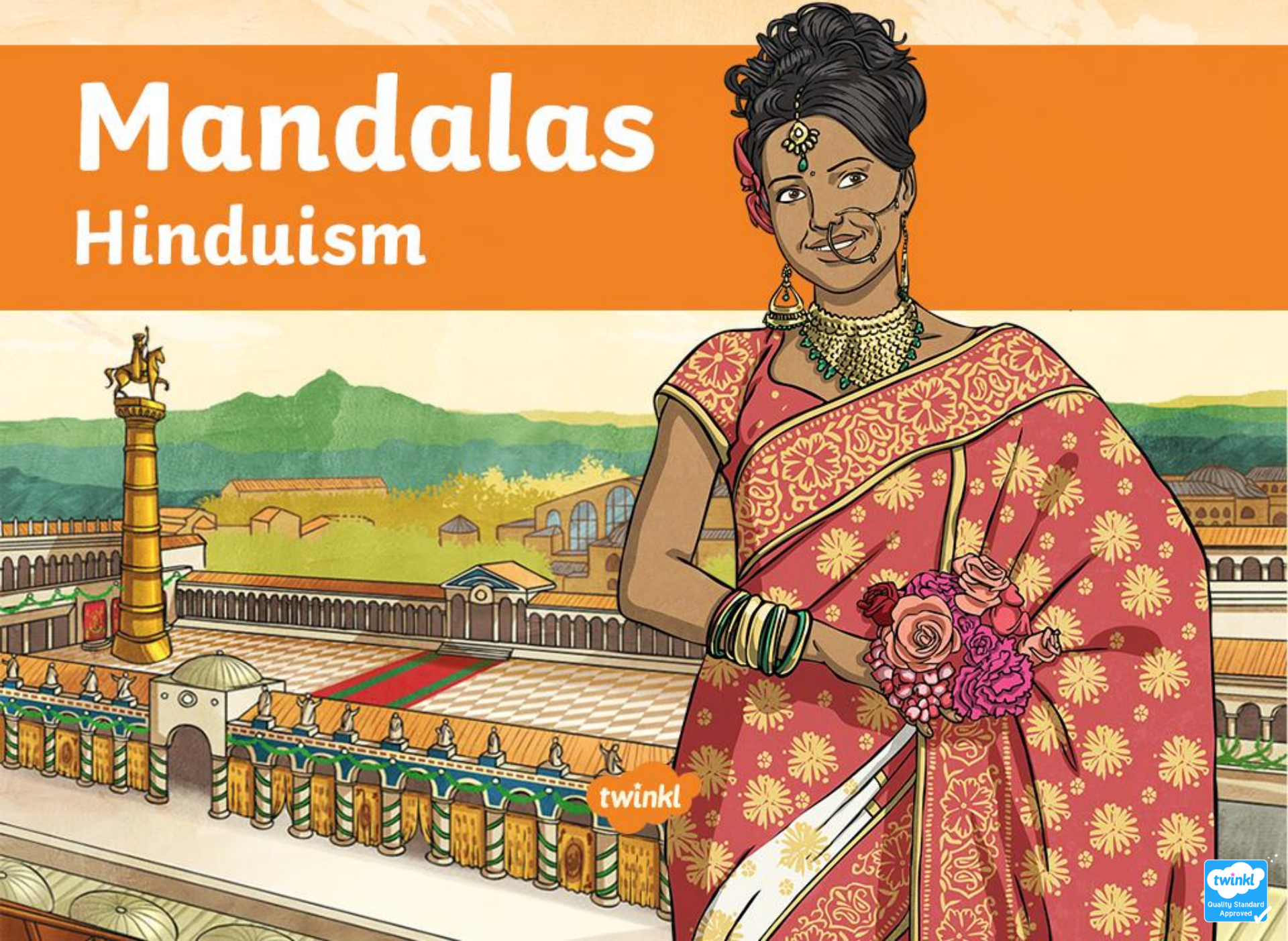
Mandalas

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.

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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.

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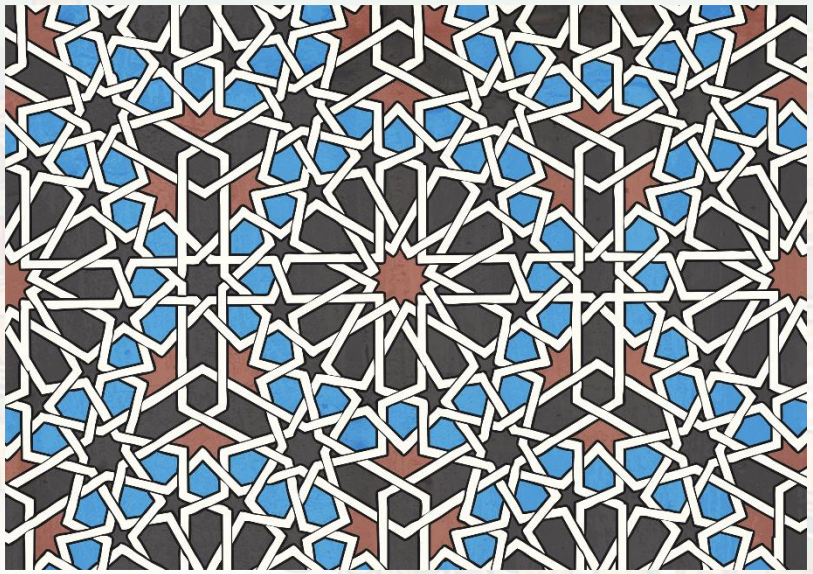
The Symbolism of the Soul

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.



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Creating a Mandala

You will need:

- a square piece of paper;
- a ruler;
- a pencil;
- colours
  (e.g. crayons, pencils, paints);
- a protractor (not essential);
- a compass (not essential).

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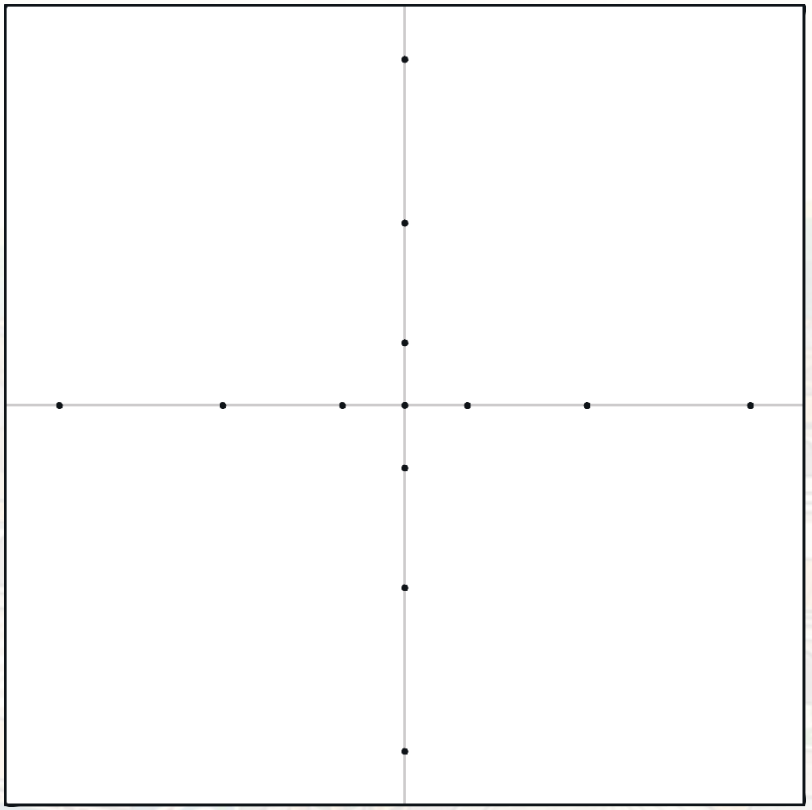
Creating a Mandala

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.



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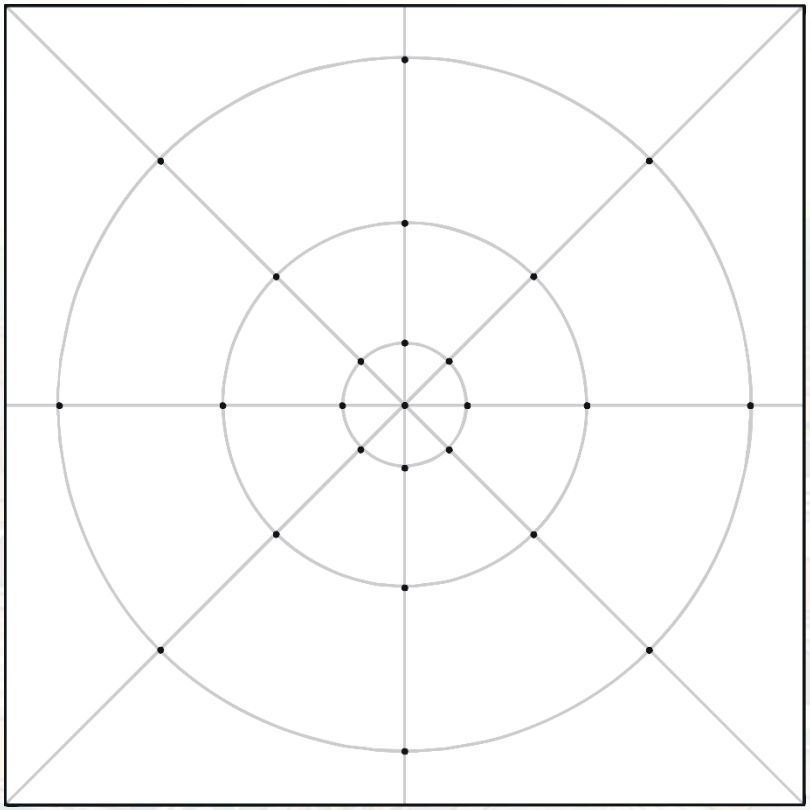
Creating a Mandala

3. Repeat this process with two diagonal lines passing through the centre point (you may wish to use a protractor to create lines that are at 45° angles from the perpendicular lines).

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.



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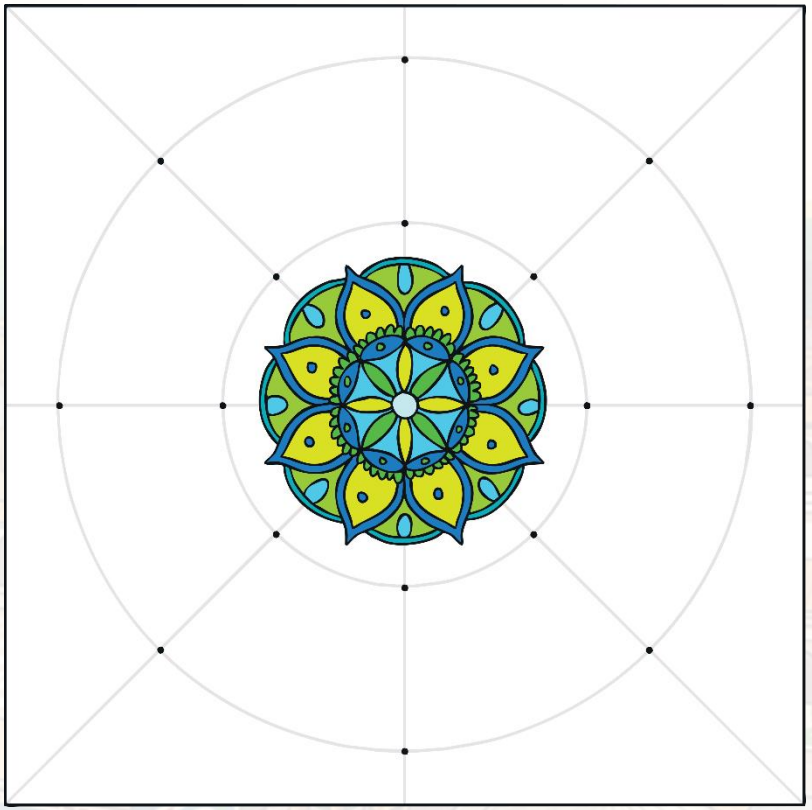
Creating a Mandala

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.



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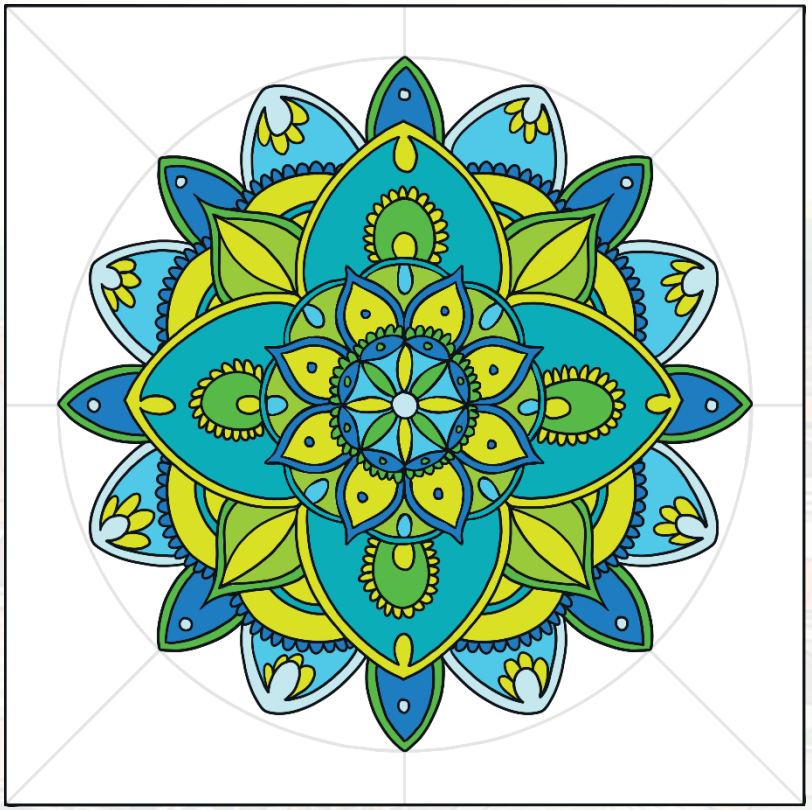
An Amazing Mandala

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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