

SYLLABUS
883: MANDALA: CIRCLES OF WHOLENESS
Distance Learning
FACULTY: Suchinta Abhayaratna, Th.D.
Date Revised: July 26, 2017 for Fall 2017 / Spring 2018.

Mandala means Sacred Circle or Container of Essence in Sanskrit. The Mandala is a meditative and creative process or practice that helps to rediscover, experience and regain a sense of wholeness within oneself, connection with the “authentic self” and oneness with all of creation. Old reactive patterns that no longer serve the highest good can be transformed into authentic awareness of joy, love, peace, harmony and spontaneous creativity. In this course, the mandala is expressed and experienced as a symbol of wholeness, and a subtle energetic process for healing and transformation combining intention, light, color and sound.

This course provides students with an exploration of the history and experiential process of the Mandala as a spiritual science and art used for healing and transformation of body/mind and spirit. Creation and interaction with the Mandala evokes a transpersonal, meditative, creative and visual experience of wholeness, and “inner light.”

Using white and colored pencils on black paper, students learn simple illumination techniques to create original mandala art, symbolically expressing their inner light, wholeness, heart opening, forgiveness, letting go, moving forward, gratitude, and oneness with other. Students will create 21 mandalas as a spiritual practice, with the intention of embodying spiritual qualities they choose for themselves. They will also facilitate a Sand Mandala as a community /group activity, and create Nature Mandalas using materials found in nature.

Students will keep a written journal of their Mandala experiences, share their experiences as a group, and engage in scholarly explorations and discussions of the historical, theoretical, theological, psychological and cultural aspects of the Mandala.

This distant learning course is designed to be highly experiential and interactive, using the internet, e-mail, video conferencing and social media for sharing and discussion with classmates and the instructor.

FACULTY BIOGRAPHY

Dr. Suchinta Abhayaratna has been a student, facilitator and teacher of various forms of subtle energy and transpersonal healing processes since 1995. She received a Combined Masters and Doctorate in Theology with an emphasis in Transformational Psychology, and an Advanced Certificate in Transpersonal Psychology from Holos University Graduate Seminary. She studied under Judith Cornell, PhD to become a Certified Mandala Healing Art Facilitator. She is an ordained minister in the All Faiths Church of Spirituality and Health, a Reiki Master, and a Certified Family Constellations Facilitator. Dr. Abhayaratna developed Creative Holistic Integration (CHI) - an integrative holistic self-care program that combines a variety of transpersonal, subtle energy-based modalities including Mandala. She has lived and worked in various countries around the world. She facilitated several workshops on Holistic Self-care and Mandala Healing Art in the U.S. and various other countries, with cancer survivors, their families and caregivers, and with women who have suffered and survived gender-based violence. She offers individual and group coaching in Holistic Self-care in her private practice in person in Santa Fe, NM, and online via video conferencing. Her e-book *Holistic Self-Care Tools for Caregivers* was published in 2017.

Website: www.chisuchinta.com

FACULTY CONTACT INFORMATION

Faculty Name: Suchinta Abhayaratna
E-mail Address: chisuchinta@yahoo.com
Phone Number: 571-422-6734 (M)
Address: 8 Via de Estrellas, Santa Fe, NM 87506.

COURSE DELIVERY STYLE & PLAN OF ACTION

Required readings, experiential assignments, journaling, group discussion and scholarly papers are designed to provide students with a deepened understanding of the nature of mandala as sacred art as well as a personal expression and experience of wholeness.

EXPERIENTIAL ASSIGNMENTS: Students will participate in a series of eight video conferences to learn the basics of creating mandalas, to create a variety of mandalas focusing on specific themes and intentions, and to share their experiences as a group.

These conferences are scheduled weekly over eight weeks at the beginning of the course. Each week will focus on specific themes and/or intentions related to the mandala to be created that week by students. Mandalas started each week must be completed before the next meeting, and shared with the group prior to the meeting by e-mail or social media. (See “CONFERENCES” section below.)

WRITTEN ASSIGNMENTS: Written assignments will follow the experiential part of the course, so that your writing will reflect a deeper understanding of the mandala process through experience. There will be one online conference per assignment to address related issues and questions.

Students may proceed as follows:

1. Contact the Instructor by e-mail and obtain a conference schedule;
2. Obtain the required textbooks and other materials;
3. Read the Syllabus, Outline of Assignments, and Assignment Schedule and clarify with the Instructor, any questions you have on your individual plan of action for the course; and
4. Submit all of your assignments and attend all conferences according to the Assignment Schedule. Contact the instructor immediately if there are scheduling problems or if you are unable to keep the assignment schedule. Submit each assignment as it is finished. The major purpose of the assignments is to provide students with a good foundation for understanding the materials in the course. These papers are viewed as a teaching tool. More important than the initial writing is the response and learning that goes on as you discuss and correspond with your instructor and classmates. Therefore, **you are strongly advised not to wait until the end of a semester to submit the assignments.**

LEARNING OUTCOMES

Upon completion students will:

- Be able to access “wholeness” and source energies through a meditative subtle energetic process.
- Be able to create luminous mandalas using white and colored pencils on black paper.

- Be able to combine intentionality, meditation, creativity, sound, color / light vibrations and subtle energies in creating mandalas to manifest healing and transformation in self and others.
- Be familiar with the theory and practice of the mandala process as an intentional, creative, meditative, symbolic process of holistic self-care, healing and transformation.
- Be familiar with a variety of techniques to create mandalas for specific intentions to enhance psycho-spiritual wellbeing.
- Be familiar with the historical, theoretical and spiritual aspects of mandala creation.

REQUIRED MATERIALS AND TEXTS

For Creating Paper Mandalas

- Prismacolor Pencils: White (2), Magenta, Orange, Canary Yellow, Spring Green, Aquamarine, Copenhagen Blue and Violet.
 - Strathmore Artagain Drawing Paper Pad 9”x 12” – 24 sheets – Coal Black.
 - Good quality pencil sharpener.
- (Can be ordered from www.dickblick.com)

For Creating Sand Mandala

- Colored Sand: White, Red, Orange, Yellow, Green, Turquoise, Blue, Purple.
- Plastic squeeze bottles: 8 (craft shop.)
- Spatula (kitchen supplies)
- Card Table (borrow if you don't have one)
- Black square tablecloth / cloth to cover card table.

REQUIRED BOOKS & VIDEO

1. Cornell, Judith. *The Mandala Healing Kit Workbook*. Boulder, CO: Sounds True. 2005.
2. Cornell, Judith. *Mandala: Luminous Symbols for Healing*. Wheaton, IL: Theosophical Publishing House, 2006. (10th Anniversary Edition)
3. Tucci, Guiseppe. *The Theory and Practice of the Mandala*. New York: Dover Publications. 2001.
4. Jung, C.G. (R.F.C.Hull, Trans.) *Mandala Symbolism*. Princeton, NJ: Princeton University Press, 1969.
5. Leady, Denise and Thurman, Robert. *Mandala: The Architecture of Enlightenment*. Boston, MA: Shambala. 1997.
6. Achterberg, Jeanne. *Imagery in Healing: Shamanism and Modern Medicine*. Boston, MA: Shambala, 1985.
7. Bohm, David. *Wholeness and the Implicate Order*. New York: Routledge Classics. 2002.

RECOMMENDED SUPPLEMENTAL READING:

8. Hall, Manly. *Meditation Symbols in Eastern and Western Mysticism: Mysteries of the Mandala*. Los Angeles, CA: Philosophical Research Society. 1988.
9. Cunningham, Bailey. *Mandala: Journey to the Center*. New York: DK Publishing. 2002.
10. Jung, Carl. Ed. Shonu Shamdasani. *The Redbook: Liber Novus*. New York: Norton. 2009.

OTHER RESOURCES: www.chisuchinta.com/mandala.html

HOLOS FACULTY-STUDENT COMMUNICATIONS POLICY

Students and instructor communicate frequently via e-mail, phone and video conferences to create a collegial forum for sharing ideas among class participants. Assignments will be returned with comments, guidance, and/or suggestions for improvement. Some assignments may also be exchanged with other students in the class, and comments to each other are encouraged. These may be in writing, or during the conference calls. Telephone conferences and calls with instructors are at the student's expense. Faculty should inform students of periods of time in which they will not be available for e-mail or phone communication. Students should inform instructors if they will not be available for scheduled phone conferences. Students should allow three days for a response after e-mailing an instructor. If you have not received any response after three days, re-send the e-mail, call the instructor and leave a voice or text message. If you have still not received a response after two more days, forward your e-mail communications with the instructor to the Dean of Faculty. Further action will be determined by the Dean of Faculty.

ASSIGNMENT FORMATS

- All written assignments must be **Microsoft Word** documents sent by e-mail as attached files.
- All papers will be shared with and reviewed by other students.
- All papers should be **double-spaced**.
- **FONT:** Times or Times New Roman.
- **E-MAIL SUBJECT LINE:** Always include your name and the Assignment number in the subject line of your E-mail and on the title page of your assigned papers.
- **END NOTES:** All referenced material must be cited using endnotes. Include the Author's name, the publication name, the publisher, the date of publication, and the page number.
- **FILE NAME: When you "save" your document, you MUST use the following format to name your Word file: Or your file will be returned so that you can add the proper file name and format: The document you attach to your e-mail should be in the following format:**

SmithJ_833#1.doc. (Last NameFirstInitial_Course#,Assignment#.doc) Use Times, Times New Roman, or Helvetica fonts, 12 pt. and cite all referenced material using *Chicago Manual of Style* endnotes.

MANDALAS: Should be scanned or photographed and saved in JPG format and submitted as follows:

SmithJ_833_Mandala#1.jpg (Last NameFirstInitial_Course#_Mandala#.jpg)

Mandala#1: Inner Light

Mandala#2: Wholeness

Mandala#3: Heart Opening

Mandala#4: Forgiveness

Mandala#5: Letting Go

Mandala #6: Moving Forward

Mandala # 7: Gratitude

Mandala # 8: Gifting

Mandala#9: Sand Mandala (Video/Slides)*

Mandala#10: Spiritual Quality Mandalas**

* Send a link to Video or Slideshow with journal.

**** One or two mandalas on a page with journal summary below.**

OUTLINE OF ASSIGNMENTS, PERCENTAGE OF COURSE

Assignment #1 Experiential Practice: 8 Weekly Workshop Sessions - Create 8 mandalas.
35%

Assignment #2 Introduction and Theory: (Pre-online workshop) Read books 1 – 4 on required list, and watch video. 10%

Assignment #3 Experiential Practice: Create and journal on 21 Spiritual Quality Mandalas
15%

Assignment #4 Facilitate: Group of 4 or more in creating a Sand Mandala.
10%

Assignment #5 Read, Research and Write 2 scholarly papers (10-20 pages). Choose from 4 topics. 30%

LINK TO SEMESTER DATES

http://www.holosuniversity.org/about/semester_dates_through_2015/

ASSIGNMENT DETAILS

Assignment #1: (Pre-Workshop) Introduction & Theory

Before beginning the online workshop sessions, please read the following books and view the video.

1. Cornell, Judith, **MANDALA HEALING kit**, SoundsTrue, Boulder, CO
Available at amazon.com
2. Cornell, Judith, *Mandala Luminous Symbols of Healing*, Quest Books, Wheaton, IL.
Available at amazon.com
3. Tucci, Giuseppe. *The Theory and Practice of the Mandala*. Dover Publications; April 2001
Available at amazon.com
4. Jung, C. G.. *Mandala Symbolism*. Princeton: Princeton University Press, **1973**.
Available at amazon.com

Assignment #2 (Online Workshop / Conference): Experiential Process Practice

1. Review the exercises from **Mandala Healing Kit**.
2. Over a period of five weeks create a series of seven mandalas discussed and demonstrated during the online workshop sessions.
3. Journal on your practice and experience of creating each mandala.
4. Describe in a five-page paper the observations of your experience and the effect on your consciousness of creating and reflecting on mandalas with intentionality. How did the mandala process affect your psycho/spiritual well-being and quality of life? Note any resistance you had to the process or to creating specific mandalas. Note any transpersonal / transformational changes that took you beyond the reactive patterns to the experience of your Authentic Self and Wholeness.
5. Scan or photograph your mandalas to include with this paper and post on Facebook.

Assignment #3 (Post-Workshop /Conference) Spiritual Quality Mandala Practice

1. Review the mandalas created during the conference.
2. Create and journal on 21 **Spiritual Quality Mandalas**.
3. Write a three to five-page report of your experience of this spiritual practice. Include a description of your observations and any questions that arose as result of this experience, and journal excerpts or summaries.

Use the following (cut & paste) as a format guide for this assignment.

Assignment #3: Spiritual Quality Mandala Practice

DESCRIPTION: (Describe your experience of this practice.)

KEY INSIGHTS FROM YOUR PRACTICE: (A paragraph or two describing key insights gained from this practice of creating and reflecting / meditating on the mandala symbols.)

YOUR OBSERVATIONS AND QUESTIONS: (A description of your observations and any questions that arose as result of the experience).

Assignment #4 (Post-Online Workshop / Conference) Facilitate Sand Mandala

1. Read guidance from Instructor and watch Sand Mandala videos posted on www.chisuchinta.com/mandala.html
2. Facilitate a Sand Mandala with 3 or more participants in your own community.
3. Photograph and create a slideshow or videotape the process and share with your classmates.
4. Write a three to five page report of your experience. Include comments from participants.

Assignment #5 (Post Online Workshop) Scholarly Paper

Two 10-page papers choosing from topics A, B, C or D. Please discuss your choices with the Instructor before embarking on writing your papers. Whenever possible draw examples from your own experiences and references from your reading.

A. Compare the mandala process with C. G. Jung's concepts of about the unconscious", ego, yoga and creative imagination. Describe any significant differences you observe between Cornell's approach and Carl Jung's approach.

B. Discuss the mandala as a meditative tool and compare the CHI Mandala Process and Cornell's Mandala process with how it is used in various Eastern and Western cultural and spiritual traditions as presented by Manly Hall, Denise Leidy and Robert Thurman.

C. Discuss the CHI Mandala Process and Cornell's mandala process in light of David Bohm's approach to Wholeness and Creativity.

D. Discuss the CHI Mandala Process and Cornell's mandala process as a transpersonal / transformational healing tool drawing references from a variety of sources on Wholeness, Transpersonal / Transformational Psychology, Vibrational / Holistic / Subtle Energy Healing.

FINAL ASSIGNMENT: Complete and return the course evaluation form. At the end of the semester you will receive a course evaluation form. You will receive notification of your final

course grades only after you have submitted an evaluation for all courses you completed this semester. Students who plan to take an Incomplete in a course must wait until finishing a course before returning the evaluation form for the course.

CONFERENCES

Description of Workshop /Conference: Students will be sent directions for joining each Workshop Session / Conference which will take the form of Zoom video conferencing to share demonstrations of technique, discussion of papers and Powerpoint presentations. Topics for discussion will generally be focused on assignments, but may include special topics which students will be notified of in time for preparation. Calls are usually scheduled for weekend mornings or early afternoons (U.S. Eastern time). **A mutually agreed upon schedule for the workshop sessions /conference calls will be established at the beginning of the semester.** If a conflict arises please notify the instructor as soon as possible regarding the conflict and provide 1) an alternative time that is available on the scheduled date and/or 2) a time you are available on the day before and the day after the scheduled date. *Workshop sessions are recorded. If you miss a session you will be required to download and listen to the recording and write a 5-page paper and/or create the mandala relating to the topic addressed during that session.*

ADDITIONAL INFORMATION FOR THIS COURSE

Assessment of Assignments: Individual assignments will not receive grades, but rather the assessment of each will come in the form of comments, guidance, and suggestions for improvement and rewrites. A grade for this course will be based upon participation, the clarity, quality, and demonstrated understanding of the subject matter and timeliness of assignment submissions. Final Course grades will be either A, B, H (Honors) or I (Incomplete).