

Exercise: 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 origin of the mandala can be traced back 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 art depictions 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 initial 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 wellbeing of your human spirit. Then in the blank circle mandala, fill in your answers to the questions in each area creating a mandala of your very own human spirit.

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EAST – “The rising sun”, “The orient”

(The East signifies past experiences and accomplishments.)

What are your proudest achievements?

What lessons did you learn from your achievements?

What values or beliefs did you adopt through this process?

How do these contribute to the meaning of your life?

SOUTH – “The noon day sun”, Sustenance in our lives”

What nurtures your personal growth?

What people give you a sense of community?

What brings pleasure and joy to your life?

What feeds your spirit?

WEST – “The setting sun”, The promise of a new day”, “A future of possibilities”

What are your personal goals?

What are your hopes, dreams, and fantasies?

What do you wish to accomplish in your life?

What do you want to do with your lifetime energy?

NORTH – “The Wind - Breath of Life”

What inspires you, guides, leads, or calls you?

What challenges you, what motivates you?

What are your stars, your shining lights?

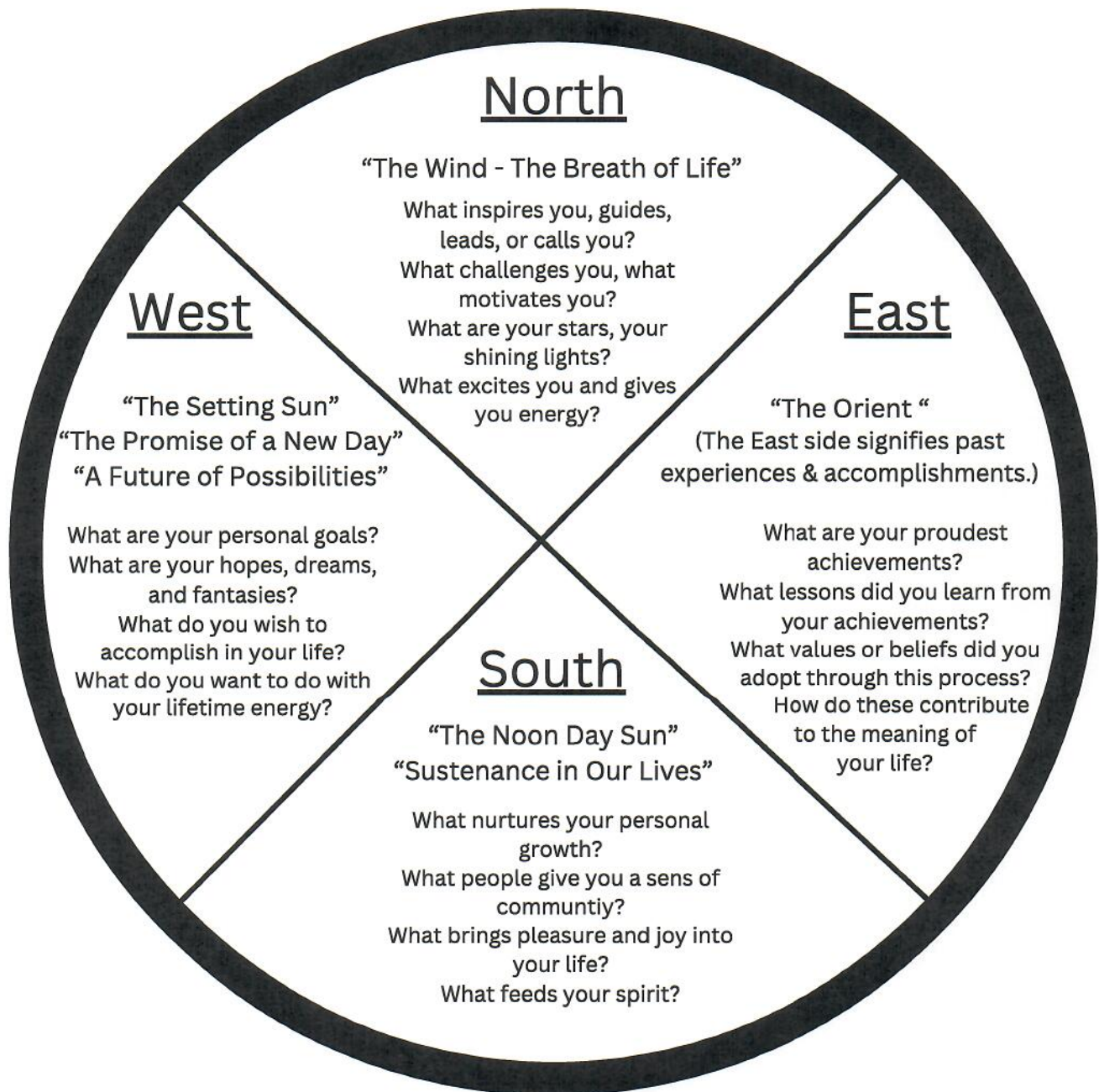
What excites you and gives you energy?

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