

Unearthing My Core: A Meditative Mandala Exercise



This board contains critical justice issues that usually draw out one's integrity. **Highlight five issues you're passionate about and try to name the underlying personal truth, belief or idea that drives you.**

Then, proceed to the next page where you can express some of the integral parts of yourself that define who you are.

[Click here for relaxing music](#) to carry you through this activity.

To learn more about these justice issues, see the JTFN ChangeMakers curriculum which will be available at jfn.org soon.



Environmental Sustainability



Gun Control



Women's Equality



Domestic Violence



Health Care & Medicine



Homelessness & Affordable Housing



Hunger & Food Access



Immigration



Israel Advocacy & Education



Substance Abuse



Mental Health



LGBTQ Rights & Equality



Arts
(theater, fine art, music)



Senior Citizens & Elderly Care



Poverty



Education and Literacy



Disaster Relief



Civil Rights & Anti Racism



Antisemitism & Hate



Differently-Abled People



Reproductive Rights

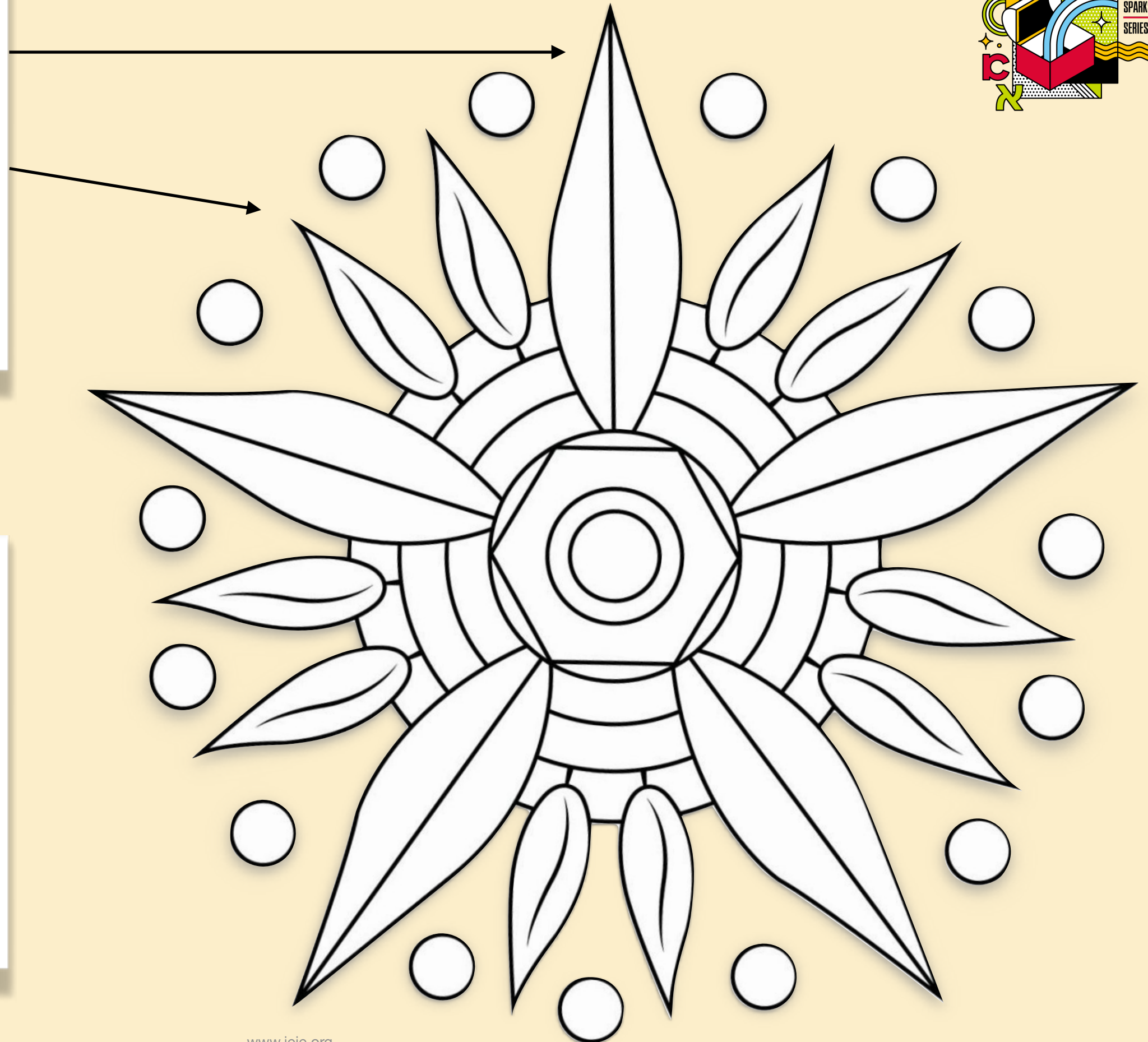


Jewish Community

Each of the **5 large petals** represents a **personal truth, ideal or belief** of yours.

Each of the **8 small petals** represents a **unique gift or talent that you possess**, whether they're only known to you or have been named by someone else.

Color and decorate the design elements according to your taste.



Once finished, consider the extent that this mandala reflects your **internal perception of yourself** vs. **the way that you express yourself to others**.

If there is a discrepancy, what explanation can you offer?

If there is no discrepancy, what do you think enabled you to express yourself so transparently?