



SELF EXPRESSION MANDALA

A Folx with Faith Workshop



This document and accompanying materials can be used and changed by Folx with Faith Member Chapters and Folx with Faith Member Affiliates. All other reproductions are prohibited. All rights reserved.

© 2024 FOLX WITH FAITH

www.folxwithfaith.org

Self-Expression Mandala | A Folx with Faith Workshop

00:00 Doors Open for Sign-In & Fellowship
00:15 Zoom Host Logs In (If Applicable)
00:30 Welcome & Introductions * See p 2
<ul style="list-style-type: none"> • Mention the topic in the welcome. • Set ground rules for this topic. Emphasize the importance of respect, active listening, and non-judgmental engagement. • Introduce the activity.
00:35 Centering Moment & Introduction of Presenter *A sample opening ritual can be found on p 4
00:40 Introductions with Ice Breaker Questions
<ul style="list-style-type: none"> • Adjust segment based on number of attendees. • Sample icebreakers: <ul style="list-style-type: none"> ○ When you hear the word “creativity,” what’s the first thing that comes to mind? ○ What’s one creative activity you enjoyed as a child that you might have set aside as an adult? • To save time for the creative project, we have omitted the “personal story” section in this template.
00:50 Workshop Video
<ul style="list-style-type: none"> • You will find this video in the member portal. <p><i>*Please note that images used in this video are licensed for Folx with Faith chapter and affiliate groups only.</i></p>
01:05 Creative Activity: Making a Mandala (30 min)
<ul style="list-style-type: none"> • Materials for the Mandala Project can be found on p 3.
01:35 Follow-Up Discussion Questions *Sample questions are found on p 5
01:50 Ritualized Meditation *Sample closing on p 6
<ul style="list-style-type: none"> • Take five minutes to close with a meditation. • Ensure that there is a statement affirming queer identities during this time.
01:55 Announcements & Invitations
<ul style="list-style-type: none"> • Let attendees know of any upcoming events. • Promote your website, website listing on Folx with Faith, social media outlets, or any other method you use to stay in contact. • You may want to “pass the clipboard” again if you have a sign up to stay in touch.
02:00 Meeting Conclusion
<ul style="list-style-type: none"> • Give guests a final opportunity to sign up if they haven’t already. • Do your best to honor people’s time and conclude your events on schedule.

This template aims to create a space where participants can experience authentic self-expression through creative spiritual practice.



Note to Group Leader Regarding this Topic

Workshop Overview

This workshop is a collaboration between **Folx with Faith** and **Unity Arts Ministry**, designed to help participants tap into their creative side through an accessible and expressive art form. It invites people of all artistic levels to explore creativity as a spiritual practice. The session features a video that walks participants through a creative process, including a prompt and a guided meditation to prepare them for the activity.

Facilitation Guidelines

As you facilitate this workshop, consider these key points to help participants fully engage with the experience:

- **Affirm Process Over Product:** Remind the group that the goal of this workshop is not to create a “perfect” piece of art but to explore creativity as a form of spiritual expression. The process itself is the focus—whether messy, unfinished, or unconventional, the act of creation is what truly matters.
- **Create a Judgment-Free Space:** Establish an atmosphere where participants feel comfortable and safe to express themselves, no matter their skill level. Emphasize that their artistic expression is valid and valued. Sharing their work is encouraged but completely optional—this activity is about personal exploration and self-expression.
- **Acknowledge Emotional Barriers:** Be mindful that some participants may have emotional reactions, especially if they've experienced past criticism or shame surrounding their creativity. Approach these feelings with compassion and remind participants that this workshop is an opportunity for healing and reclaiming their creative spirit.

Materials for Participants

Since this is an art-based workshop, you will need to provide some basic supplies for participants. You could also ask attendees to bring their own materials if they already have art journals or preferred supplies. A full supplies list can be found on page three of this template. If participants bring their own journals, this can be an ideal exercise for those who regularly use art journals as a reflective practice.

Accompanying Video

We recommend downloading the video prior to your meeting. This will ensure you have uninterrupted access to the video without relying on internet connectivity during your meeting.

Materials for the Workshop

Essential Materials:

- **Paper or Art Journals:**
 - **Blank paper:** (preferably thicker for mixed media) or sketchbooks for those who don't bring their own art journals.
 - Recommended sizes: 9" x 12" or 8.5" x 11" sheets.
- **Art Supplies** (*You can use some or all of these.*)
 - **Pencils:** For sketching and outlining mandala designs.
 - **Markers:** Various colors for adding detailed lines and shapes (fine-tip and broad-tip).
 - **Colored Pencils:** For filling in mandalas with vibrant colors.
 - **Crayons:** Multi-color options (if available) or single-color sets to allow freedom in color choice.
 - **Sharpies or Black Ink Pens:** For bold outlines or finalizing mandala lines.
 - **Erasers:** To help participants refine their designs.
 - **Watercolors and Brushes:** For participants who want to do a wash or more detailed painting.
 - **Gel Pens or Metallic Markers:** Add a little sparkle or shimmer to the designs.
 - **Stamps or Stencils:** Offer templates or stamps to inspire more intricate designs.
 - **Magazines:** For mixed media work creations.
 - **Scissors and Glue Sticks:** For those who wish to add cut-out elements to their mandalas (mixed media).
 - **Rulers:** Helpful for those who prefer symmetry or geometric precision in their designs.

Other Considerations:

- **Table Covers:** To protect surfaces from paints or markers.
- **Paper Towels or Cloths:** For cleaning brushes or wiping up water spills from watercolor use.
- **Water Containers:** If using watercolors or anything that requires water.



Sample Opening/Centering Practice

Welcome, everyone, to Folx with Faith's "Self-Expression Mandala" workshop. As we come together today, let us create a space of affirmation and respect for each other's unique journeys and creativity. Every one of us brings a form of creative expression that is sacred and personal—whether it's through art, writing, music, or simply how we live our lives.

Today, we honor the divine creativity within each of us. We'll explore how creativity supports our spiritual and emotional well-being, especially as queer individuals, and how it helps us navigate and express the depth of our experiences.

As we begin, let us hold space for one another with compassion, honoring the creative spirit that connects us to the divine and to each other.

Amen, or in the spirit of your own tradition, may it be so.

Follow Up Discussion Questions

Follow-Up Discussion Prompts:

- **How did the process of creating your mandala feel?** Did you experience any emotions or thoughts that surprised you during the activity?
- **What patterns or symbols emerged for you in your mandala?** Were there any shapes or colors that seemed significant to your creative expression?
- **How did the meditation influence your creative process?** Did the visualization or reflection help you tap into your inner creativity in a new way?
- **Did you notice any personal themes or recurring motifs in your artwork?** Have you seen these themes show up in other areas of your life?
- **What was your experience focusing on the process rather than the outcome?** Did letting go of the idea of creating something “perfect” help you connect more deeply with the activity?
- **Did you encounter any resistance or challenges while working on your mandala?** How did you navigate these moments, and did they reveal anything about your creative or emotional self?
- **In what ways did this activity help you connect with your spirituality?** Did it offer any insights or reflections on your current spiritual journey?
- **How do you feel about sharing your work with others?** What comes up for you around the idea of sharing your art, or keeping it private?
- **What did you learn about yourself through this creative process?** Were there any personal revelations or affirmations that emerged from your artwork?
- **How might you continue using creativity as part of your spiritual practice moving forward?** Do you feel inspired to incorporate more art or creative expression into your daily or spiritual life?



Sample Closing Meditation

(Begin by inviting everyone to find a comfortable position and close their eyes or soften their gaze.)

“As we come to the close of our time together, take a deep breath in, letting it fill you with a sense of peace. As you exhale, release any tension or doubt, allowing yourself to settle fully into this moment.”

(Pause for a deep breath.)

“Today, we’ve honored the sacredness of creativity and how it connects us to our spiritual selves. Each of us holds within us the ability to create, to express our innermost being, and through that creativity, we better recognize ourselves as expressions of divine love.”

(Pause for reflection.)

“In this moment, recognize that your unique creativity—whether it’s through art, music, writing, or how you live your life—is a sacred gift, a reflection of the divine. You are a vessel through which divine love flows, and your creativity is one of the many ways that love is expressed in the world.”

(Pause.)

“Together, let’s affirm: ‘I am a unique and sacred expression of divine love. My creativity is a gift that connects me to the divine and to others.’”

(Allow a moment for silent affirmation.)

“As we prepare to return to our day, may we carry with us the knowledge that our creativity is a powerful force for healing, connection, and spiritual growth. Let it continue to flow as an expression of divine love in all we do.”

(Pause as participants ready to return to their surroundings.)

“When you feel ready, gently open your eyes, bringing the inspiration of this time into your everyday life.”

(End of meditation.)