

Exploring the Therapeutic Potential of Soul Mandalas

Srishti Bhatt¹, Amita Puri^{1*}, Shivam Gupta¹, Bhanuja Gauba¹, Kumud Aneja¹, Sami Alam¹, Astha Puri² and Khushpinder Pal Sharma³

¹Citizen Hospital and De-Addiction Centre, Gurgaon, Haryana, India

²Data Scientist, New York, USA

³Counseling Psychologist, IIITD, India

***Corresponding Author:** Amita Puri, Citizen Hospital and De-Addiction Centre, Gurgaon, Haryana, India.

Received: December 16, 2024; **Published:** January 28, 2025

Abstract

The soul mandala, an artistic expression of the subconscious, serves as a transformative tool for personality profiling and emotional healing. By utilizing intricate patterns and vibrant colours, the soul mandala reveals hidden dimensions of an individual's psyche, offering a pathway to self-awareness and emotional insight. Through the process of creation, suppressed emotions and unconscious patterns surface in a symbolic, non-verbal form, fostering introspection and emotional expression. This method also provides therapists with a unique medium to interpret and address the client's inner world. This paper highlights the efficacy of soul mandalas in therapeutic contexts, particularly in understanding emotional states, identifying unresolved issues, and facilitating healing. The case study of a 34-year-old IT consultant demonstrates its impact. Struggling with recurring relational challenges and familial tensions, the subject engaged in creating a soul mandala, which revealed deep-seated emotional struggles. Integrating this with past life regression (PLR) therapy and tailored healing interventions allowed the client to process underlying patterns, leading to significant improvements in self-awareness, emotional regulation, and relational stability. By bridging art therapy and psycho-spiritual methodologies, the soul mandala offers a holistic approach to addressing complex emotional and psychological challenges, unlocking profound potential for personal growth and transformation.

Keywords: Soul Mandala; Personality Profiling; Art Therapy; Emotional Healing; Past Life Regression; Inner Child Work

Introduction

The intersection of art and psychology has provided innovative avenues for therapeutic intervention, with mandalas being a prominent tool for introspection and healing. Originating in spiritual traditions, mandalas symbolize the universe and the self, offering a visual medium to explore one's inner world. The therapeutic use of mandalas has been linked to emotional regulation, mindfulness, and self-expression. The concept of a Soul Mandala extends this tradition by integrating subconscious energies and personal experiences into a holistic framework for personality profiling and emotional healing [1].

This study investigates the application of soul mandalas in therapeutic contexts, focusing on their ability to reveal unconscious patterns and aid in targeted interventions. The review of literature explores the psychological underpinnings of mandala art therapy and

its integration with other modalities such as past life regression (PLR) and inner child healing. A case study is presented to illustrate these concepts in practice [2].

Mandala art therapy

Mandalas have long been valued in psychology as tools for self-exploration and healing, with their therapeutic use gaining prominence through the work of Carl Jung. Jung viewed mandalas as symbolic representations of the self, serving as a means to unify the conscious and unconscious mind, a process integral to achieving individuation and psychological wholeness [3].

Research supports this perspective, highlighting how mandala creation fosters relaxation, reduces anxiety, and promotes emotional clarity. Emphasise its efficacy as a calming activity that enables individuals to process emotions in a non-verbal, meditative manner [4].

Moreover, demonstrated the stress-reducing benefits of mandala colouring, attributing its effects to the repetitive, structured patterns that help focus attention and reduce rumination. These findings affirm the role of mandalas in enhancing emotional well-being and offering a therapeutic outlet for self-expression [5].

Soul mandalas as personality profiling tools

Traditional mandalas often emphasize symmetry and spiritual significance, focusing on universal symbols and balance. In contrast, soul mandalas are highly individualized, incorporating the unique emotions, experiences, and subconscious patterns of the creator. This personalization aligns closely with expressive art therapy, where creativity becomes a channel for exploring emotions, resolving conflicts, and facilitating personal growth. Studies suggest that the choice of colours, shapes, and patterns within a mandala can offer valuable insights into a person's psychological and emotional state [6].

For instance, demonstrated that certain artistic elements could reflect mental health conditions, unresolved traumas, or personality traits. Soul mandalas thus act as both therapeutic tools and diagnostic aids, providing a rich, visual narrative of the client's inner world and facilitating deeper understanding during therapy sessions [7].

Integration with past life regression (PLR) and inner child healing

The integration of soul mandalas with modalities like past life regression (PLR) and inner child healing enhances their therapeutic scope. PLR, delves into past-life experiences to uncover unresolved karmic patterns and traumas that continue to influence present behaviour. When combined with Soul Mandalas, clients can visually represent insights from PLR sessions, creating symbolic art that consolidates their experiences and fosters deeper understanding. as proposed by Weiss [8].

Inner child healing, based on the work addresses wounds and unmet needs from childhood that shape adult emotional and relational responses. The creative process of mandala art allows clients to reconnect with their inner child, offering a safe and non-verbal space to explore and heal childhood memories. Together, these modalities form a holistic approach that uncovers and addresses deep-seated emotional blockages across various dimensions, fostering emotional release and integration [9].

Soul mandala explanation

A soul mandala serves as a visual and symbolic representation of the inner self and subconscious energies, reflecting the creator's psychological and spiritual states. The central point of the mandala often represents the "core self," symbolizing the essence of individuality and personal identity. Surrounding this core are concentric circles, stars, and swirling patterns that symbolize different aspects of the individual's life, such as relationships, aspirations, fears, and past experiences [10].

The colours and patterns used in a soul mandala carry emotional and psychological significance. For example, vibrant hues may reflect energy and optimism, while darker shades might symbolize introspection or unresolved struggles. The stars and swirling elements can signify aspirations, creativity, and connections to universal or spiritual energies, highlighting the interplay between personal and collective consciousness [11].

By creating and analysing these mandalas, clients gain deeper insights into their inner world, while therapists can use them to guide the healing process effectively. This unique combination of art, symbolism, and psychology makes soul mandalas a powerful tool for self-discovery and therapeutic transformation [12].

How soul mandala helps in personality profiling

Insight into emotional states

The choice of colours, patterns, and symmetry in a soul mandala acts as a mirror to the creator's emotional and mental state. Each colour holds symbolic meaning bright and vibrant hues often reflect positivity, joy, or hope, while darker tones can signify unresolved traumas, fears, or emotional stagnation. Patterns and their arrangement whether chaotic, harmonious, or incomplete also provide insight into the individual's current psychological state. For instance, a well-balanced, symmetrical mandala might indicate inner harmony, whereas disjointed patterns could suggest turmoil or disarray [13].

Unconscious patterns

Soul mandalas serve as a gateway to the subconscious, revealing recurring themes or symbols that resonate with the individual's deeper psyche. These patterns may highlight feelings of disconnection, chaos, or stability that the person may not consciously recognize. For example, repetitive motifs of barriers or enclosed spaces may suggest a fear of vulnerability, while expansive designs might indicate a longing for freedom or connection. By decoding these subconscious symbols, therapists can better understand underlying behavioural tendencies and personality traits [14].

Healing and introspection

The act of creating or analysing a soul mandala provides a therapeutic avenue for confronting deep-seated emotions. This meditative process encourages introspection, allowing individuals to process unresolved feelings and gain clarity about their inner selves. As individuals engage with their mandalas, they often experience emotional release and an increased sense of self-awareness, which are crucial for emotional healing [15].

Tailored therapeutic interventions

The insights gleaned from a soul mandala empower therapists to design personalized interventions. For instance, if the mandala reveals themes of abandonment or emotional neglect, interventions such as inner child healing may be recommended. If relationship conflicts are evident, targeted couples therapy or communication coaching can be introduced. Similarly, motifs indicating low self-worth can lead to confidence-building exercises and affirmations. This targeted approach ensures that therapy aligns closely with the individual's unique emotional and psychological needs [16].

Methodology

Case study: IT consultant with a history of breakups

Background and presenting issues

The client, a 34-year-old IT consultant, has experienced two significant relationship breakups, both involving emotionally unavailable partners. This recurring pattern suggests a deeper, underlying issue tied to attachment styles and self-worth. Such patterns often emerge from unresolved emotional needs or early relational experiences. The client's attraction to emotionally unavailable partners may reflect

an unconscious attempt to recreate or resolve past dynamics, potentially tied to caregivers who were either physically or emotionally distant. This has left the client in a cycle of seeking validation and connection from individuals who cannot fully reciprocate, reinforcing feelings of rejection and inadequacy.

In addition to the relationship challenges, the client reports frequent conflicts at home, indicating unresolved familial tensions. These tensions may stem from unmet expectations, unresolved grievances, or a lack of healthy communication within the family system. The home environment may be a source of emotional dysregulation, further exacerbating the client's relational difficulties and impacting overall self-esteem and emotional well-being.

Attachment and self-worth dynamics

The client's relational choices and conflicts highlight issues of attachment theory and self-worth. If the client exhibits an anxious attachment style, they may prioritize maintaining relationships over their own emotional needs, leading to feelings of dependency, fear of abandonment, and difficulty setting boundaries. Alternatively, the client's attraction to emotionally unavailable partners could point to an avoidant attachment style, where there is a fear of intimacy or vulnerability despite a desire for connection. These dynamics are further compounded by low self-worth, where the client may unconsciously believe they do not deserve fulfilling and supportive relationships, perpetuating the cycle of unhealthy relational patterns.

Impact of familial tensions

The client's familial conflicts likely play a significant role in shaping their attachment patterns and self-perception. Early family experiences often set the foundation for how individuals view themselves and others. If the client grew up in an environment characterized by criticism, neglect, or lack of emotional atonement, they may have internalized feelings of inadequacy or unworthiness. Family tensions in adulthood, such as unresolved sibling rivalries, parental expectations, or differing values, can reopen old wounds, creating a persistent sense of emotional instability and stress.

Broader implications on life and career

The impact of these unresolved issues extends beyond personal relationships and familial dynamics. In the high-pressure environment of IT consulting, the client may struggle with maintaining focus, navigating workplace conflicts, or managing stress due to emotional distractions. Feelings of inadequacy or emotional exhaustion from personal challenges could affect their confidence, decision-making abilities, and professional relationships.

Therapeutic approach

A comprehensive therapeutic approach would involve:

- **Exploring attachment styles:** Helping the client identify their attachment style and understand how it influences their relationships. Psychoeducation on attachment theory can empower the client to recognize and break unhealthy relational patterns.
- **Building self-worth:** Introducing practices like cognitive restructuring, affirmations, and self-compassion exercises to help the client challenge negative self-beliefs and foster a sense of intrinsic worth.
- **Addressing familial conflicts:** Using family therapy techniques or inner child work to explore unresolved family tensions and their impact on the client's emotional landscape.
- **Emotion regulation and mindfulness:** Teaching skills like mindfulness, grounding techniques, and stress management to help the client navigate emotional triggers and reduce the impact of familial and relational stress.

- **Establishing healthy boundaries:** Guiding the client in setting and maintaining boundaries in both familial and romantic relationships to promote healthier interactions.
- **Creating new relational patterns:** Using role-play and guided exercises to help the client recognize and choose partners who are emotionally available and capable of reciprocal relationships.

By addressing these interconnected issues, the client can achieve greater self-awareness, heal past wounds, and build healthier, more fulfilling relationships. This would also foster emotional resilience, enhancing their overall quality of life and professional efficacy.

Therapeutic approach using soul mandala

Step 1: Inner child healing through mandala creation

The client was asked to create a soul mandala during the session. The resulting mandala revealed:

- Dominance of red and dark colours near the edges, signifying past hurt and unresolved anger.
- Central blue and green areas, indicating a longing for peace and stability.
- Repetitive swirling patterns, suggesting feelings of being “stuck” in cycles of emotional pain.

Step 2: Past life regression (PLR)

The client underwent PLR to explore karmic patterns influencing their current relationships. Key insights included:

- A lifetime where the client abandoned a partner due to societal pressures.
- A strong emotional attachment to a family dynamic that caused guilt and shame.

Step 3: Healing and integration

The therapist guided the client through:

- **Cord cutting:** To release the energies of past relationships and unresolved family tensions.
- **Affirmation-based mandala revision:** The client revisited their mandala to add brighter colours and shapes that symbolized hope, self-love, and stability.

Outcome

Post-sessions, the client reported:

- Improved self-awareness regarding relationship choices.
- Reduced emotional reactivity during family conflicts.
- Enhanced confidence to form healthier connections.

Discussion

The case study underscores the transformative potential of soul mandalas in therapeutic settings. By visually representing subconscious struggles, they enable clients to confront and process deep-seated emotions. Integration with PLR and inner child healing enhances this process, addressing both past-life and childhood influences on present behaviour. Soul mandalas hold transformative potential in therapeutic settings by serving as a visual language for the subconscious mind. Through the selection of colours, patterns, and shapes, clients project their inner struggles onto the canvas, enabling therapists to identify recurring themes that represent unresolved conflicts or deep-seated emotions. The process of creating these mandalas is meditative, helping clients access suppressed feelings in a structured

and non-verbal way. When integrated with past life regression (PLR) and inner child healing, the impact is amplified. In PLR, the mandala creation acts as a grounding technique, helping clients process insights from past-life memories and symbolically address unresolved karmic patterns. Similarly, in inner child healing, the mandala becomes a tool for clients to reconnect with and nurture their wounded inner child, symbolizing self-love and rewriting their childhood narratives. This integration offers a holistic approach, addressing influences from both past lives and early life experiences, allowing clients to confront emotional blockages and achieve personal growth. For therapists, soul mandalas provide a rich diagnostic and therapeutic framework, merging art, mindfulness, and psychotherapy to create a profound pathway for healing and self-awareness.

Conclusion

The soul mandala provided a powerful visual and emotional framework for uncovering the client's subconscious struggles and guiding the healing process. Combining it with past life regression and inner child work allowed for a comprehensive therapeutic experience that addressed both past and present challenges. The soul mandala proved to be a profoundly effective tool in uncovering and addressing the client's subconscious struggles. Its intricate and symbolic nature enabled the client to externalize emotions and experiences that are often difficult to articulate through words. By serving as a visual and emotional framework, the mandala facilitated a deeper connection to the client's inner world, offering clarity and insight into unresolved conflicts and patterns of behaviour. The integration of the soul mandala with past life regression (PLR) further enriched the therapeutic process by providing a means to explore and address influences from past-life experiences. This allowed the client to uncover and process unresolved karmic issues, freeing them from recurring patterns that had carried over into their present life. Similarly, the incorporation of inner child healing provided a compassionate and nurturing space for the client to revisit and heal childhood wounds, meeting the unmet needs and emotional gaps that shaped their current self. Together, these modalities offered a holistic and comprehensive therapeutic experience, addressing the client's challenges across multiple dimensions of time past, present, and even symbolic metaphors from the unconscious. This synergy not only deepened the healing process but also empowered the client to achieve greater emotional clarity, self-awareness, and personal transformation. The combination of art, mindfulness, and psychotherapeutic techniques exemplifies how creative and integrative approaches can unlock profound healing potential, making the soul mandala a cornerstone for effective, multi-dimensional therapy.

Bibliography

1. Bradshaw J. "Homecoming: Reclaiming and healing your inner child". Bantam Books (1990).
2. Curry NA and Kasser T. "Can coloring mandalas reduce anxiety?" *Art Therapy: Journal of the American Art Therapy Association* 22.2 (2005): 81-85.
3. Henderson P, et al. "Empirical study on the healing potential of mandalas". *Journal of Humanistic Psychology* 47.2 (2007): 220-231.
4. Jung CG. "Memories, dreams, reflections". Pantheon books (1959).
5. Kramer E. "Art as therapy with children". *Art Therapy Journal* 17.1 (2000): 29-36.
6. Malchiodi CA. "The handbook of art therapy". Guilford Press (2012).
7. Weiss B. "Many lives, many masters". Simon & Schuster (1988).
8. Puri A, et al. "Unlocking the secrets of color psychology for transformative interior design through SEHT". *Journal of Psychology and Spirituality* 13.2 (2024): 2089-2095.

9. Banerjee P, *et al.* "Unmasking deception: Pathological lying in narcissists and the role of subconscious energy healing therapy". *World Journal of Advanced Research and Reviews* 24.2 (2024): 1719-1724.
10. Banerjee P, *et al.* "Subconscious Energy Healing Therapy (SEHT) in anxiety management: A holistic approach for young mental health professionals". *World Journal of Advanced Research and Reviews* 24.2 (2024): 1725-1729.
11. Banerjee P, *et al.* "The role of subconscious energy healing therapy (SEHT) in enhancing relationship counselling outcomes". *World Journal of Advanced Research and Reviews* 24.2 (2024): 1730-1737.
12. Puri A., *et al.* "Assessing narcissistic patterns: A comprehensive approach with the narcissistic personality patterns test (NPPT)". *International Journal of Science and Research Archive* 13.2 (2024): 924-928.
13. Puri A., *et al.* "Construction and standardization of a test of narcissistic personality pattern test". *International Journal of Science and Research Archive* 13.1 (2024): 3325-3330.
14. Bhatt S., *et al.* "Development of an app for diagnosing autism". *International Journal of Science and Research Archive* 12.1 (2024): 2406-2410.
15. Bhatt S., *et al.* "Integration of virtual reality (VR) and artificial intelligence (AI) in autism therapy". *International Journal of Science and Research Archive* 12.1 (2024): 2400-2405.
16. Karthikeyan B., *et al.* "Internet of things (IOT) based attendance and intrusion detection system". *International Journal of Innovative Research in Computer and Communication Engineering* 4.3 (2016).

Volume 17 Issue 2 February 2025

©All rights reserved by Rozin Vadim Markovich.