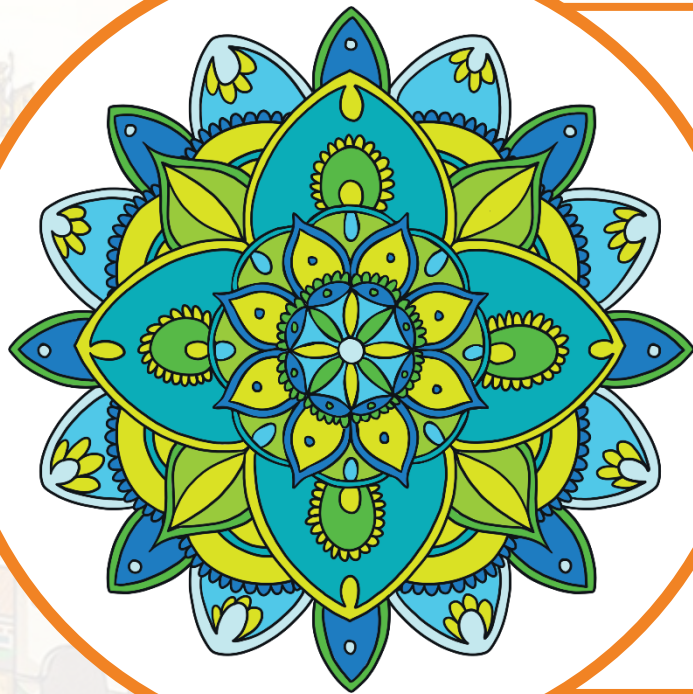


Mandalas

Hinduism



What Is a Mandala?



A mandala is a decorative picture which usually includes very complex designs.

The designs, which include a range of patterns and symbols, start from a central point, created in a cyclical image. The shapes are often geometric (decorated with lines and shapes) and recognisable.

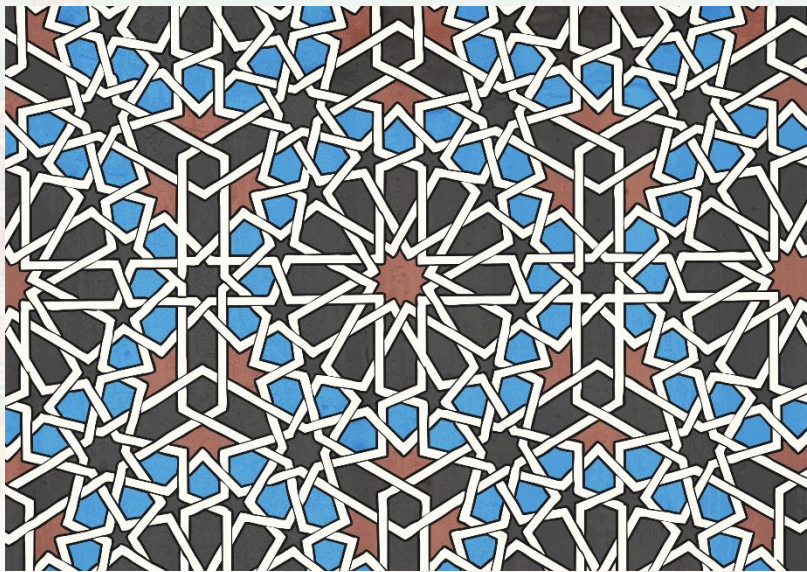
What Is the Meaning of a Mandala?

A mandala can have special meanings for the person who has created it. The designs are a representation of the soul and therefore, the images used reflect the person's innermost hopes, dreams and sometimes, worries.



The Symbolism of the Soul

The mandala can be seen as a tool to help self-awareness. By expressing yourself through the design of a mandala, you are sharing yourself with those who view it. It might even reflect your view of reality.



Creating a Mandala

You will need:

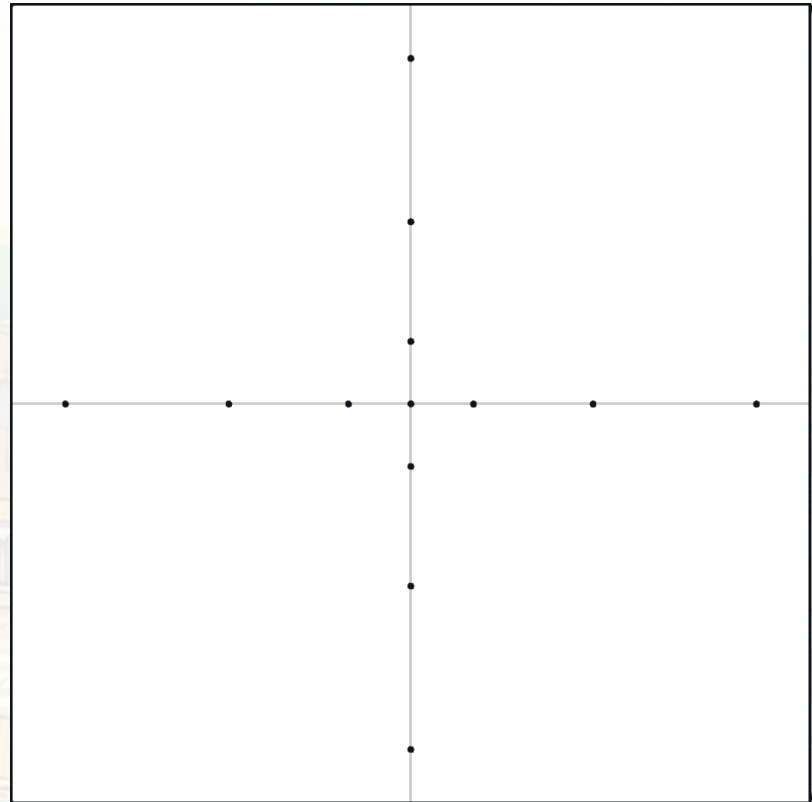
- a square piece of paper;
- a ruler;
- a pencil;
- colours
(e.g. crayons, pencils, paints).



Creating a Mandala

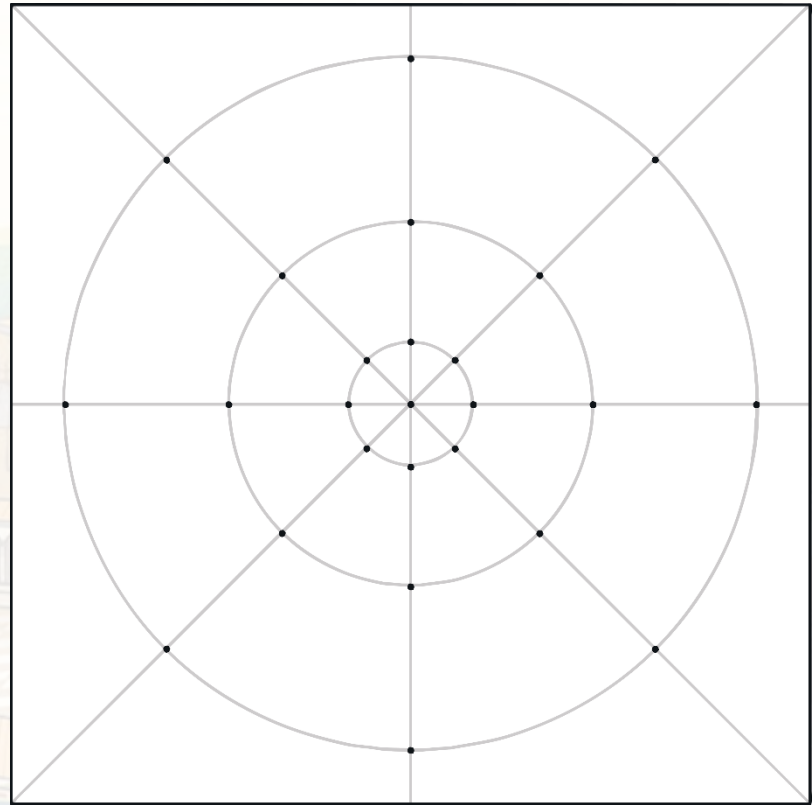
Instructions

1. Take a square piece of paper and mark a dot in the centre.
2. Next, use a ruler to measure and mark a dot at equal distances horizontally and then vertically. For example, dots at 2cm intervals.



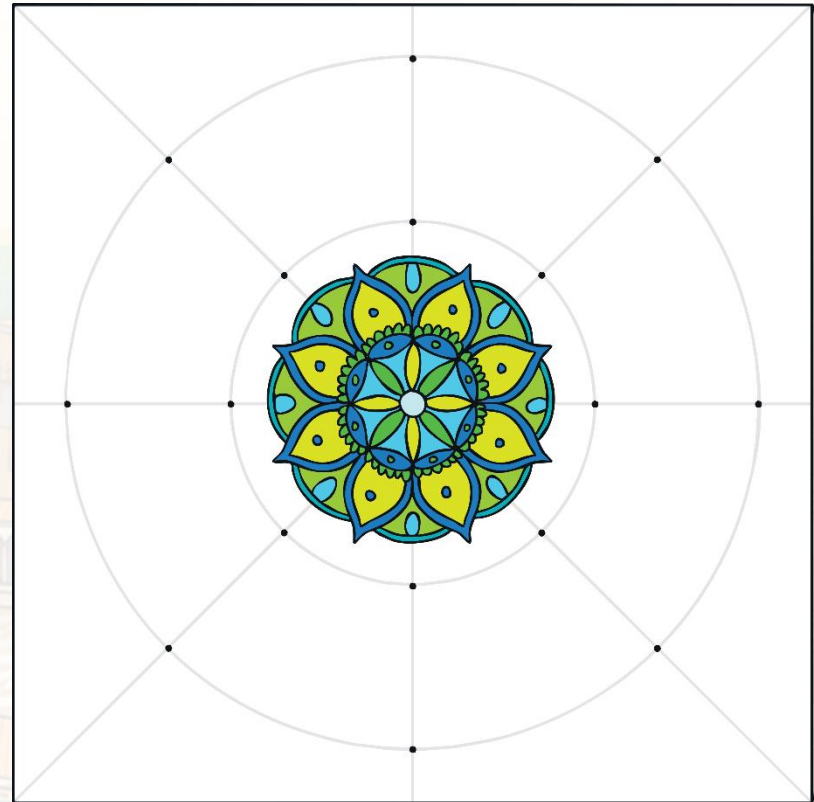
Creating a Mandala

3. Repeat this process with two diagonal lines passing through the centre point.
4. Next, join up the dots creating three circles, each one getting larger than the previous one. You might wish to use a compass to join the dots in a circle.



Creating a Mandala

5. Think about what shapes, patterns and symbols might represent the things which are important to you.
6. Start from the first small circle in the centre and create a pattern.
7. Use a different pattern on the next circle, and so on.



An Amazing Mandala

When you have finished your mandala, you should have a beautiful and intricate picture which has an important meaning to you.





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