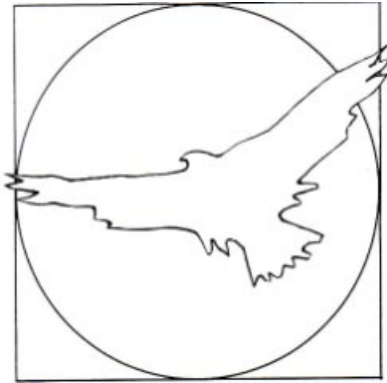


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The "bird mandala" represents the helpfulness of seeing at a remove. Einstein said that we can only truly evaluate one dimension from the vantage point of another one, which presents a problem if we want to see and evaluate ourselves and our context. The bird is a metaphor for this possibility and the mandala indicates the promise of wholeness.

The birds and animals come to the aid of the people who have developed dysfunctional "habits." I am prompted to say in support of the sand tray process, that we humans can tend to see things too abstractly and to rely on thought alone to find solutions. A sand tray offers the unusual, tolerable and fruitful possibility, in a physical and experiential context, of standing at a remove (outside the tray) and seeing and making conscious determinations about what we have projected metaphorically onto the tray. If we wish, we are then at liberty to adjust or reframe our projection within the same experiential, physical context.



I find that building a mandala in the physical context of my life is very satisfying. Later on, whenever i pass by it, I look at it and it supports my efforts. Stonehenge, medicine wheels, Tibetan and other mandalas seem to have an ordering function while providing a sense of potential wholeness.

Sophia Hughes