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Mandala Coloring: A Therapeutic Journey towards Affective (Emotional) Wellness

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Abstract: Despite its origin in the ancient spiritual traditions, such as Hinduism, Jainism and Buddhism, mandala coloring therapy (MCT) has gained popularity over the past two decades as a therapeutic tool used in wellness treatment to address various affective conditions. The symbol of a mandala representing the universe serves as a meditative aid, whose aim is to cultivate mindfulness and also to promote relaxation and self-expression, while engaging in a creative process of mandala coloring. With promising results in reducing symptoms and improving overall well-being, MCT can be used to treat challenging affective conditions, such as trauma and the stress-anxiety-depression (SAD) syndrome. There are two key steps to be followed in the therapy: (1) Select a mandala design; and (2) choose the coloring materials for the task of mandala coloring. Throughout the session, the MCT facilitator supports and encourages the participants to stay focused on the present moment, allowing their thoughts and emotions to surface without judgment while coloring the selected mandala. During the pre-MCT session, participants are asked individually about their respective current affective states, stressors, and expectations. In the post-MCT session, questions are also asked but the focus is now on a participant's experience during the coloring session, such as any insights gained, mood or mindset changes. The authors also discussed the limitations of MCT. In addition, they have provided their recommendations to circumvent these therapy constraints.

Keywords: Mandala, MCT, Origin, Purpose, Therapeutic, Wellness treatment

1. Introduction

As a form of unique art therapy in spiritual sense, mandala coloring therapy (MCT for short) involves coloring intricate geometric patterns that are presented in a circular or concentric design known as a mandala. The origin of the term 'mandala' came from Sanskrit, meaning 'circle' or 'discoid object' (Mansilla, 2020; Orfanidis, 2020; Xie & Wang, 2021). According to Graham (2012), Munthe and Molino (2015), and Tucci and Brodrick (2020) mandalas have come to represent symbolically the wholeness, and harmony of universe as an entity in spiritual and cultural traditions of Hinduism, Jainism and Tibetan Buddhism, and to some extent, Taoism and Christianity, though less prominently displayed. In the field of Jungian psychology, mandalas are taken as meaningful symbols that represent the concept of inner self (Wu, 2017), with the circular shape of a mandala representing unity, and its intricate patterns to stand for the complexity of an individual's psyche (Miller, 2005; Whan, 2018).

In the science of wellness, MCT is a multifaceted therapeutic projective technique whose main task involves coloring. In the first place, the meditative and calming effects of MCT can help individuals to reduce stress (Muthard & Gilbertson, 2016), lower anxiety (Campenni & Hartman, 2020), cope with depression (Xie & Wang, 2021), comprising of the three terms stress (S), anxiety (A) and depression (D) that constitute what is known as SAD syndrome (see Xie & Wang, 2021, for detail), and through its creative process, can help to promote relaxation in these individuals (Christy, 2021). The repetitive and focused nature of coloring within the structured lines of a mandala can induce a state of mindfulness (Mansilla, 2020), where an individual is consciously aware of the present moment, but also experiences a sense of inner peace, albeit the mind is subconscious and/or unconscious, influencing one's thoughts and behaviors (Anderson, 2002).



Moreover, MCT encourages self-expression (Wu, 2017) and promotes creativity (Marshall, 2003). With the provision of the basic structure of a mandala, participating individuals are free to select their colors to use as well as patterns of their choice of mandala. In this way, they are free to express their emotions, pour out their thoughts, and share their inner experiences non-verbally without feeling threatened. As a result, the process of MCT aids in facilitating introspection (Liang et al., 2020), increasing self-awareness (Quinn, 2014; Wu, 2017), and apprehending one's emotions and subconscious mind (Jung, 1969, 2017; Munthe & Molino, 2015).

Furthermore, by the complete act of mandala coloring, this act of intent provides a sense of accomplishment and empowerment to the participating individual. It also boosts one's self-esteem and confidence (Wu, 2017). As individuals continue to engage in this creative act (Marshall, 2003), they will also witness the gradual transformation (Quinn, 2014) from that of a blank mandala into a vibrant work of art. Eventually, they will establish a greater sense of agency and control over their personal lives.

In any wellness treatment or therapeutic setting, the application of MCT to address a wide range of psychological issues includes trauma (Christy, 2021; Henderson et al., 2007), depression (Roquet & Sas, 2021; Xie & Wang, 2021), addiction (Chandler, 2015), and chronic pain (Choi et al., 2021). More importantly, the therapy can be very beneficial for those who experience problems in expressing themselves verbally or others who prefer a non-verbal form of communication.

On the whole, MCT is certainly a powerful tool that can be used to promote holistic wellness (Emanuela, et al., 2021), by integrating mind-body-spirit as a complete entity (Crawford, 1999; Seaward, 2005), and also fostering one's self-discovery (Wu, 2017) in addition to one's personal creative growth (Marshall, 2003; Smitheman-Brown & Church, 1996). Through the simple act of mandala coloring within its circular design, anyone can embark on a journey of healing, transformation, and self-actualization (Wu, 2017).

2. Mandala Coloring according to Jungian Concept

Mandala coloring, a popular mindfulness practice (Mansilla, 2020), intersects with Jungian psychology through the concept of mandala design. Carl Jung, the Swiss psychiatrist who founded analytical psychology, identified mandalas as archetypal symbols representing one's self (Jung, 1969, 2017; Wu, 2017) and the process of one's individuation (see Schlamm, 2014, for detail), which is the journey of oneself towards psychological wholeness (Hayden, 2024; Miller, 2005).

When individuals engage in mandala coloring, they enter a meditative state, focusing their attention on the intricate patterns and shapes (Eaton & Tieber, 2017). This process mirrors Jung's (1969, 2017) idea of active imagination, a technique to access the unconscious and integrate its contents into consciousness (see Miller, 2005, for detail). By immersing oneself in the act of coloring, one taps into the collective unconscious, where archetypal symbols reside (Eaton & Tieber, 2017; also see Jung, 2017, for detail).

Within the context of imagination, the authors of this paper proposed two meditative forms of imagination: (i) Cosmic Imagination (Baracchi, 2019; Linville, 2017), and (ii) Spiritual Imagination (Freitas & King, 2007; Yang, 2018). In the context of MCT practice, cosmic imagination involves exploring themes related to the vastness of the universe, interconnectedness, and the cosmos (Hepburn, 2000). Spiritual imagination, on the other hand, focuses more on personal spirituality, inner peace (Anderson, 2002), and the exploration of one's spiritual beliefs and experiences. While both involve imagination and creativity (Hepburn, 2000), cosmic imagination tends to be broader and more universal (Glaveanu et al., 2017), while spiritual imagination is more inward and personal (Yang, 2018).

Moreover, Jung believed that mandalas symbolize the center of the psyche (also see Whan, 2018, for detail) and the unity of the self (Jung, 1969, 2017; Wu, 2017). Coloring a mandala can evoke feelings of harmony and balance, as the act itself mirrors the creation of order out of chaos. This resonates with Jung's notion of the individuation process (see Schlamm, 2014, for further explanation), where the ego integrates unconscious aspects of the psyche to achieve a sense of wholeness (Whan, 2018).

Jung (1969, 2017) has often linked mandalas with a series of transformative and renewing actions. Hence, MCT can be perceived by individuals using the wellness treatment tool as a form of self-expression and exploration (Wu, 2017), allowing them to confront and integrate those hidden or repressed aspects of themselves. In this way,



the process of coloring mandalas becomes therapeutic for self-discovery (Miller, 2005; Wu, 2017) and personal creative growth (Marshall, 2003; Smitheman-Brown & Church, 1996).

More than that, being repetitive and symmetrical in the different designs of mandalas, adding varied colors to the mandalas helps to foster a feeling of tranquility as well as a sense of an inner peace (Anderson, 2002; Bhatia, 2023). In other words, this also aligns with Jung's concept of mandalas as the depiction of order and equilibrium in one's psyche (see Jung, 2017, for detail).

In essence, MCT offers a practical application of Jungian psychology that can provide any individual with a tangible means to engage with his or her unconscious and, at the same time, to facilitate the individual's journey towards self-awareness (Quinn, 2014) and wholeness of self (Jung, 2017; Wu, 2017).

3. Mandala Coloring as a Therapeutic Activity

Having gained popularity as a therapeutic activity in the past two decades, MCT is seen to promote emotional well-being (Emanuela *et al.*, 2021). The canvas of the intricate, circular or concentric designs of mandalas provides individuals with many opportunities for their creative expression and relaxation, and that, in turn, also offer them several benefits for affective or emotional (both terms are used interchangeably) wellness.

In the first place, the process of MCT induces a meditative state in a participating individual, very similar to one who engages mindfulness practices (Mansilla, 2020). By paying attention or concentrating on the intricate patterns and repetitive motions, MCT permits the individual to quieten the mind (Munthe & Molino, 2015), reduces the stress (Muthard & Gilbertson, 2016) and lowers the level of anxiety (Campenni & Hartman, 2020). This meditative state allows emotional stability to be entrenched, by calming the nervous system (Becerra, 2017) and at the same time, it also helps to reduce the level of stress hormones, like cortisol, being produced (see Asplin *et al.*, 2017, for detail).

Moreover, as mentioned earlier, MCT also offers as a form of self-expression (Wu, 2017). Selecting colors of one's personal preference and then filling in the concentric designs with the chosen colors allows an individual to express his or her emotions non-verbally. This creative expression (Fincher, 2000) is certainly beneficial for anyone who is struggling to articulate his or her feeling verbally or for others who find traditional talk therapy or counseling somewhat challenging.

In addition, by completing a MCT session, one's sense of accomplishment and control is attained (Fincher, 2000). In the today's fast-pacing and dynamic world, many aspects of life seem chaotic or appear beyond one's control, to complete a tangible task like mandala coloring can bring about a sense of achievement and mastery. Such a sense of being able to regulate or control over one's environment can help to boost self-esteem and confidence (Wu, 2017), and, thereby, can also contribute to overall affective wellness (Emanuela *et al.*, 2021).

More than that, MCT, being a mindfulness-based therapy, can encourage participating individuals to pay more attention on the current moment rather than ruminating about past regrets or worrying about the future events that have yet to take place (see Choi *et al.*, 2021, for detail). Such a practice of living in the present moment can foster a positive outlook on one's life and, in turn, it aids individuals to build up resilience (Ghait *et al.*, 2023; Kim *et al.*, 2018) in the face of daily living challenges.

To put it simply, MCT offers a holistic approach to all who seek to improve their affective/emotional wellness through relaxation, creative expression, mindfulness and a sense of accomplishment (Mansilla, 2020). By incorporating MCT into one's daily or weekly routine, such a valuable habit can help in managing one's emotions as well as enhancing overall well-being of oneself (Emanuela *et al.*, 2021).

4. Pre-Mandala Coloring Therapy Phase: Questions to ask a Client

Before the start of an MCT session, it is always a good practice to pose a client a series of questions just to assure the client that the therapeutic process is safe, comfortable, and, of course, customized to an individual's personal needs. The authors have developed a list of the eight questions to ask a participating client (see **Table 1**



below) during the pre-MCT phase. In addition, they have also provided the reason for each question that the client is asked (the pronoun 'you' in the questions refers to the client):

Table 1. Pre-MCT: Questions to ask

Questions	Reasons for asking
Question 1: Are you comfortable with coloring?	This question assesses the individual's familiarity and comfort level with coloring activities. It helps gauge if the activity will be enjoyable and engaging for them.
Question 2: Do you have any physical limitations or discomfort that may affect your ability to color?	Knowing about any physical limitations helps tailor the activity to accommodate those needs, ensuring a comfortable experience.
Question 3: Are you currently experiencing any emotional distress or anxiety?	Understanding the individual's emotional state helps the therapist gauge whether mandala coloring will serve as a suitable coping mechanism or if other wellness treatment or therapeutic approaches may be more beneficial.
Question 4: Have you experienced any traumatic events recently?	Trauma (Christy, 2021; Henderson et al., 2007) can influence how a person responds to certain activities, including coloring therapy. Knowing about recent traumatic events allows the therapist to proceed with caution and sensitivity.
Question 5: Do you have any specific goals or intentions for this coloring session?	Understanding the individual's goals helps personalize the experience and ensures that the therapy aligns with their needs and expectations.
Question 6: Are you comfortable sharing your thoughts and feelings during the coloring process?	Some individuals may prefer to engage in coloring therapy in silence, while others may benefit from verbalizing their thoughts and emotions. This question helps establish boundaries and preferences for communication during the session.
Question 7: Do you have any preferences regarding colors or materials?	Personal preferences regarding colors and materials can influence the individual's enjoyment and engagement with the activity. By considering these preferences, the therapist can create a more customized experience.
Question 8: Are you willing to reflect on your experience after the coloring session?	Reflection allows the individual to gain insight into their thoughts, emotions, and the therapeutic process itself. It promotes self-awareness (Quinn, 2014; Wu, 2017) and can enhance the overall effectiveness of the therapy.

By asking these eight questions, the therapist can ensure that MCT is tailored to the individual client's needs, preferences, and therapeutic goals, fostering a safe and effective therapeutic alliance or experience (Zetzel, 1956).

5. Mandala Coloring Therapy: Steps to be taken with the Client

As already mentioned earlier or at the beginning, MCT is a therapeutic practice in wellness treatment that involves coloring intricate patterns within a concentric design. The following six key steps as proposed by the authors are typically involved in the MCT administration (see **Table 2** below):



Table 2. Steps to be taken in MCT

Steps	Actions to be taken
Step 1: Preparation	First of all, prepare a comfortable and relaxing environment for the MCT session, e.g., dim the lights, play some soothing tunes, and ensure that all the necessary coloring materials are readily available. The rationale is to establish a positive atmosphere for relaxation and introspection - both are essential for the MCT process to have a smooth start (Kim et al., 2018; Liang et al., 2020).
Step 2: Selection	A mandala design that resonates with the client must be carefully selected. Preferably, the choice of mandala should to be picked by the client. As mandala designs vary in complexity and symbolism, making a selection to align with the client's current emotional state or therapeutic goals is crucial. This step is to encourage the client to have a self-reflection (Wu, 2017) and personalization, allowing him or her to engage more deeply with the MCT process.
Step 3: Mindfulness	Before coloring a selected mandala, the client takes a moment to practice mindfulness (Mansilla, 2020): close the eyes, take a few deep breaths, and center oneself in the 'now-and-here' moment. The aim of this step is to calm one's mind (Munthe & Molino, 2015), reduce one's level of stress (Muthard & Gilbertson, 2016), and increase one's concentration, and it helps to lay the foundation for a more meditative MCT experience.
Step 4: Coloring	MCT begins by coloring the center of the concentric design and gradually moves outwards. Note that the client's choice of colors to be used in mandala coloring is intuitively made. This allows the client to be guided by his or her emotions as well as the color preference in the moment. As a result of repetitive and rhythmic nature of coloring the mandala, relaxation is induced and the act of coloring also raises the level of concentration. As the client becomes more focused on the task at hand, the mind also gradually becomes less preoccupied with worries and/or distractions, leading him or her to a state of mental calmness and clarity.
Step 5: Reflection	By giving the client more time to reflect on the MCT experience, especially when the mandala coloring is done, take note of the client's thoughts, feelings, or sensations that arise during the process. It is crucial to pay attention to the client's feeling, both physically and emotionally. The rationale is to encourage self-awareness (Quinn, 2014) and insight of self (Wu, 2017) so that the client can gain a deeper understanding of oneself and one's inner workings.
Step 6: Integration	Incorporate the insights gained from the client's coloring experience into the daily life. This might involve practicing mindfulness techniques, incorporating moments of creativity into the client's routine, or simply being more attuned to one's emotions and needs. The ultimate goal of MCT is to promote self-discovery (Wu, 2017), relaxation, and overall well-being (Emanuela et al., 2021), and integrating these practices into the client's life can help them achieve these objectives.

6. Post-Mandala Coloring Therapy Phase: Reflective Questions to ask the Client

Reflective questions are vital after completing a mandala coloring activity as they help individuals delve deeper into their experiences, emotions, and thoughts during the process. **Table 3** below provides a list of eight questions along with their respective reasons as proposed by the authors to be used with the clients at the end of the therapy session (the pronoun 'you' in the reflective questions refers to the client):



Table 3. Post-MCT: Reflective Questions to ask

Questions	Reasons for asking
Question 1: How did you feel while coloring the mandala?	This question encourages self-awareness of emotions (Quinn, 2014) experienced during the activity, providing insight into the individual's mood and mindset (Mansilla, 2020).
Question 2: Did you notice any changes in your mood or mindset throughout the activity?	By reflecting on mood fluctuations, individuals can recognize the impact of the coloring process on their emotional state, fostering mindfulness (Mansilla, 2020) and self-regulation (Singh et al., 2023).
Question 3: Which colors did you choose and why?	Exploring color choices encourages introspection into personal preferences, associations, and symbolism, revealing subconscious thoughts and feelings.
Question 4: Were there any thoughts or memories that arose while coloring?	This question prompts reflection on the cognitive aspect of the activity, facilitating introspection and potentially uncovering underlying thoughts or memories (Liang et al., 2020).
Question 5: Did you experience a sense of relaxation or calmness during the activity?	Assessing feelings of relaxation provides insight into the effectiveness of the mandala coloring as a stress-relief technique (Xie & Wang, 2021), encouraging continued practice for emotional well-being (Emanuela et al., 2021).
Question 6: How would you describe your focus and concentration during the coloring process?	Reflecting on focus and concentration cultivates awareness of one's ability to be present in the moment, fostering mindfulness (Mansilla, 2020) and improving attentional control (Singh et al., 2023).
Question 7: Did you encounter any challenges while coloring the mandala? How did you overcome them?	Identifying challenges and problem-solving strategies promotes resilience (Ghait et al., 2023; Kim et al., 2018) and self-efficacy (Wu, 2017), empowering individuals to tackle obstacles in future endeavors.
Question 8: What did you learn about yourself through this coloring experience?	This question encourages deeper introspection, facilitating self-discovery (Wu, 2017) and personal (Smitheman-Brown & Church, 1996) as well as creative growth (Marshall, 2003) by uncovering insights into one's preferences, coping mechanisms, and emotional responses.

By asking these reflective questions, individual clients can gain valuable insights into their emotional, cognitive, and behavioral responses to the mandala coloring activity, fostering self-awareness (Quinn, 2014; Wu, 2017), mindfulness (Mansilla, 2020), and personal creative growth (Marshall, 2003; Smitheman-Brown & Church, 1996).

7. Limitations of Mandala Coloring Therapy

Today, MCT has become increasingly popular as a therapeutic method in wellness treatment. However, the authors of this paper have also noted the limitations (also see Hosseini & Borzabadi Farahani, 2022, for further detail) of MCT and that certainly warrants their considerations as listed in Table 4 below:

Table 4. Limitations of MCT

Limitations	Explanations
1. Not a substitute for professional help	While coloring in MCT can be soothing and calming, it should not replace professional therapy for individuals with serious mental health issues. It is not a standalone wellness treatment for conditions like depression (Roquet & Sas, 2021), anxiety disorders (Campenni & Hartman, 2020), or PTSD.



2. Limited effectiveness for complex issues	MCT may offer temporary relief from stress (Muthard & Gilbertson, 2016) or mild anxiety (Campenni & Hartman, 2020), but it is unlikely to address deeper-rooted psychological issues or traumas (Christy, 2021; Henderson et al., 2007). Moreover, in treating complex emotional problems, MCT lacks the required depth and specificity in its wellness treatment.
3. Not universally effective	MCT as a process might not necessarily resonate with every client. There are always some who may find the process tedious, and boring, especially when it involves repetitive act of coloring, or even stressful for those who are perfectionistic in coloring or others who cannot stay on task for too long.
4. Potential for overgeneralization	Although MCT can help to promote relaxation and mindfulness (Mansilla, 2020), its benefits must never be overgeneralized, e.g., making an assumption that a simple coloring activity can solve any mental or emotional issues of concern, because this can result in unrealistic expectations.
5. Limited research evidence	Relying on anecdotal evidence to support the benefits of MCT is not good enough to be considered evidence-based. While there is limited empirical research to support the efficacy of MCT, more rigorous studies are required to prove its therapeutic effectiveness should it be compared to other similar or available wellness treatment approaches.
6. Cultural appropriation concerns	Since MCT is originated from Tibetan Buddhist and Hindu traditions, the therapy itself might arouse some issues of concerns about cultural appropriation and religious sensitivities, where syncretism is forbidden by certain fundamentalists. Then there are also those who may feel uncomfortable or even offended by the commercialization of sacred symbols used in MCT.
7. Accessibility issues	MCT may use some materials (e.g., intricate coloring books and high-quality colored pencils) that are considered costly or ostentatious. Hence, MCT facilitators should be sensitive to those individuals with limited financial resources or if MCT should be offered to all without having to worry about affordability.
8. Potential for distraction	Although MCT offers a mindfulness practice, it can also be distracting to some, especially in cases where some may choose or resort to mandala coloring as a temporary means to avoid difficult or complex emotional issues instead of confronting and processing them.
9. Not customizable	MCT happens to offer a one-size-fits-all approach and, therefore, it is unable to address all specific concerns nor can it provide personalized coping strategies. In other words, MCT is unlike most traditional therapies offering individualized wellness treatment plans to meet individual needs.

All in all, MCT can be a useful tool for relaxation and stress reduction (Muthard & Gilbertson, 2016). However, we should also acknowledge its limitations and only include MCT as a part of a comprehensive approach to mental health care.

8. Recommendations

The authors of this paper have recommended nine suggestions to circumvent the limitations of MCT (as shown in Table 5 below):

Table 5. Recommendations

Suggestions	Descriptions
1. Integration with professional therapy	Encourage individuals to use MCT as a complementary tool alongside professional therapy, rather than a replacement.
2. Supplementary techniques	Suggest combining MCT with other wellness treatment techniques like journaling, meditation, or exercise to address deeper psychological issues.



3. Explore alternative therapies	For those who do not resonate with mandala coloring, explore alternative relaxation techniques such as nature walks, music therapy, or progressive muscle relaxation.
4. Manage expectations	Educate individuals about the scope of MCT and encourage realistic expectations about its benefits in conjunction with other interventions.
5. Promote cultural sensitivity	Offer alternative mindfulness practices that do not carry cultural appropriation concerns, respecting diverse backgrounds and belief systems.
6. Accessibility solutions	Provide low-cost or free alternatives to traditional mandala coloring materials, such as printable coloring sheets or digital coloring apps.
7. Mindful engagement	Approach the mandala coloring activities with mindfulness (Mansilla, 2020) as an opportunity for one's self-reflection (Wu, 2017) as well as for processing one's emotions.
8. Customization options	Empower individuals to personalize their mandala coloring experience by encouraging them to create their own mandalas or modify existing designs to better suit their needs.
9. Holistic approach	Advocate for a holistic approach to mental health care, emphasizing the importance of combining various wellness treatment modalities tailored to individual needs and preferences.

9. Conclusion

The practice of MCT, being deeply rooted in and originated from ancient spiritual traditions, involves mandalas as conduits for meditative exploration and self-expression. The therapeutic coloring fosters relaxation, raises mindfulness, and promotes self-expression, by facilitating a participating individual on a personal journey towards emotional healing and well-being. In other words, when a person engages the creative process of MCT, he or she can experience transcendence from the confines of his or her affective struggles to find solace and empowerment in the 'now-and-here' moment.

The emphasis of the MCT as a wellness treatment process outlined in this paper focuses on the importance of intentionality and presence. During each MCT session, participating individuals are encouraged to adopt an open mind and heart when coloring the mandalas, in order for them to embrace the opportunity for self-reflection, and also, creative growth. The MCT facilitators also play a crucial role in providing support and encouragement, fostering an environment conducive to healing and transformation.

Over the past decades, MCT has emerged as a powerful wellness treatment tool in contemporary psychology. The authors have explored the multifaceted benefits of MCT in addressing socio-emotional conditions as well as offering insights into its application and efficacy. Empirical evidence from several studies, as discussed earlier, have underscored the promising results of MCT in alleviating symptoms that are linked to trauma, stress, anxiety, and depression, to list a few conditions here. Through a series of carefully structured MCT sessions, participating individuals are facilitated to move towards a deeper understanding of their emotional landscapes as well as to allow the emergence of insights and the cultivation of resilience.

Despite the benefits of MCT based on clients' feedback, anecdotes, and several published papers advocating it, the authors of this paper acknowledge its limitations, such as its reliance on subjective experiences. They argue an urgent need for more rigorous as well as further empirical research to support this wellness treatment approach. However, the authors have also provided their valuable recommendations to mitigate these constraints. For instance, they have suggested integrating MCT with other complementary wellness treatment modalities, and also expanding research methodologies to study its efficacy.

Finally, MCT remains a promising choice of wellness treatment for those who want to be shown and those who need to be led ... on a self-discovery journey towards emotional healing through empowerment of self to the eventual development of one's well-being. The authors firmly believe that more collaborative research effort is



required to advocate MCT as a propitious approach that can transform lives and nurture the mortal spirit of humankind in the science of wellness today.

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Yes

Conflict of Interest

The authors have no conflicts of interest to declare. There is also no financial interest to report. The author certifies that the submission is original work and is not under review at any other publication.

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