

Art Therapy

Mandalas

Maripat Munley

A variety of images emerge from art-based workshops and classes in San Antonio, Texas and throughout the state. Mandalas, circular drawings employed as meditation devices, are a key component at many of the venues. After reflecting on a variety of inner journey themes, participants use simple art media such as prisma pencils, crayons, and markers to express themselves. Examples of the prompts or themes might be self-forgiveness, finding a personal place for quiet time or prayer, self-compassion, visual journaling efforts, or imaging invisible energy. Some of the images occur in response to enjoyable reading about foreign places or are simply spontaneous. Such highly personal visual language and meaning-making efforts with resulting images often result in clear insights and create a new habit of communication to self and others.



Cari Rodriguez



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