

Mandala

History: The Buddhist mandala art dates back to the 100's BCE, but appeared in other regions, such as Tibet, China and Japan by 400's CE.

Meaning: The word mandala means circle. It is a spiritual and ritual symbol in Hinduism and Buddhism, representing the universe. The circular design symbolizes the idea that life is never ending and everything is connected. It also represents the spiritual journey within the individual viewer.



Purpose: The mandal helps people focus on meditation and achieve a sense of oneness with the universe and a new level of peace.

Art: This art form focuses on geometric patterns. What is drawn on one side is repeated on the opposite side.

Give it a Try:

1. Gather supplies: white copy paper, pencil, colored pencils
2. Visit the following website <https://www.youtube.com/watch?v=g16B64myG-E&t=2s>
3. Watch the video in a quiet place, just watch, don't do anything
4. Watch the video a second time to get your mandala started
5. You do not need to copy her mandala, follow your inspiration
6. You can play the video as many times as you like, the music is helpful
7. Make yours as small or as large as you like
8. Add color



Submitting: You are welcome to submit a picture of your project to Mrs. Dotson, but it is not required. I'd be happy to see what you created.