

American Mandala

Mandala is a Sanskrit word that means "circle" and represents wholeness. In various spiritual traditions, mandalas have been employed as an aid to meditation, to focus the attention of the user. Its symbolic nature is thought to help one to access progressively deeper levels of the unconscious, ultimately assisting the meditator to reach their true inner self. In the West, mandala is also used to refer to the "personal world" in which one lives, the various elements of the mandala being the activities and interests in which one engages, the most important being at the center of the mandala, and the least important at the periphery. Depicting one's personal mandala in pictorial form can give one a good indication of the state of one's spiritual life.

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