

Tune Up Your Brain, Module Two, Lesson Four

The Joy of Mandalas

“Flow with whatever may happen, and let your mind be free: Stay centered by accepting whatever you are doing. This is the ultimate.”

-Chuang Tzu-

Mandalas are often used in occupational therapy because the cognitive stimulation helps people who have had injuries, including brain injuries, do their daily activities.



They are also used in educational settings to help students with concentration, attention, and discipline. Cognitive and behavioral psychologists use them as a tool to help clients improve things like memory, attention, perception, and visuomotor coordination.

So, you can see that, in addition to being a valuable tool for centering, meditation and focus, they are excellent brain-training devices.

Better yet, mandalas are your opportunity to express yourself, while still having a framework or a place to start. They make it easier to be creative, and they are a great source of new ideas. And you can't do them "wrong". There is no judgment, just joy in the creative process.

Each shape and color symbolizes unconscious aspects about you. Here are some of their meanings:

Colors

Red. Passion, sensuality, strength, power, and aggressiveness. The first chakra.

Orange. Pleasure, glory, vanity, progress, and energy. The second chakra.

Yellow. Happiness, willpower, and newness. The third chakra.

Green. Hope, ease, and naturalness. The fourth chakra.

Blue. Calmness, seriousness, respect, and communication. The fifth chakra.

Purple. Meditation, creativity, and oscillation. The sixth chakra.

White. Peace, harmony, goodness, delicacy, and shyness. The seventh chakra.

Black. Depth, mystery, authority, dignity, security, sadness, and mourning.

Shapes

Crosses. Conscious and unconscious, a merger of heaven and earth.

Triangles. Transformation and vitality.

Circles. Dynamism and connection with the cosmos.

Squares. Stability and balance.

Mazes. Looking for your personal center.

*“Everything that shows up in your mandala is a vehicle for your awakening.
From this point of view, awakening is right at your fingertips continually.”*

-Pema Chödrön-