



Mandala Art

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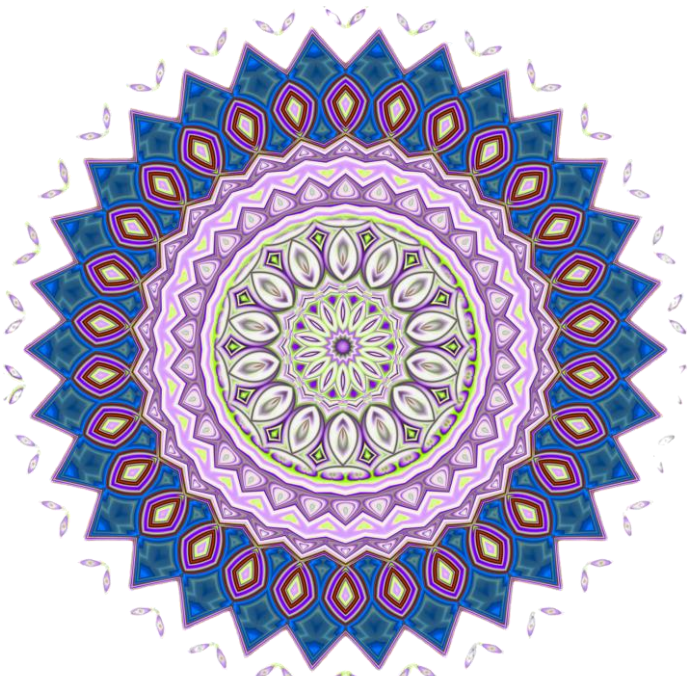
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The word "Mandala"
comes from the ancient
Indian language Sanskrit
and it means "circle". This
is why many mandalas
feature a series a
concentric circles.



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A Mandala is a symbolic representation of the universe. It is used in many sacred rituals and is also used during meditation in Buddhism and Hinduism.

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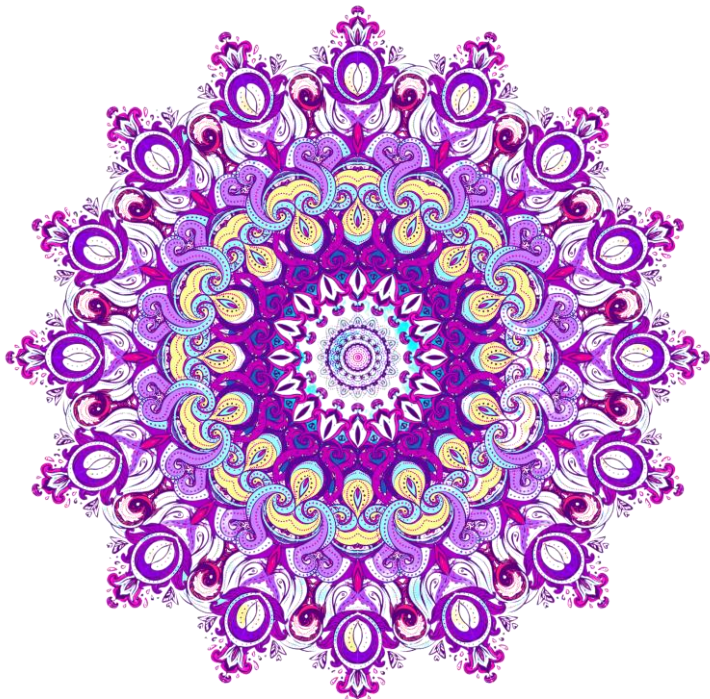
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They are believed to have originated in the fourth century BC by Buddhist monks. Tibetan Buddhist monks typically take part in the creation of Mandalas as part of their training.



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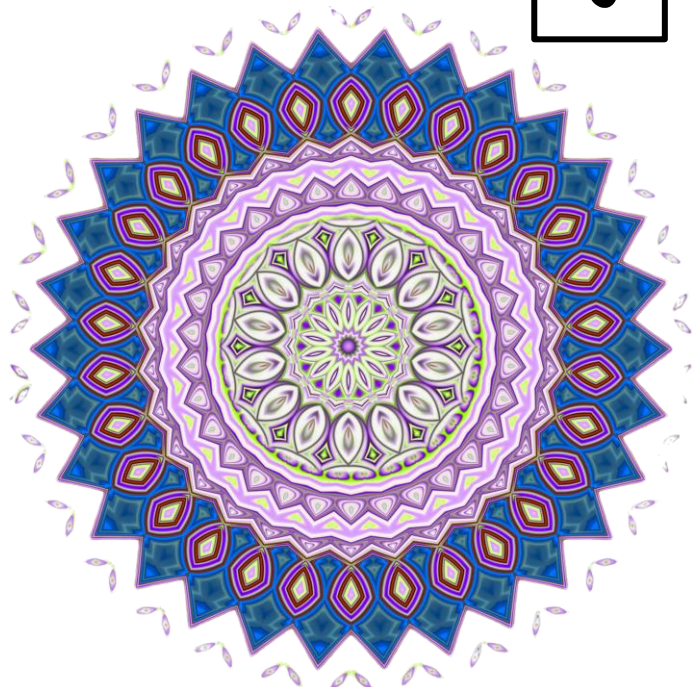


Mandalas symbolise harmony and unity and represent everything that is connected. They are said to highlight the transformation of suffering into joy.

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According to Buddhist principles, everything is temporary. The process of creating the mandala is considered more important than the end result.



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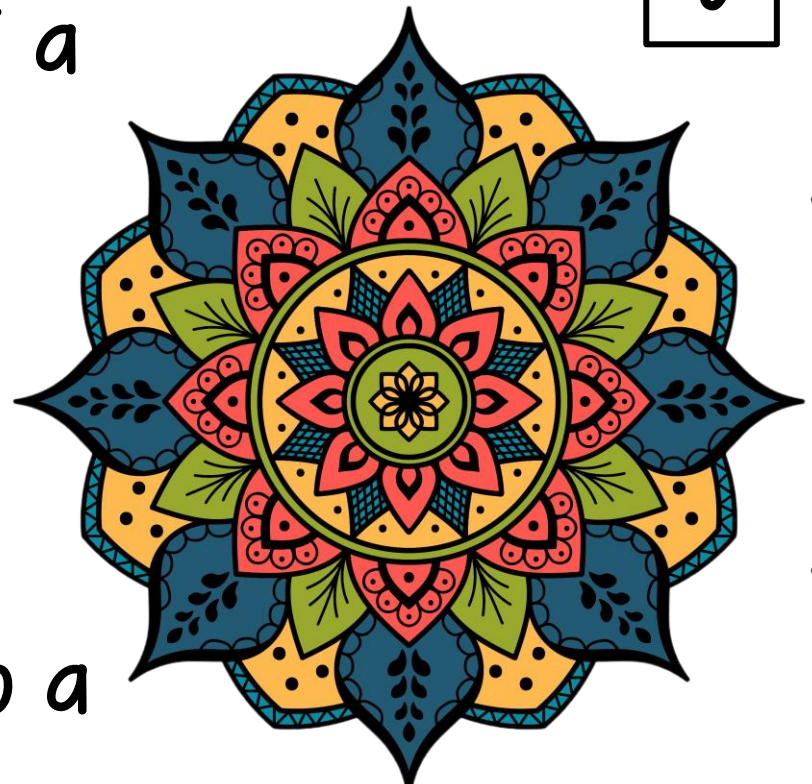


Mandalas can be painted on paper or material; they can be created on the ground using coloured powders and sand; they can also be made using bronze and stone.

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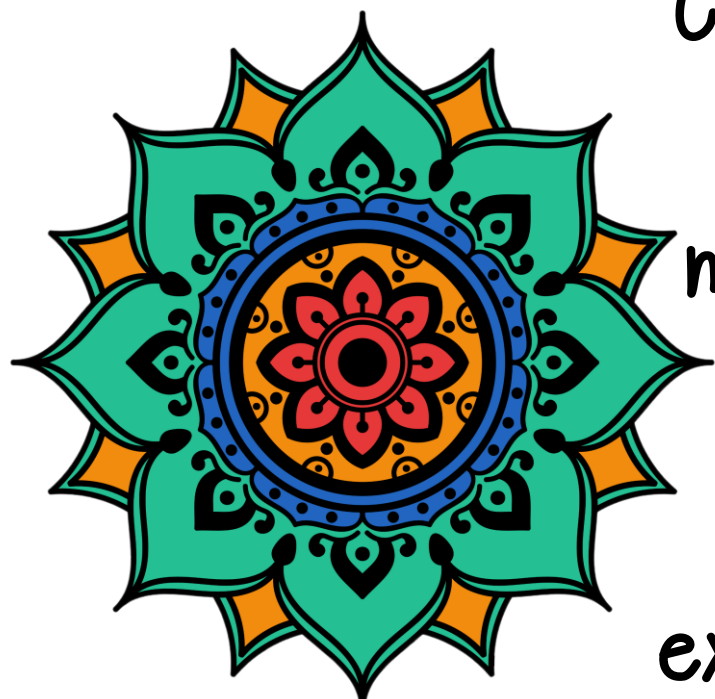
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Mandalas used as part of a Buddhist ceremony are usually destroyed afterwards, and the powder or sand used to make them is poured into a river or stream.



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Colouring mandalas are said to promote relaxation, mindfulness, and creativity, aiding in relaxation, emotional and creative expression, focus, and self-regulation in children.

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Although traditionally mandalas were used for ceremonies and meditation, nowadays they can be used for wall decoration, printed on clothing and even tattooed on skin!





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