

MANDALA MAKING

Week 3 Nook Activity

Stop by the OHP (Sayles 162) for a fun,
stress relieving activity!

WHY MANDALAS?

A mandala (Sanskrit: "circle") is a geometric diagram used for teaching and meditation. Originating from Hinduism and Buddhism, they are used widely across Asia. Mandalas incorporate different symbols and images arranged in concentric circles.

The act of drawing mandalas can help focus the brain and reduce stress. The finished piece can be used as a visual aid in meditation.

Use the printed templates as a guide to create your own mandalas!

Note: While it can be great to incorporate practices from around the world into your life, it is important to recognize and respect where these practices come from!

A NOTE ON MANDALAS

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Traditionally, a mandala serves as a visual representation of the universe and a consecrated area. It also represents a spiritual journey in which a viewer can connect spiritually and "enter" the circle from the outside and make their way to the center. These mandalas often incorporate images of Gods and other holy symbols.

Similar spiritual art has been found in other cultures across the world such as the sand paintings done by indigenous peoples of North America such as the Diné.

While it can be great to incorporate practices from around the world into your life, it is important to recognize and respect where these practices come from to avoid cultural appropriation.

