

Originally, the Mandala had a deep connection with many religious traditions as an aid for meditation. The concentric and geometric pattern of a Mandala has a spiritual and ritual significance in Buddhism and Hindus, and also in the various traditions in Christianity and the rituals of Native Americans.

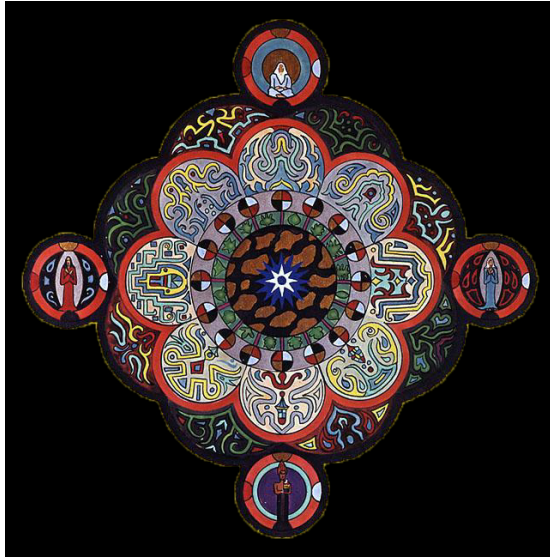
In Tibet, The Buddhist monks produce the sand Mandala which symbolizes the cosmos throughout many days. The monks consider the producing process as a meditation practice and strictly care about the symbolism of each part in the pattern. The sand Mandala functions as a center of concentration during the Buddhist ritual. After the ritual is finished, it is cleaned and carefully thrown away to nature. It is the practice of creating the sacred; then, being detached from the manifestation of one's ego.

In the rituals of the Navaho Indians, the Mandala has a similar function. People create a sacred diagram using dry materials such as cornmeal, pollen and pulverized flowers. The diagram functions as a central element in the ritual and then, is respectfully dismantled when the ritual is finished.

While many religious traditions produce Mandalas based on a strict symbolism, the psychologist C.G.Jung and his followers focus on modern Mandalas that employ the basic grids and allow variations in design like a jazz player. The design of the Mandala pattern in *One* employs the principle of modern Mandalas.

Jung researched the Mandala as a diagram with a therapeutic effect. Jung began to draw a Mandala when he was having a personal turmoil. He also watched his patients spontaneously create Mandalas when they were in mental anguish even though they had no background knowledge of the religious diagrams. Jung concluded that creating a Mandala is a natural attempt to settle psychic disorientation and recover harmony. That is, Mandala is a

symbol of reintegration following a time of disequilibrium.¹ Jung thought that the Mandala represents a dynamic process of the reconciliation of the opposites such as conscious and unconscious, Yin and Yang, male and female, to a central point. According to Jung, creating and contacting with a Mandala has a healing power for the human psyche.



(figure1) a Mandala drawing of Jung

Some of followers of Jung researched the empirical effects of creating Mandalas, and they found that it has an actual healing power for a mental disorder. For example, the team of Henderson(2007) tested two groups of people with PTSD(Post Traumatic Stress Disorder) and let one group practice drawing Mandalas for four weeks. After four weeks, the depression, anxieties and physical symptoms of the group who practiced Mandala drawing decreased².

<bibliography>

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4. Radmila Mocanin(2003), Jung's Psychology and Tibetan Buddhism, Wisdom Publications,
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