

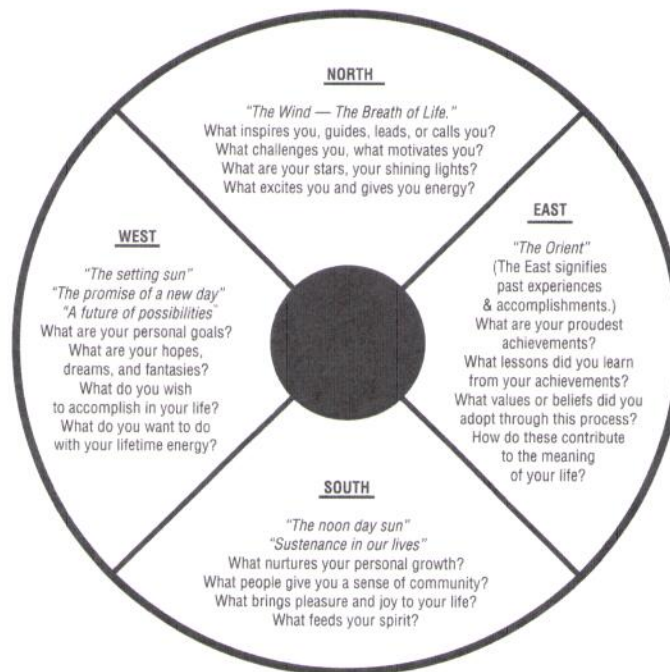
EXERCISE 8.2

Mandala of the Human Spirit

A *mandala* is a circular-shaped object symbolizing unity, with four separate quarters that represent directions of the universe, seasons of the years, or four points of reference. The mandala can be traced to the dawn of humankind. Mandalas vary in size, design, colors, and symbolism. They are often used in meditation as a focal point of concentration. In addition, they are used as decorations in many cultures, from the Native American medicine wheel to depictions in art from the Far East.

The mandala of the human spirit is a symbol of wholeness. It is a tool of self-awareness to allow you the opportunity to reflect on some of the components of the human spirit: a meaningful purpose in your life, personal values, and the implicit chance to learn more about yourself in precious moments of solitude. Each quadrant represents a direction of your life, with a symbol of orientation. The east is the point of origin. It represents the rising sun, the point of origin for each day. The focus of the mandala then moves southward, then to the west, and finally to the north.

Each focal point of the mandala of the human spirit provides questions for reflection. Take a few moments to reflect on the directions of the mandala to get a better perspective on the well-being of your human spirit. Then draw a circle, divide it into four areas, and fill in the answers to the respective questions, creating a mandala of your very own human spirit (see next page for blank mandala).



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