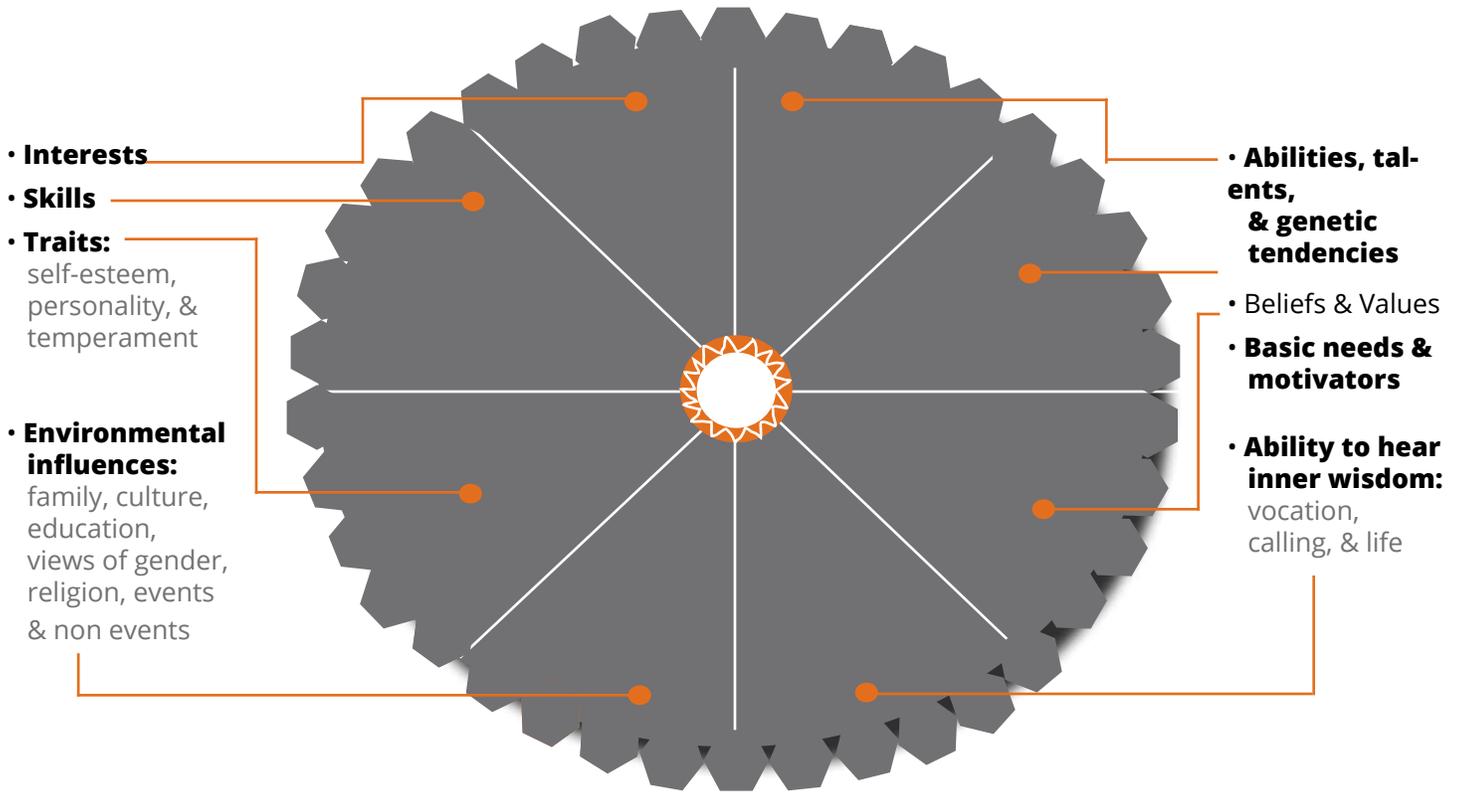




The Career Mandala:

What Factors Influence Our Choice of a Career?



A mandala is a **circular diagram**, normally with concentric rings and used in various spiritual traditions. Its origin is found in Hinduism and is used ritually in Buddhism as well. The word comes from the Sanskrit meaning essence, having, containing, or completion. (bing.com, 2010.) Psychoanalyst Carl Jung saw it as a symbol of wholeness, one that is archetypal, possessed by all human beings regardless of culture. For example, such images are present in Christianity via rose windows and Celtic crosses.

This model looks at **what is contained within our view** and **decision-making process for careers**. It is interesting to note that Buddhist monks will construct some very detailed sand mandalas and then destroy them afterwards to communicate the temporary nature of life. This imagery is very appropriate for careers as even they are always in a state of flux - **requiring us to be flexible, adaptable, and lifelong learners throughout our careers**.

Retrieved 03/29/2010: <http://www.bing.com/reference/semhtml/Mandala?src=abop&fwd=1&q=mandalas&qpvt=>



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