



Jungian Art Therapy Exercise

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Using Active
Imagination Through
Mandalas
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Materials

Paper
Pen
Colored Pencils
Markers

Directive

Using any art materials you like, draw a circle and fill it in with how you are feeling using lines, shapes, and colors. You can also choose a template below if you prefer premade shapes

Allow yourself freedom to create without judgement.

Directive

After you have completed the drawing, examine it for symbols, or shapes that may appear to you. Reflect on these symbols, and see what your immediate association is with it!

Ask the symbol what it would like to communicate to you. Write down these reflections and see what comes through! Practicing this often strengthens the skill to dialogue with yourself.

Share! I would love to see your mandalas on instagram with the #enodiamandala









