

Drawing and Coloring Mandalas

Creative Relaxation

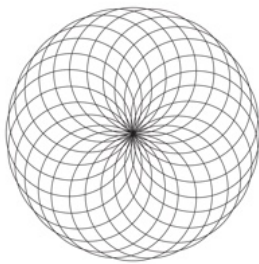
What is a Mandala?

Mandalas are beautiful circular figures with symmetrical elements.

The word "mandala" comes from Sanskrit (an ancient Indian language) and literally means "magical circle" or "magical wheel."

According to ancient Eastern wisdom, they serve as inspiration and inner enrichment.

They make you aware of the infinity of existence and the connection with everything around you.



The Mandala is a primal symbol, without a beginning and without an end. The beautiful drawings and patterns around a center point are an important element in performing traditions, meditations, and rituals in Buddhism and Hinduism, among others. Traditionally, a mandala is a geometric design or pattern that represents the cosmos or deities in various heavenly worlds.

Most mandala drawings are symmetrical, but it is not necessary. However, mandalas are often constructed according to a specific system. The outer edge or base is round and is called "the circle of life."

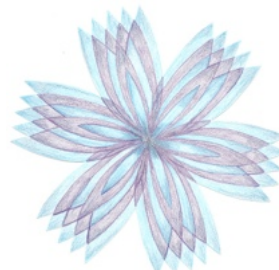
The circle can be found in various aspects of our daily lives. Everything is cyclical. Nature shows us the infinity of growth, blooming, and decay.

The inside of the circle is a safe space where you can find peace within yourself. The dot in the center of the mandala symbolizes the cosmos or the primal force. It is the place where everything begins and where everything is interconnected.

Hindu Mandalas.

Mandalas are not only round. From Buddhism, mandalas, also known as yantras, spread to Hinduism.

Traditional yantras are square, with a gate on each side surrounding a central circle containing one of the Hindu gods. The artist invokes that god through the meditative creation of a mandala to help discover cosmic truths.

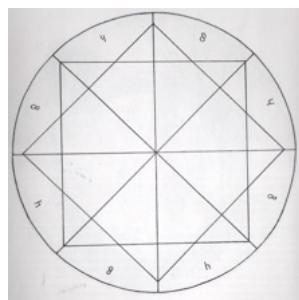
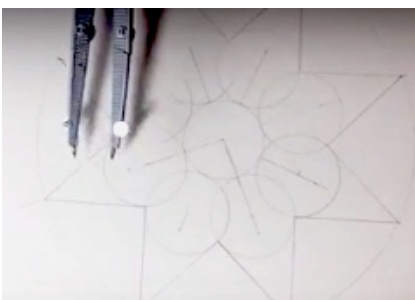


Mandala Usage

Originally, monks used mandalas during meditation. The magical circle was believed to help achieve a deep state of inner peace.

In ancient times, these infinite circles were made with colored sand. The circle is not always perfectly round and is often adorned with symbols, images, and other forms. Sometimes you can see flowers or Eastern characters in the drawings. What remains consistent is that everything is arranged around the center, the focal point.

Today, we also see mandalas as an art form in homes. They can be in the form of a carpet, a painting, or a wooden carving on the wall.

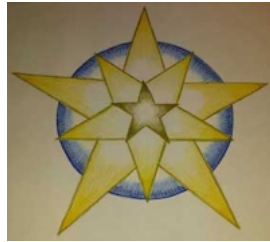


Drawing Mandalas

These days, you can buy beautiful coloring books (for children and adults) that feature mandalas. It is a soothing and relaxing activity.

An even more beautiful process is drawing your own mandala. This is not only calming but can also provide insight into yourself or a situation.

It is a creative process that activates the subconscious.



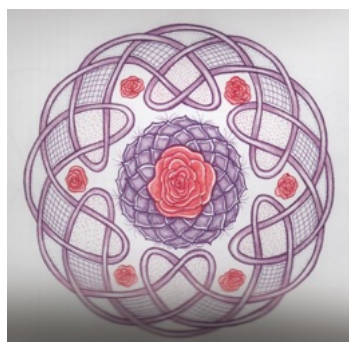
You can choose an intuitive way of drawing, where the circle arises entirely from your feelings, your subconscious.

Colors and figures form without you planning the final result. This way of drawing appeals to your creativity and is primarily focused on the right hemisphere of the brain.

You can also choose to draw consciously and symmetrically. You start with a circle and divide it into several sections. Then you fill the sections with shapes, patterns, colors, and symbols. These filled sections repeat, creating a calming effect on the left hemisphere of the brain.

Often, when drawing, you use both techniques without even realizing it. That is precisely the remarkable aspect of drawing mandalas.

It stimulates the connection between intellect and emotions, the left and right hemispheres of the brain, and the individual and the whole.



People in different cultures around the world have created mandalas. Mayans, Aztecs, Australian Aboriginals, and European Catholics have all made mandalas in one form or another. The form must surely resonate with people.

The psychoanalyst Carl Jung believed that the mandala represents the Self and that drawing a mandala provides a sacred space for individuals to encounter that Self. He saw the creation of mandalas as an effective form of art therapy that could calm and comfort people with mental health issues.

Buddhist Sand Mandalas:

For centuries, Tibetan Buddhist monks have created mandalas out of colored sand. As they intentionally place each grain of sand using metal funnels and sticks, the monks enter a dreamlike state. Then, after days or weeks of labor, they practice detachment and demonstrate the impermanence of all things by destroying the mandala.



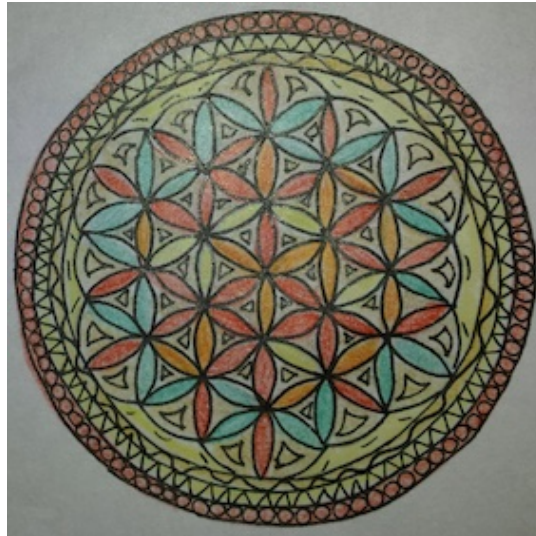
I once witnessed monks creating such a sand mandala, and I found it impressive. With endless patience and great precision, they sprinkled the colored sand grains into place using small funnels. But the most impressive part came when they finished the mandala: they swept all the sand back together with their hands! I found this quite profound. They couldn't even take a moment to enjoy their artwork.

Mayans, Aztecs, Australian Aboriginals, and European Catholics all created mandalas in one form or another, but mandalas are most prevalent in the Buddhist and Hindu art of the Indian subcontinent.

The Flower of Life

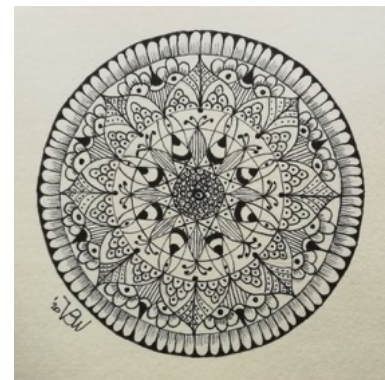
There are several well-known mandalas that you've probably seen before. The Flower of Life is an example of a beautiful symmetrical mandala. It symbolizes harmony, interconnectedness, protection, and creation. The overlapping circles represent the multiple layers that life consists of. This symbol has been the basis for all universal elements of existence worldwide for centuries.

The mandala flower is believed to have a healing effect and carries the energy of unity consciousness.



Chakra Symbols:

The 7 Chakra symbols are also mandalas. Sometimes they are depicted in a simplistic manner, while other times they are adorned with exquisite details and full of elements and patterns that convey something about the respective chakra. The colors of the different symbols are linked to physical and spiritual aspects.



Numbers in the Mandala:

Many mandalas incorporate numbers. For example, the number of figures or the number of sections in which the mandala is divided. These numbers can hold personal significance. Especially when drawing intuitively, your subconscious mind may communicate something to you through numbers.

Colors in the Mandala:

The colors used in a mandala also hold meaning. Colors symbolize an element, an emotion, an association, or a specific part of the body. The colors you choose to color your mandala can, for instance, reflect the mood you are in at that moment.

Colors are selected intuitively, and while drawing, you may notice that you are expressing your inner process on paper. This could be a question you are pondering or a situation you find yourself in.

Red represents warmth, energy, masculinity, life force, and assertiveness.

Orange signifies optimism, emotions, joy, and creativity.

Yellow relates to wisdom, intelligence, curiosity, self-worth, and logic.

Green symbolizes nature, hope, love, and harmony.

Blue is the color of communication, truth, stability, and reliability.

Purple stands for spirituality, intuition, wisdom, experience, individuality, and insight.

Pink represents giving love, healing, and gentleness.

White embodies unity, enlightenment, purity, innocence, and harmony.

Black represents renewal, the mysterious, and closure.

Gold symbolizes the sun, a gentle heart, conscious living, and love for nature.

Silver symbolizes the moon, the unconscious, the world of dreams and emotions.

Brown is associated with concentration, earth, and being grounded.



Meditating with Mandalas

Not only is drawing mandalas a meditative activity, but mandalas themselves bring inner peace and silence. The colors and patterns take you on a journey inward, a journey that continually assumes new forms as you concentrate on different elements of the mandala.

This meditation technique is also suitable for children. They don't have to merely sit still and gaze; they can touch the drawing and follow the lines with their fingers.

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