

# Insight, Clarity, Vision: A MARI® Experience to guide New Beginnings

with Johann van Greunen

Specialist Wellness Counsellor, Reiki Master & MARI® Practitioner



The beginning of the new year always holds the energy of a fresh start, new opportunities, new directions and new intentions amongst others. Sometimes we are set on changing unhelpful habits, developing skills to grow and become the best version of ourselves, and even changing career paths or ending toxic relationships.

What is required to embark on the journey of New Beginnings can however be unclear and confusing. At a time when I was evaluating my career and experiencing a mental state of confusion and uncertainty, I came across the Mandala Assessment Research Instrument (MARI®), a profound tool that made my journey at that point in time very clear to me. The experience was so powerful for me that I became a MARI® Practitioner and am offering this as a service. The MARI® process is completely intuitive and involves choosing symbol cards that is matched with colour cards, and these are placed on the different stages resembling the cycle of life on the MARI® board, also called the Great Round. Processing is done through the drawing of “mandalas”, spontaneous sketches drawn on a page with a circle on it.

I therefore invite you to experience how this tool could assist in offering the guidance, insight and clarity that is needed to create the vision for the new journey you are embarking on. I will offer a morning workshop where we will work with the group version of the Mandala Assessment Research Instrument (MARI®), and the process will include the drawing of two “mandalas”, journaling and group discussion.

**Date:** 7 March 2026

**Time:** 10:00-14:00

**Venue:** 8 De Bron Avenue, Kenridge, Durbanville

**Your Investment:** R 700.

For more information or bookings contact  
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