



# Creating a Mandala

## Background information

Sand mandalas are an ancient Tibetan art form used in big prayer festivals. They are made from multi-coloured sand to represent the different traditions of Buddhism. They are constructed as a vehicle to generate compassion, realise the impermanence of reality and as a healing or purification of the environment. A mandala represents the world in its pure form (how the buddhas see it). It is also seen as a map that shows how to transform the mind, and it represents the clarity of the enlightened mind.

A traditional sand mandala takes a lot of time to create. However, it is destroyed when the prayer festival is over as an illustration of how all phenomena, whether we cherish them or not, will eventually disappear.

More Information: <https://www.youtube.com/watch?v=WBrYUIOYK0U>

## Materials Needed:

- *Different kinds of everyday objects varying in size and colour. Whatever you have, it's good to make 'packages' for every group to work with. In each package you can give different objects, like elastics, straws, cutlery, candles. You can look at the pictures for inspiration.*
- *Big pieces of coloured paper as a background*
- *One bigger central object for each group*

## Activity

1. Look at the presentation slides with Mandala Examples and explain about the traditional meaning of the mandala. What do you see?
2. Set up groups and make space on the floor and tables. Give each group a piece of paper and put it in the middle.
3. Put the central object in the middle and start building in symmetrical circles from there.



