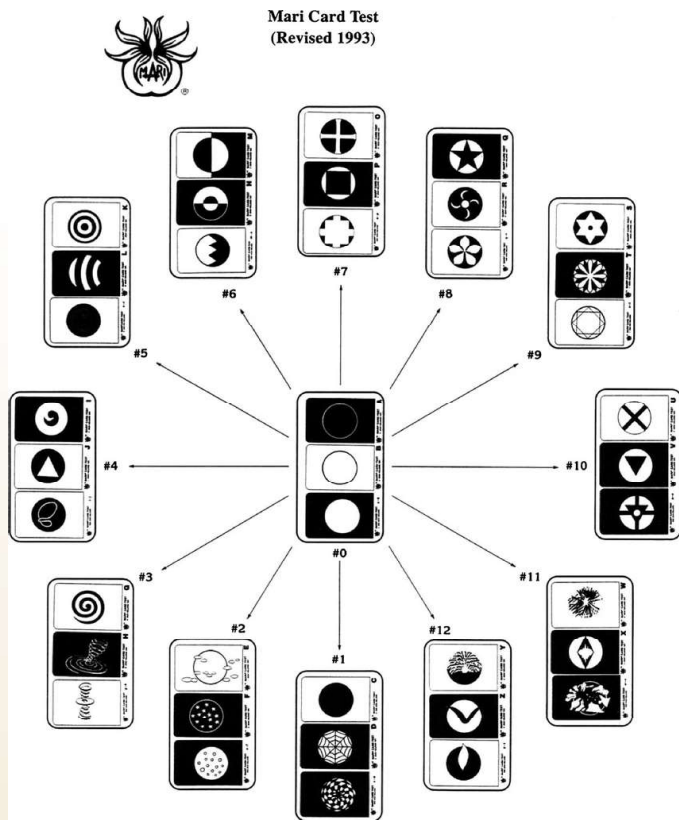
END-OF-LIFE CARE WORKERS AND THE GREAT ROUND



Potash, Bardot et al 2014.

- Mandala-making art therapy workshops were offered to hospice and palliative care workers as a tool for cultivating self-awareness.
- A total of 60 mandalas were collected, rated according to Kellogg's The Archetypal Stages of the Great Round of Mandalas and compared to burnout scores per the Maslach Burnout Inventory
- Stage 6 (struggle) was the most prevalent stage and also accounted for the largest number exhibiting burnout.

Comparison of cardiac and cancer inpatients on MARI® Card Test

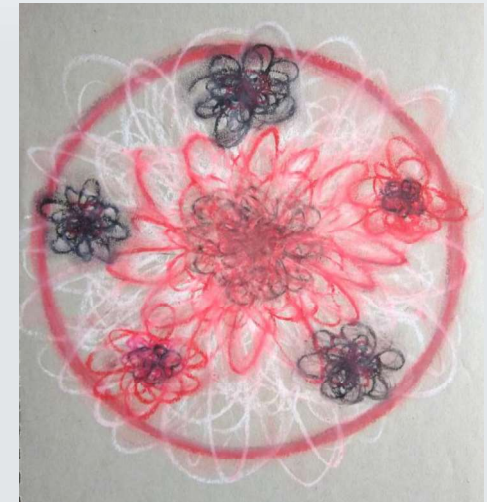
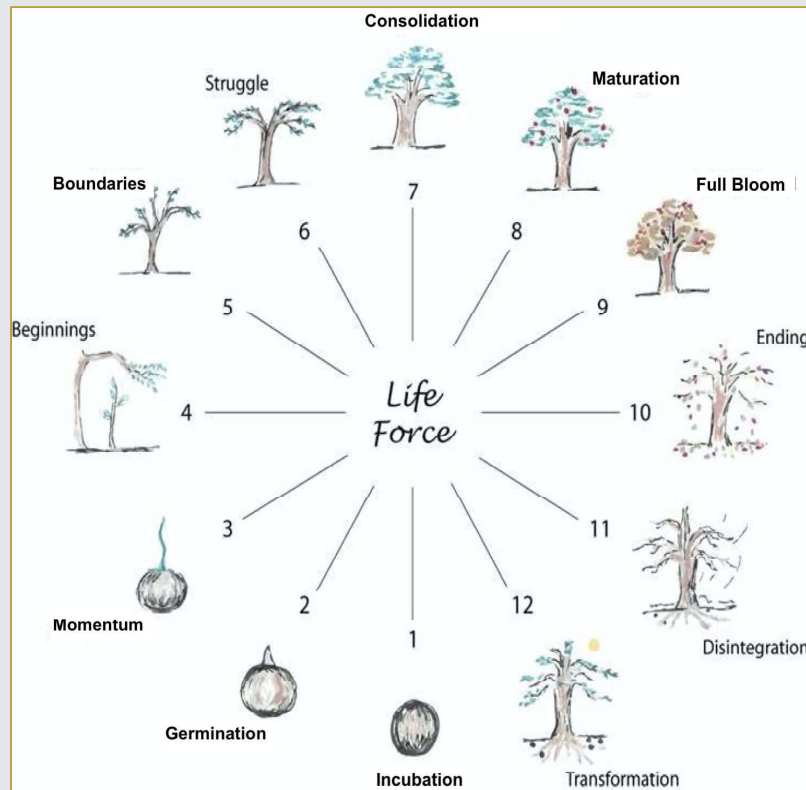
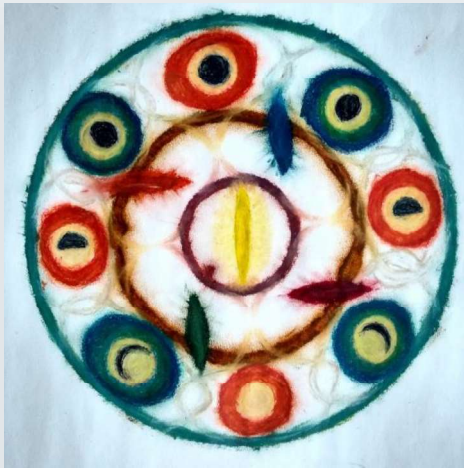


- The MARI® Card Test is a projective test developed by Kellogg, based on her extensive study of mandalas
- Test involves selecting the most and least preferred mandalas from a set of archetypal designs called the Great Round.

Bruscia et al, 2007

- Administered MARI to 195 inpatients: 132 with cardiac disease and 63 with cancer.
- Both sets of patients most frequently selected Stage 9 (full bloom) as their preferred design.
- Cardiac patients most frequently rejected Stage 11 (fragmentation)
- However, among those with cancer, Stage 11 was the second most frequently preferred stage, while also being their most frequently selected rejected stage—an obvious conflict
- The cardiac group was older and had their illness for a longer time

58-YR-OLD TECH WORKER AND THE GREAT ROUND



I began to understand that the goal
of psychic development is the Self.

There is no linear evolution; there is
only a circumambulation of the Self.

CG Jung



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