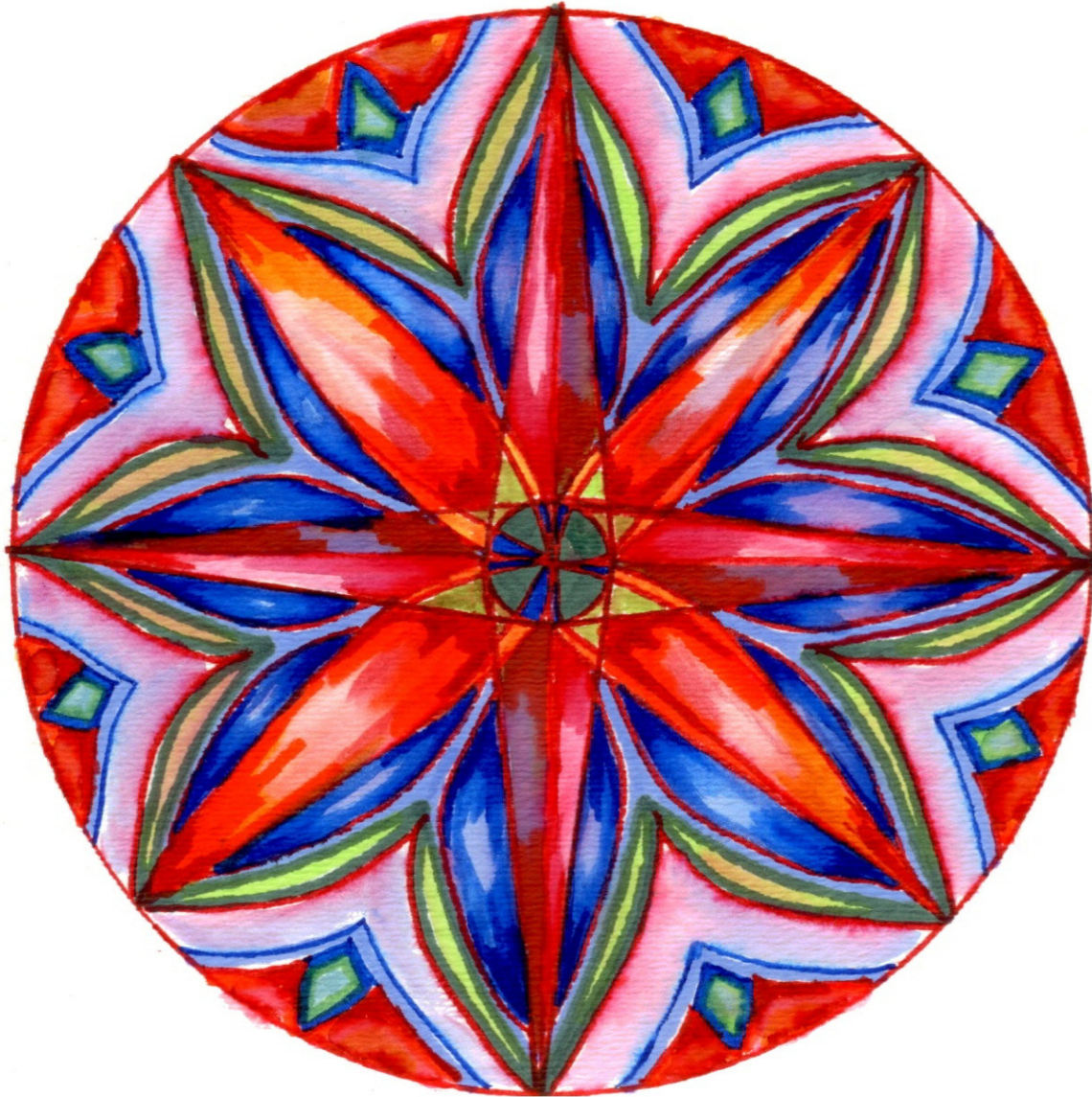


MANDALA

A Mind Map Tool for Creative Solutions and Mind Mastery



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Coaching & Facilitation by
SHERRY PHELAN, PH.D.
Turnaround Thinking™

EDITOR'S NOTE

Get out of the box and enter the wisdom of your private inner circle!

Creative Solutions: Draw an abstract mandala to tap into your own insight, intuition and creative solutions you won't get anywhere else!

Master your Mind: Notice thoughts as they come and go, so you can capture ideas, let go of negativity and strengthen your focus muscle.

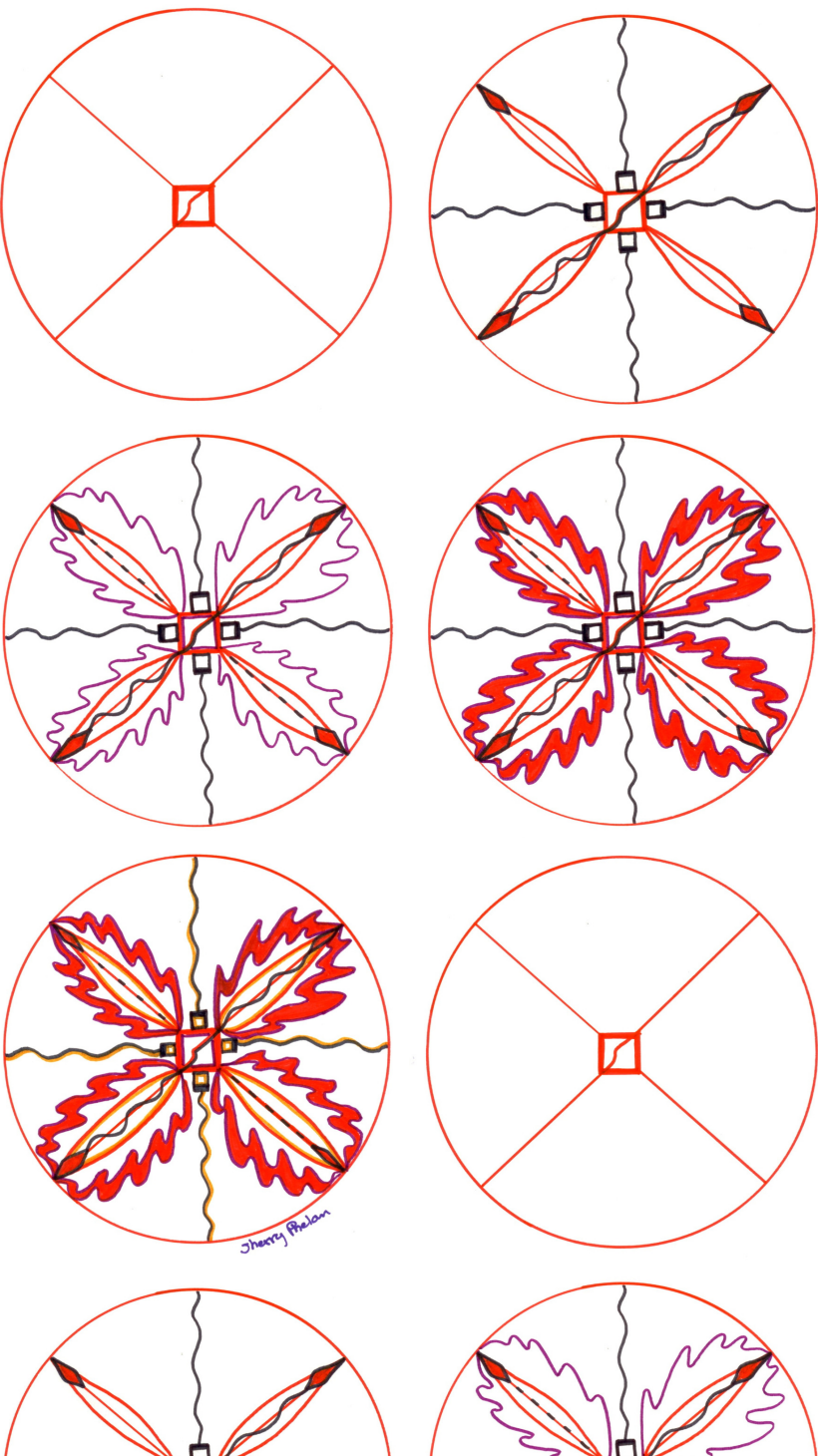
Self-expression: The art of the Mandala can also be used for creative self-expression and stress-release.

Work alone, with your coach or with your team for insights, innovation and creative solutions you might not have thought of otherwise.

You'll be amazed at your own genius at work!

SHERRY PHELAN, PH.D.
Turnaround Thinking™

WHAT IS IT?



HISTORY

The Mandala is an Ancient Tool
Buddhist Monks and Indians have created Mandalas for centuries as a prayerful, meditative practice. The circular symbol reveals its perceptions about the Universe.

TRANSFORMATIVE TOOL

Engaging both the right and left sides of the brain

The Mandala is a powerful whole-brain tool that can reveal new insights and options you didn't have before.

ACTIVE MEDITATION

Take time out and in for self-connection and emotional release within a safe boundary.

The benefits of meditation, from reducing stress to increasing concentration, self-awareness, happiness, anti-aging and health.

A MIND MAP

Bringing your purpose to life

The mandala is a unique, revolutionary tool that can also play a significant role to shift perceptions and open insight and communication during a team or individual coaching session.

HISTORY



The Mandala is an ancient tool. Buddhist Monks and Indians have created Mandalas for centuries as a prayerful, meditative practice.

Dr. Carl Jung, one of our foremost original thinkers, painted a Mandala every day for personal insight and he had his patients draw one at each session. He saw the Mandala as a snapshot of one's present state and used it as a tool to integrate personality parts onto a unified whole.

The Mandala is Sanskrit word for circle or center. The circle represents the infinite Universe, whole and complete.

It's also the cycle of life, with transformation at each turn. Each cycle has a start and end; every ending is a new start. Each completion yields a new set of possibilities with infinite potential. At its center is pure creative potential. It's a part of the Universe, but it's whole and complete unto itself.

We are each like a mandala, a part of the Infinite Universe and the creative center of our own Universe, a Universe of our own perception and making. You bring your Universe to life! At your core, you are whole, complete, and infinitely creative! Looking at yourself from this light opens up a world of possibilities.

TRANSFORMATIVE TOOL

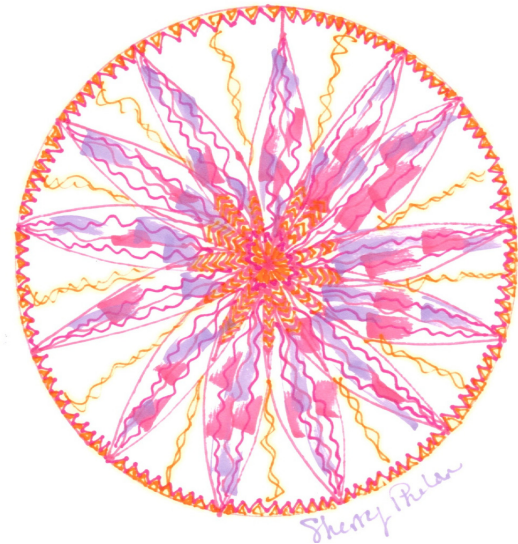
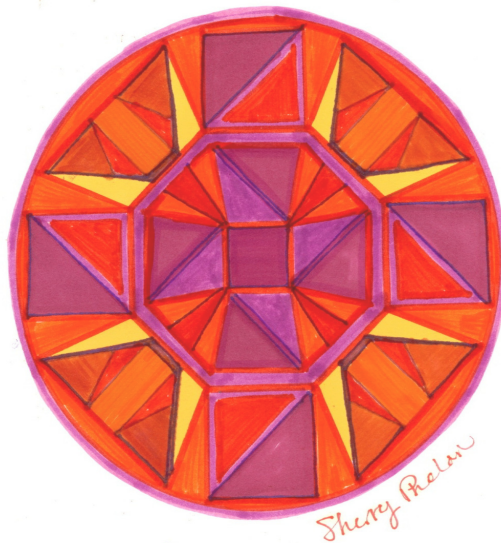
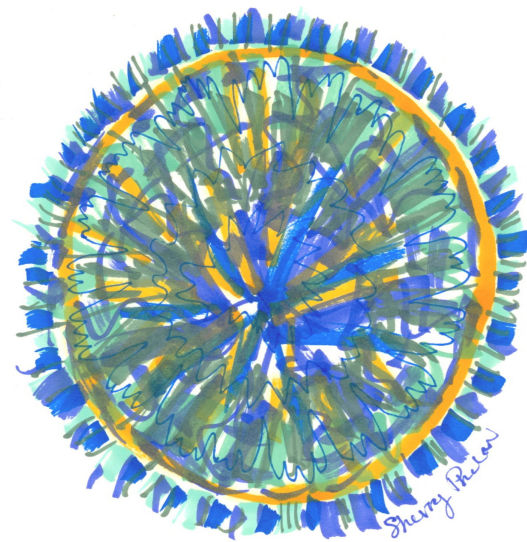
The Mandala is a powerful whole-brain, transformational tool, engaging both the right and left sides of the brain.

Drawing activates the right brain, your center of perception and new connections. You draw a simple circle, then add a few more colorful, abstract marks to see what shows up inside. The connections and patterns you find

to make in your drawing spark awareness of those in your thinking and life that serve your or don't. Aha!

Following specific steps to write about your process afterward activates left-brain analysis to make sense of it all.

Now, you've got new insight and options you didn't have before.



See your energy in living color:

You can see your energy shift over time. One day it may feel chaotic. The next day, it is solid and geometric. Then it shifts to light and airy. Or at least mind did.

ACTIVE MEDITATION

We keep hearing about the benefits of meditation, from reducing stress to increasing focus and awareness. Drawing the mandala is an active form of meditation for those who want all the benefits of meditation but have trouble sitting still. It keeps you calm, focused and engaged, so you can zone *in* to hear yourself think - and even see the energy of your thinking reflected of paper.

Time Out

Drawing a Mandala gives you space to step outside your busy world, briefly, so you can observe it and the impact you are having on it.

Time In

It's your time in to have a better look at your thinking and the impact it is having on your feelings and actions. You also get the big picture, focus on the details and connect the dots. You start to see things as they truly are so you can make new choices.

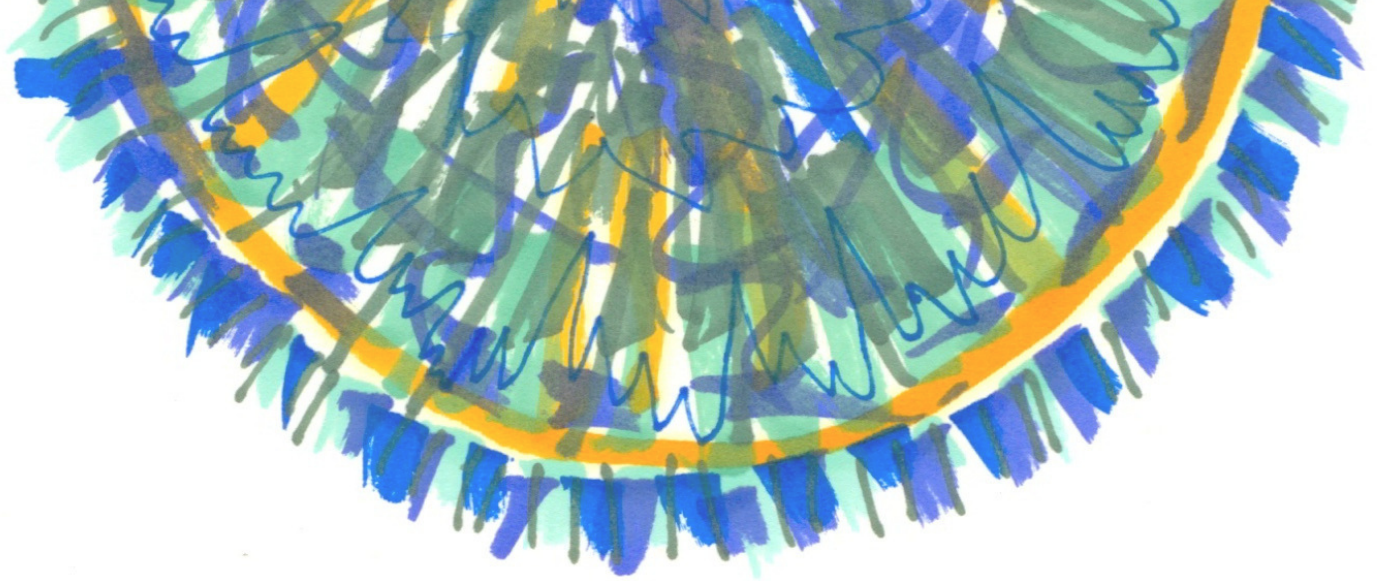
Self-Correction & Emotional Release

Color is an emotional vehicle, too. In drawing a Mandala, you get your feelings up and out, safely, in the privacy of your own circle. You literally see what you're thinking so you can make new decisions. You feel distressed and renewed afterward.

A Safe Boundary

The circle you draw gives you a safe playground to experiment with creative expression, in short bursts. You allow intuitive insights to bubble up, and capture them while they're hot, creating your aha-on-command!





YOUR MIND MAP

Stanford professors, Michael Ray and Michelle LaRoche, introduced the Mandala to Executive MBAs in their course, Creativity in Business. Out of the many creativity tools these executive taught in the course, Executives found the Mandala to be the most profound in connecting them with their Life Purpose.

15 years after first reading about this, I came across the Mandala again as a warm-up exercise for a watercolor class. I painted a very crude Mandala, then set out for a walk. As I walked, I asked myself, "What is my life purpose?" Almost immediately, the three words, artist-teacher-healer, came to mind. For the first time in ... ever, I took this intuitive answer to heart as guideposts. And so sparked a creative explosion in my life.

I committed to act on at least one of the three "guideposts" I heard that day - Artist, Teacher, Healer, every day to bring this vision alive. The next day, I shared my experience with a friend. She invited me to teach a Mandala workshop at her church.

I wanted to teach from my own experience, but I had only painted one mandala! In preparation for the workshop, I drew a Mandala daily for 90 days. After each drawing, I wrote about my process and insights. This dual process of drawing and writing became what I now refer to as my Mandala Awareness Practice (MAP). As Carl Jung also found, each Mandala I drew was like mind map or snapshot of consciousness at one moment in time. Each one also gave me insights for my next creative steps.

My Purpose Came to Life!

I have now taught the process to hundreds of people, including MBA students to entrepreneurs, business executives and men and women from every walk of life. All have benefitted from creative expression, deep insight, and even healing. The mandala is a unique, revolutionary tool that can also play a significant role to shift perception and open communication during a team or individual coaching session.

TESTIMONIAL

For me, the mandala is a portal to creativity and uninhibited thoughts. It's like opening a side door to your brain and kind of catching it off guard before rules or judgment seep in.

The Mandala is a circular playground where you naturally achieve balance as you play in the space. It's a fun way to approach your journal or a canvas because it only requires a small time commitment and it doesn't pressure you to create a masterpiece.

Whether your Mandalas are just for fun or hold deep meaning for you...both approaches are meditative and a great way to practice just living in the moment.

My favorite parts of the process are the happy accidents that happen along the way. Maybe your circle is lumpy or some lines don't look like anything at first...but the more you keep playing, it keeps getting better and eventually becomes something unexpected.

I have been making Mandalas in my journals pretty regularly since I started (upon your awesome recommendation), and it has given me insights in other areas of my life.

About a week ago, I was in the recording studio working on a track for the rock musical, and we were halfway through the song. We'd already recorded piano, guitar and drums, when I realized I'd made a huge mistake and left out an entire measure of music.

I hadn't recorded the vocals yet, and now all of the other tracks would be wrong. But before we attempted to fix it - I felt that this was one of those awesome accidents that could end up being the best part of the song. I took a few minutes to rethink the vocals...adapted the way I sang it, and we recorded the newly inspired vocal tracks.

I was so happy with the result and most happy that I put my Mandala experience to great use. I felt confident that the "accident" could be a great opportunity. I realized I had really changed my thinking while doodling Mandalas.

~JILL DRYER
Illustrator & Story curator

NO ART BACKGROUND NECESSARY

Anyone can create a beautiful and cool mandala right away. You don't have to be a trained artist. I'm not! In fact, skill, training and an "artist" self-image can get in the way of free creative expression when it comes to the art of the Mandala. We just allow the design to emerge, and work with whatever comes up. It's great training for life!



I participated in Sherry's Mandala Workshop. At first, I had some fears about doing "art work". But, with Sherry's clear, gentle, and direct leadership, I moved seamlessly out of my fearful mind and into the creation of my Mandalas. After creating the Mandala we were encouraged to put words to the visual images. I was surprised and delighted by the result. There were some profound messages inside of me that were unveiled, previously unrecognized. Thank you, Sherry, for an important and lovely experience.

~BILL STAFFORD
Consultant

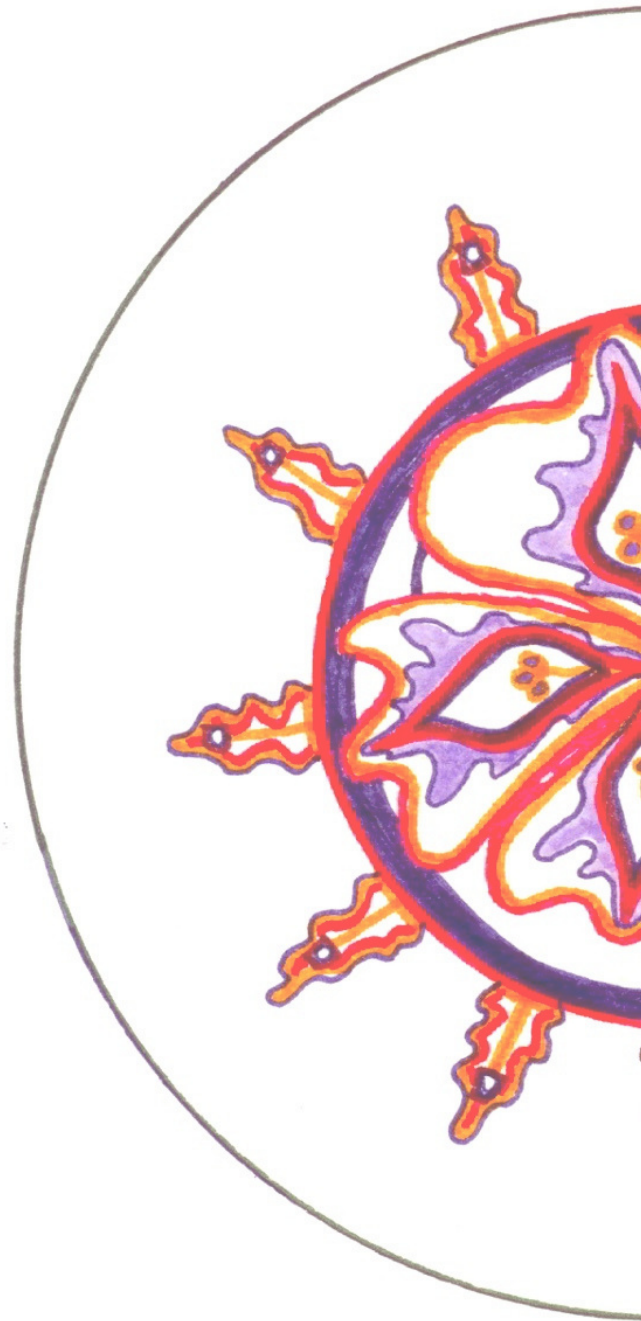
LIGHT YOUR CREATIVE FIRE

The MAP Workshop, 1:1 or in a group, takes place in a safe, sacred, and confidential environment where people feel the freedom to open up to themselves and each other like never before. The MAP process surfaces both creative judgments that kept you stuck and creative insights and ideas to skyrocket results. Dreams get ignited and courageous action steps follow.

My clients report having greater breakthroughs than ever when integrating the MAP process combined with coaching! Creativity happens. Big ideas get generated. Personal ownership and resourcefulness soars. Hearts get healed. Things get done. Miracles can happen!

It was an inspiring, challenging, and secure experience for me, as working with Sherry usually is. This (7-month) program was also very healing for me...from ending a long-term, toxic, and abusive relationship." I wasn't sure what I wanted or how my life or I was going to "turn out". The Mandalas show my changes as I progressed from a healing person to a woman with new found passions and remembered, though long-unfulfilled desires. During the course of the program, I met a wonderful man, fell in love, became engaged, and will be married in a few weeks.

~CAROLE CUNNINGHAM





THE MANDALA WORKSHOP

Available as a part of 1:1 coaching, for your team, or for any group you put together. We can also set you up with a MasterMind group format for ongoing creativity, inspiration and accountability.

CONTACT ME

ABOUT

Dr. Sherry Phelan is an author, artist, and Life by Design coach. For the past 25 years, she has coached Fortune 100 & 500 companies, executives, entrepreneurs and those in transition, turning their challenges into stepping stones toward greater freedom and success.

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