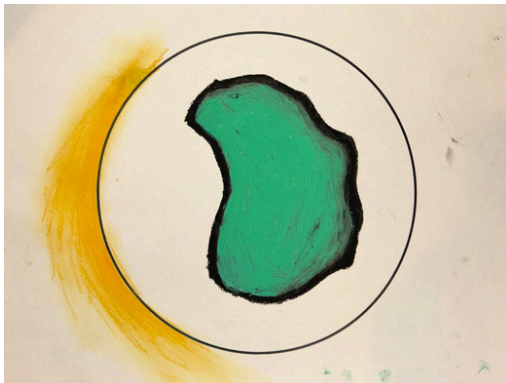


Climate Emotions Mandala Project



Climate Emotions Wheel



The emotions that people carry in response to the planetary crisis are at times overwhelming and difficult to articulate verbally. For many, words simply cannot convey the enormity of the felt experience. Mandala is Sanskrit for 'whole,' and Mandalas have been created across humanity's symbolic, cultural and religious representations for wholeness and cohesion. They are also found throughout the natural world, i.e., the Sun, the Moon, flowers and more. Mandalas have long been utilized as spiritual schemas for capturing and containing deeply felt subconscious material. Actively engaging in the creation of a Mandala helps the human mind feel kinesthetically soothed; it also translates fractured emotion into potent, cohesive imagery that offers the individual greater self-understanding, self-acceptance, and inner resourcefulness. Serving as **containers for visual emotion, Mandalas are both singular and universal in nature** and when created in response to the planetary crisis, help individuals feel increasingly connected to themselves and others.

Drawing upon the Climate Emotions Wheel, the **Climate Emotions Mandala Project** is a multi-organizational initiative developed by **Integrative Eco Art Therapist, Mor Keshet**, in cooperation with **Anya Kamenetz, creator of the Climate Emotions Wheel**. It is shared in workshops ranging from 60 -90 minutes and can be curated depending on organizational goals. The project is **a call for creative action** - individuals across the lifespan, regardless of artistic skill, are asked to consider the Climate Emotions Wheel and their corresponding felt experience in response to the planetary crisis.

The **Climate Emotions Mandala Project** has been shared in workshops for organizations such as Bard College, Mothers Out Front, the LA County Psychological Association, Nocturnal Medicine, Our Climate, Climate Cafe NYC, the International School of Brooklyn and more. This expressive take on the Climate Cafe model is developing an essential nonverbal dialogue, generating continued formations of individual and collective consciousness, awakening and subsequent unity in response to the challenges facing society and the more-than-human world. For further inquiry, please contact mor@morkeshet.com

