



The Satir Mandala

A metaphor about human universals

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'Gemstone Mandala' Graphic Art Print on Wrapped Canvas
See More from [Trademark Fine Art](#)





Virginia told me to create a teaching triad. In 1988 Mike Dupont, Dan Doyle and I began to use Satir tools to develop a program to help the state of Michigan decrease the number of deaths of juveniles in County jails by promoting “alternatives to incarceration”. We used the Mandala to talk about the uniqueness of every human and diversity.



Nothing is so simple that it can not be misunderstood.

- People are basic miracles and worthy of love.
- Each person is a unique manifestation of the life.
- Change is possible.
- Change it is a constant.
- You can not undo anything - you can only add on.



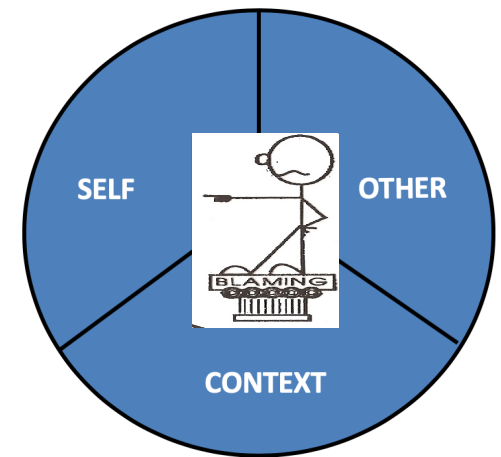
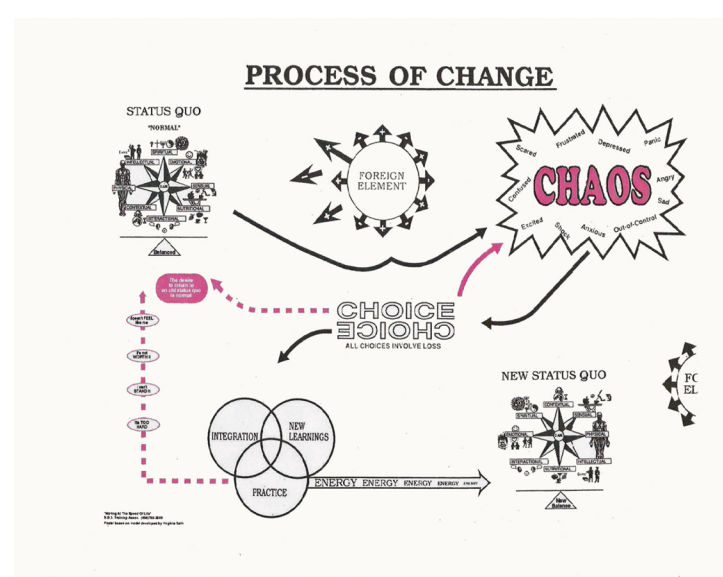
- Satir was a Teacher/Social Worker/Visionary. She used the Mandala as a way of teaching about universals of being human.
- s a way of She was an assimilator and an amalgamator.
- She made tools because she needed tools.
- When She worked with a person she was aware of all of these dimensions and this awareness allowed her to connect at powerful level. She knew that communication only works if we can make contact. Safety.



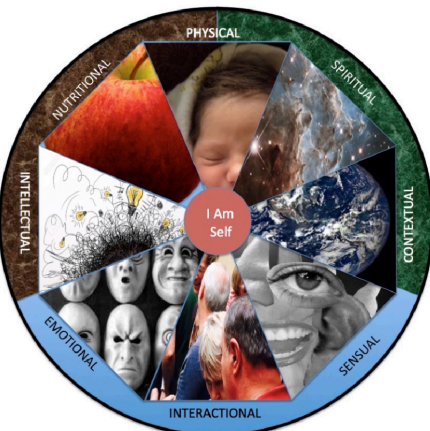
<https://www.invaluable.com/blog/what-is-a-mandala/>



<https://www.slideshare.net/MargotTeusner/mandalas-from-around-the-world>



Communication Stances



Family Maps

Date of Birth

Place of Birth

Religion

Employment history

Education

Dates of Marriage

Divorce

Coping stances 1&2

Social, Private, Professional

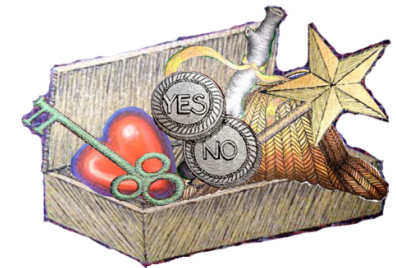
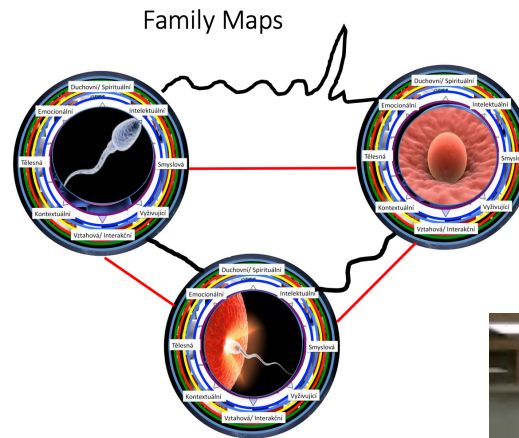
Descriptive Adjectives

Military Service

Health Problems

Ethnic Background

Expectations, Hopes, at the time of marriage, relationship.



Wisdom Box

The Five Freedoms are:

The freedom to see and hear what is here, instead of what “should” be, was, or will be.

The freedom to say what you feel and think, instead of what you “should” feel and think.

The freedom to feel what you feel, instead of what you “ought” to feel.

The freedom to ask for what you want, instead of always waiting for permission.

The freedom to take risks on you own behalf, instead of choosing to be only “secure”.



Family Reconstruction and Sculpting

There is the known
There is the unknown
There is the knowable
There is the unknowable.

YOU ARE THE STUFF OF STARS

OUTSIDE

INSIDE

**All Mandalas have an inside and an outside.
The circle represents this idea.
In both the Inside and the outside there is a known and an unknown.**

”The mandala starts with a dot in the center which represents the primary deity of the mandala.”



<https://www.tibettravel.org/tibetan-arts/sand-mandala.html>

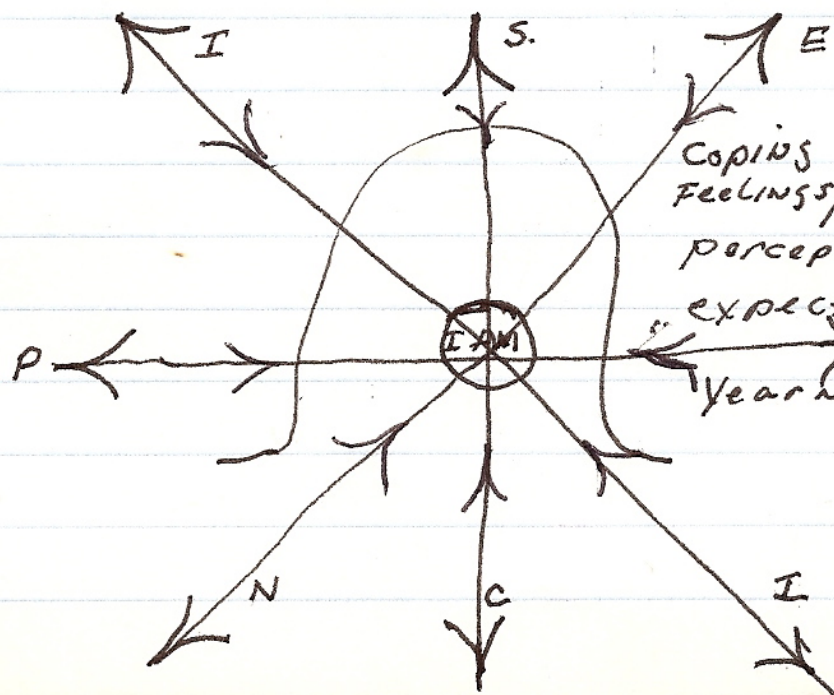


<https://www.nationalgeographic.org/article/belly-button-biodiversity/>

the other.

Friday work on one piece.

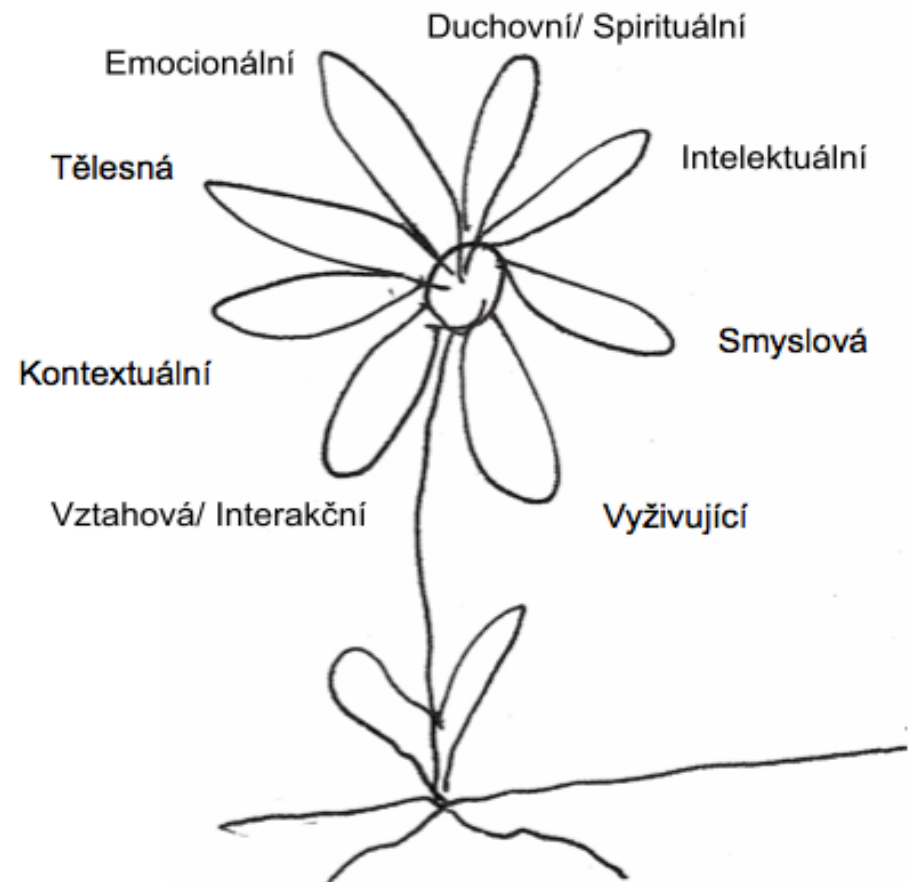
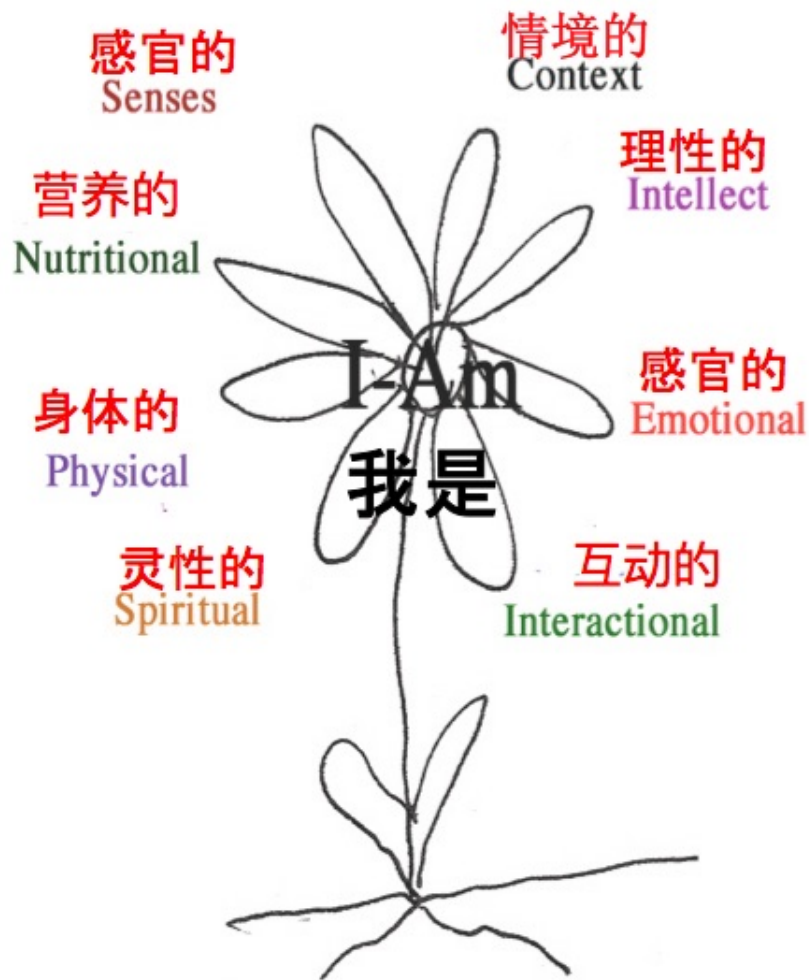
The MELD



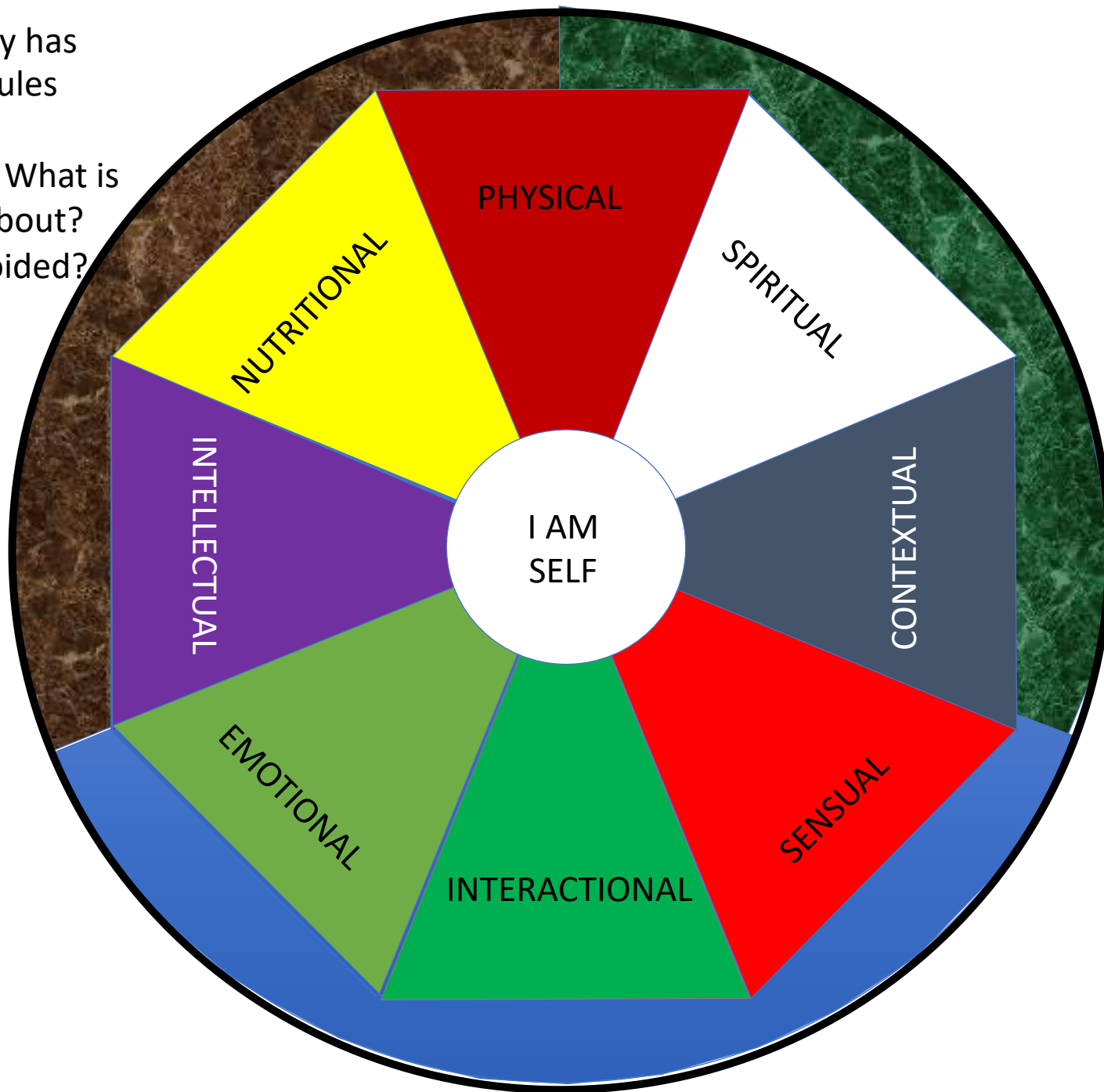
multi Layered.

Person/parts.

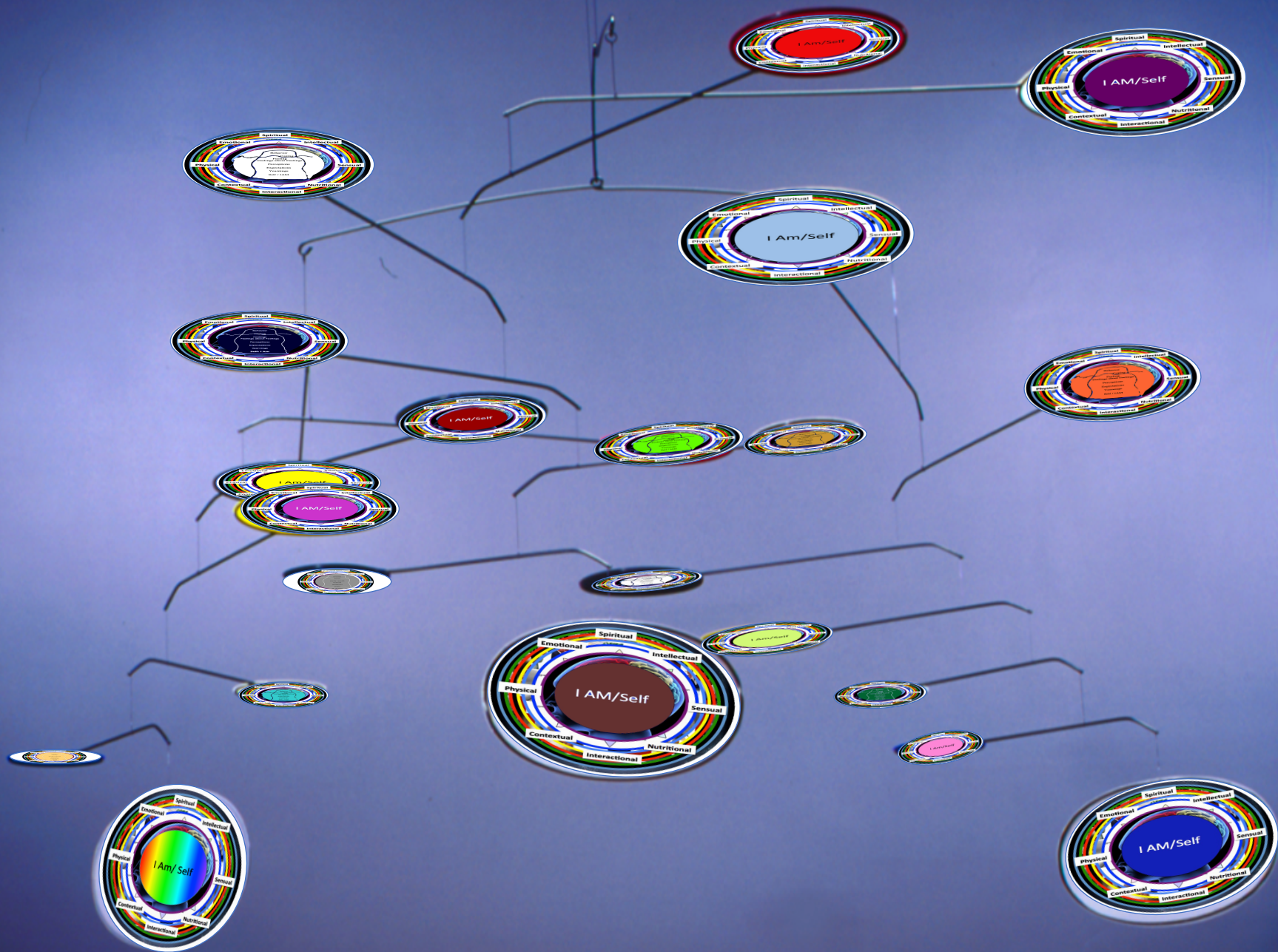
The first mandala I saw Satir draw was on a flipchart and it looked like the flower below.



Every Family has
their own rules
about each
dimension. What is
ok to talk about?
What is avoided?



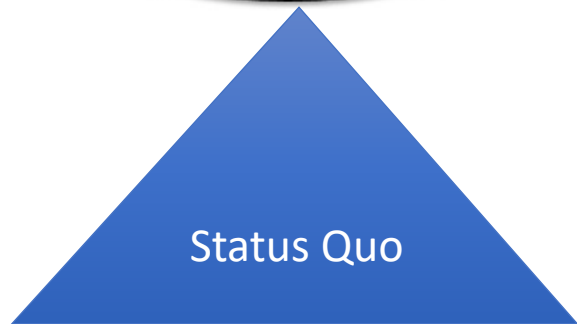
Each
person
occupies
their
own
place in
time.



The status quo is dynamic and always Seeking balance. The nature of the Universe is change. The universe thrives on change Without entropy change would not occur.

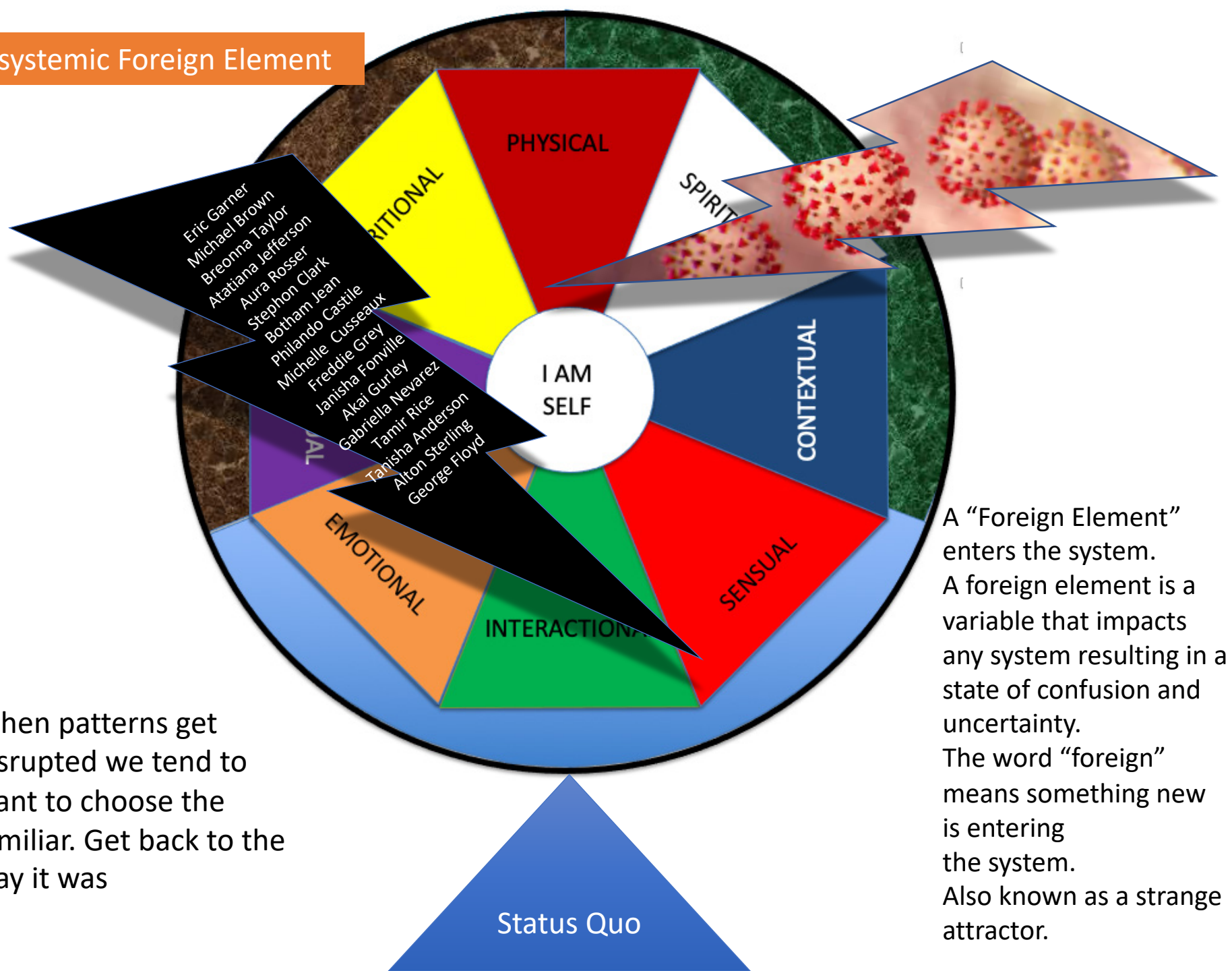


In all cultures there is at least one Social Institution for each dimension of the Self-Mandala. The dimensions are:
Spiritual
Intellectual
Physical
Nutritional
Interactional
Contextual
Emotional
Sensual



<https://www.khanacademy.org/science/chemistry/thermodynamics-chemistry/entropy-chemistry/a/v/chem20-entropy>

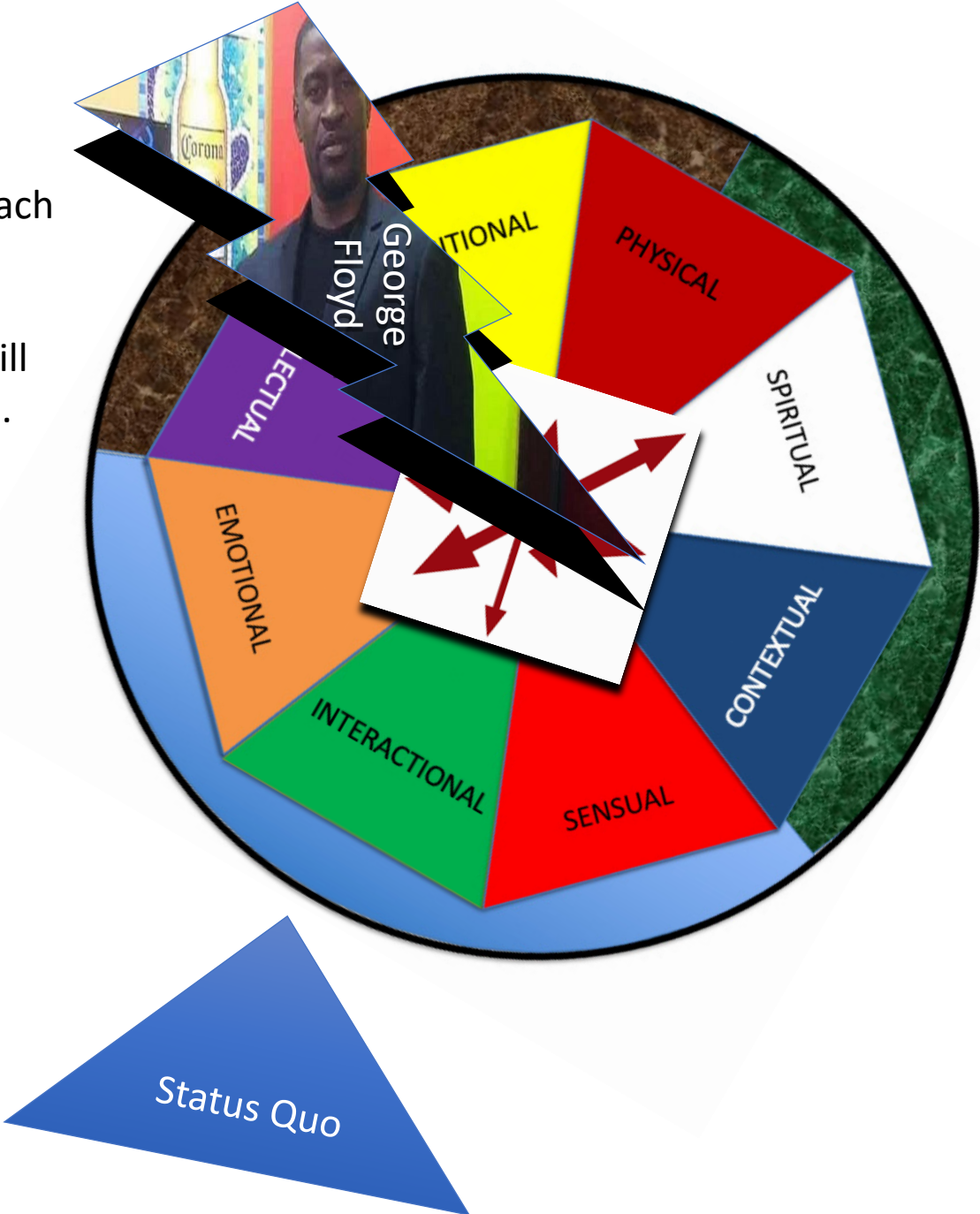
A systemic Foreign Element

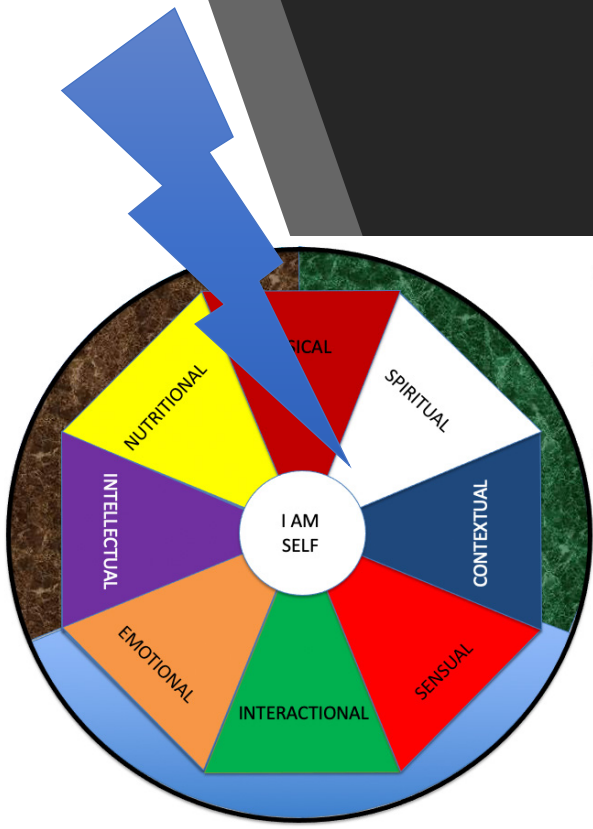


When patterns get disrupted we tend to want to choose the familiar. Get back to the way it was

A "Foreign Element" enters the system. A foreign element is a variable that impacts any system resulting in a state of confusion and uncertainty. The word "foreign" means something new is entering the system. Also known as a strange attractor.

When the Foreign element occurs balance is disturbed. Each dimension on a personal level and the social institutions created for each dimension will react causing more disruption.





Each dimension offers resources

- The old order can no longer function because something new has been added.
- It means the system reacts.
- The status quo has to be in some way modified to address the foreign element.
- Chaos involves the modification of the former Status Quo. Something different has to happen.
- People may have a positive wish but moving away from the status quo is upsetting. The more sudden the impact the less prepared we are.
- We use old information that not longer fits. We often lack a clear understanding because we lack ways to communicate about this new disruptive variable.
- Hearing new information is often difficult.

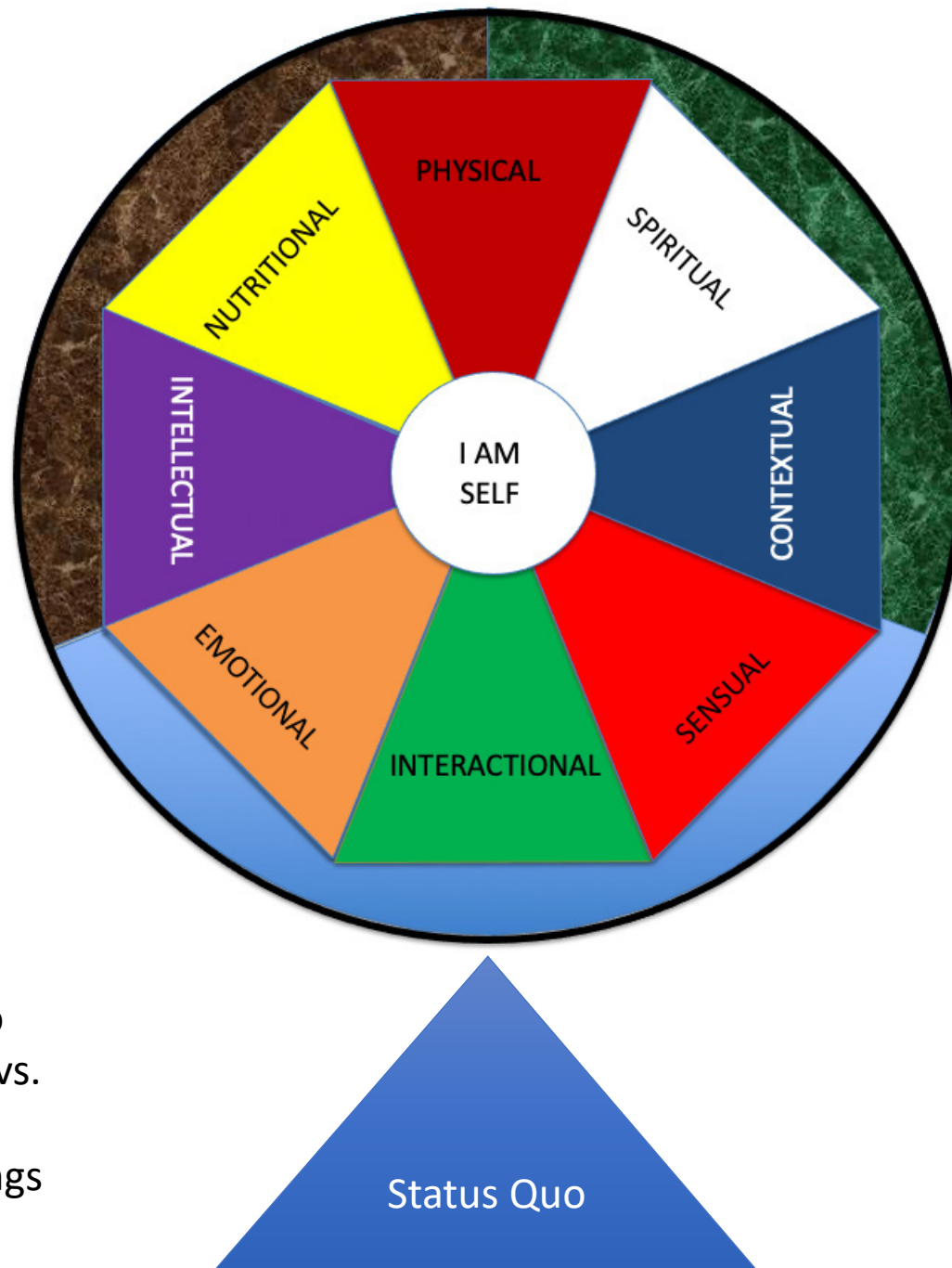
Resistance to new ideas is normal because the old status quo says, "There is no place for you." The wish to throw off the intervener is very strong.

There is no place to develop a status quo when in chaos. It is a limbo period, a real change is taking place but there is no way to predict outcome.

When in this state of change remember to breath, relax, and be aware of personal power.

We may also have catastrophic expectations. Need to be in a state of strength.





How can you care for each dimension?

What do you need?

What do you want to let go of that you no longer need?

When patterns get disrupted we tend to want to choose the familiar. We tend to choose the Known vs. the unknown even when we know things need to change.

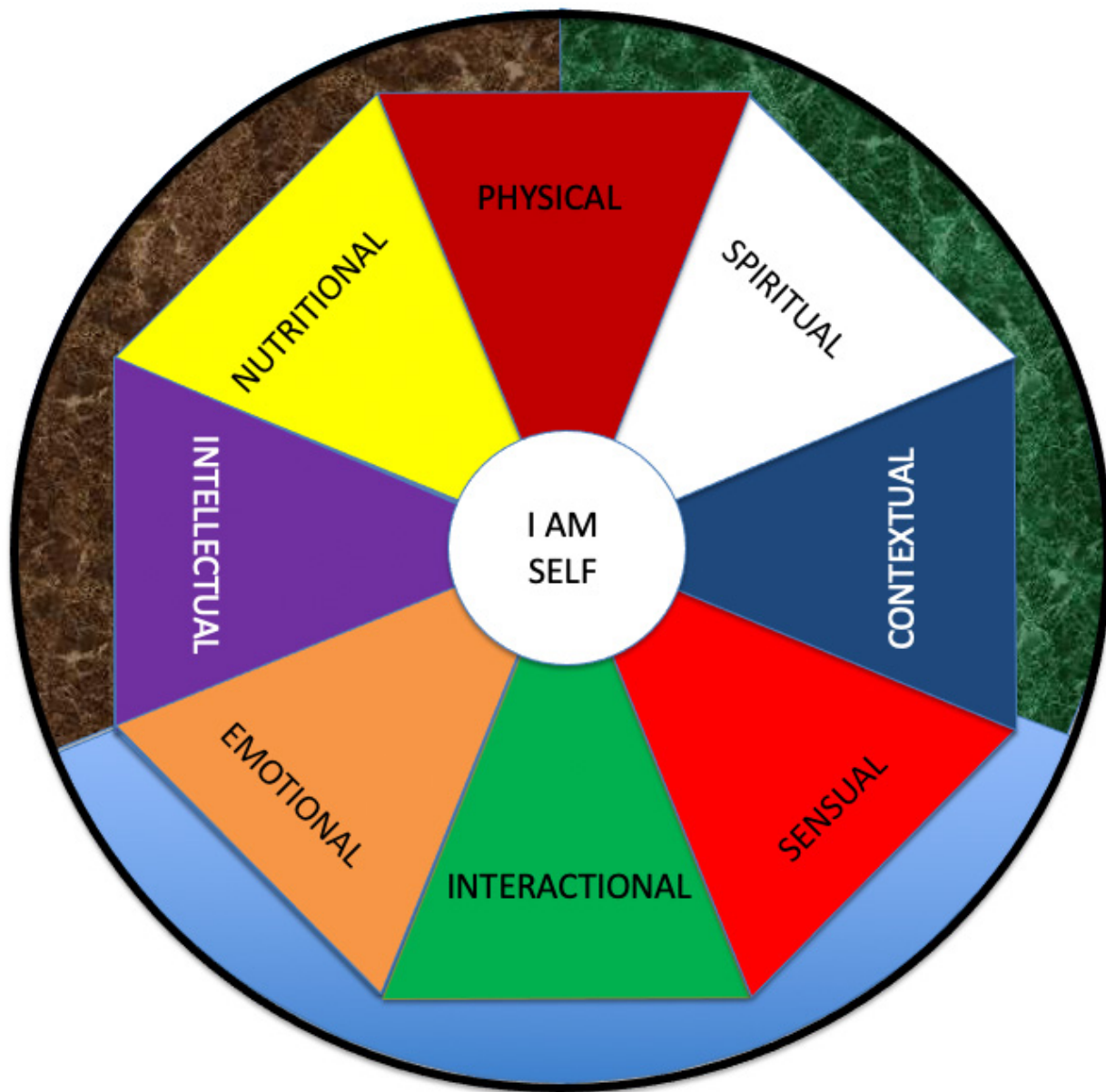
Status Quo

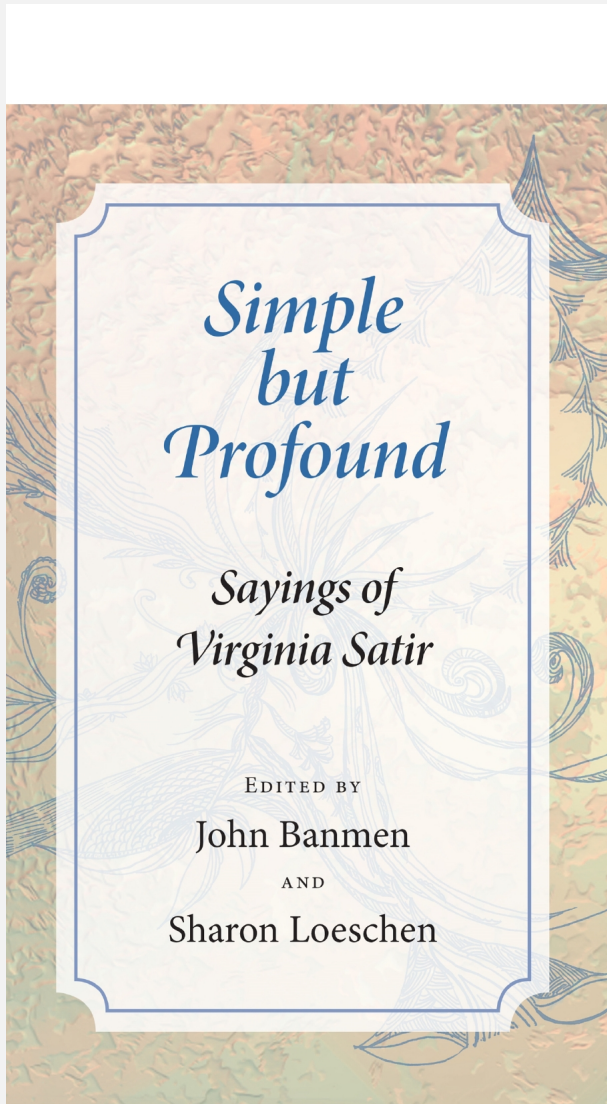
There is Systemic Racism in Each dimension.

How have you seen systemic racism?

Choose a system dimension and discuss what needs to change?

What needs to let go of and what needs to be added?





- Much of Virginia Satir's wisdom was relayed through her sayings which she just made up on the spot as she went around the world teaching and healing. They would be simple but profound. In this beautiful book, you will see her sayings on Change and Growth, Self-Worth, Communication, Families and Feelings. Gift yourself and others with this exquisite book!

<https://satirglobal.org/product/simple-but-profound-sayings-of-virginia-satir/>