

The Power of Mandala Painting in Art Psychological Healing

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Abstract: In the current society, the pace of life is extremely fast and the sources of pressure are complex, psychological problems have been widely concerned, and traditional psychological treatment can no longer meet people's diverse needs. Subsequently, Swiss psychologist Jung conducted research on mandala painting, cleverly integrated color psychology and unconscious expression, and opened the door to the inner world for individuals through specific painting forms, helping them repair psychological trauma and realize self-growth. In view of the great potential of mandala painting in the field of mental health, in-depth exploration of its theoretical basis and practical application is of great significance for enriching the theoretical system of art psychotherapy and improving the level of public mental health.

Keywords: Mandala Painting; Art Psychological Healing; Practical Application; Color Performance; Power Research

1. Introduction

With the acceleration of modern life rhythms, people are facing increasing pressures and challenges, making mental health issues a focal point of societal concern. Mandala painting, as a healing method that combines traditional art with modern psychology, has gained significant attention in the field of mental health in recent years. It not only provides a means of non-verbal expression but also promotes the release and integration of an individuals inner emotions through the ingenious interaction of colors and shapes, thereby achieving the goal of psychological healing.

2. Theoretical Basis of Mandala Painting

2.1 Origin and Development of Mandala

Painting

Mandala painting is a form of painting that is shrouded in mystery and possesses unique artistic charm its historical roots can be traced back to ancient Indian culture. In Indian religious ceremonies Mandala painting holds a significant position being regarded as a crucial tool for communicating with deities seeking blessings and warding off evil spirits. This tradition has over time gradually integrated into the daily lives and belief systems of Indians [1].

The term Mandala originates from Sanskrit, meaning "circle" or "center," symbolizing the infinite cycle of the universe and the eternity of life in Buddhism. It is not only a manifestation of cosmic truth but also a tool for assisting meditation in Buddhist practices, representing wisdom and harmony. In Indian religious ceremonies, Mandala paintings are used to depict the images, symbols, and patterns of deities to seek their protection and blessings. These paintings, with their vibrant colors and intricate lines, are meticulously woven into splendid and exquisite artistic scrolls, immersing one in the mysterious universe and evoking an indescribable sense of power and beauty (Figure 1. Mandala Painting).

Over time, Mandala painting gradually moved away from religious ceremonies and became an independent art form. In India, Mandala painting gradually integrated into folk art and court art, forming a unique artistic style. At the same time, Mandala painting also gradually spread around the world, blending with different cultures and evolving into diverse artistic styles and forms of expression. In Indian folk art Mandala paintings are widely used to decorate and beautify living spaces. People draw Mandala patterns on the edges of houses walls furniture etc. to pray for family peace happiness and good fortune. In the field of Indian court art Mandala paintings are endowed with supreme status they vividly

depict the solemn and majestic images of deities and inviolable sacred patterns thus highlighting the nobility and dignity of the royal family.

Mandala painting has gradually become a way of cultivating ones mind and spirit. By drawing mandala patterns people can purify their souls balance their minds and bodies enhance their focus and creativity. The intricate and meticulous process of mandala painting requires great patience and concentration thus it is also regarded as a form of spiritual practice and meditation.

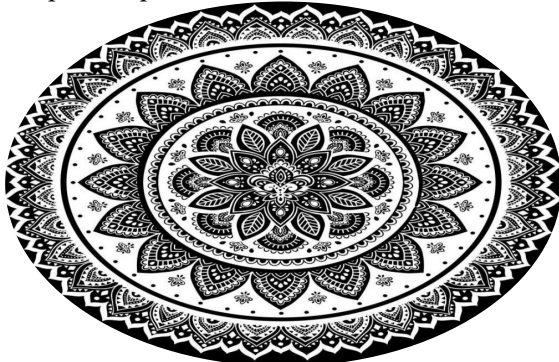


Figure 1. Mandala Painting

2.2 Jungs Theory of Self and Mandala

Mandala painting, as a tool for psychological expression and self-exploration, is deeply rooted in Jungian psychologys theory of the ego. Jung believed that everyones inner world contains a core, essential self, which he referred to as the "ego." This ego is the source and destination of personality, encompassing all personal memories, emotions, ideas, and instincts, serving as the foundation for the unity and integrity of personality.

The Mandala pattern, a symbol system rich in cultural depth and aesthetic appeal, embodies its essence in its unparalleled symmetrical structure and repetitive pattern. This geometric form not only conveys a sense of solemn harmony visually but also symbolically represents the unifying force within nature that unites opposites, such as the balance of Yin and Yang and the generation of the Five Elements, embodying natural laws.

In Jungian psychology, the role of the mandala is seen as a process of inner self-integration. When individuals immerse themselves in drawing mandalas, they seem to embark on a wondrous journey deep into their psyche. This process helps individuals focus their attention, coalescing scattered consciousness to enhance

self-awareness and self-understanding. Through continuous practice, individuals can gradually extend this concentration to other areas of life, improving their ability to regulate themselves and cope with stress.

2.3 Color Psychology and Subconscious Expression

The study of color psychology reveals a fascinating phenomenon: different colors can evoke various emotional waves and psychological sensations in peoples hearts like magic. The vibrant color choices in mandala paintings are like mirrors of the soul, reflecting the painters inner universe and catalyzing the expression of subconscious emotions through the interweaving of colors. For example, cool tones symbolize introversion and calmness, while warm tones symbolize extroversion and enthusiasm (Figure 2. Color Application).

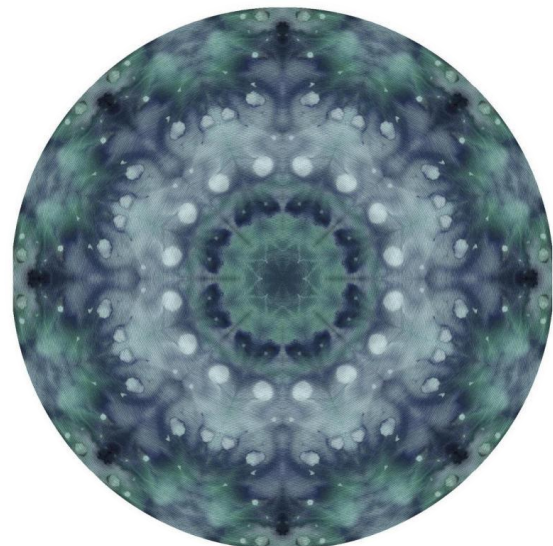


Figure 2. Color Application

In mandala painting, the use of colors is not only limited to symbolizing and expressing personal inner emotions, but it is also a tool for deep self-exploration and emotional management. The combination and coordination of various colors are like notes on a psychological palette, playing a symphony of the soul, guiding the painter into the deep unconscious world, where they can freely release their inner emotional fluctuations and experience unprecedented psychological freedom.

Blue, as a cool color, symbolizes tranquility, contemplation, and introversion. In mandala painting, those who use blue tones often tend

to seek inner peace and deep reflection. They may harbor endless curiosity about the spiritual world, eager to uncover the mysteries of unknown realms in search of that precious inner harmony and balance. They choose blue to depict mandalas because it can evoke inner peace and tranquility, helping them better face and deal with challenges and troubles in life. On the other hand, warm colors such as red and orange are typically associated with vitality, passion, and an exuberant atmosphere in mandala painting. People who prefer these colors in mandala painting are likely to be extroverted, empathetic, and creative. They tend to approach life with a positive attitude and are willing to share their emotions and feelings.

When painting, they skillfully combine colors transforming their inner emotional fluctuations into visible art converting subconscious energy into concrete images. Green symbolizes nature growth and balance in mandala painting those who choose green often pursue harmonious coexistence inner peace and a love for life. Green helps them adjust their physical and mental states maintaining inner calm and tranquility.

Purple symbolizes mystery, wisdom, and spirituality, and its use in mandala paintings often reflects the painters desire to explore deeper consciousness. They may be curious about the spiritual world and hope to unravel the mysteries of life and the universe through the mysticism and wisdom of purple. Yellow symbolizes sunshine, happiness, and vitality, and its use in mandala paintings often embodies the painters positive attitude and pursuit of happiness. They may hope to dispel inner shadows and bring joy and relaxation to both body and mind through the brightness and vitality of yellow (Figure 3. Color Perception).

3. Concept and Principle of Art Psychological Healing

3.1 Definition and Objectives of Art Psychotherapy

Art psychotherapy is a unique approach that integrates artistic creation with psychological therapy exploring deep-seated emotions needs and conflicts within individuals through the medium of art to achieve goals such as

emotional regulation psychological growth and enhanced self-awareness This treatment method does not merely focus on the aesthetic value of artworks but rather emphasizes the positive impact of the creative process on individual mental health.



Figure 3. Color Perception

In artistic psychological healing, artistic creation is regarded as a tool for psychological healing. Art forms such as painting, music, dance, and drama provide individuals with avenues to freely express their emotions, thoughts, and experiences, effectively alleviating inner pressures and burdens. This mode of expression is more direct and primal than language, capable of touching upon subconscious levels of emotion and conflicts, aiding individuals in better understanding and processing their own emotions.

Art psychotherapy aims to help individuals build a positive mental state and strengthen psychological resilience thereby improving the quality of life. Specifically, art psychotherapy teaches individuals to express emotions regulate moods face challenges and difficulties and promote self-development and growth. Through art psychotherapy individuals can better understand their inner world discover their potential and value and thus face lifes challenges with greater confidence. Art psychotherapy is an effective psychological treatment method that guides and comforts the mind through the process of artistic creation promoting mental health. In future psychological treatments art psychotherapy will be applied and promoted more widely [2].

3.2 Analysis of the Mechanism of Psychological Healing Effect of Art

In the process of exploring the psychological healing through art, its mechanism of action is an important aspect that cannot be ignored. The reason why psychological healing through art can have a profound impact on individuals is mainly attributed to the following mechanisms of action.

Emotional expression and release are the primary mechanisms of psychological healing through art. As a means of emotional expression, artistic creation provides individuals with a unique channel to express and release their inner emotions through artistic forms. During the creative process, individuals can transform emotions such as joy, sorrow, and anger into art, thereby reducing their psychological burdens and achieving emotional balance and comfort. Emotional release not only frees individual emotions but also promotes emotional resonance and deepens the connection between individuals and society.

Cognitive enhancement and self-exploration are another important mechanisms of artistic psychological healing. Art creation is not only a process of expression but also a process of thinking and exploring. The creative process encourages individuals to continuously think and explore, enhancing cognitive abilities and better understanding of oneself and the world. Art creation stimulates creativity and imagination, discovers potential needs and conflicts, promoting self-awareness and growth.

Relaxation and stress reduction are also important functions of art psychotherapy. In the process of artistic creation, individuals focus their attention, immerse themselves in the artistic world, free themselves from external distractions, and enter a state of relaxation and tranquility. This state helps to alleviate psychological pressure, reduce negative emotions such as anxiety and depression, thereby assisting individuals in restoring psychological balance and maintaining mental health [3].

3.3 Scope of Application and Object Classification

Art psychotherapy, as a non-pharmacological treatment method, has a wide range of applications and clearly defined target groups.

In terms of its scope of application, art psychotherapy is not only suitable for individuals with psychological issues but also for the general population. Art creation and appreciation can help people express their emotions, release inner pressures, thereby achieving psychological balance and emotional stability. This method is not restricted by age, occupation, cultural background, etc., and anyone can participate and benefit from it.

In terms of object classification, art psychotherapy primarily divides people into different groups based on their needs and characteristics. Emotional expression and release are important motivations for many individuals to engage in artistic creation. For this group, art psychotherapy can provide a safe and free environment through artistic forms such as music, painting, and dance, allowing them to fully express their emotions and release negative inner feelings. Emotional release and expression can effectively reduce stress, improve emotional states, and thereby enhance mental health.

Self-awareness and growth are also important goals of art psychotherapy. Art creation and appreciation allow individuals to delve deeper into their inner worlds, uncovering their potential and possibilities. This process of self-awareness and growth helps enhance personal confidence and self-esteem, increasing one's sense of self-worth and happiness. Art psychotherapy aids young people and the elderly in better understanding themselves, discovering their interests and values, thereby facilitating better integration into life and society [4].

Art psychotherapy has a broad range of applications and clear object categories. In practical application, personalized art psychotherapy plans should be formulated according to the needs and characteristics of different groups of people to achieve the best therapeutic effect.

4. Practical Application of Mandala Painting

Mandala painting is mainly divided into two forms: structural and non-structural. Structural mandalas involve coloring within a pre-designed circular pattern featuring symmetrical and repetitive structural characteristics suitable for beginners. Non-

structural mandalas require the artist to create freely based on personal preferences or mental images, making them more suitable for individuals with a certain level of painting foundation [5].

4.1 Application in the Treatment of Mental Illness

Mandala painting has been widely applied in the treatment of mental disorders including depression anxiety disorders autism and schizophrenia. Research has found that mandala painting can significantly reduce patients anxiety and depressive moods enhance their stress resistance and sense of self-promote psychological recovery and growth. The mechanism of its effect lies in the combination of color therapy and artistic expression through mandala painting stimulating patients visual and tactile senses helping them construct positive emotional connections thereby alleviating inner pain and loneliness. During the painting process patients unconsciously express their inner emotions and conflicts promoting self-awareness and acceptance enhancing their self-regulation abilities.

For patients with depression participating in mandala painting therapy allows them to find a sense of belonging in group activities stimulating enthusiasm and positive attitudes towards life through imitating or creating mandala patterns. Additionally this art therapy complements pharmacotherapy effectively alleviating symptoms of depression and accelerating patient recovery.

For patients with schizophrenia, mandala painting can help them experience joy, tranquility, and relaxation in the process of creating art, thereby reducing anxiety. As patients engage in mandala painting, they can gradually develop self-control and problem-solving skills, which have significant positive effects on both the improvement of their condition and the enhancement of their social adaptability (Figure 4. Art Creation) [6].

4.2 Application in Daily Life

Mandala painting is not only suitable for patients with mental illness, but also can help ordinary people relieve stress and improve mood. By drawing mandala, individuals can release negative emotions, improve

concentration and inner peace, and achieve self-healing.



Figure 4. Painting Creation

Mandala painting as an art therapy process embodies profound psychological principles. It combines Eastern philosophy with Western psychology guiding individuals through deep self-exploration and expression via elements such as color shape and layout. During the process of creating mandalas people can use geometric shapes and colors to symbolically represent their inner world thereby achieving recognition and regulation of emotions [7].

For individuals with mental illnesses, mandala painting can provide a safe and non-verbal channel to help them face and transform inner distress. For example, by depicting different mandala patterns, one can reflect their current psychological state, such as anxiety, depression, or anger, and subsequently, under the guidance of professionals, convert these negative emotions into positive energy to promote spiritual growth. For ordinary people, mandala painting also has significant psychological health-promoting effects. In modern society, people face multiple pressures from work, life, and other aspects, and drawing mandalas can serve as an effective means of stress relief.

5. Evaluation of the Effect of Mandala Painting

5.1 Empirical Research

Numerous empirical studies consistently show that mandala painting has significant therapeutic effects in the field of

psychological healing. For example, scientific research indicates that through mandala painting therapy, individuals experience a significant decrease in cortisol levels during the painting process, which aligns with the application and clinical research results of mandala painting therapy in psychological treatment. As an important indicator of the intensity of the body's stress response, the decrease in cortisol levels directly reflects the role of mandala painting in alleviating stress and regulating emotions, thereby effectively reducing individuals' psychological stress states.

Another study on children with autism has also demonstrated the unique effectiveness of mandala painting therapy. The study shows that through participation in mandala painting activities, the self-injurious behaviors (such as self-stimulation, self-harm, etc.), repetitive behaviors, and abnormal emotional fluctuations of children with autism have all decreased, while their overall behavioral performance has improved and their psychological functions have been effectively enhanced. This finding not only confirms the effectiveness of mandala painting in psychological interventions for special groups but also further proves its positive role in promoting mental health and improving quality of life.

5.2 Subjective Experience

Many practitioners who engage in Mandala painting share with deep feeling that they undergo an indescribable spiritual transformation during the process of fully immersing themselves in creation. As an art therapy, the unique charm of Mandala painting lies in its combination of geometric aesthetics and meditation, guiding people to gradually return to their inner depths and explore self-harmony and balance through the act of drawing.

In the brushstrokes, they unconsciously pour out profound emotions and thoughts, leveraging the rich colors, unique shapes, and exquisite compositions of mandalas to transform inner turmoil and contradictions into tangible visual art. Many painters deeply experience the healing power of mandalas in this process, where accumulated suppression, anxiety, and pain are like finding a gateway for release, gradually dissipating with each

leap of the brushstroke, allowing the soul to be comforted and liberated [8].

This unique mode of artistic expression, like a clear spring, cleanses their spiritual world, purifying and integrating it ultimately achieving a transcendent peace and tranquility free from worldly concerns. The joy that emanates from within is not derived from external achievements or material satisfaction but from a sense of freedom and pleasure originating deep within the heart an acceptance and affirmation of one's true existence.

6. Future Research Direction

Although mandala painting has shown great potential in psychological healing, further research is needed to explore its mechanisms and effects. Future research can focus on the following aspects (Figure 5. Image Display):

1. Physiological mechanisms of Mandala painting: Explore how mandala painting achieves psychological healing by affecting physiological indicators (such as cortisol levels, heart rate, etc.).
2. Long-term effects of Mandala painting: study the long-term mental health effects of mandala painting on individuals and its role in preventing mental illness.
3. Cross-cultural Application of Mandala Painting: Exploring the applicability and effectiveness differences of Mandala painting across different cultural backgrounds. Mandala painting possesses cross-cultural characteristics and will be widely applied among people from various cultural backgrounds promoting cultural exchange and mutual understanding.
4. The Application of Mandala Painting in Public Spaces: Decorating Public Spaces Using Mandala painting as a decorative element on walls floors or ceilings of public spaces to enhance the artistic and aesthetic value of the space; Healing Space Atmosphere The calming relaxing and healing effects of Mandala painting can be utilized in hospitals clinics psychological counseling and other settings to help people relieve stress and anxiety; Community Art Activities Organizing community residents to participate in the creation of Mandala paintings enhancing community cohesion and artistic atmosphere. The simplification and popularization of Mandala painting techniques are crucial. As a

form of professional art therapy, Mandala painting techniques are complex, which limits their widespread application. To lower the participation threshold and allow more people to experience the charm of Mandala painting, simplification is necessary. Simplification does not diminish its artistic value or therapeutic effects but rather adopts a more accessible method to encourage more individuals to create personalized Mandala works. Additionally, promoting Mandala painting is essential; through exhibitions, workshops, lectures, and other formats, enhancing public awareness of its therapeutic benefits and stimulating participation enthusiasm [9,10].

Standardization and standardized development are urgent issues facing Mandala painting in the field of artistic psychological healing. The lack of unified standards and norms leads to randomness and uncertainty in its practice. To ensure therapeutic effectiveness and safety, it is necessary to establish a scientific, systematic, and operable set of norms. This encompasses the entire process of Mandala painting therapy: from meticulously designed therapeutic procedures, detailed operational guidelines to stringent evaluation criteria, and systematic training for professional therapists and artists, ensuring they can accurately apply this magical art therapy in practice (Figure 6. Mandala Painting Demonstration).

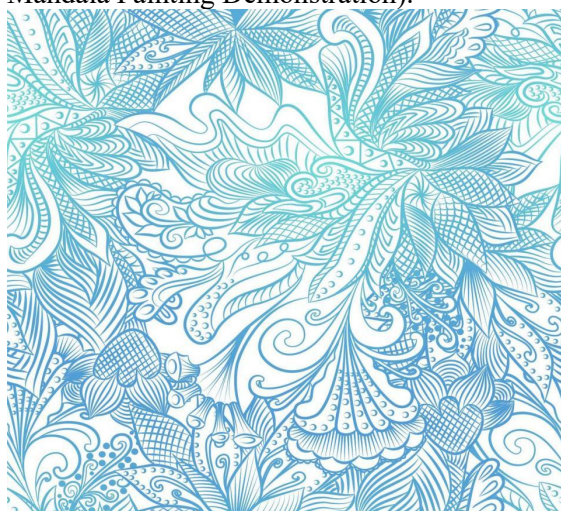


Figure 5. Image Display

7. Conclusion

Mandala painting, as an art form originating from ancient India, not only provides individuals with a non-verbal means of expression through its unique colors and

graphic structures but is also widely applied in modern psychological healing. Research indicates that by drawing mandalas, people can effectively alleviate stress, enhance mental health, and promote the release and integration of inner emotions. Through both empirical research and subjective experience, mandala painting has demonstrated significant effectiveness in promoting mental health, improving emotional regulation, enhancing self-awareness, and overall well-being. In the future, as research advances, mandala painting is expected to become an important healing tool in the field of mental health.



Figure 6. Mandala Painting Display

Not only does mandala painting provide a powerful tool for psychotherapists to explore and understand the inner world of clients, but it also allows individuals to unconsciously express their emotions, ideas, and subconscious conflicts through drawing mandalas, thereby helping psychotherapists more accurately identify and interpret the psychological state of individuals, and develop more targeted treatment plans. The charm of mandala painting lies in its ability to transcend language and cultural barriers, enabling children, adolescents, and adults to find inner peace, heal trauma, and enhance self-awareness through this method. In the increasingly stressful modern society, mandala painting, as a simple, effective, and highly effective means of promoting mental health, deserves wider promotion and application. The rapid advancement of technology is facilitating the deep integration of Mandala painting with virtual reality, artificial

intelligence, and other mental health technologies, opening up more innovative pathways and breakthroughs in the field of mental health. In the future, we look forward to seeing more in-depth research and widespread practice on Mandala painting, which will promote it as a significant force in maintaining and enhancing human mental health.

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