



*Mandala by Rachelle Oppenhuizen*

LIGHT REFRESHMENTS  
WILL BE PROVIDED.

*If you have a special diet or wish  
to bring along particular food  
choices for lunch time, you are  
welcome to do so.*

SPONSORED BY  
Hope Church Prayer and Spirituality Ministry

PRESENTED BY  
Loretta Smith, Jackie Knoll,  
and Rachelle Oppenhuizen



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JOIN US FOR

a summer  
**QUIET DAY**

*this day will provide  
NOURISHMENT  
for BODY AND SOUL  
by means of periods for  
SILENCE AND REFLECTION  
along with an introduction  
to basic resources and materials  
for engagement with the  
exploration of MANDALAS*

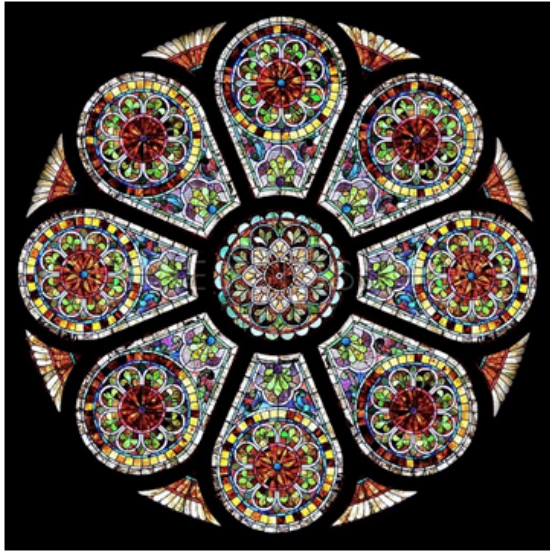
Saturday, August 3

9:30am-3:00pm

Hope Church

# MANDALAS

Making Order Out of Disorder



Our emotions sometimes throw us into chaos and nothing makes sense. At these times, we often need to find a center amid the confusion, a way to pull together the scattered parts of life and find order.

The mandala is one such centering space for the self and the soul.

AN EXCERPT FROM

## ***The Soul's Palette: Drawing on Art's Transformative Powers***

by Cathy A. Malchiodi

Making a mandala simply means creating an image within any circular space. Self-created mandalas are reflections of your inner self and are symbolic of your potential for change and transformation. When a mandala image suddenly turns up in your dreams or spontaneous art making, it is usually an indication of movement toward new self-knowledge.

Jung is credited with introducing the Eastern concept of the mandala to Western thought and believed that this symbolic form represented the total personality, or Self.

Art therapist, Joan Kellogg, spent much of her life developing a system of understanding the wisdom of the mandala, which she called the Great Round. She believes that an intimate self-knowledge is intuitively reflected in the forms and patterns, particularly about the current physical, emotional, and spiritual condition of the mandala maker.

In periods of intense stress or grieving, I [Cathy A. Malchiodi] have returned to the circle as a source of both wisdom and containment. Many years ago I was spontaneously attracted to

working within the structure of a circle in my art at a time of emotional upheaval. I found myself wanting the control of a set of colored pencils and a circular space within the page of a small square drawing journal rather than my usual chalks or paints. For several months each day I worked at creating geometric designs in a circular format in that journal. Somehow it seemed right for me to use a ruler or a compass to carefully plan these images. Once in a while something more organic would emerge, like a spiral or snakelike shape or a maze of forms. Not only did coloring intricate patterns keep my mind focused, thus relieving my agitation, but I found that day by day my inner self became more peaceful even amid confusion or intense activity.

Mandala making, whether through drawing, painting, or three-dimensional media, can be similar to meditation. I find it easy to “slip off” both time and space when drawing a mandala. In my therapeutic work with individuals, I often suggest mandala drawing as a form of stress reduction for a troubled heart in times of emotional chaos.

*Art Therapist, Cathy A. Malchiodi, author of “The Soul's Palette, Drawing on Art's Transformative Powers for Health and Well-Being.” P. 164-167.*