

Jungian Art Therapy Exercise

enodiatherapies.com

Using Active Imagination Through Mandalas
By Irene Maropakis, LCAT

Materials

Paper Pen Colored Pencils Markers

Directive

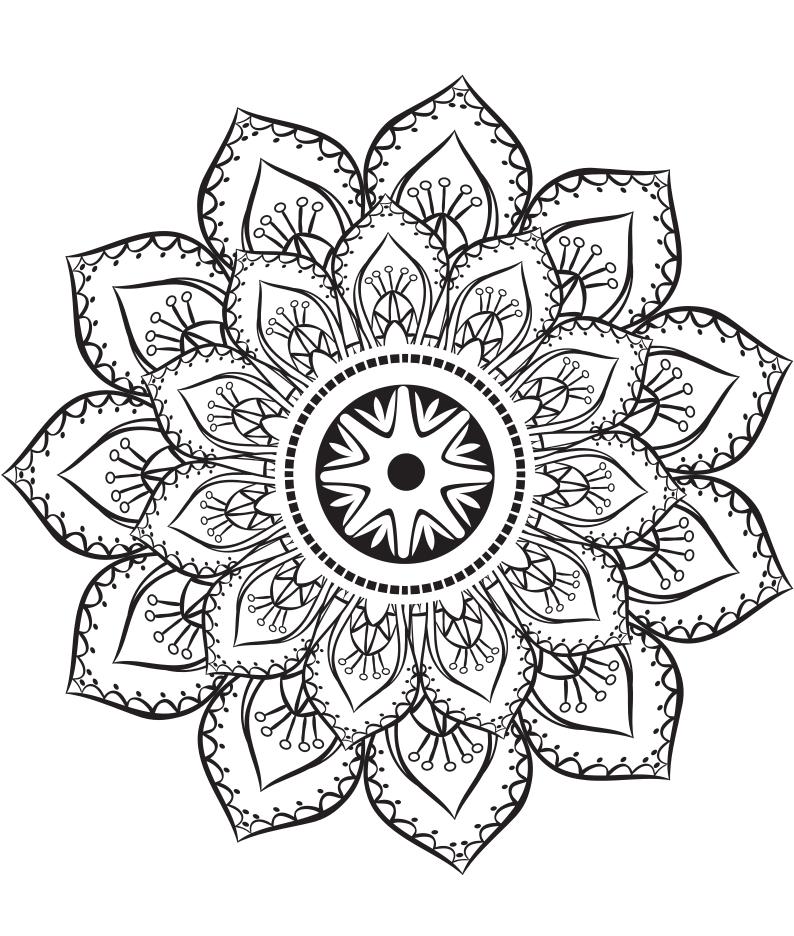
Using any art materials you like, draw a circle and fill it in with how you are feeling using lines, shapes, and colors. You can also choose a template below if you prefer premade shapes

Allow yourself freedom to create without judgement.

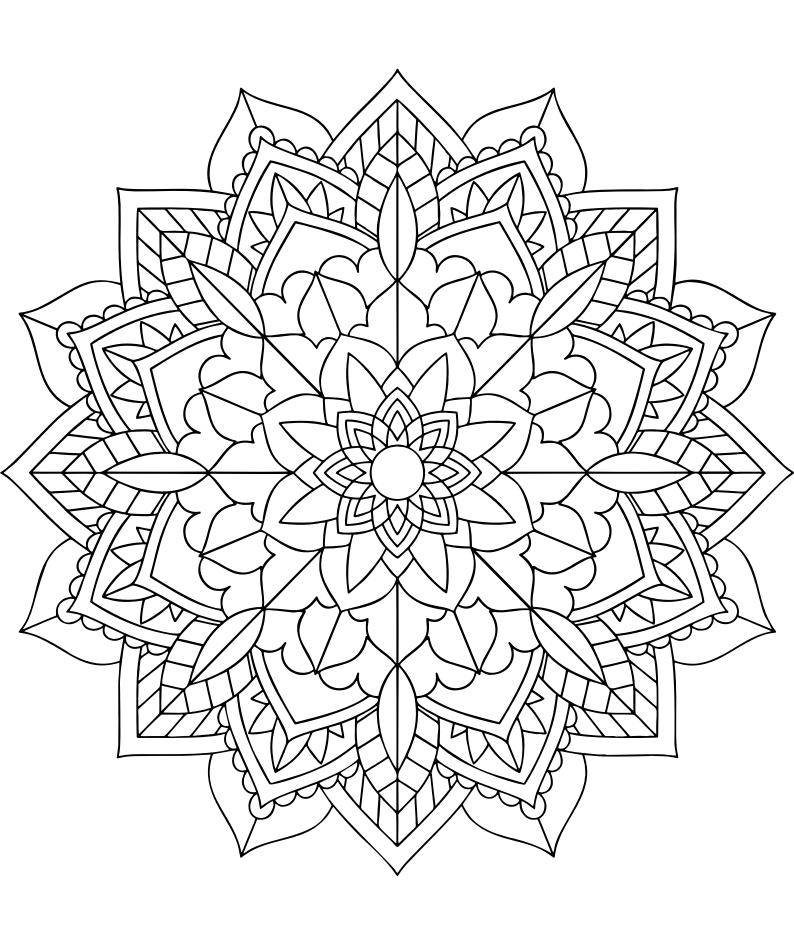
Directive

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.

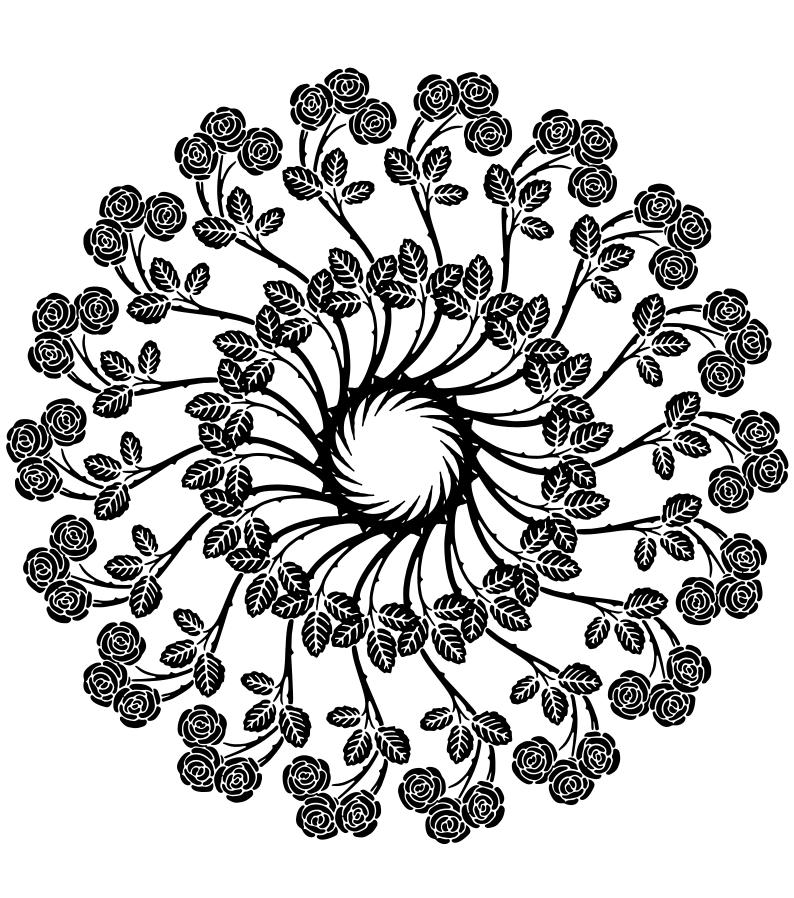
Share! I would love to see your mandalas on instagram with the #enodiamandala

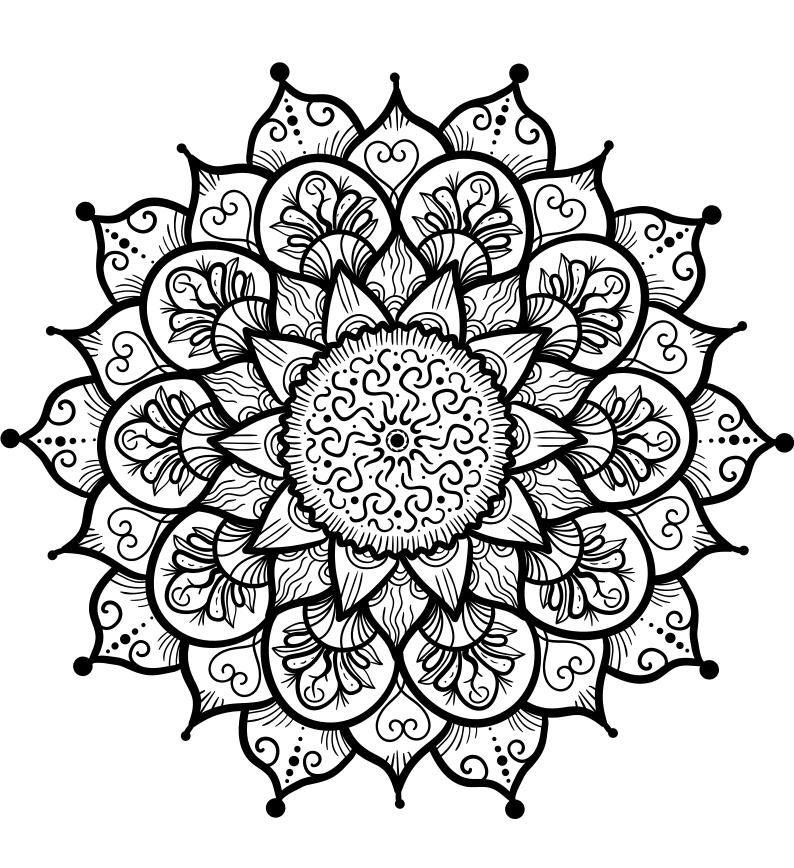


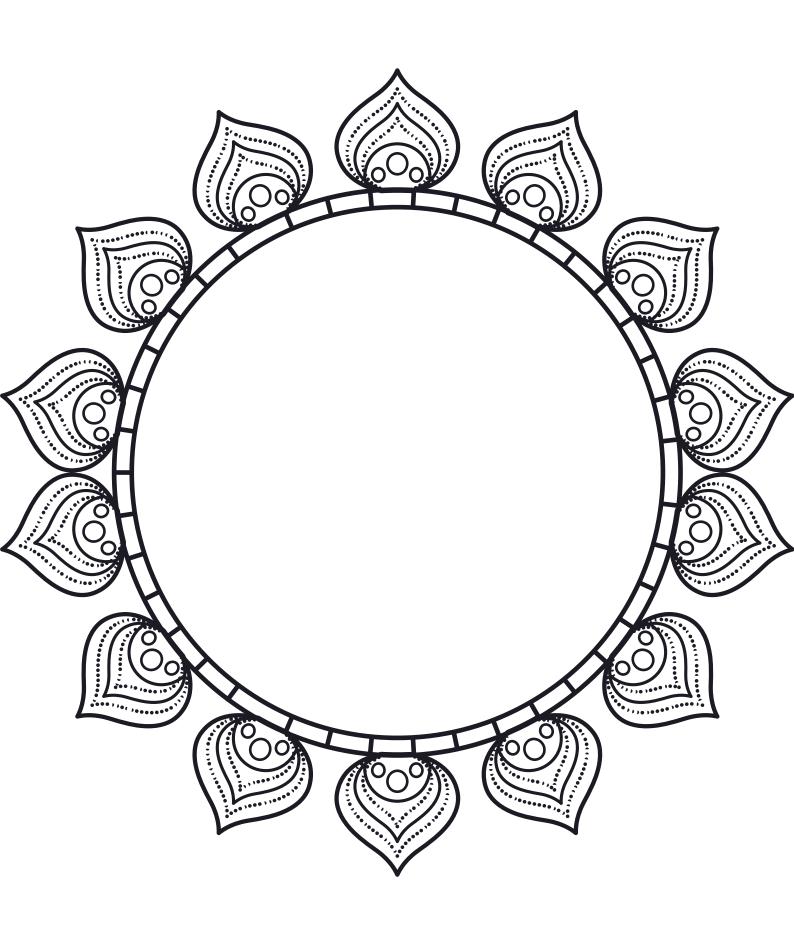
enodiatherapies.com



enodiatherapies.com







enodiatherapies.com