

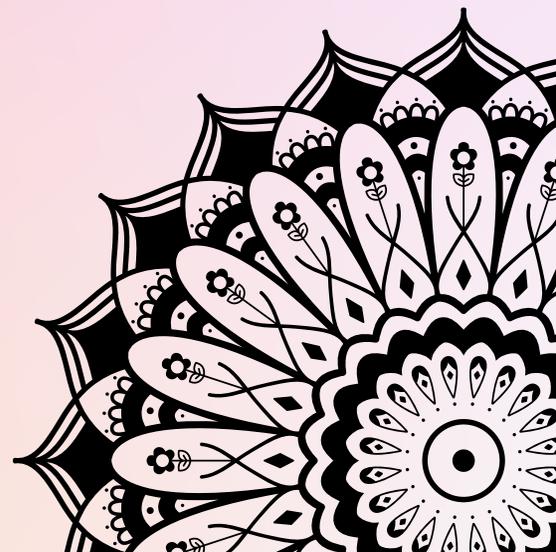


Mente Serena

**Aqui você aproveita o momento e
desenvolve a criatividade.**



Daniela Nazareth





Você já deve ter visto muitas mandalas por aí, sendo utilizadas como objetos de decoração, por exemplo. Mas você sabia que ela possui muito mais significado e funções que apenas decoração? As mandalas geralmente remetem à procura pela paz interior, tendo uma relação direta com a espiritualidade.

A mandala também foi utilizada pelo estudioso suíço Carl Jung , para explicar a psiquê humana. Jung fazia uma analogia entre a composição da mandala e os três níveis de consciência que temos.

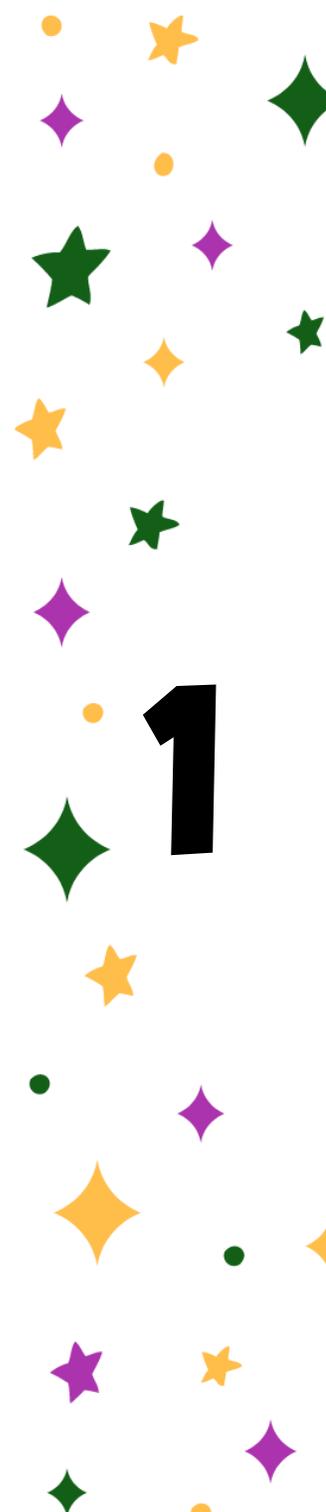
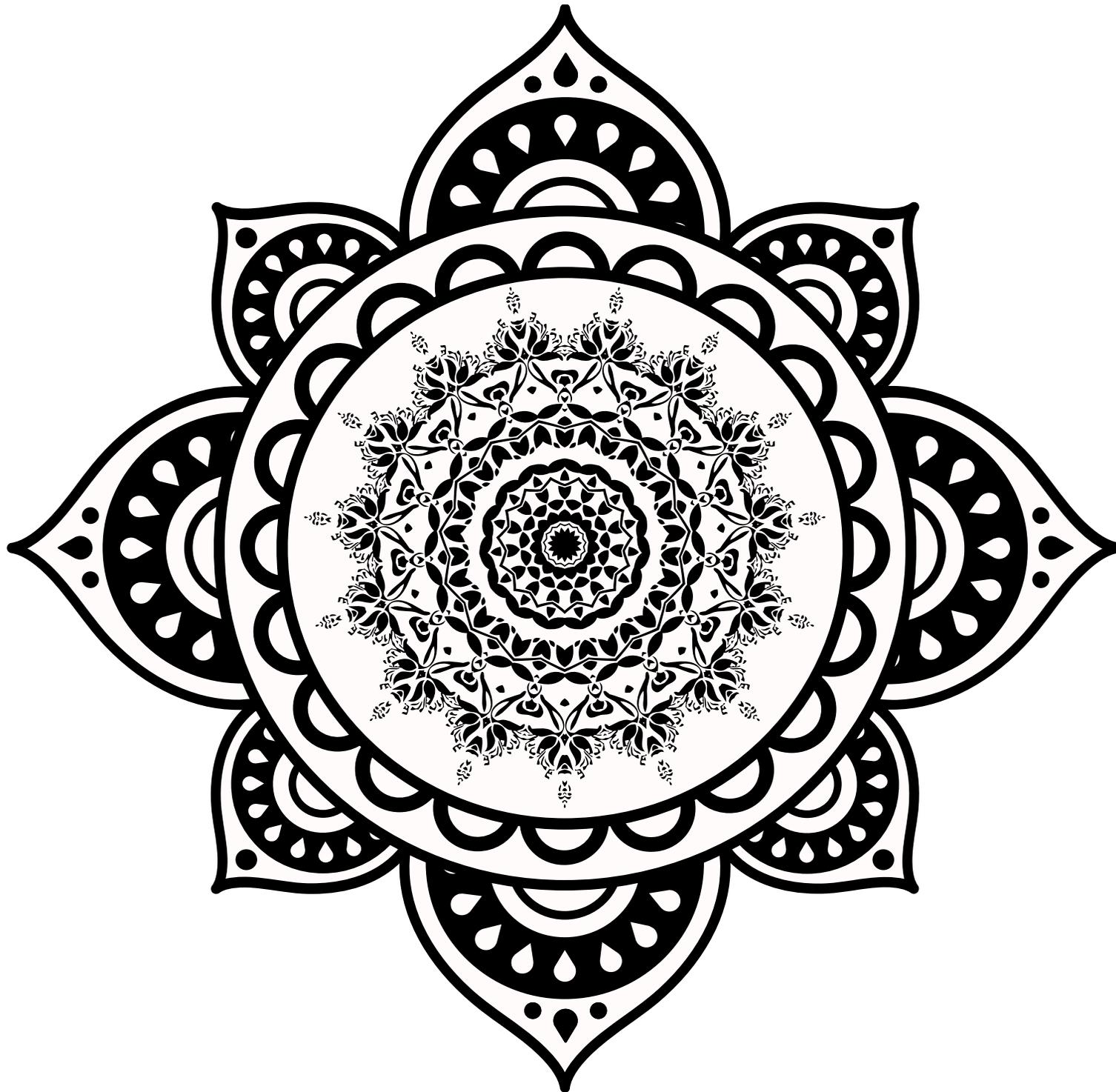
1. O ponto central da mandala é identificado com o self, a essência do nosso ser, do qual tudo converge ou irradia. 2. As primeiras figuras da mandala seriam o inconsciente pessoal. 3. As bordas mais afastadas seriam o inconsciente coletivo.

Os benefícios de fazer e pintar uma mandala são muitos. Aquele que a confecciona fica concentrado numa tarefa específica e assim pode canalizar sua atenção.

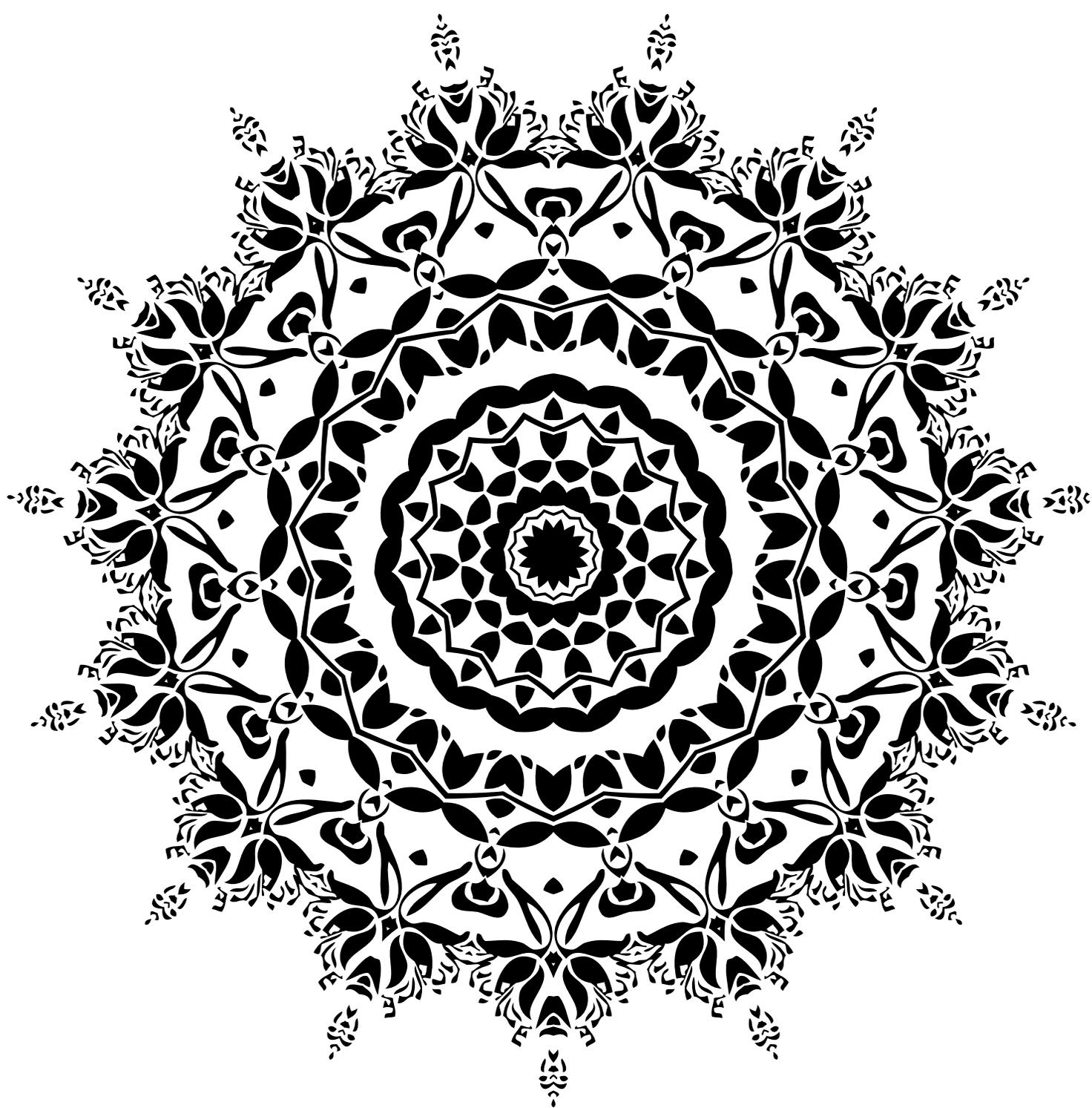
Além disso, o autor exercita sua criatividade e seu poder de decisão ao lidar com a escolha de cores e padrões geométricos distintos.

Desta maneira, a mandala vem sendo utilizada para tratamentos em patologias como déficit de atenção, depressão, estresse e como terapia ocupacional.

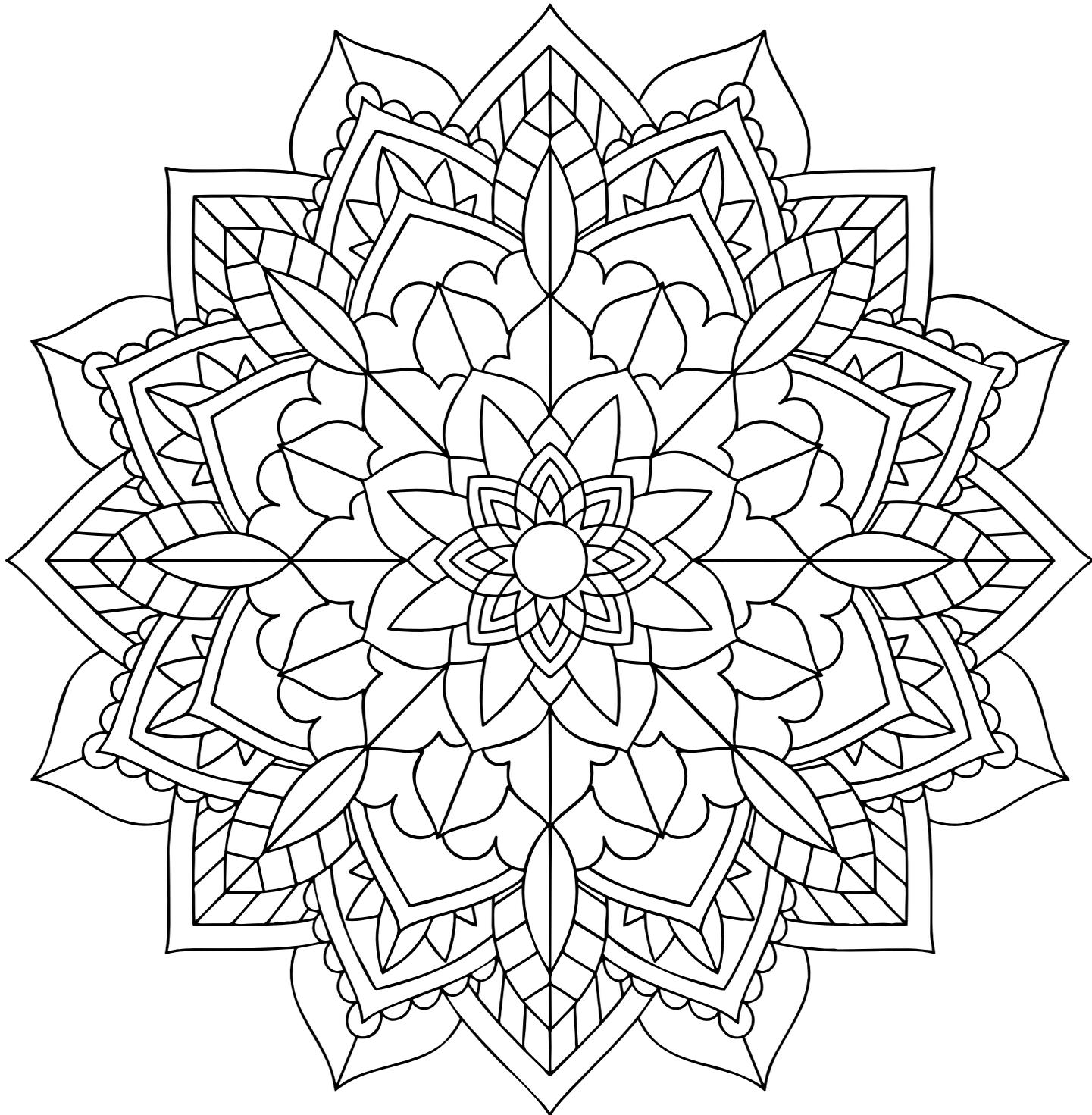




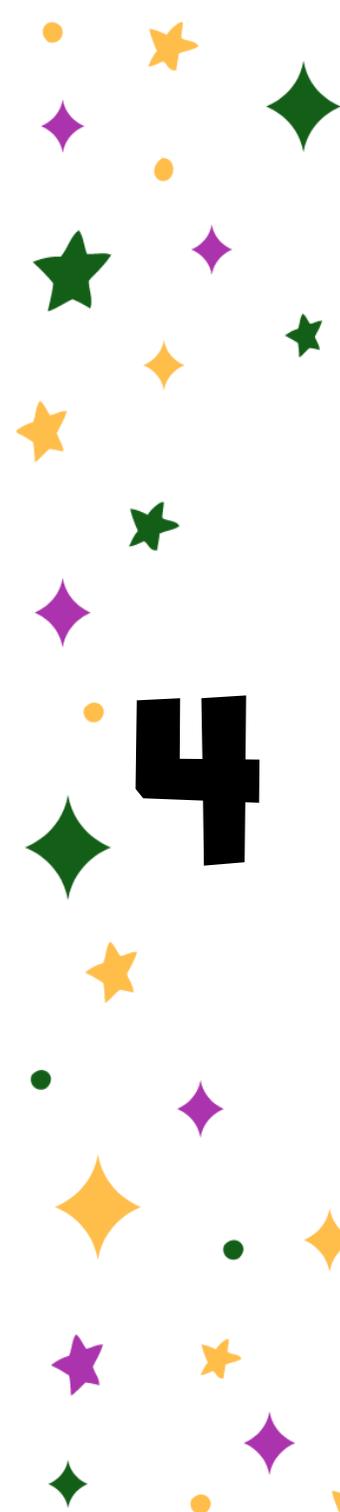
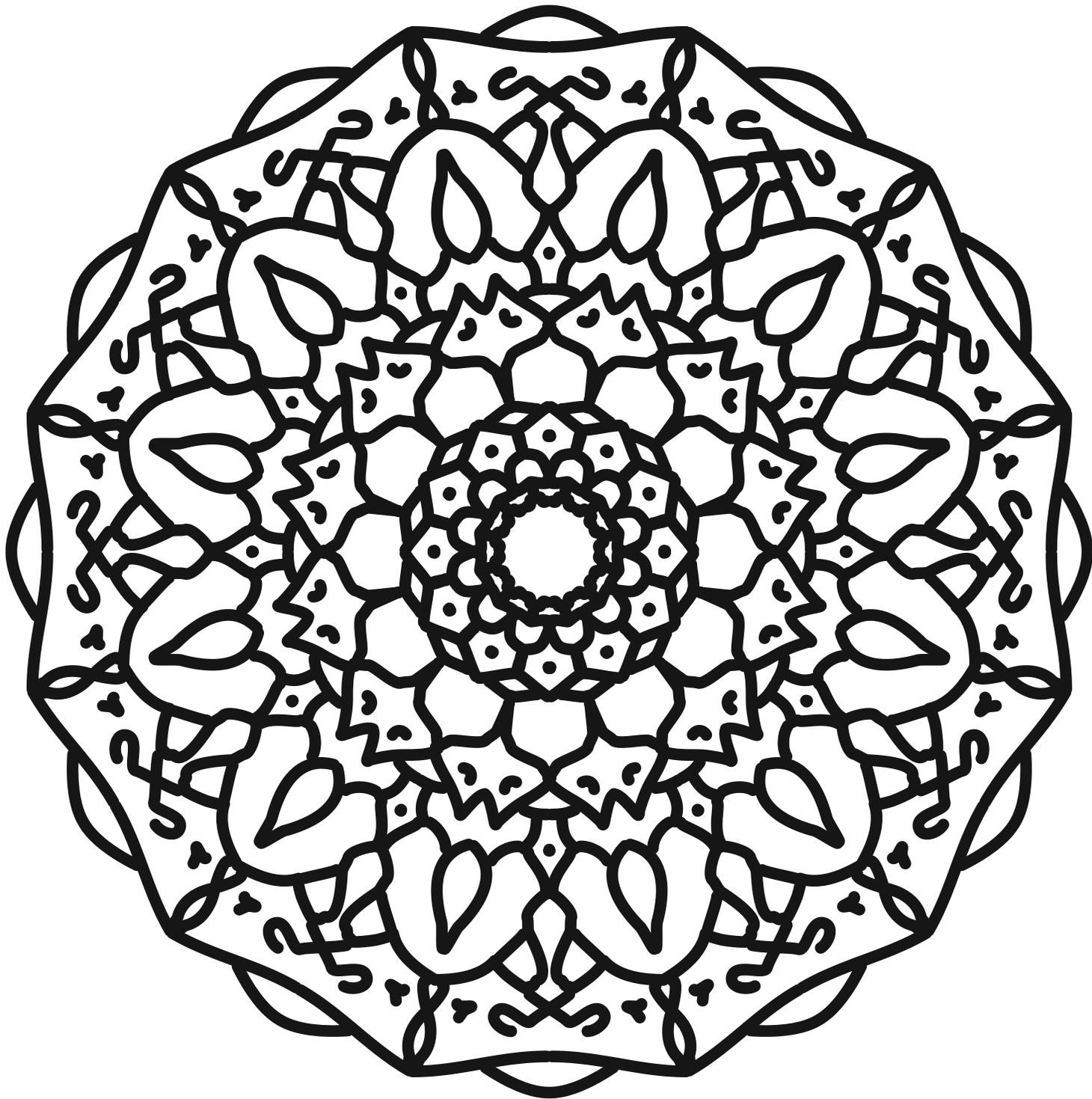
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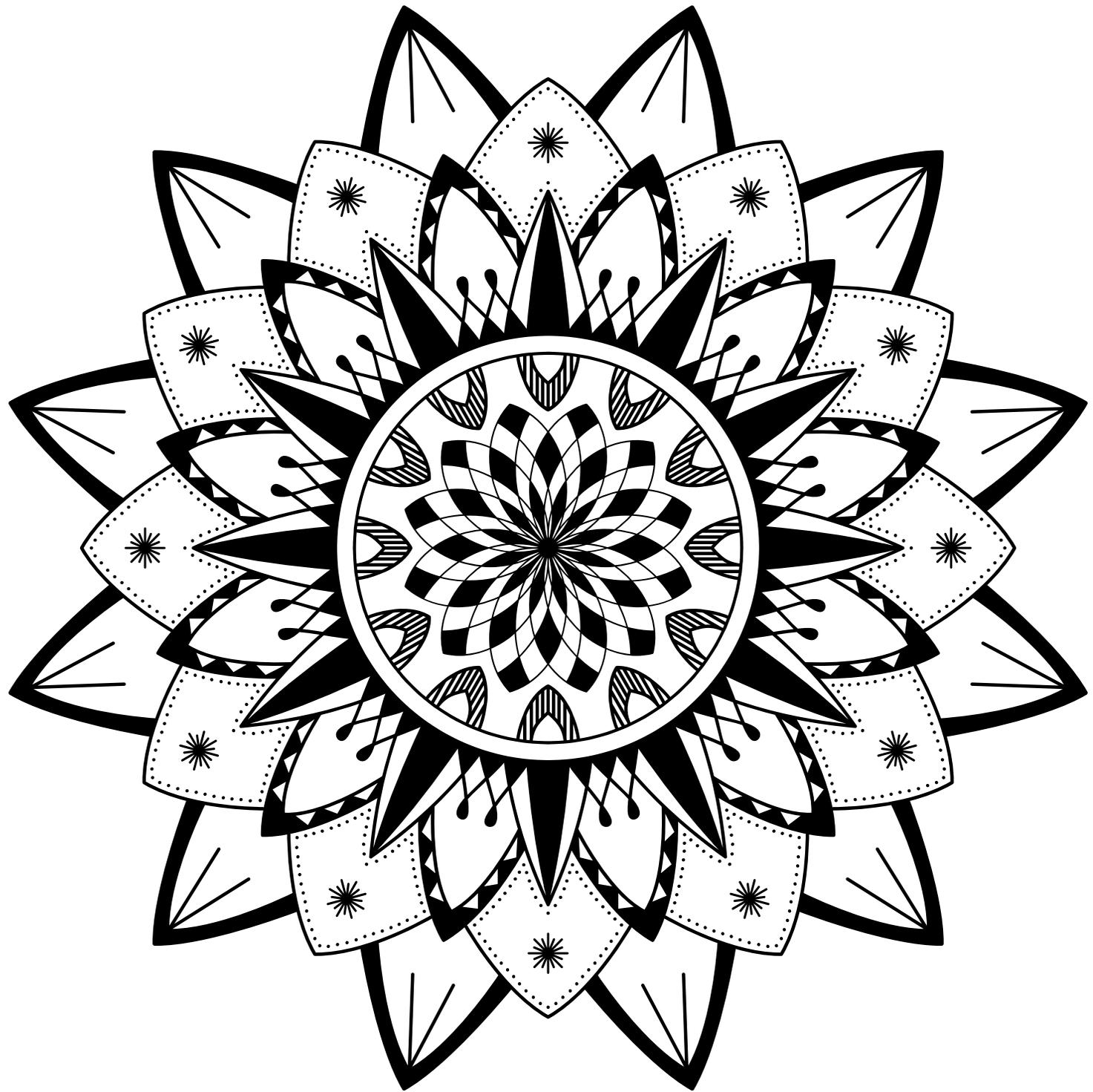
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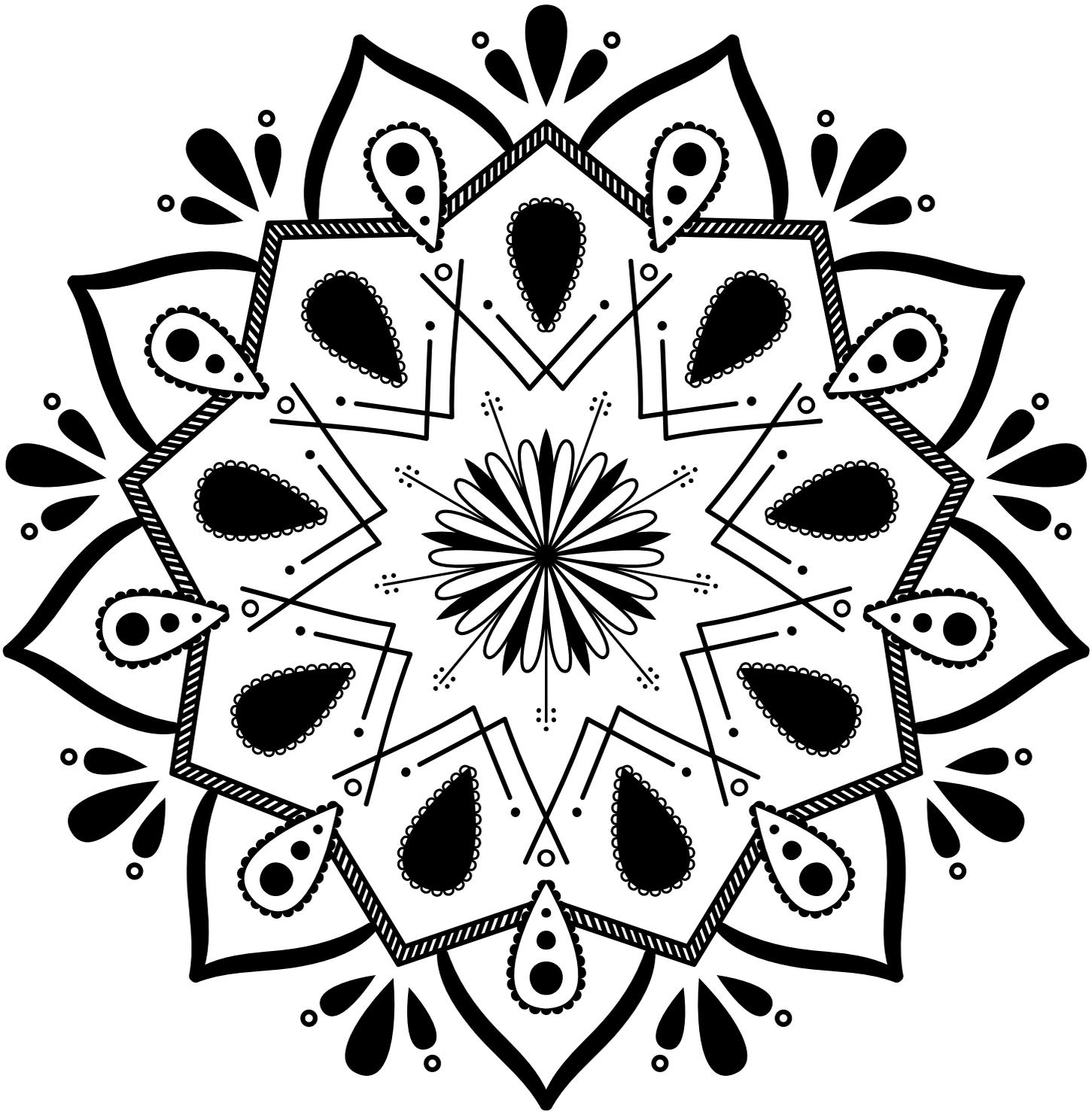
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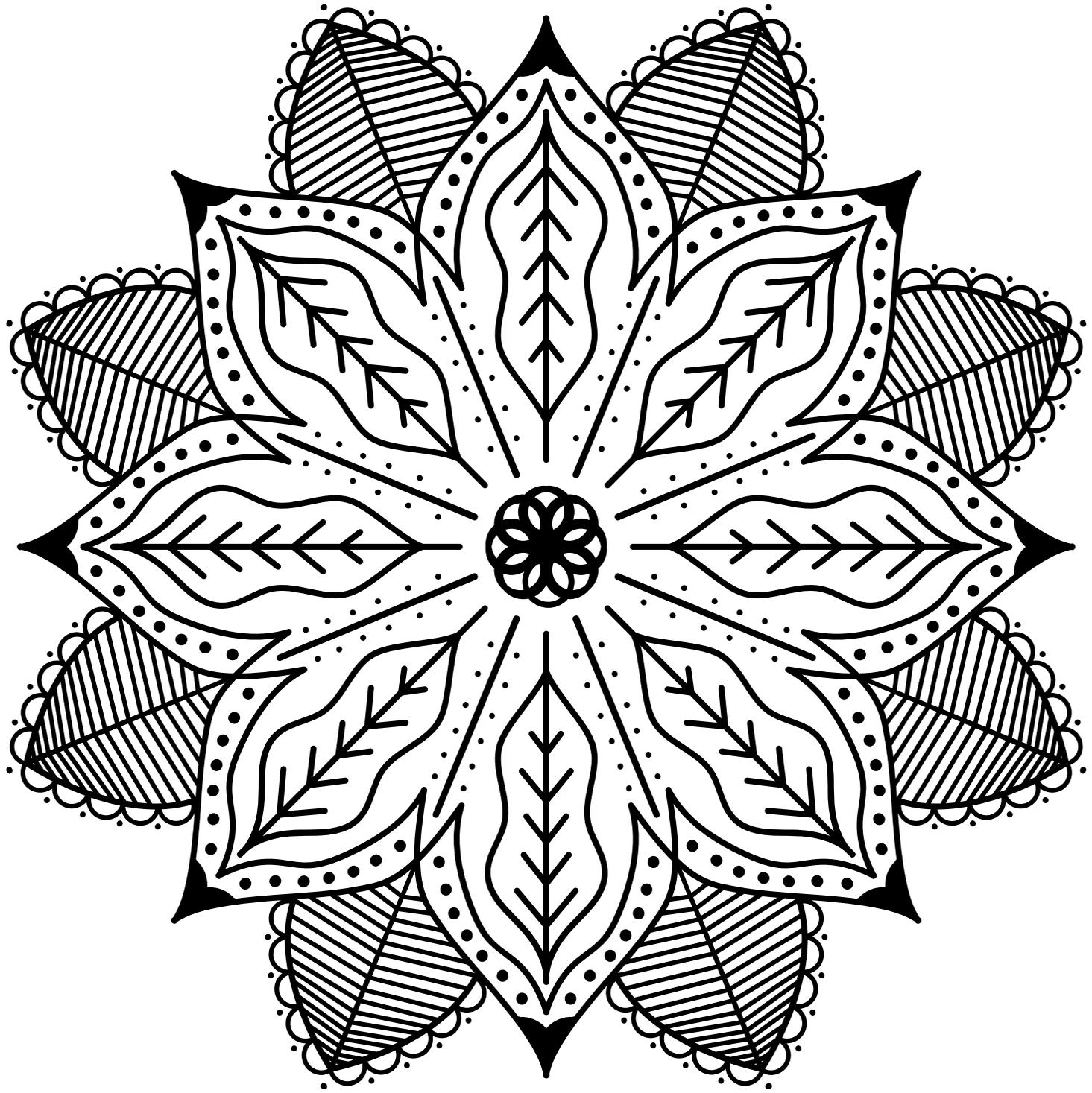
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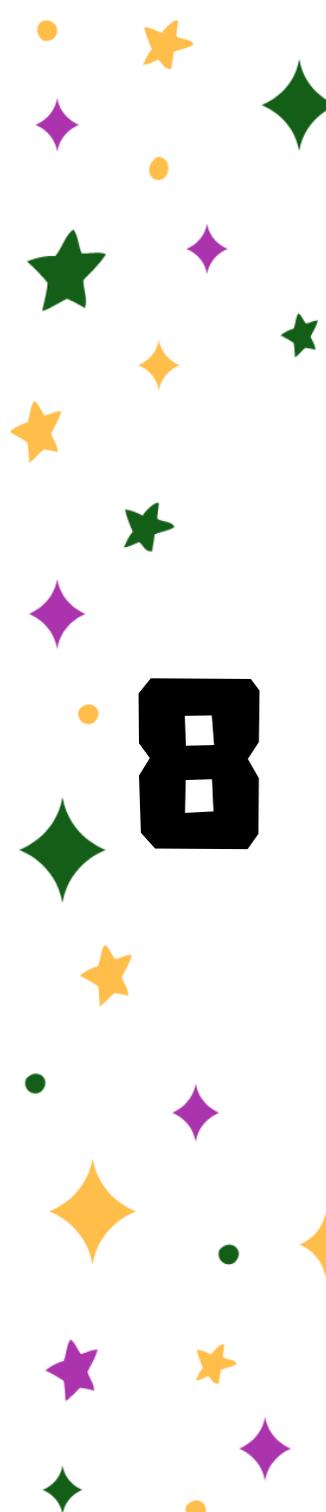
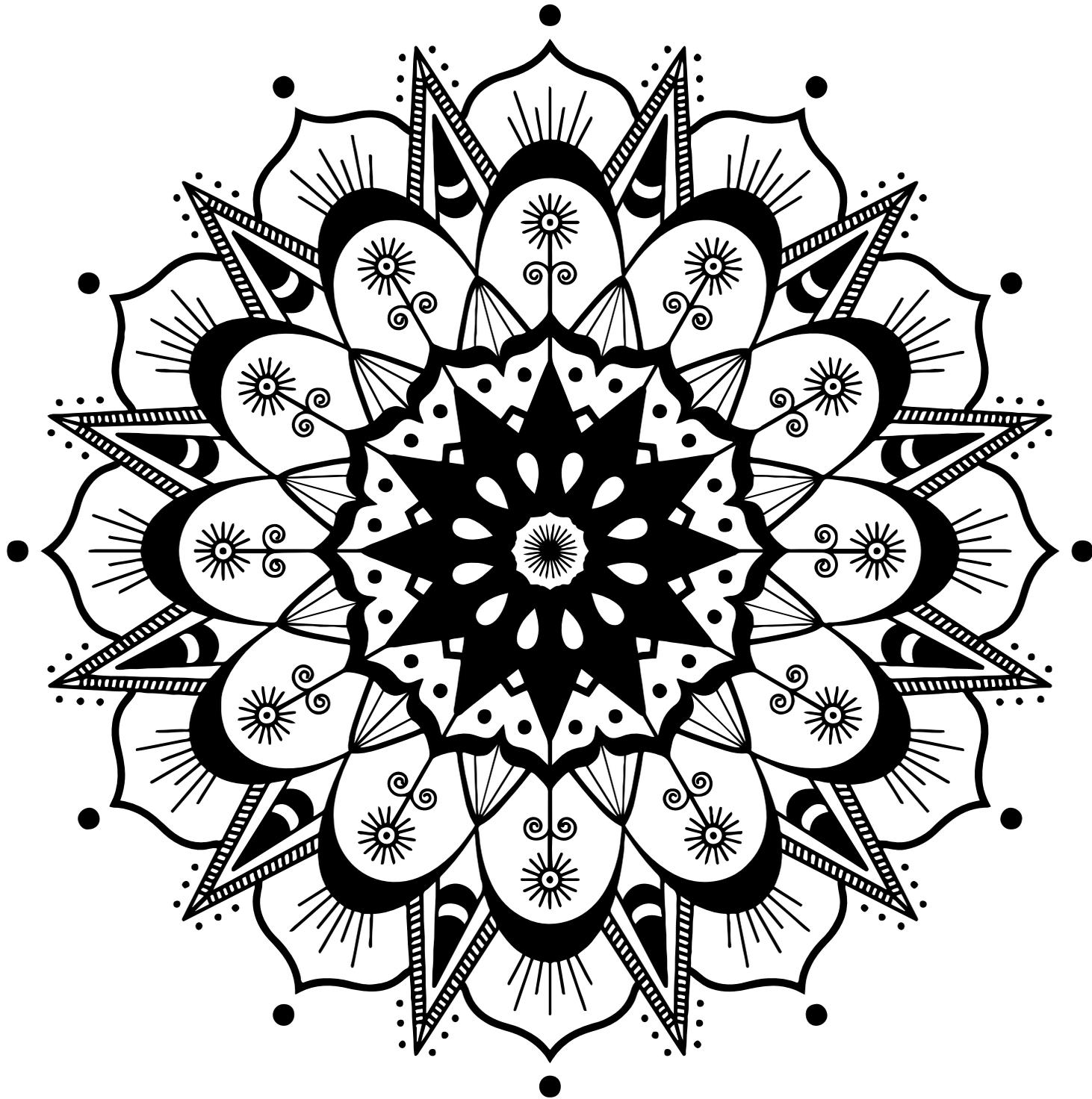
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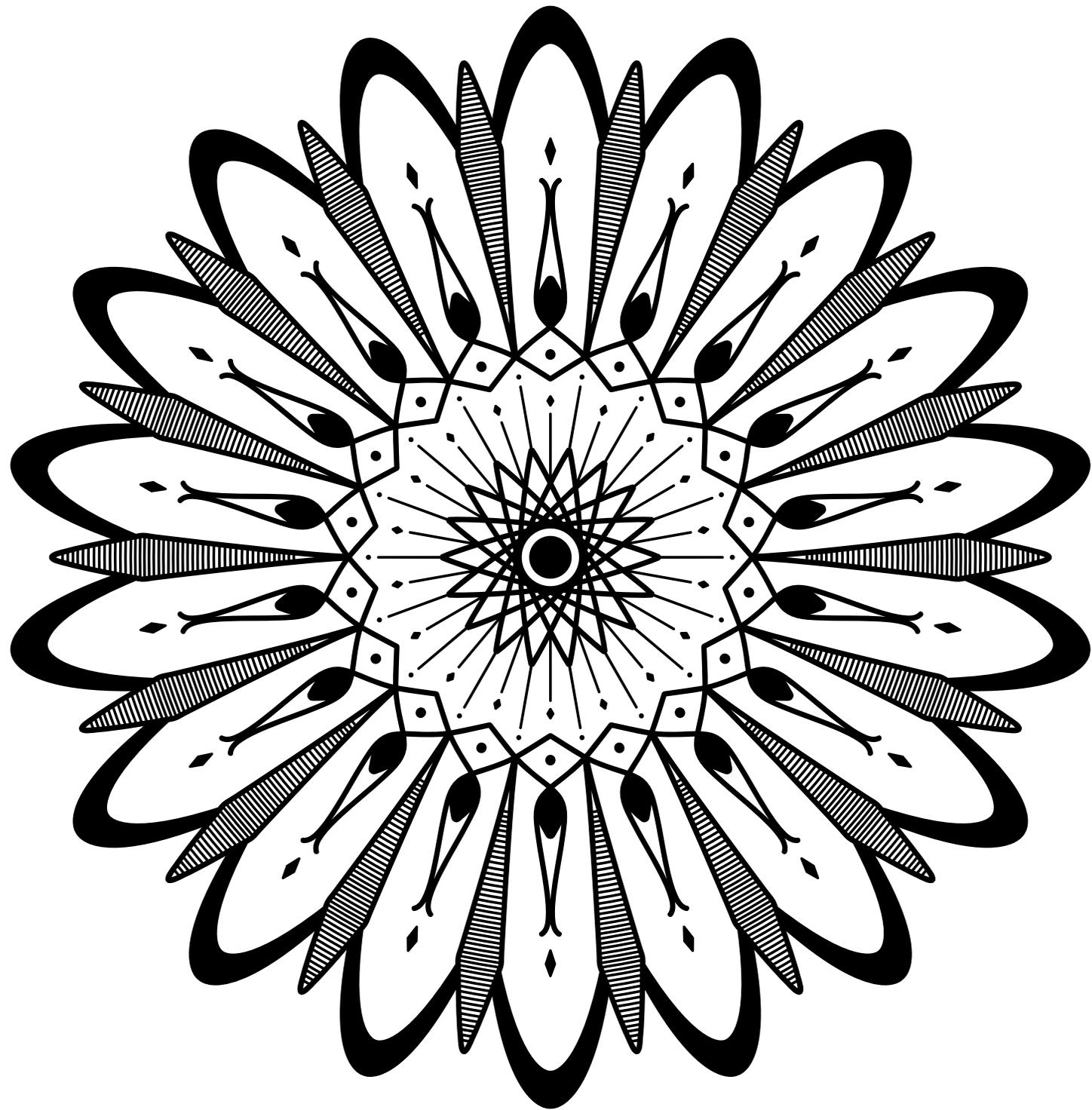
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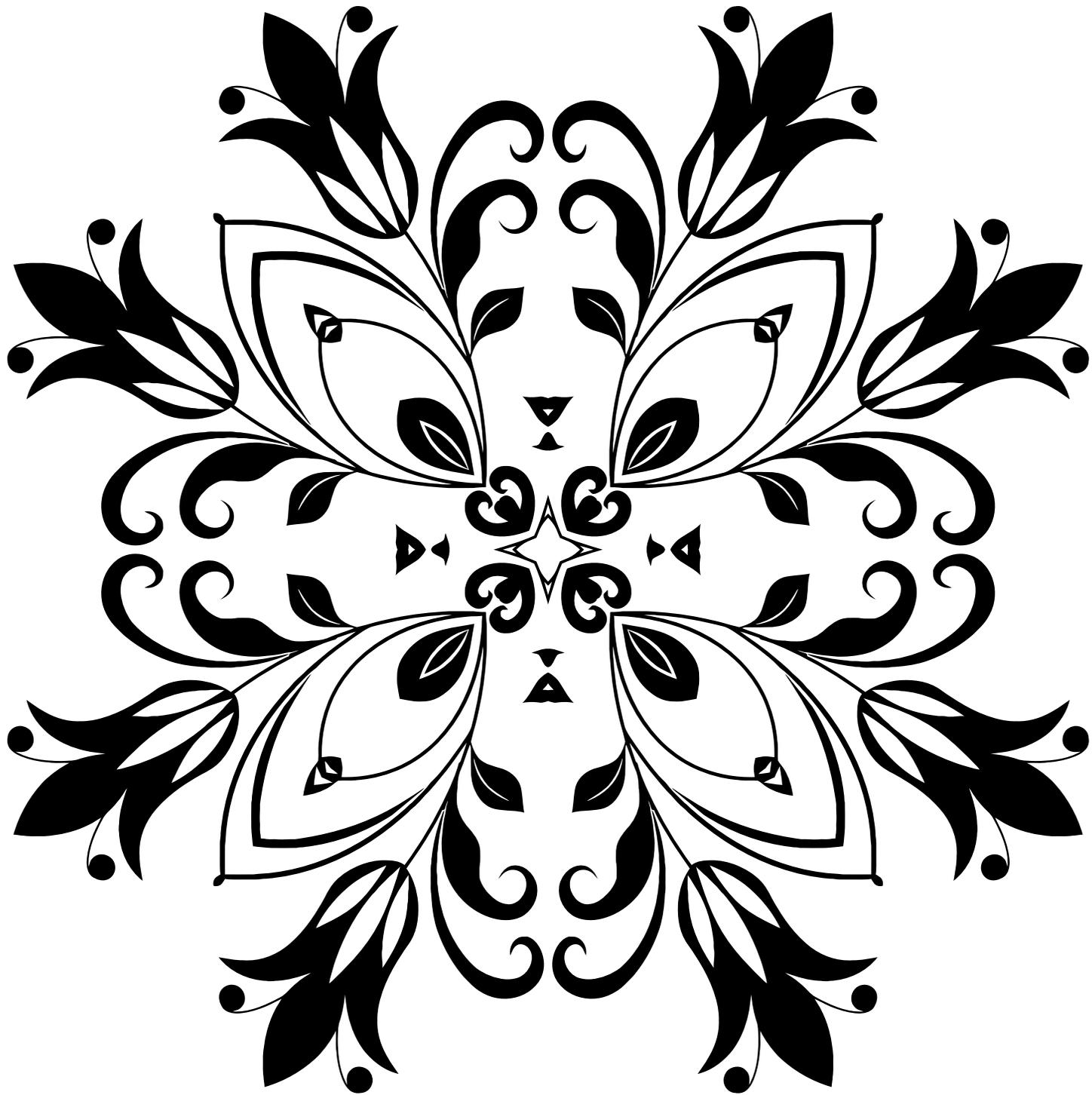
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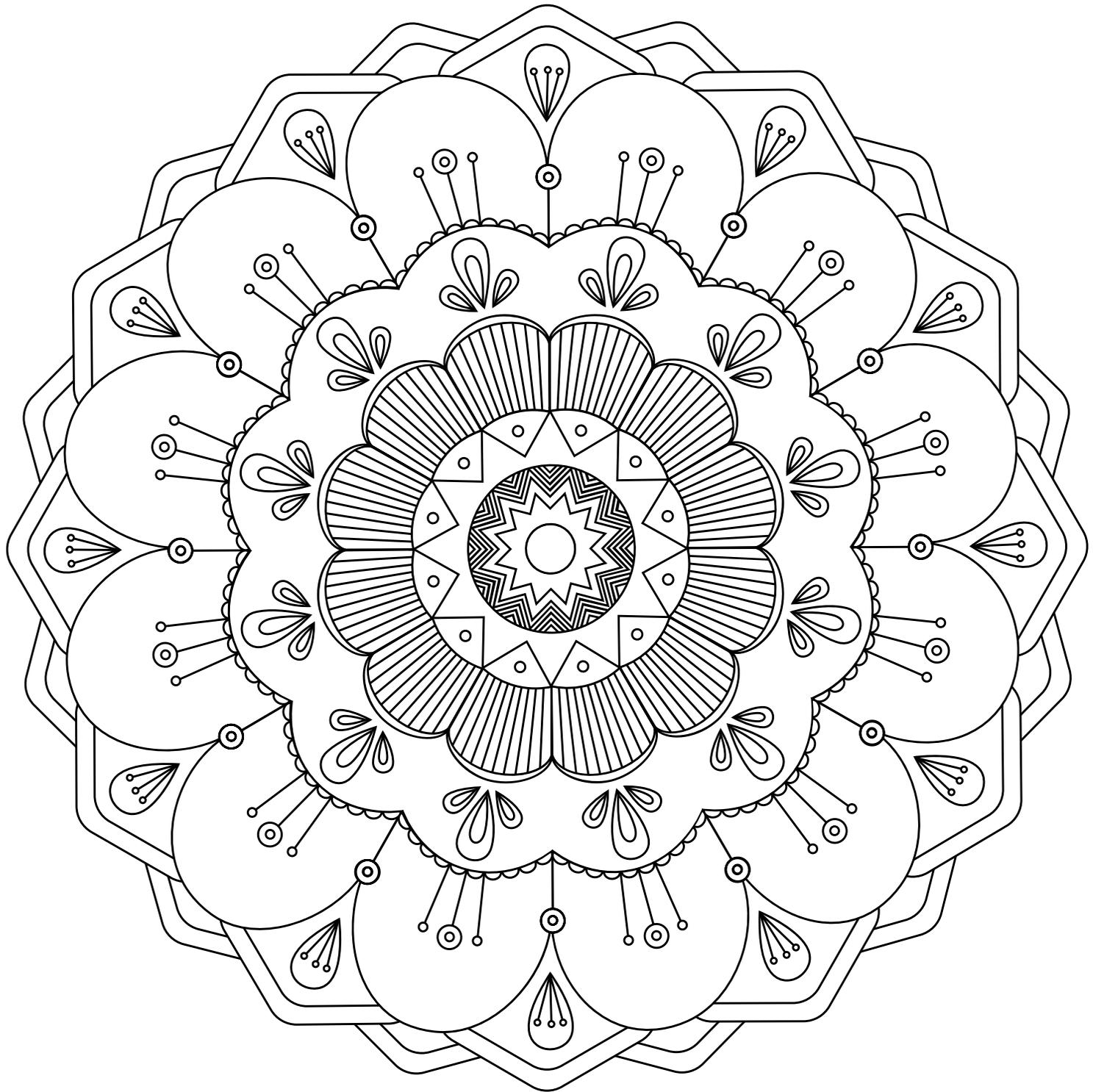


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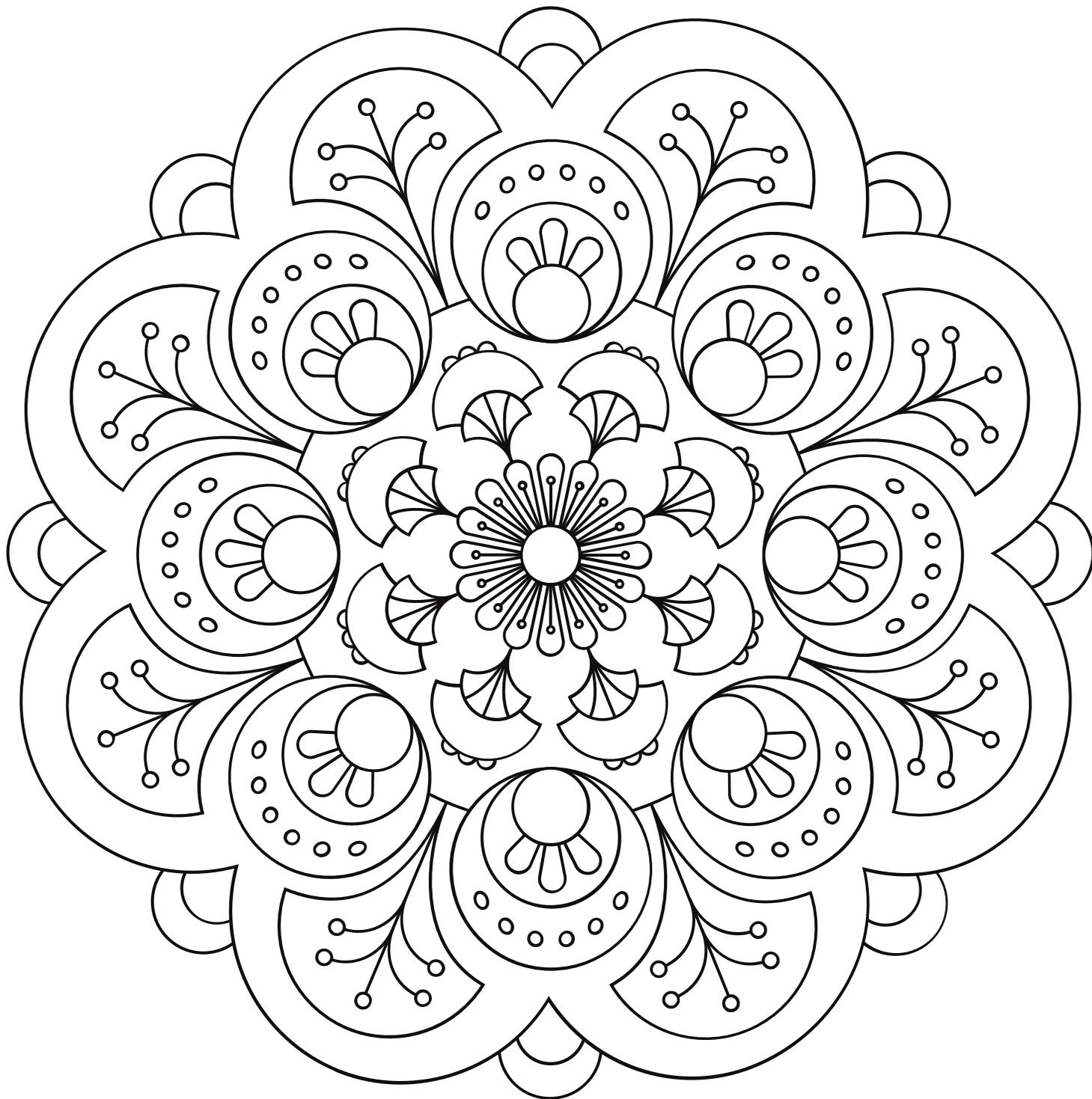


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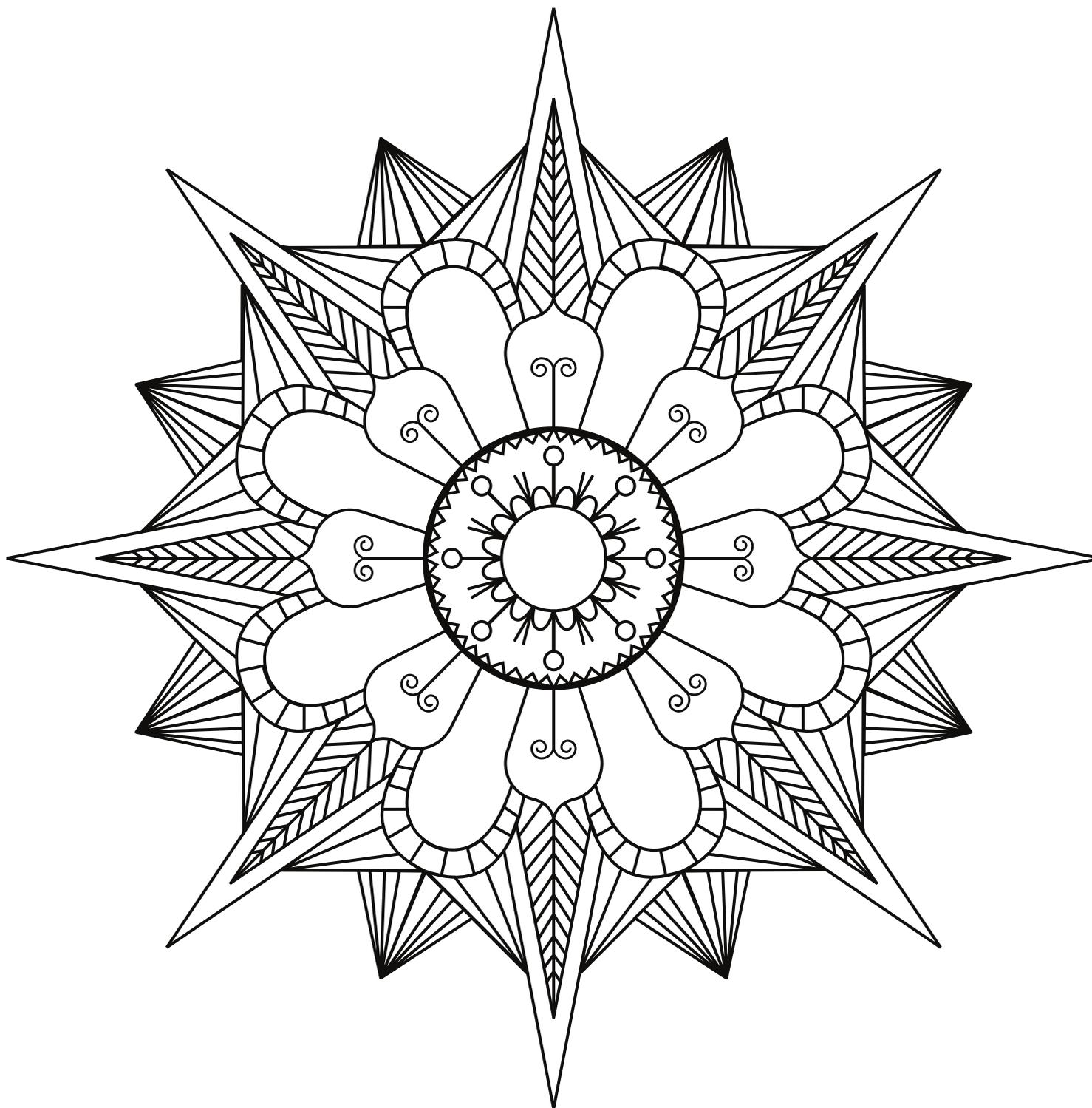




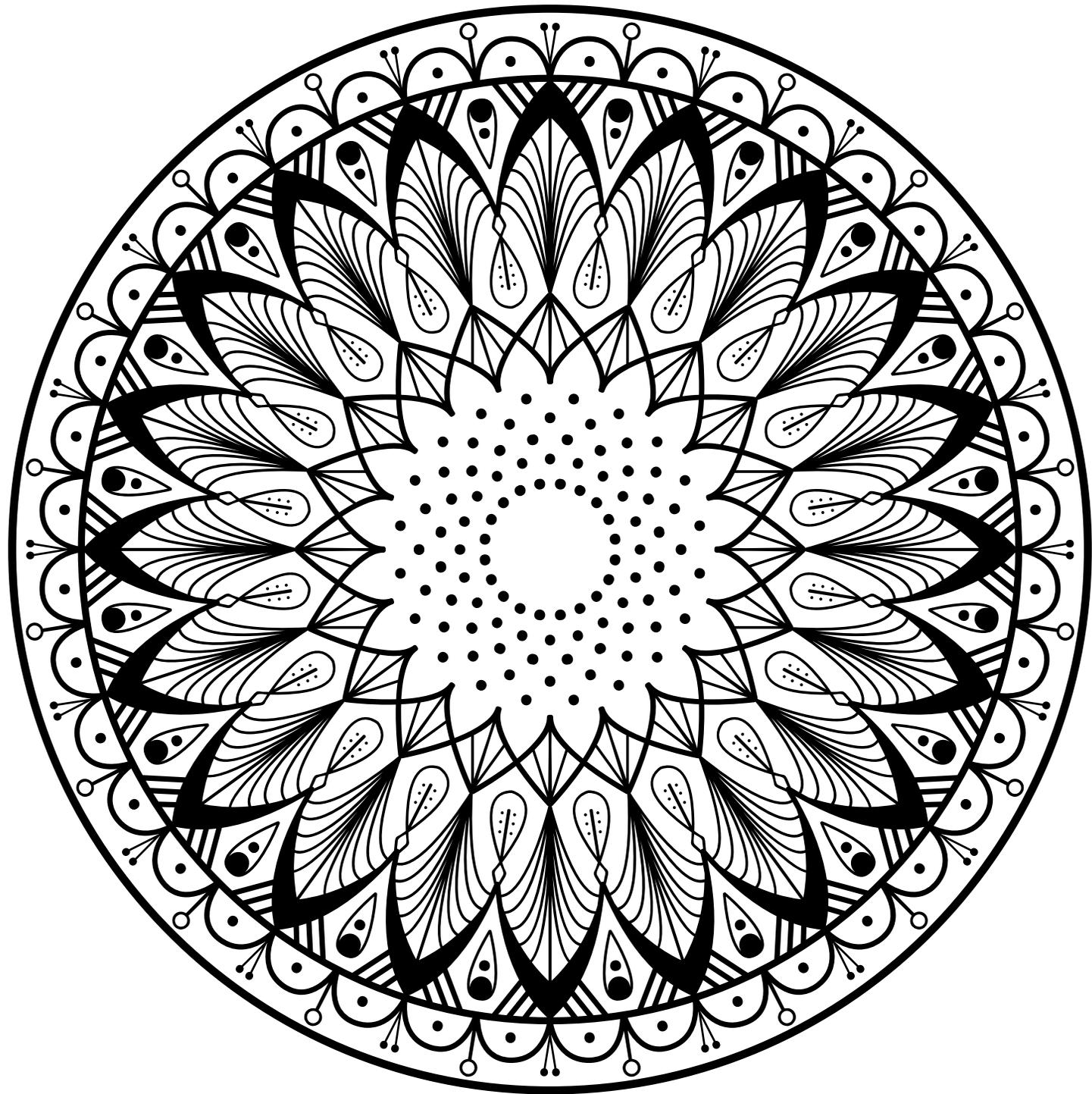
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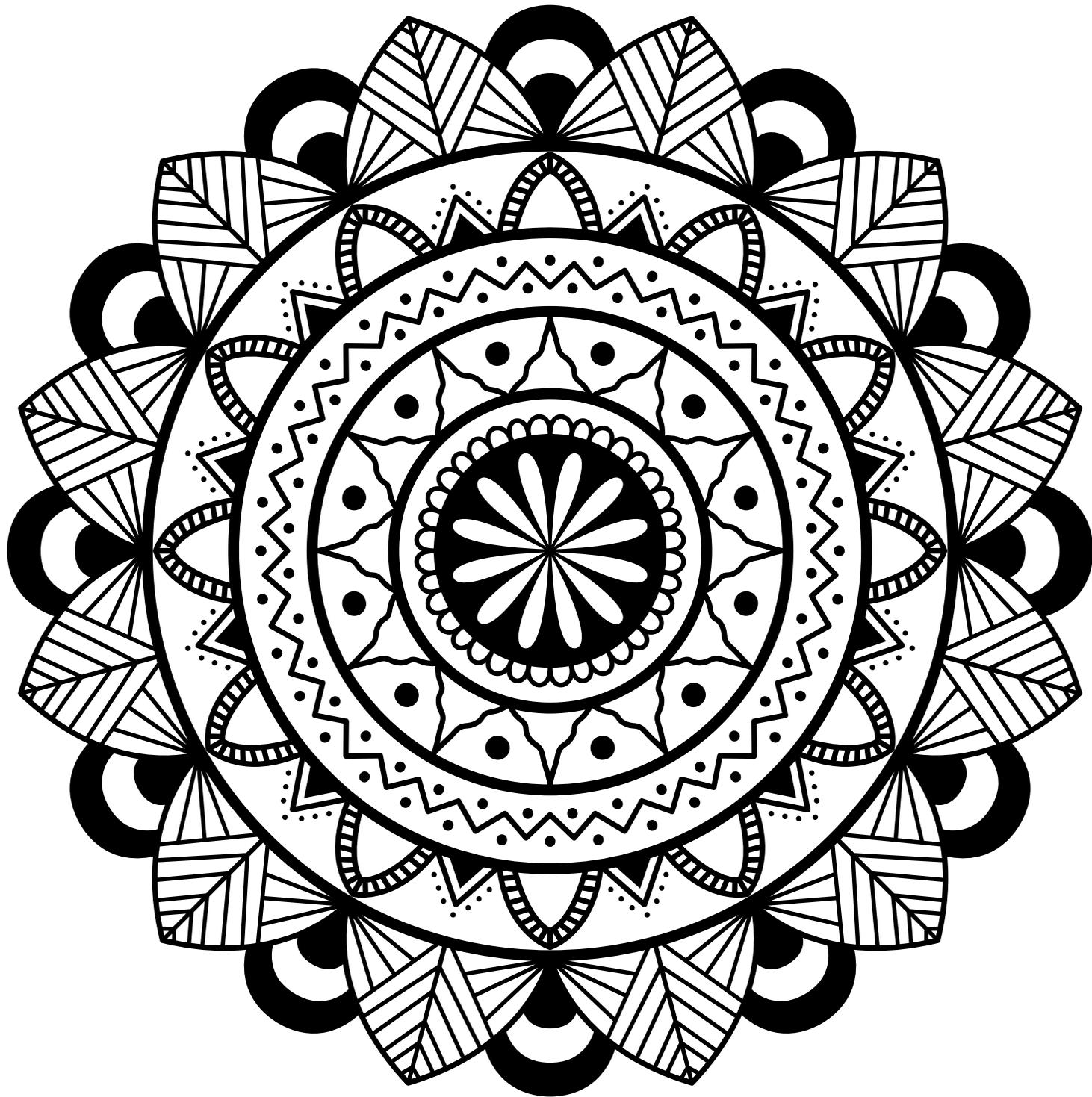
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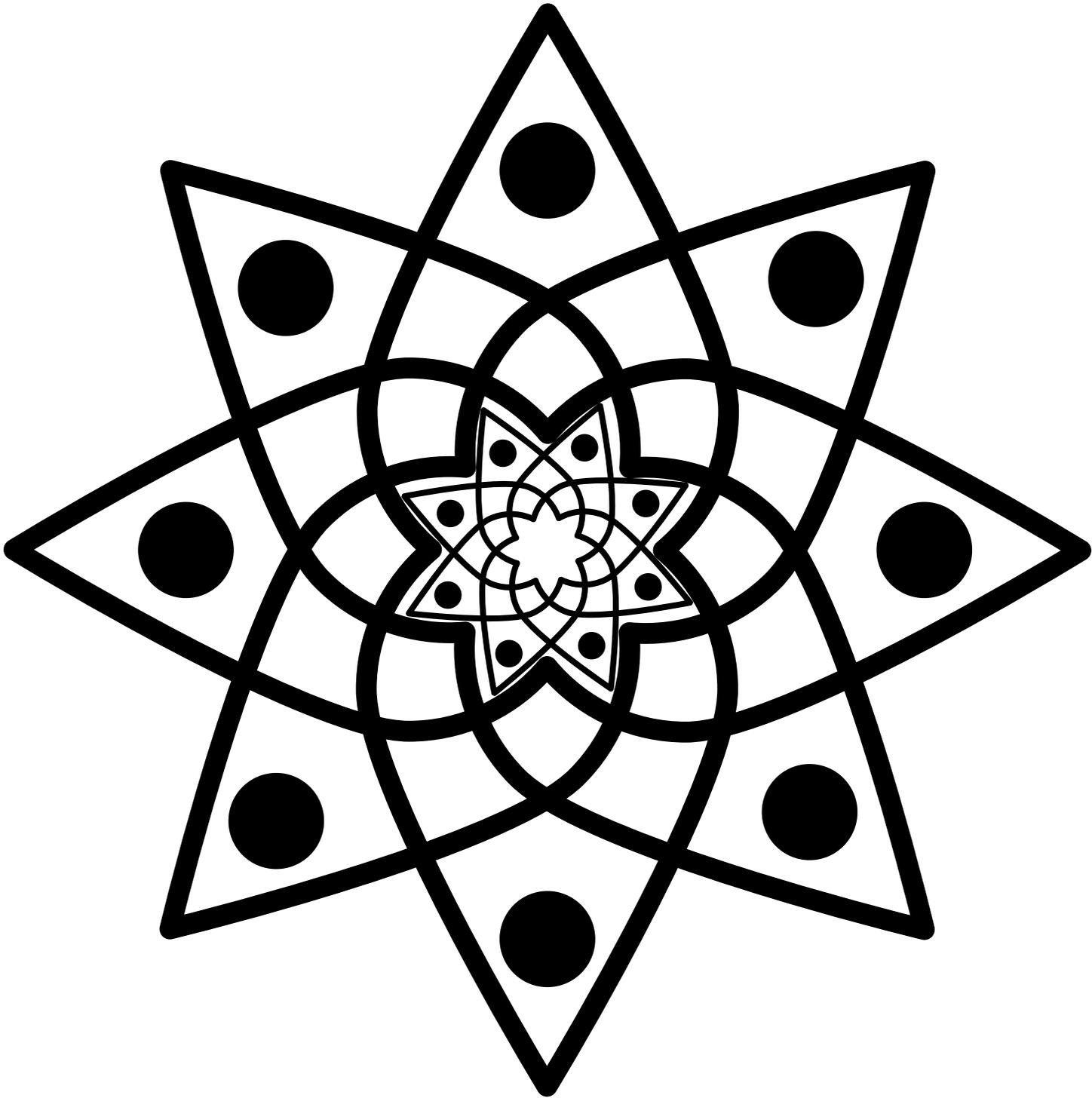
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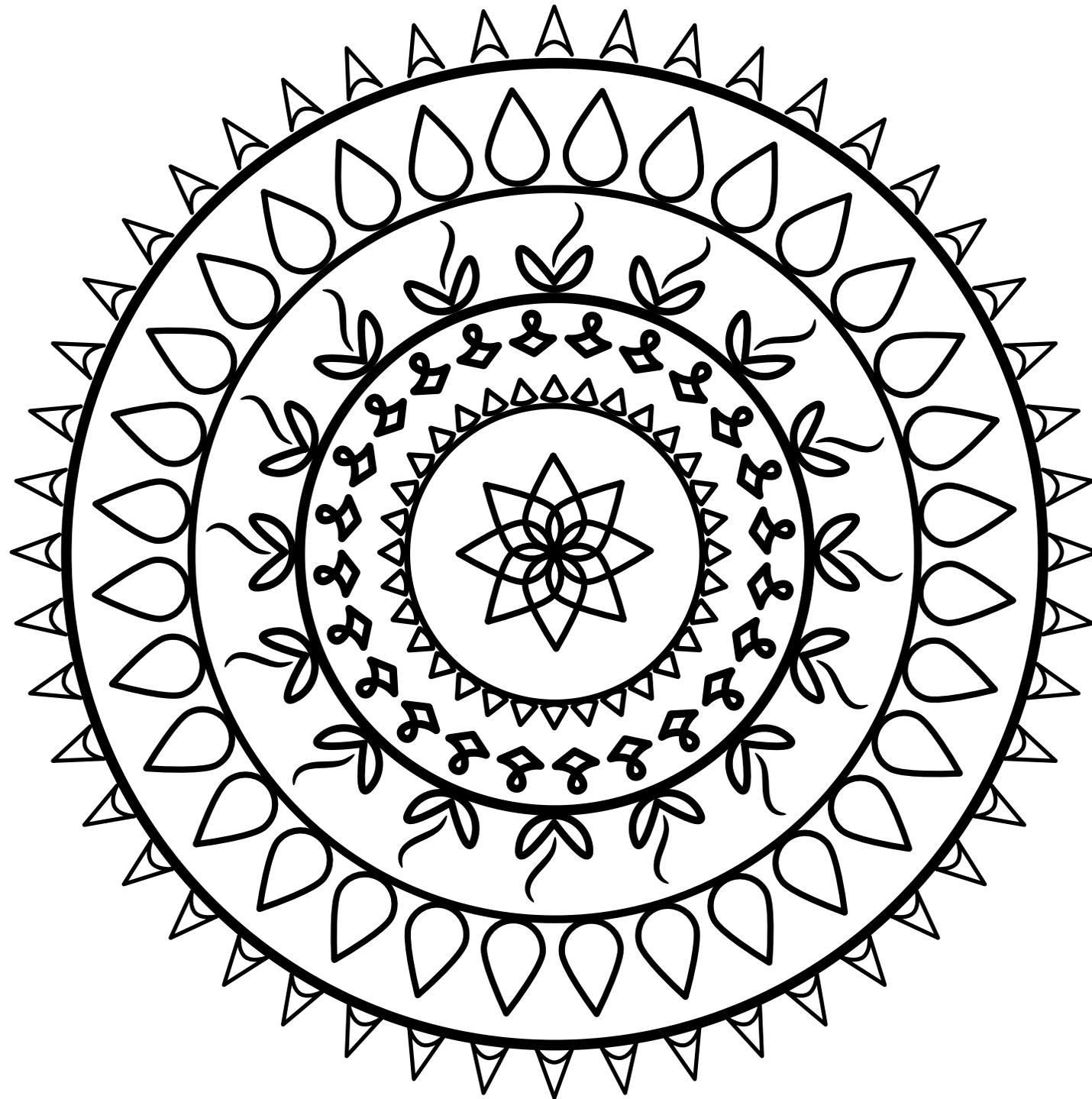
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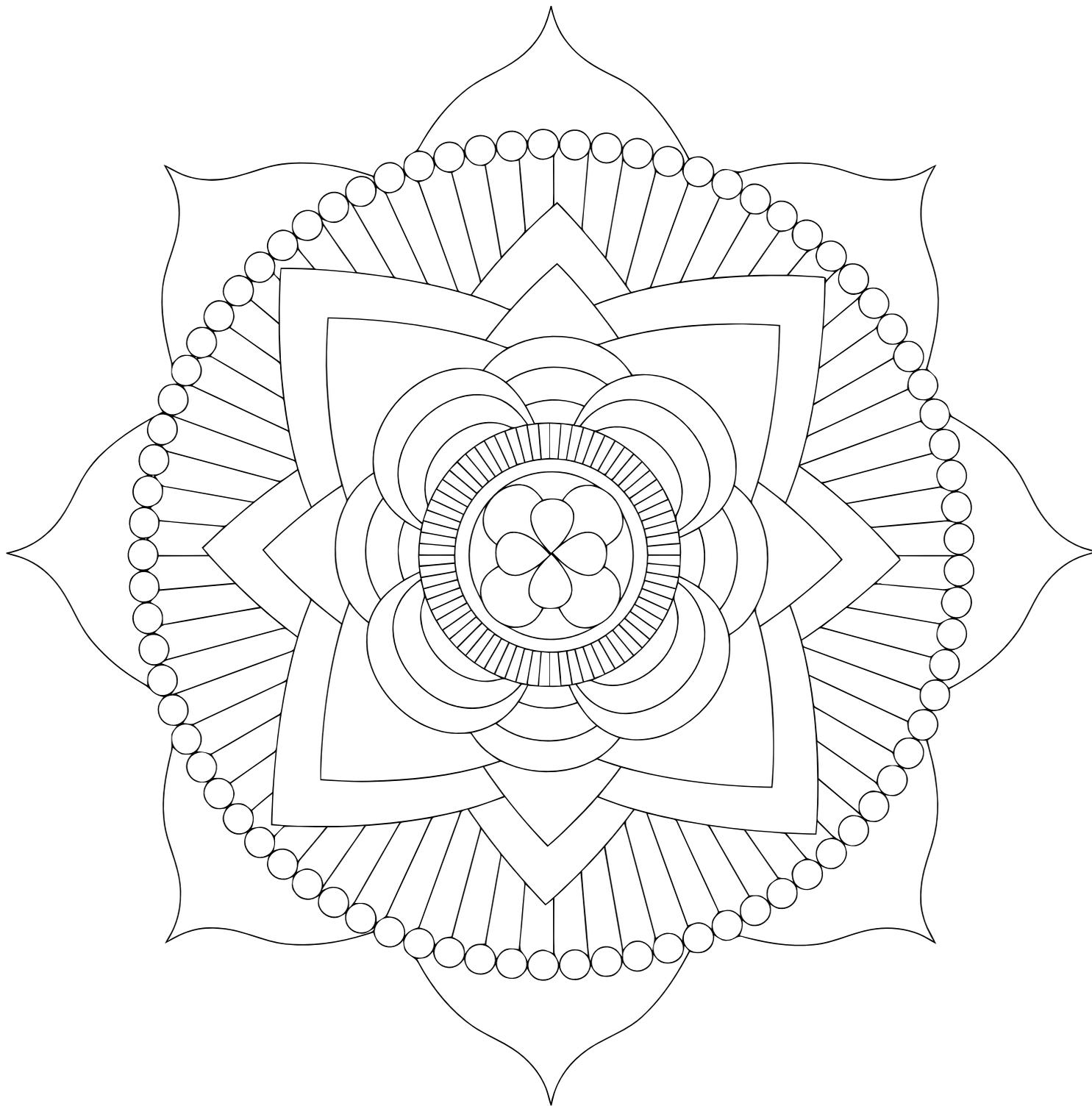
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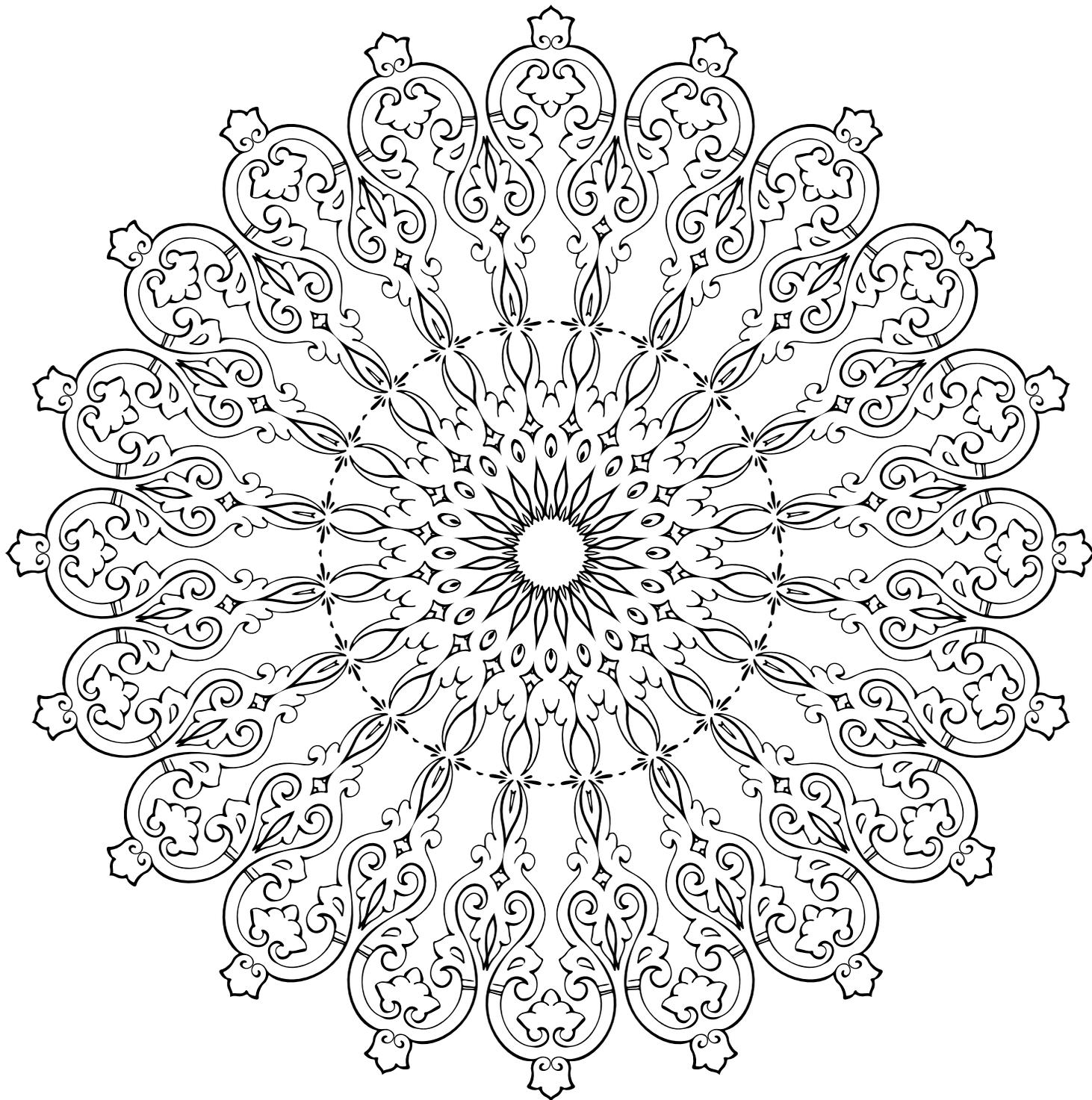
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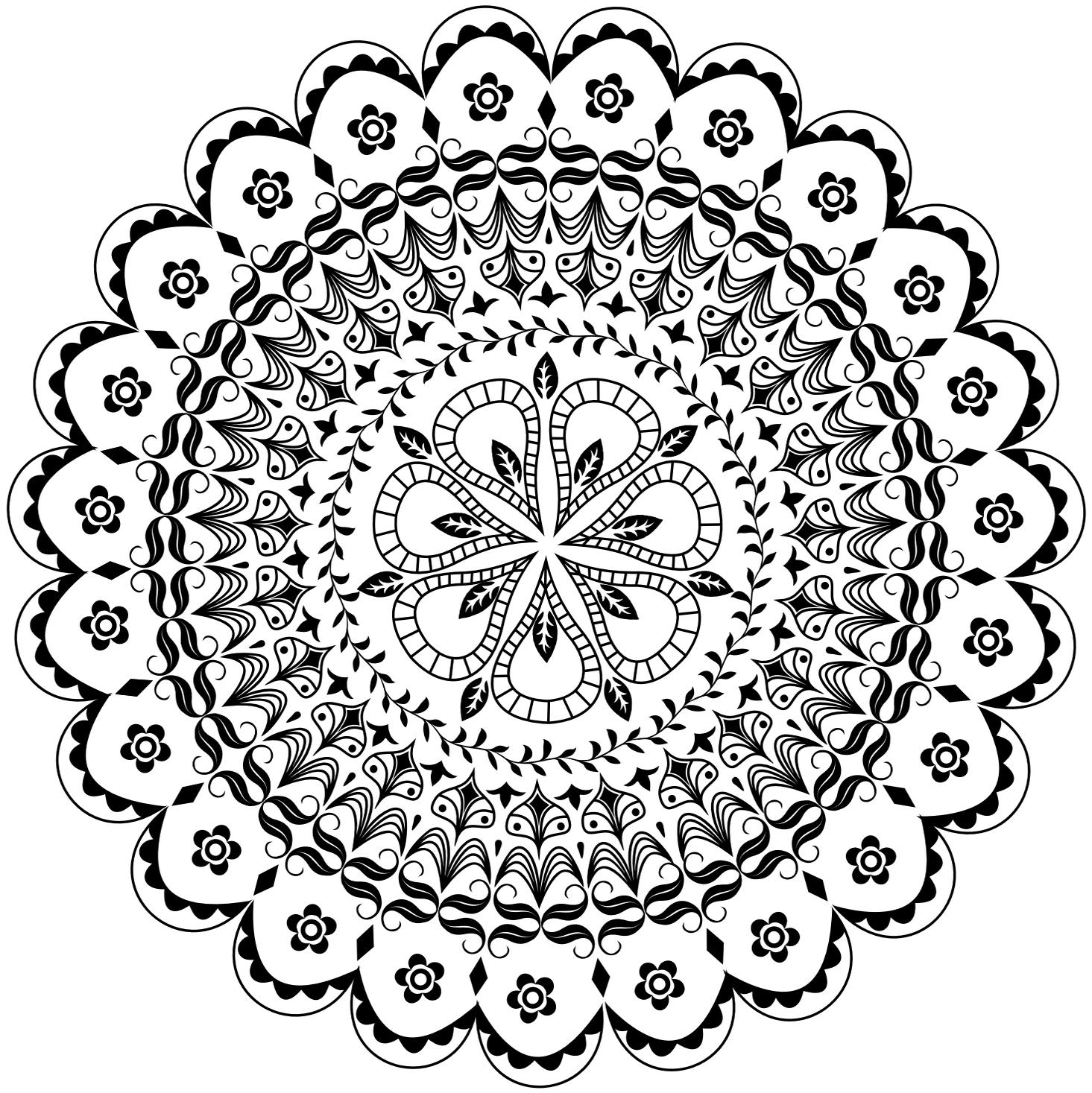
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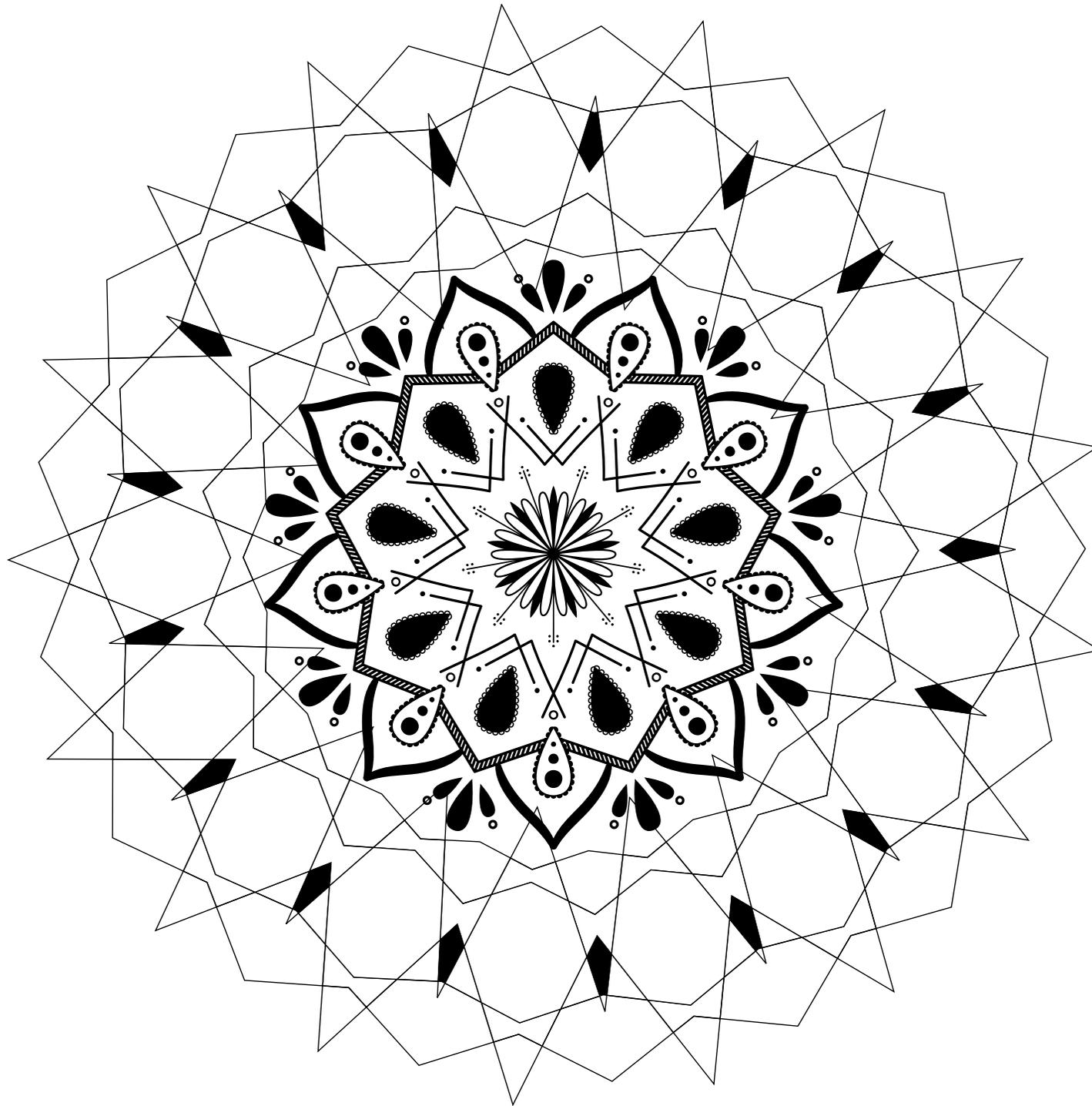
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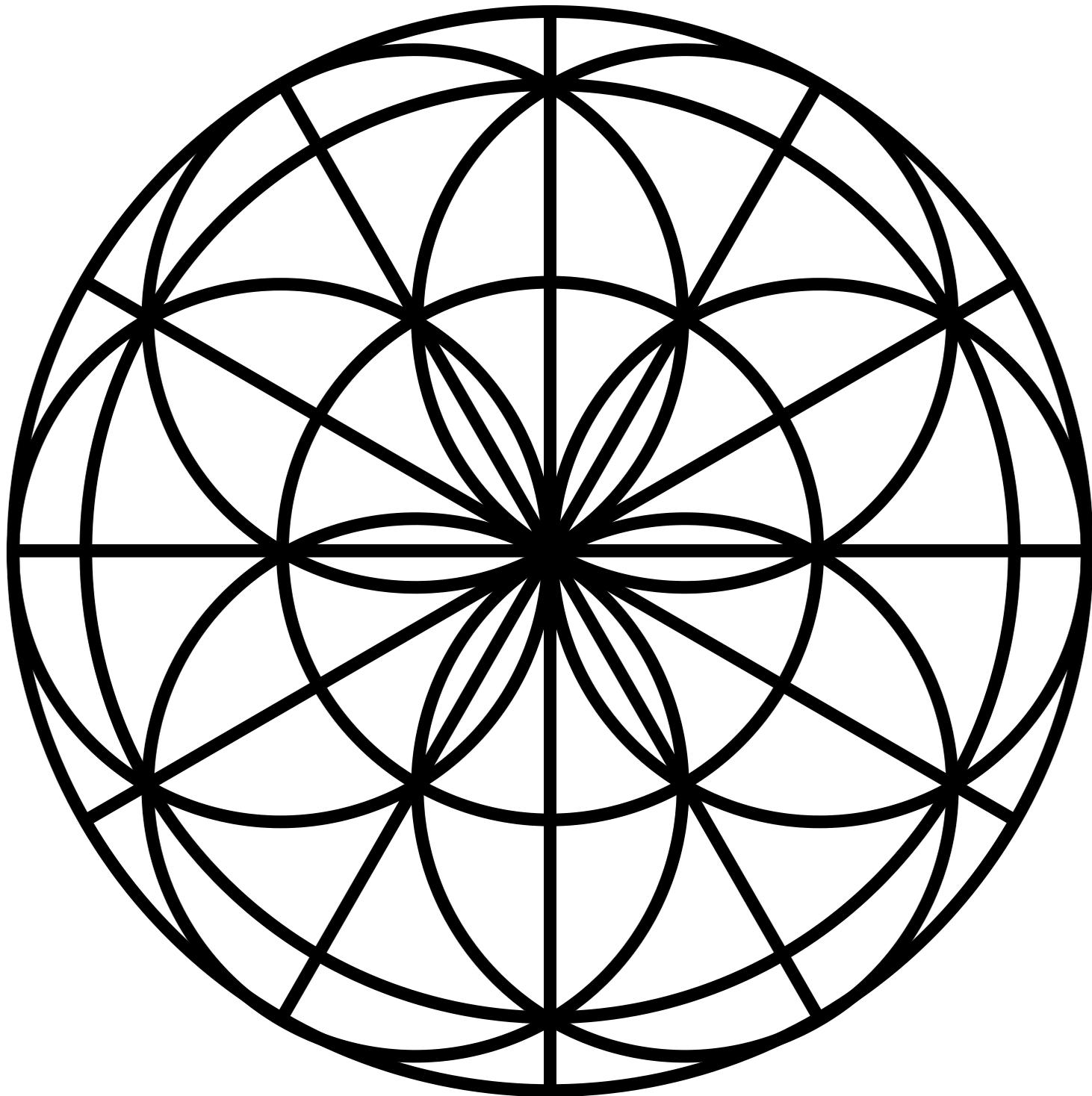
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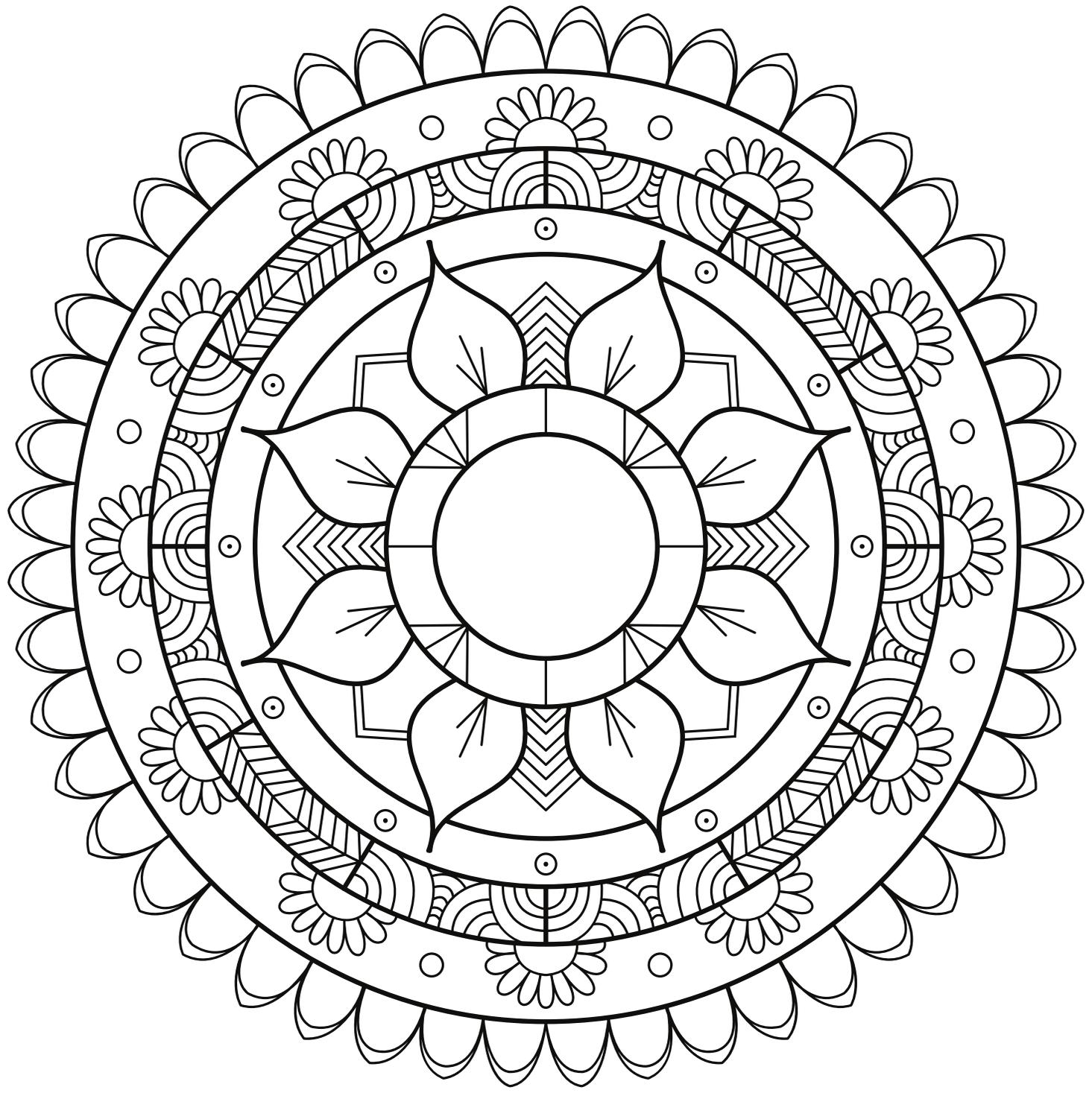
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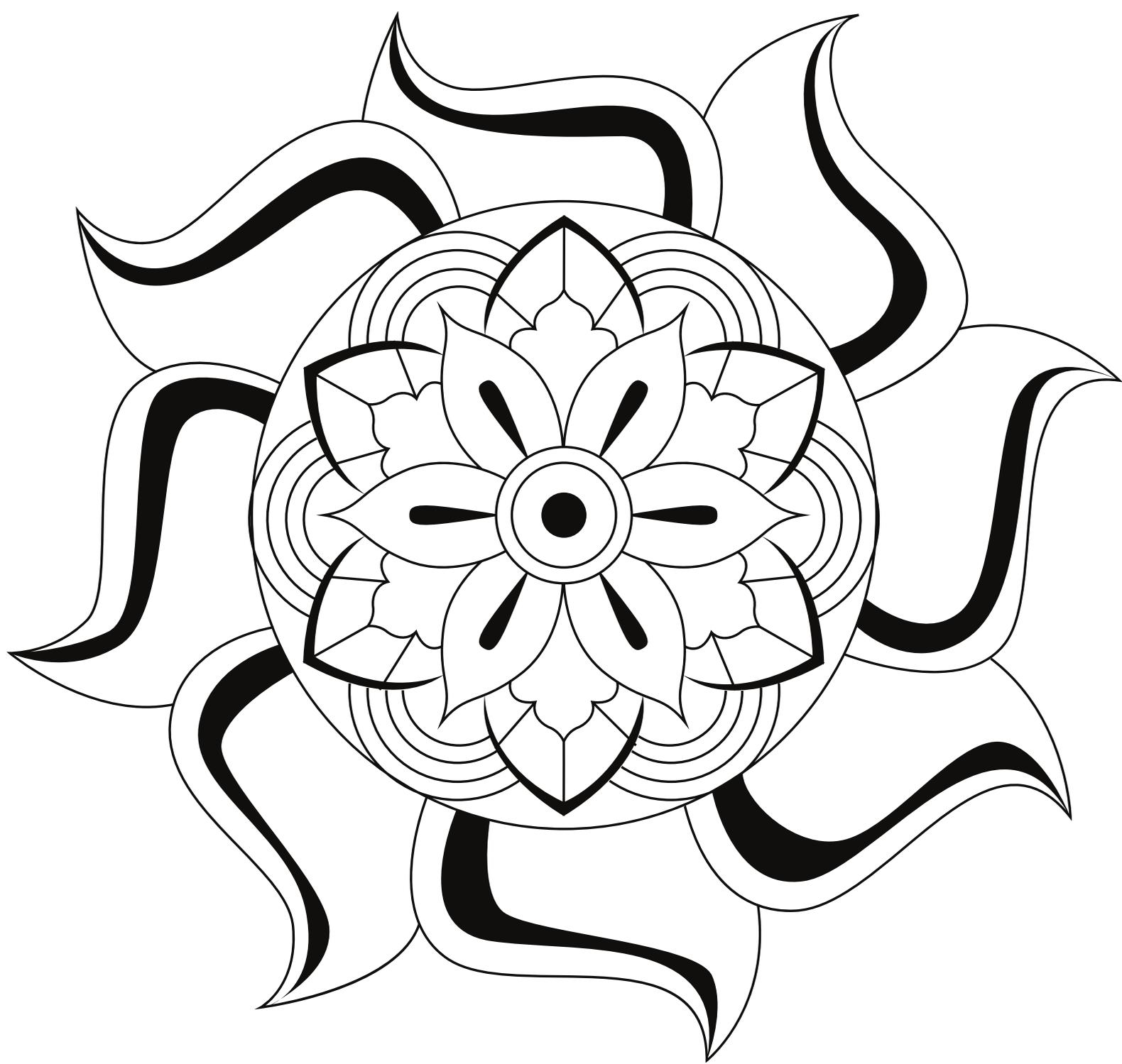
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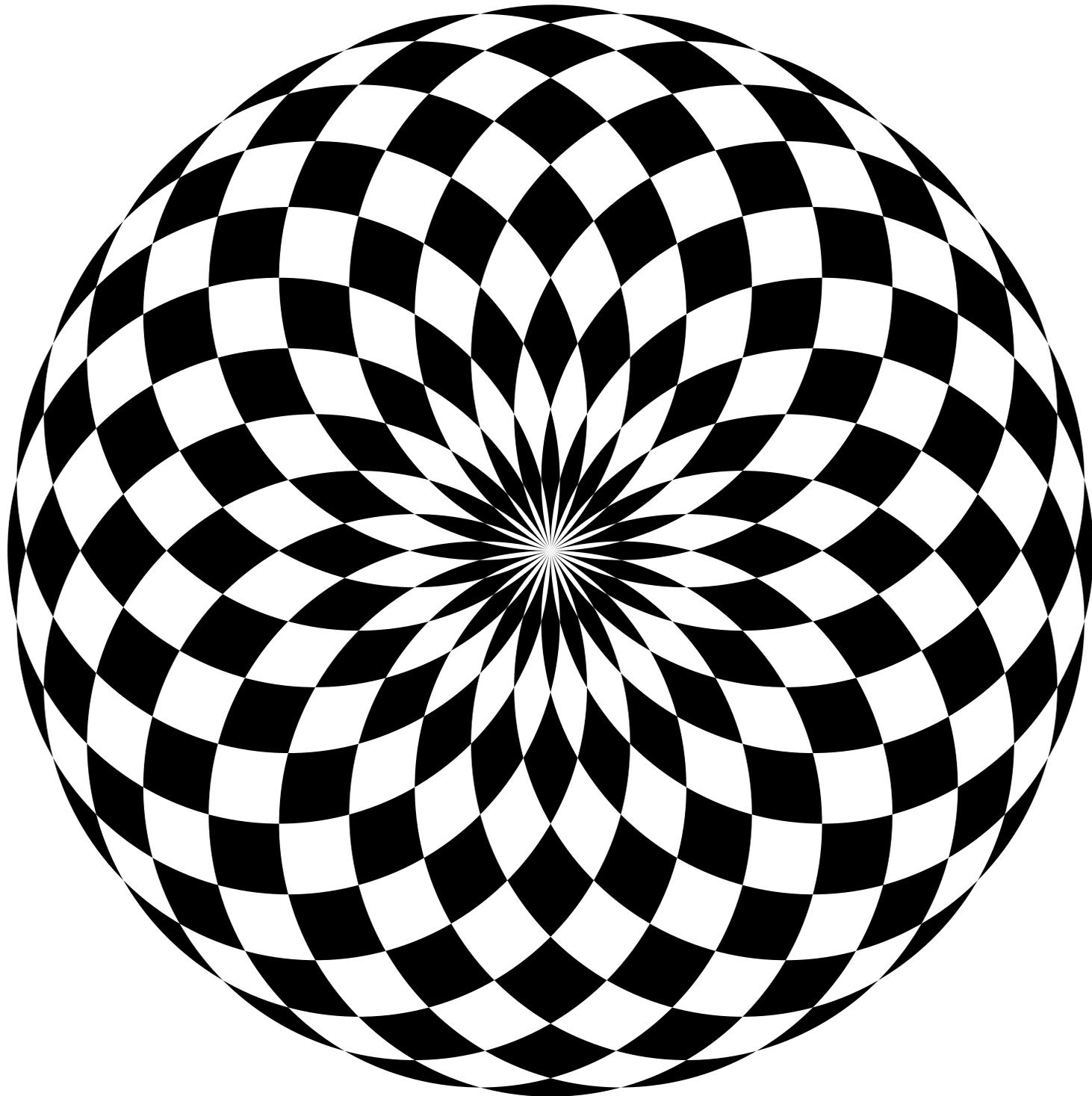
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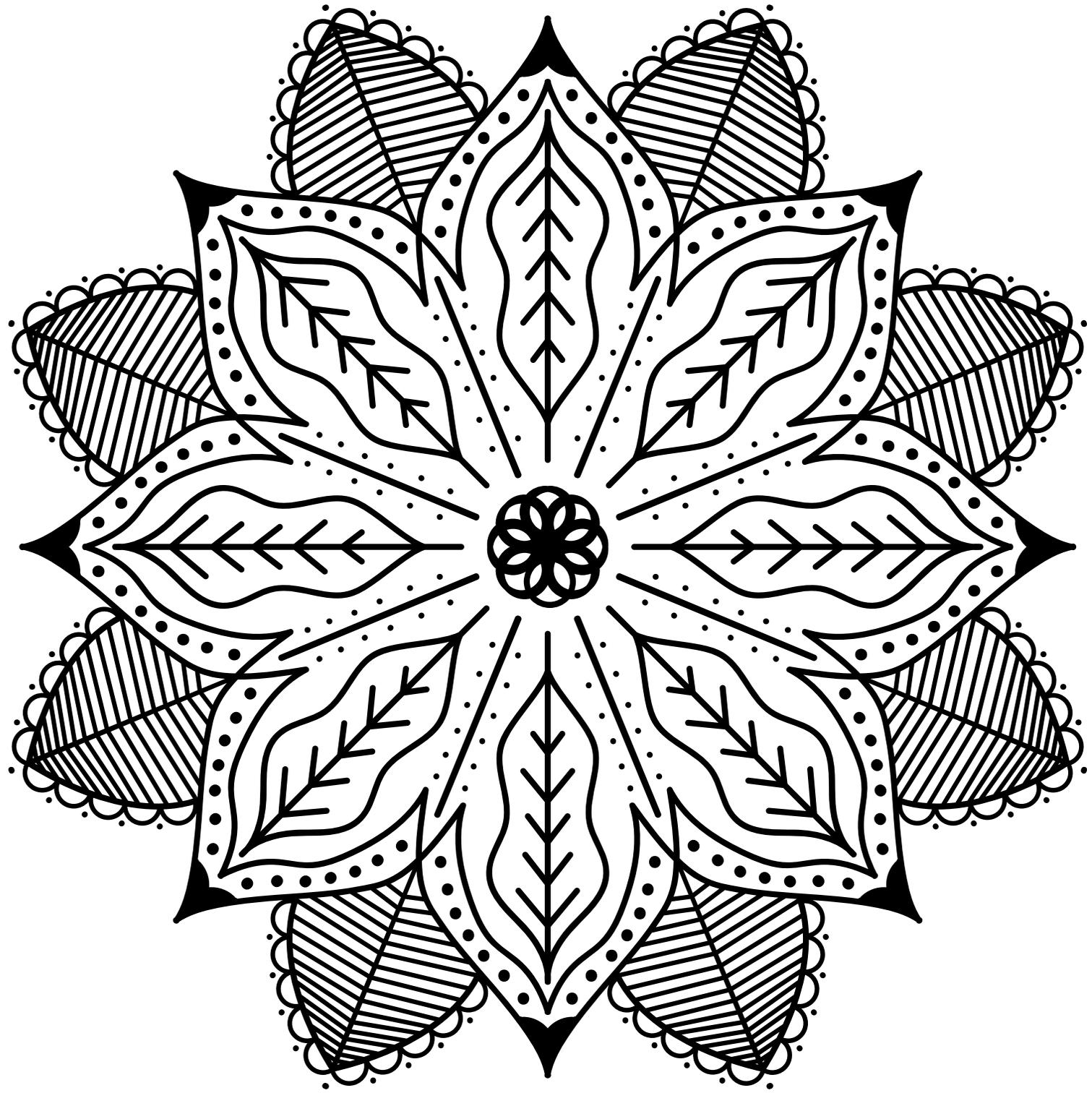
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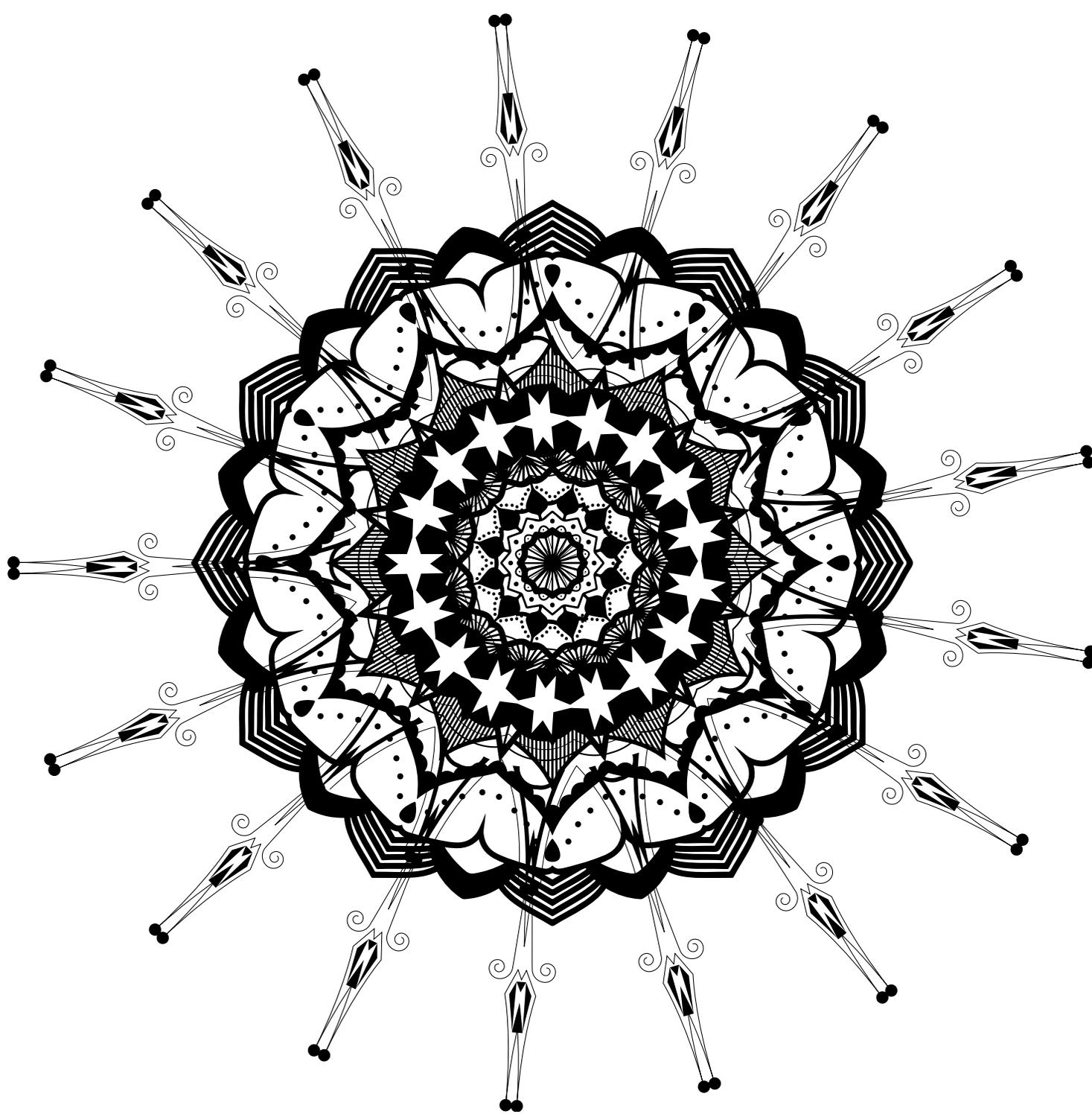
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