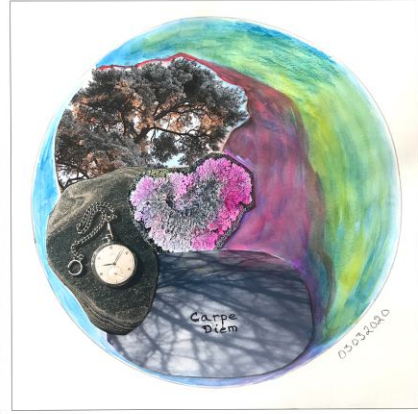


# SPECTRO MANDALA



Ulla Halkola 2020

SPECTRO MANDALA is a painted mandala with photographs. Spectro Mandala's character is to be open minded, multi nuanced, unique and always personal. Photographs are intended to give focus, inspirations and depth to the process. It is possible to use own photo collection, photo card series, clipped photos from magazines or free photographs from internet.

Painting and doing Mandala means to be focused on your work. It is often a relaxing and sensuous process. It is possible to have some peaceful, relaxing background music.

What is needed? You need paper, colored pencils, scissors, water and glue. It is good to have around 2-10 photographs at the beginning of the session. So you have options which one to use in your mandala.

Spectro Mandala means also that the process is focused on a specific topic. You choose the topic yourself for the session. The counselor or therapist gives the theme in other situations. The themes might be for instance: periods of the life, seasons, landscapes, hopes and dreams.

I have created the Mandala Photo-painting technique with the Austrian art therapist and art therapy trainer Laura Jiménez-Alonso during the art therapy & phototherapy workshops hold during the years 2013-2017.

Art therapy sparks our curiosity of what can't be seen, what is hidden in our inner world totally as inner images. During the creative process art therapeutic methods help us to express those inner image. Phototherapy for it's part uses photographs which are material objects of the outer world. Photographs which are used represent always something meaningful for user. The combination with inner and outer images is a gratifying experience.

SPECTRO MANDALA is primarily a Mandala with Spectro Cards. It can be used as a title in general for mandalas which have a combination with photos and paintings so far there is no other name for this kind of mandalas.

Ulla Halkola  
MSSc phototherapy trainer  
Creator for Spectro Photo Cards