

FOR EDUCATIONAL USE ONLY

## Draw a MANDALA Task -Exercise Task -The Burke/Lonvig Model

### The Burke/Lonvig Model

#### Blue Q

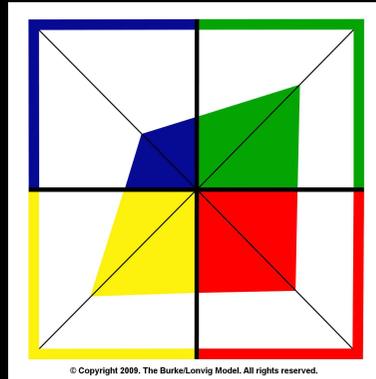
##### Rational Self

Analizes  
Qualifies  
Is logical  
Is critical  
Is realistic  
Likes numbers  
Knows about money  
Knows how things work

#### Green Q

##### Experimental Self

Infers  
Imagines  
Speculates  
Takes risks  
Is impetuous  
Breaks rules  
Likes surprises  
Is curious / Plays



#### Yellow Q

##### Selfkeeping Self

Takes preventive action  
Establishes procedures  
Gets things done  
Is reliable  
Organizes  
Is neat  
Timely  
Plans

#### Red Q

##### Feeling Self

Is sensitive to others  
Likes to teach  
Touches a lot  
Is supportive  
Is expressive  
Is emotional  
Talks a lot  
Feels

Just to remind you of  
the point of departure  
of the Burke/Lonvig Model

## What is a MANDALA? - I

The word "mandala" is from the classical Indian language of Sanskrit. Loosely translated to mean "circle," a mandala is far more than a simple shape. It represents wholeness, and can be seen as a model for the organizational structure of life itself - a cosmic diagram that reminds us of our relation to the infinite, the world that extends both beyond and within our bodies and minds.

Describing both material and non-material realities, the mandala appears in all aspects of life: the celestial circles we call earth, sun, and moon, as well as conceptual circles of friends, family, and community.

The integrated view of the world represented by the mandala, while long embraced by some Eastern religions, has now begun to emerge in Western religious and secular cultures. Awareness of the mandala may have the potential of changing how we see ourselves, our planet, and perhaps even our own life purpose.

## What is a MANDALA? - II

The "circle with a center" pattern is the basic structure of creation that is reflected from the micro to the macro in the world as we know it. It is a pattern found in nature and is seen in biology, geology, chemistry, physics and astronomy.

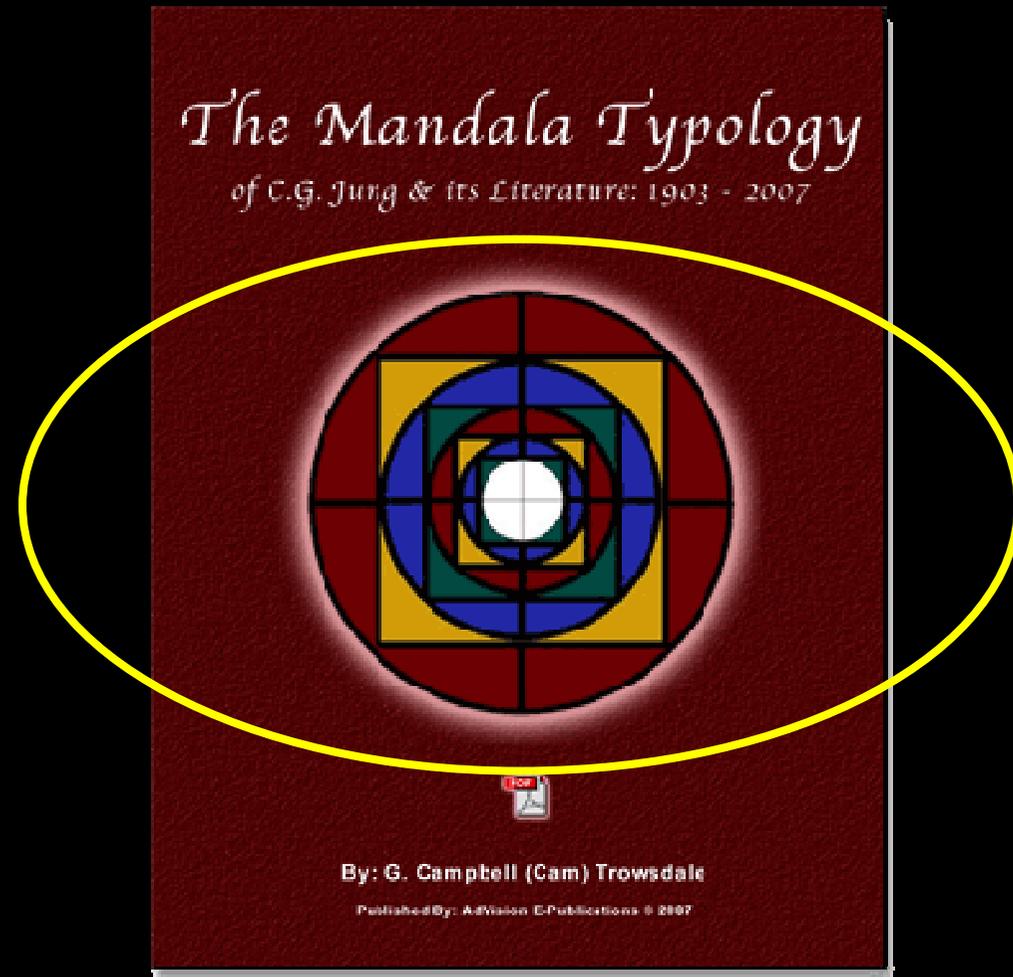
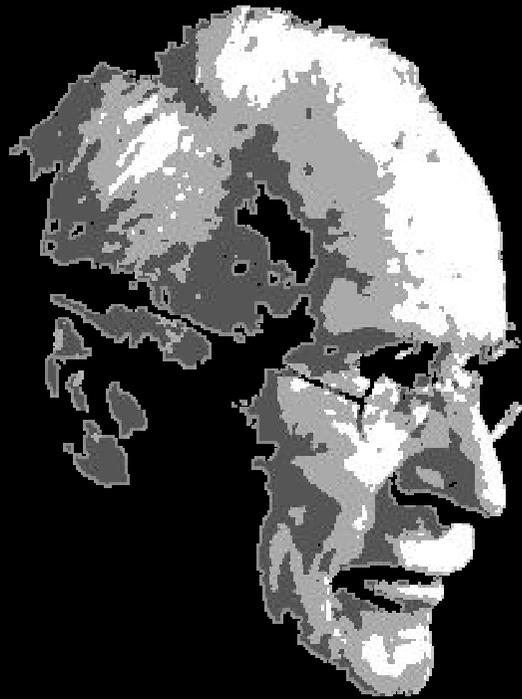
On our planet, living things are made of cells and each cell has a nucleus - all display circles with centers. The crystals that form ice, rocks, and mountains are made of atoms. Each atom is a mandala.

Within the Milky Way galaxy is our solar system and within our solar system, is Earth. Each is a mandala that is part of a larger mandala. Flowers, the rings found in tree trunks and the spiraling outward and inward of a snail's shell all reflect the primal mandala pattern.

## What is a MANDALA? - III

Wherever a center is found radiating outward and inward, there is wholeness a mandala. Representing the universe itself, a mandala is both the microcosm and the macrocosm, and we are all part of its intricate design. The mandala is more than an image seen with our eyes; it is an actual moment in time. It can be used as a vehicle to explore art, science, religion and life itself. The mandala contains an encyclopedia of the finite and a road map to infinity.

Carl Gustav Jung said that a mandala symbolizes "a safe refuge of inner reconciliation and wholeness." It is "a synthesis of distinctive elements in a unified scheme representing the basic nature of existence." Jung used the mandala for his own personal growth and wrote about his experiences.



Jung used the mandala for his own  
personal growth  
and wrote about his experiences.

The cover is decorated with a MANDALA.

*Coming Soon*

Draw a MANDALA Task

# The End

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