

What are Mandalas?

Mandalas are sacred works of art that are generally recognizable by their circular shape, concentric circles and geometric patterns.

In Buddhism they are rich in symbolism and sacred meaning. The circle represents a container of 'essence', the essence of reality, the Universe. The 'circle' is a symbol of the creator's absorption into a sacred center within. In it's highest form the sacred circle mirrors an illuminated state of consciousness.

The ritual of constructing or making a Mandala is considered sacred and an act of spiritual contemplation. Traditionally Tibetan monks would construct a three dimensional mandala (from sand, coloured powders, tiles, or bronze etc) to contemplate sacred images or a deity. Following the construction ritual the Mandala would be destroyed to remind the monks of the impermanence of life.

In Western traditions Mandalas are often drawn or painted. After the Mandala is complete, the artist can use the Mandala as a point of focus during meditation to open to the divine energies (God, Source, the Universe and other enlightened beings), and to his or her own spiritual and psychological self.

Why Create a Mandala?

For healing, transformation and integration of the mind, body and spirit. For dreaming and awakening of the soul and spirit.

When we are engaged in creative activity we use our right-brain where we experience freedom of expression, expansion, spontaneity, flexibility, non-judgment, inclusivity and love for self and others. In this space we naturally let go of the need to have rules, control and attachments to things and people.

Engaging in creativity reduces emotional and physical stress. The act of 'creating' allows us to slow the mind and cease thinking and analyzing, so that we are free to imagine, feel, sense and intuit. For many of us we tend to operate from our left-brain where we expend energy to judge, critique, and create highly defined mental categories that lead to fragmentation of our mind (ego) and body, causing spiritual separation.

Creative art is therapeutic and meditative. It calms the mind so we can let go the need to be right or in control. The physical body can relax, reducing blood pressure, calming the nervous system and creating an internal awareness for the body to heal itself. As we sink into the process, the heart and soul opens to receive insights, wisdom and healing. In so doing we reconnect with our true self and the Divine light and love of God, that is within and without.



*Awakening, transforming, healing and integrating
the mind, the body, and the Spirit
for the health and wellbeing
of the whole person.*

