

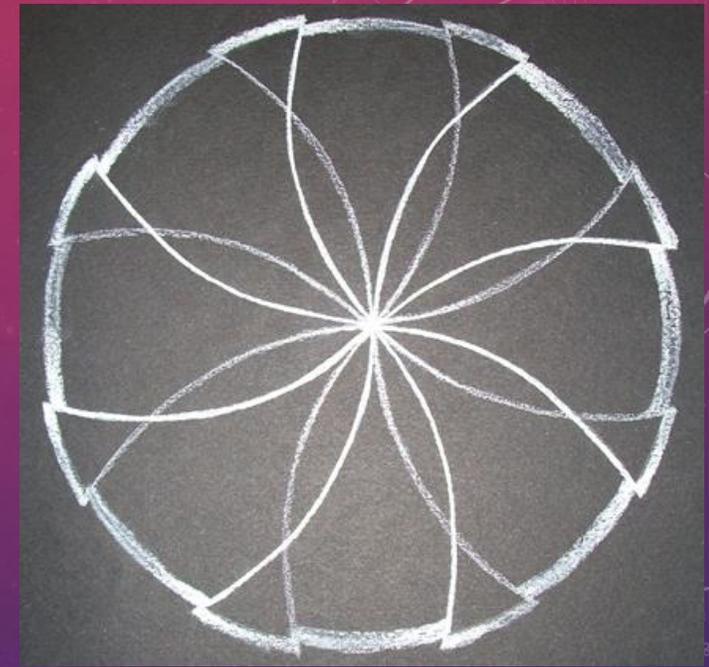
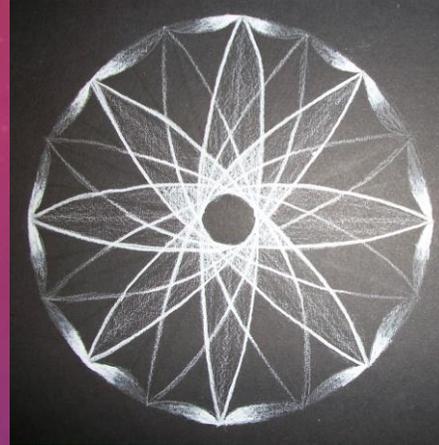
Mandalas for Meditation

Dr. Jennifer Groman
Ashland University, Ohio
jgroman@Ashland.edu

Click any key to start.

Click the -> to advance slide any time.

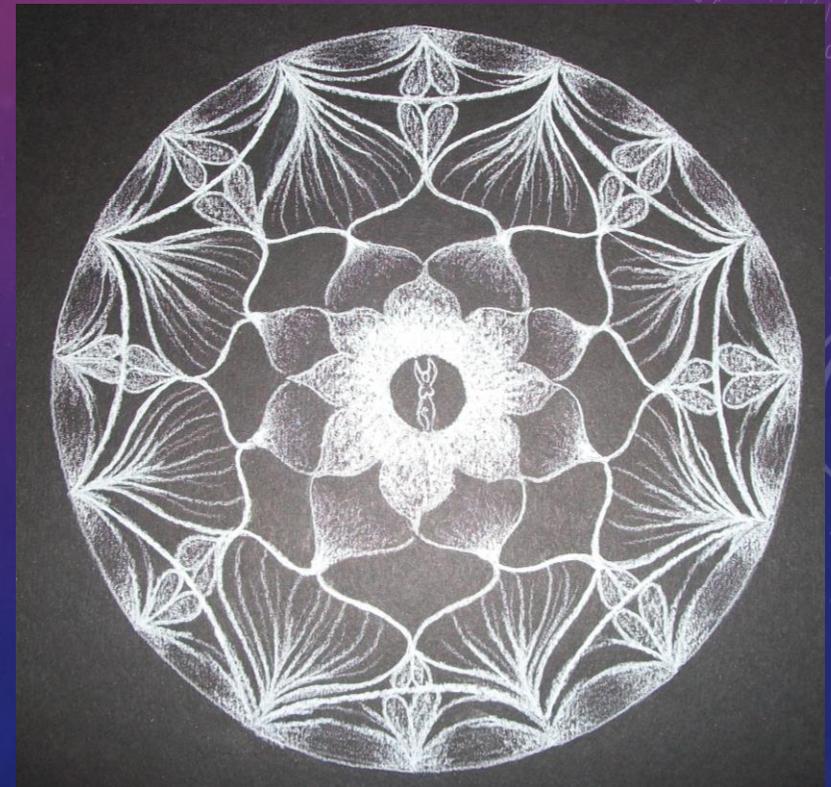
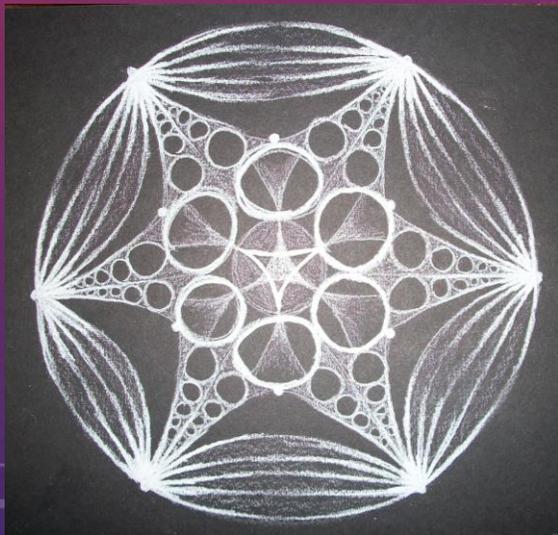
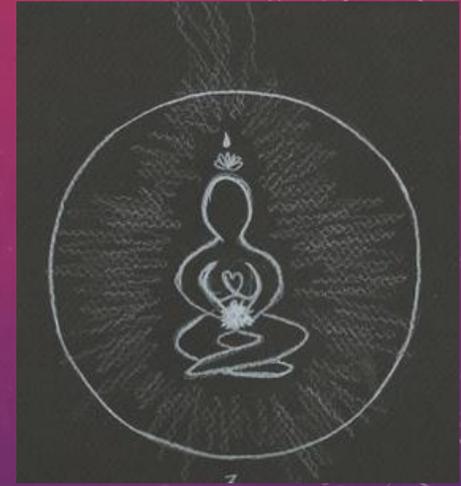
Mandala . . .



- Means “circle” or “center” in Sanskrit
- Is “an integrated structure organized around a unifying center” in Tibetan Buddhism

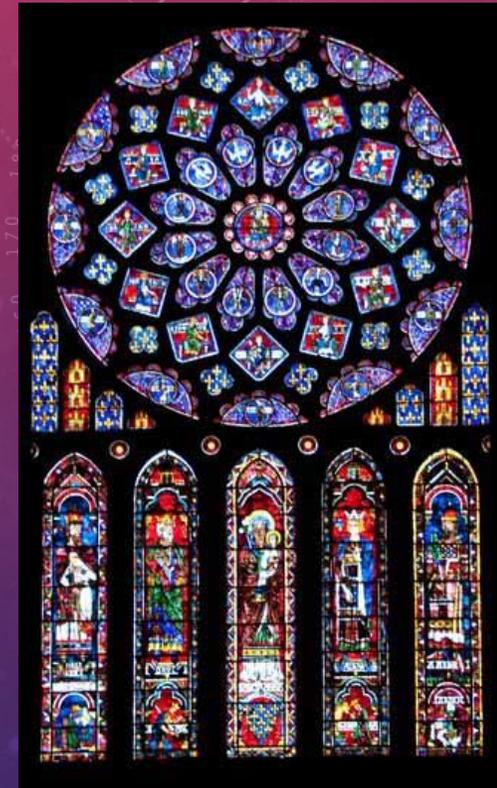


Mandalas are believed to represent wholeness, harmony, the life cycle, the cosmos, the natural visible world around us, as well as the beautifully complex world within our minds.

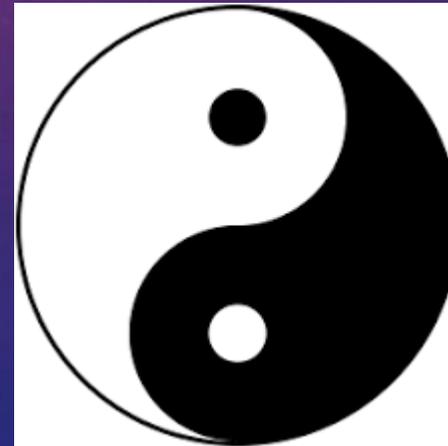


Tibetan monks create intricate mandalas out of colored sand. When the mandala is complete, it is swept away to demonstrate the impermanence of this life.

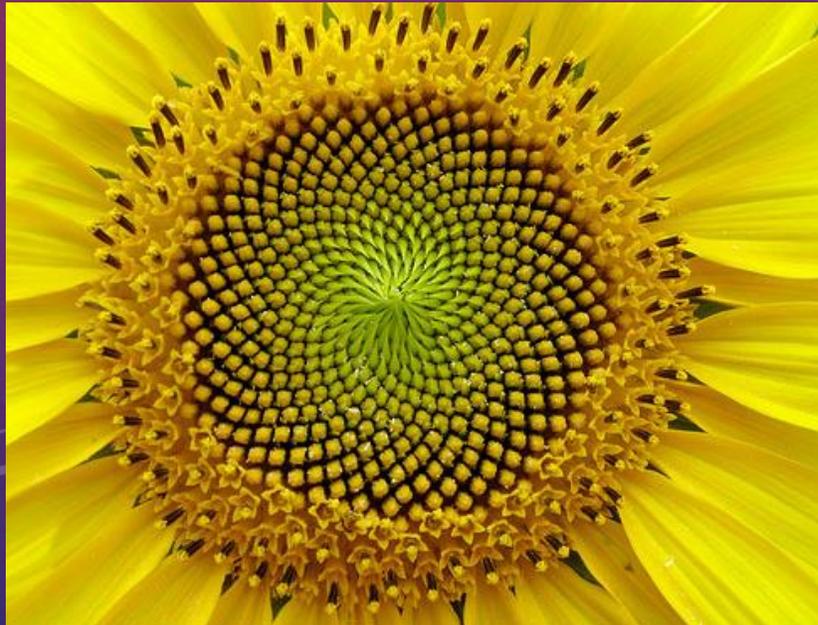
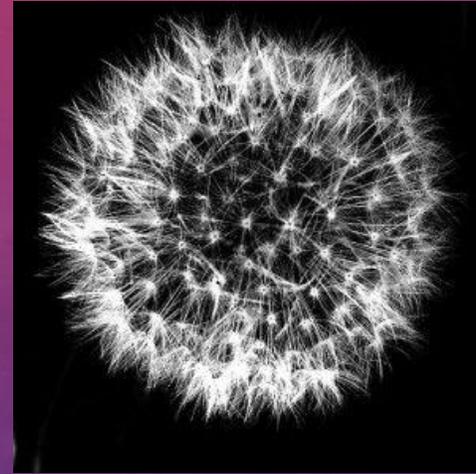
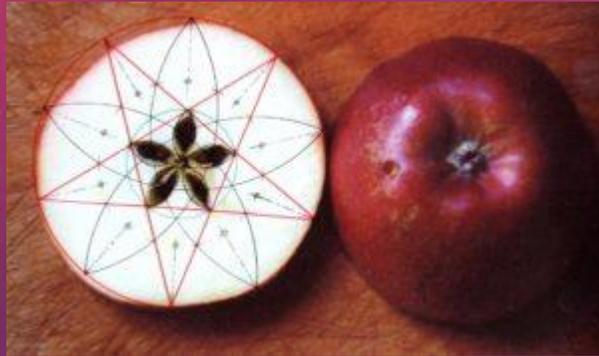


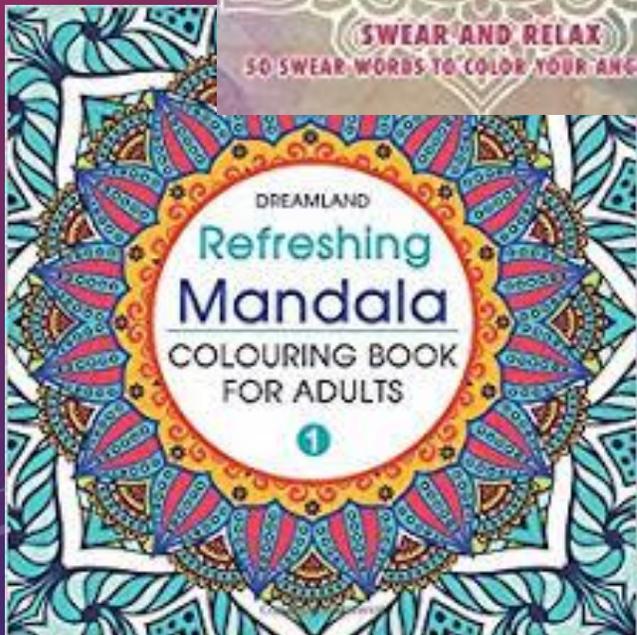
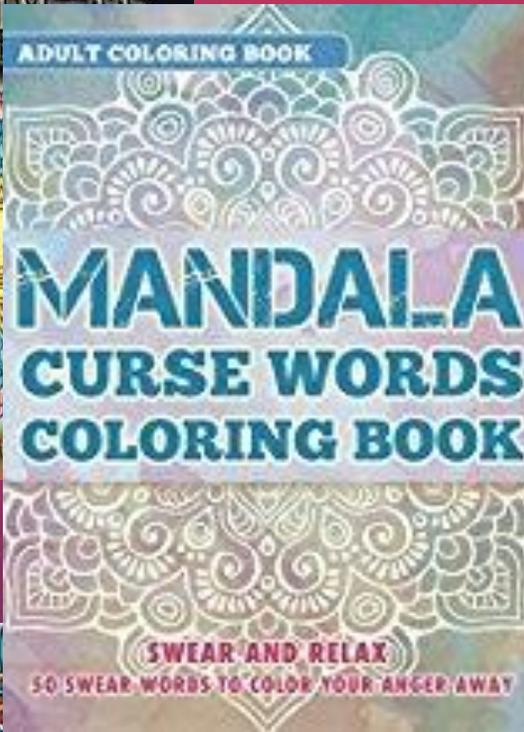
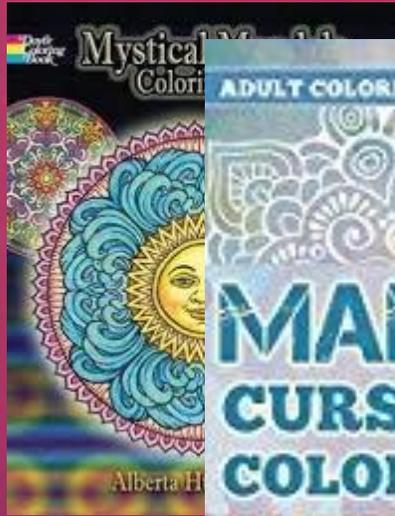


Mandalas are found in most cultures.



Mandalas are found in nature

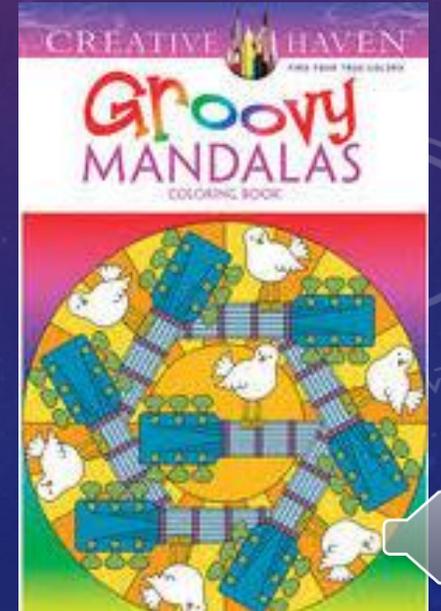
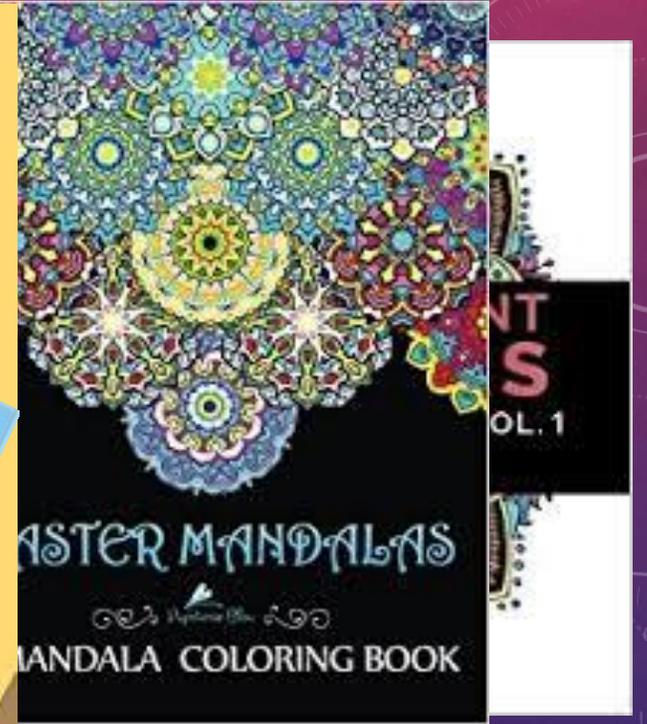
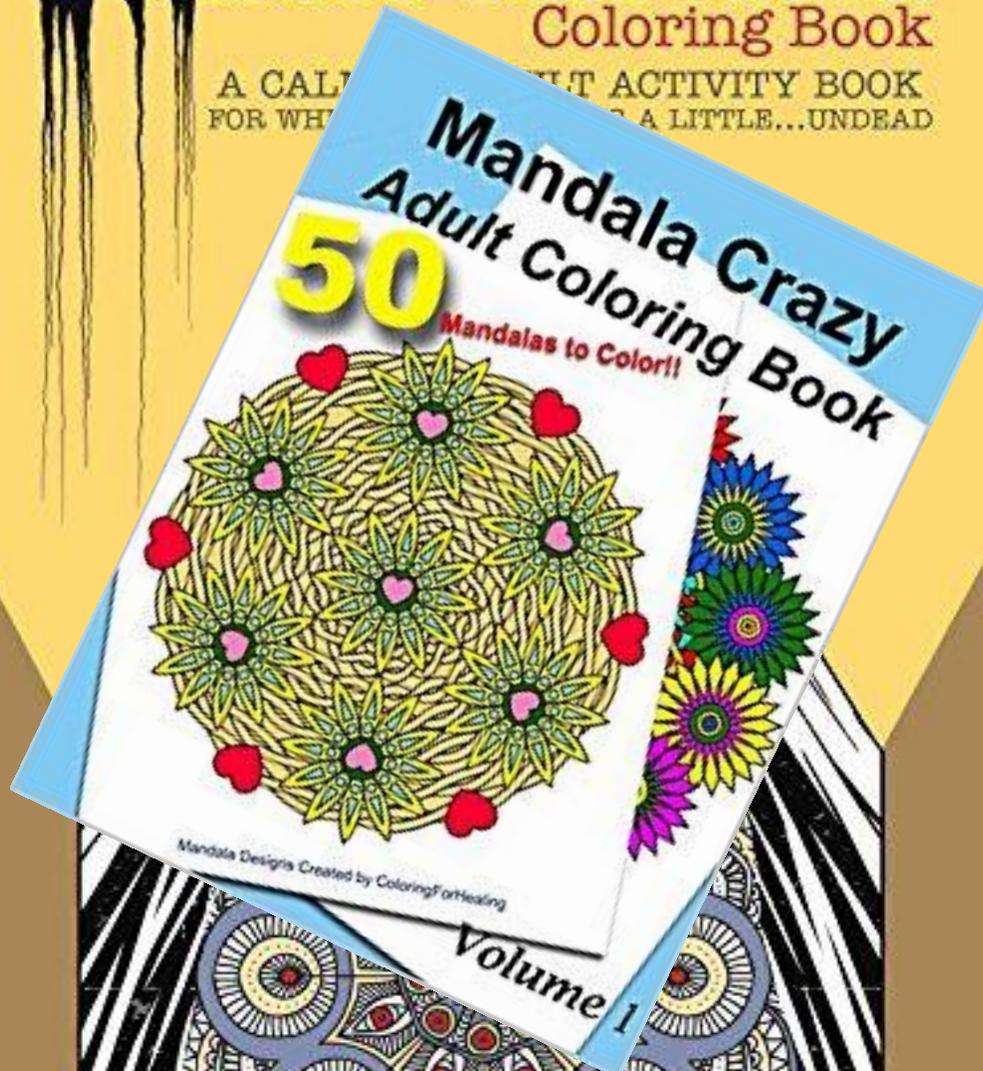




Copyrighted Material

Zombie Mandala Coloring Book

A CALL TO ARTS AND CRAFTS ACTIVITY BOOK FOR WHEN YOU FEEL A LITTLE...UNDEAD

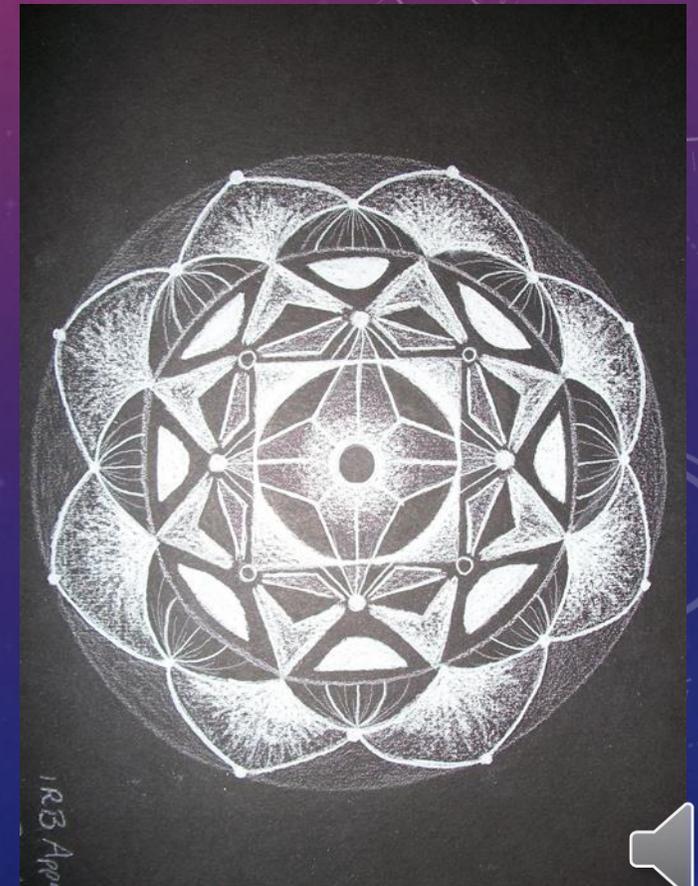


Whew

Meditating with a mandala is not a dreamy pastime, it is a focused activity with intention. It can provide insight, relax and refresh the spirit, and promote compassion for others as well as for yourself.



For meditation purposes, a mandala can be realistic (look like something!) or can consist of patterns and doodles.



Meditation is one way we can recharge. But meditation does not have to be sitting in the lotus position with your eyes closed. There are walking meditations, and movement like yoga and Tai Chi.

The act of creating a mandala is mindful, illuminating a part of ourselves, creating something beautiful and meaningful.



Benefits of Mandalas

1

Relieve tension, anxiety,
fear, and worry

2

Relax and heal the mind,
body and spirit

3

Release repressed feelings
and emotions

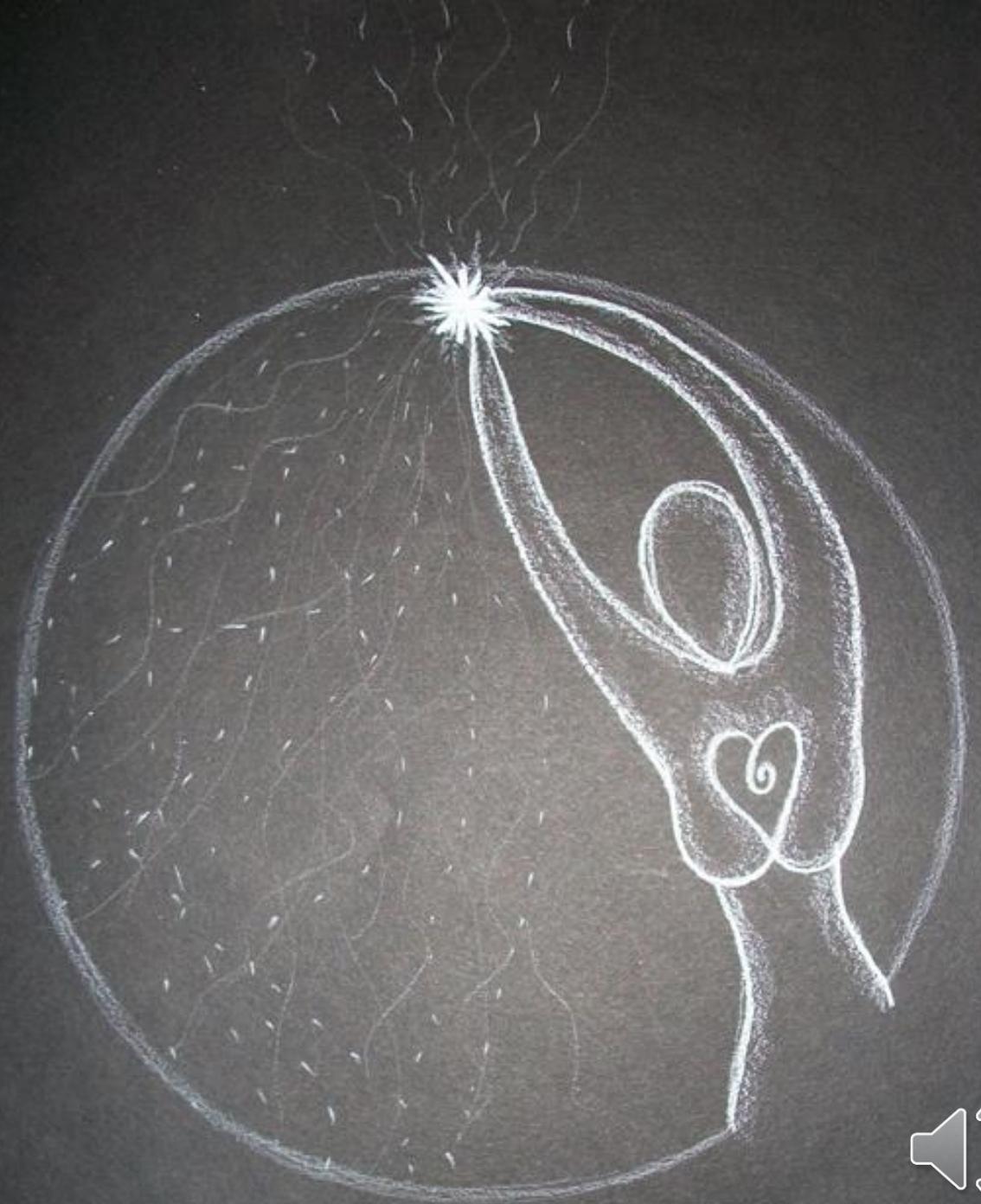
4

Freedom to express feelings in
a non-threatening way

5

Stimulate creative thinking
and problem solving

www.TheSilverPen.com



Today you have a chance to play around with the mandala form. All you need is paper, a writing utensil and a compass or circle template.

In 2006 I took a class in drawing mandalas using white Primsacolor pencil on black drawing paper. I have been using them as a spiritual practice ever since. I even used mandalas as one of the ways I processed the research for my dissertation.

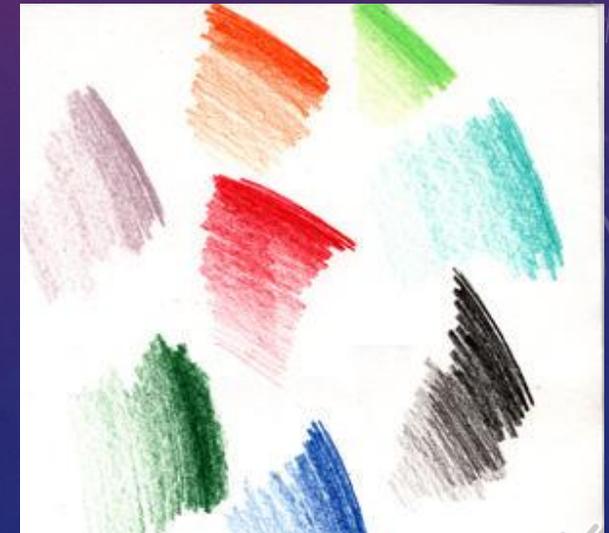
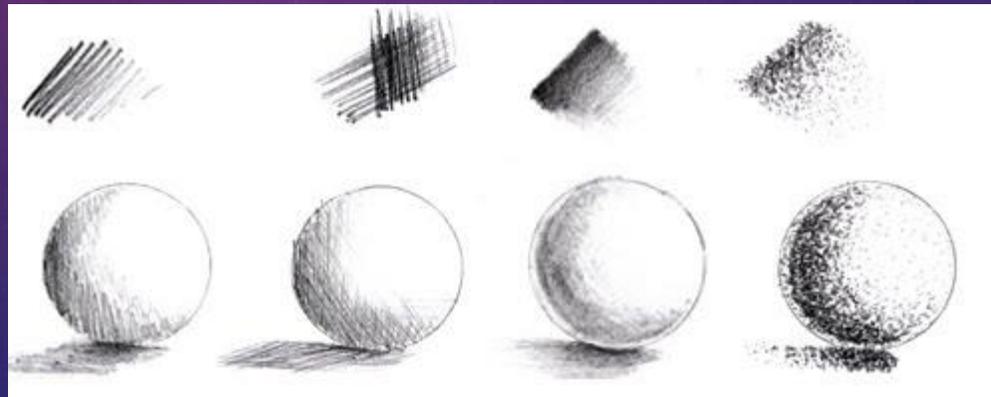
There is a nice metaphor of “adding light” to the black paper that makes it appealing to me.



While you are working, keep in mind that your drawing utensil, while it is just one color, can produce a scale of light to dark.

Practice can make for an amazing variety of shades from one pencil that can be used in your mandala.

Let's spend time with your pencils practicing shading within a circle mandala shape.



Don't worry about making a pattern, or creating anything pretty or meaningful or deep this first time.

Just play.

Explore the range of shades that the white pencil can create.



Let's begin.

Choose a piece of paper and pencil.



Let's begin.

Draw a circle on your paper. Use the template, the pan lid, the paper plate, a compass, or draw freehand.



Let's begin.

Sharpen your pencil to a fine point (very important) and place it next to your paper.



Start with a Mindfulness ritual

*Sit with your feet on the floor
and your hands in a comfortable position
(in your lap or on the table).*



Breathe in
Breathe out



*Set an Intention for your mandala.
The Intention for this small project is:
I will explore the shades that are possible
with this pencil.*



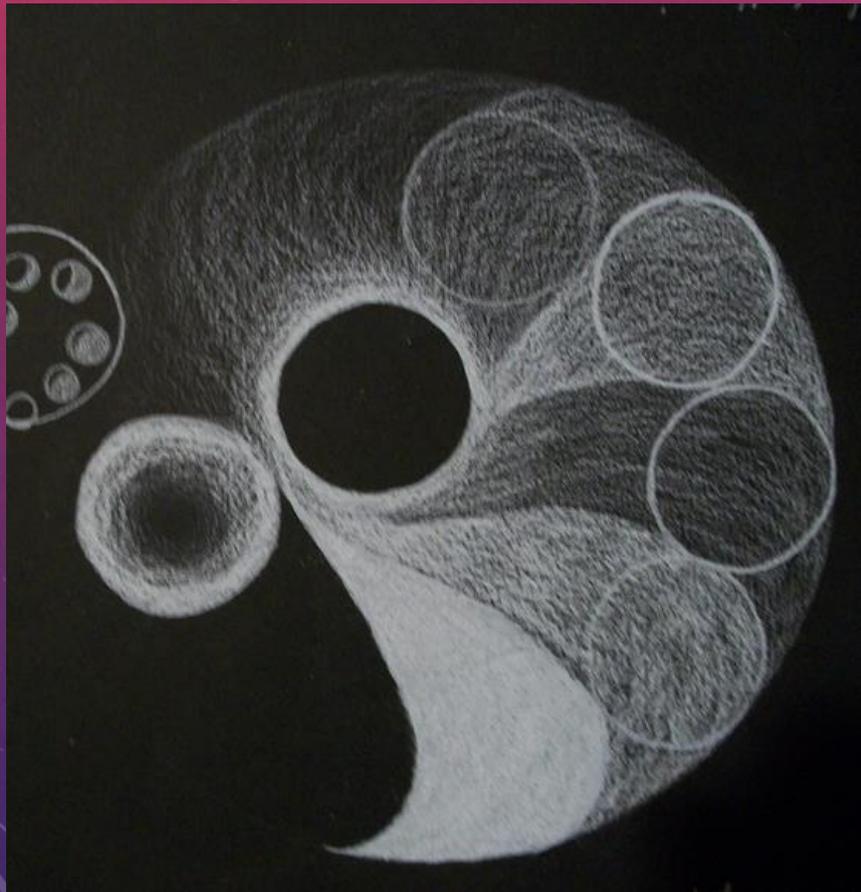
Start when you are ready.

Take 2 ½ minutes.

*The three chimes will tell you
that time is up.*

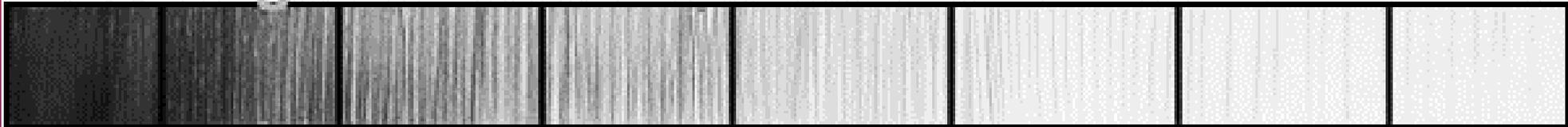


Some examples for Inspiration

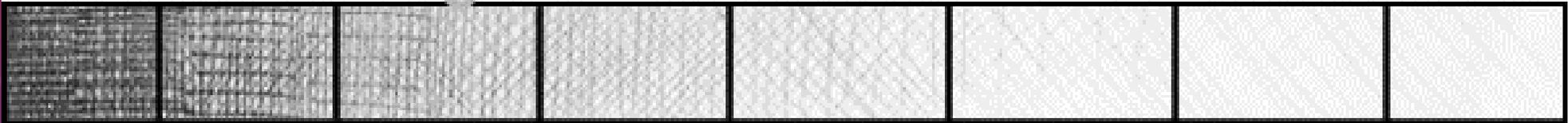


More examples for Inspiration

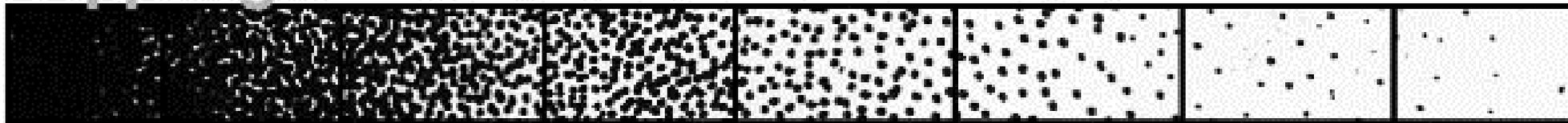
hatching



cross hatching



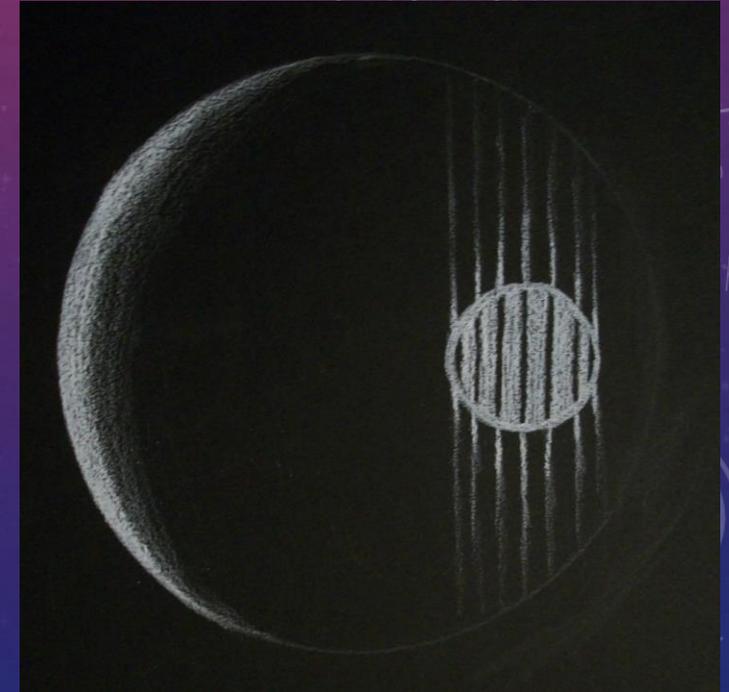
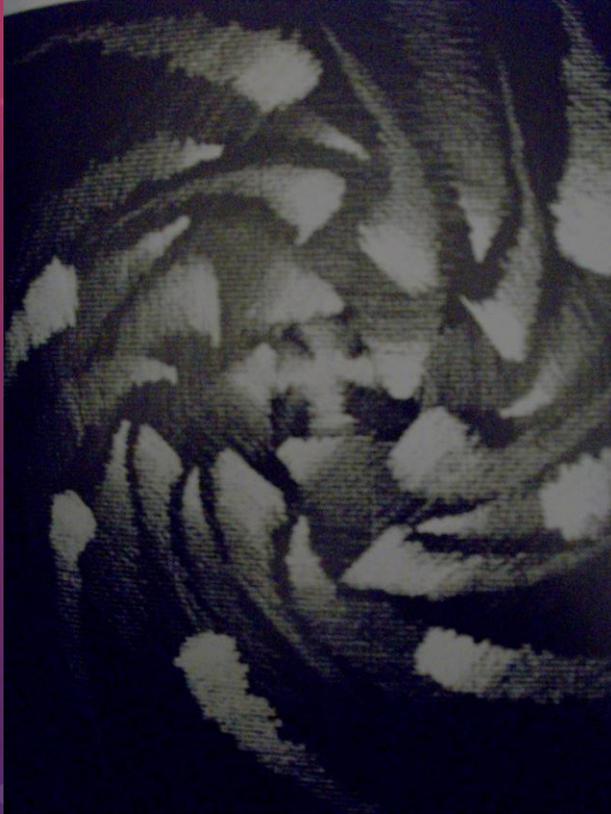
stippling



scribbling



Even more examples for Inspiration



Take another 20 seconds



Look around at the variety of shades,
shapes and tones in everyone's first try.

Amazing.



Let's try working with repeating patterns on a template

This time use one of the white template papers on the table and a black pencil.



*Sharpen a pencil to a fine point
and place it next to your paper.*



*Sit with your feet on the floor
and your hands in a comfortable position
(in your lap or on the table).*



Breathe in
Breathe out



Let's begin.

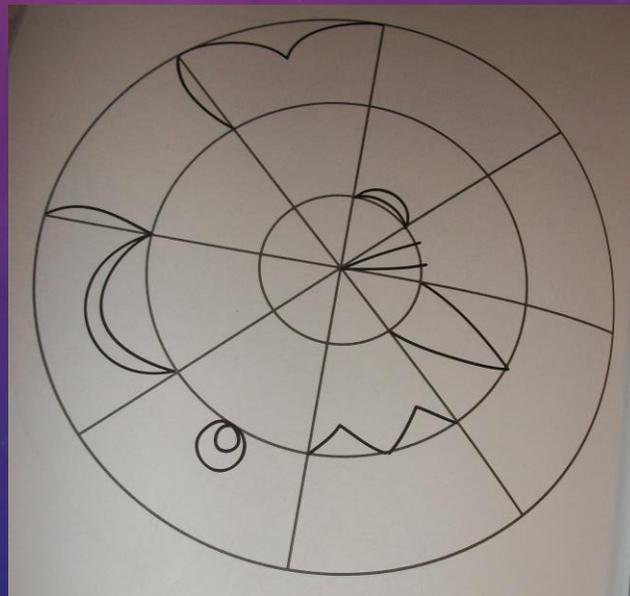
Set an Intention for your mandala.

The Intention for this mandala will probably be:

*"I want to try my hand at making a mandala,
just for fun."*

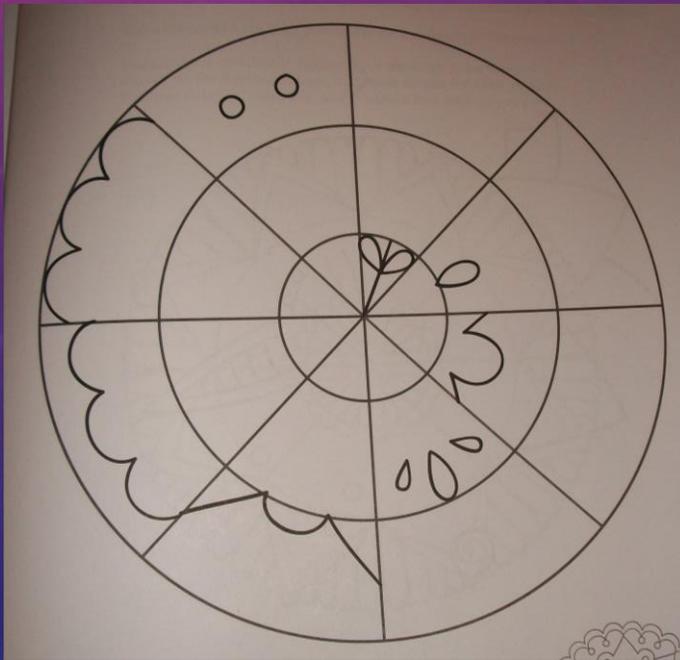


Some mandalas are just repeated patterns.
Starting in the center of the template,
repeat the pattern you are given into the
other spaces in the inside circle.



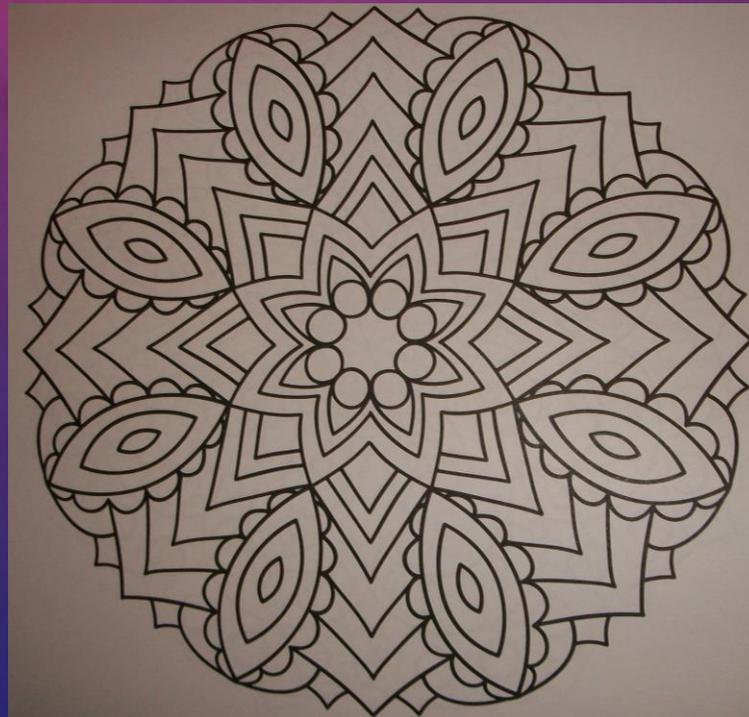
Move to the next outer circle,
study the pattern and
repeat it in the other spaces in that circle.

Do the same for the next, outside, circle.



When you finish repeating the patterns
you could go on to:

- *add to or embellish the patterns
- *color the patterns



Work time.

Again, listen for three chimes.

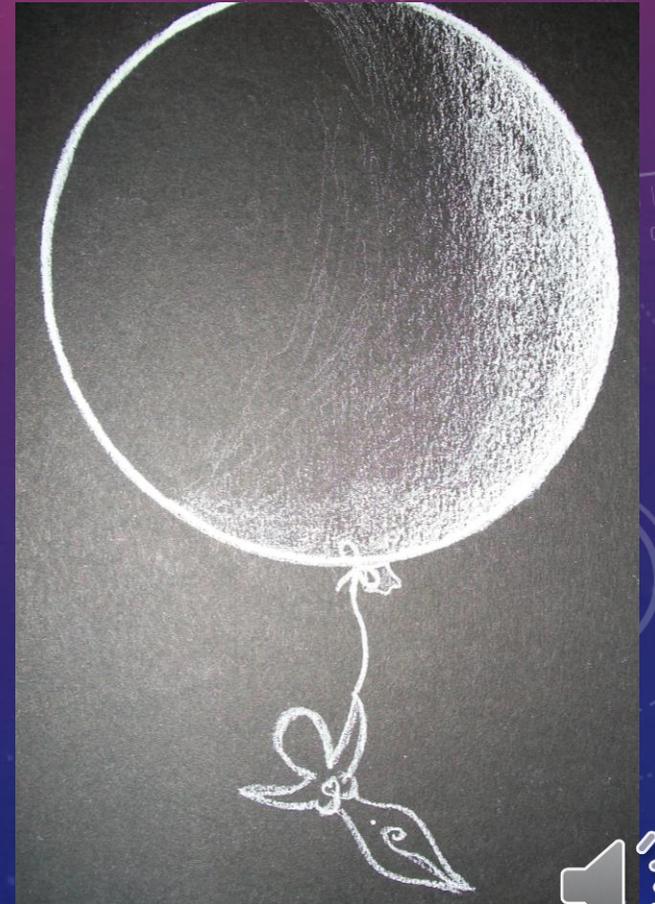
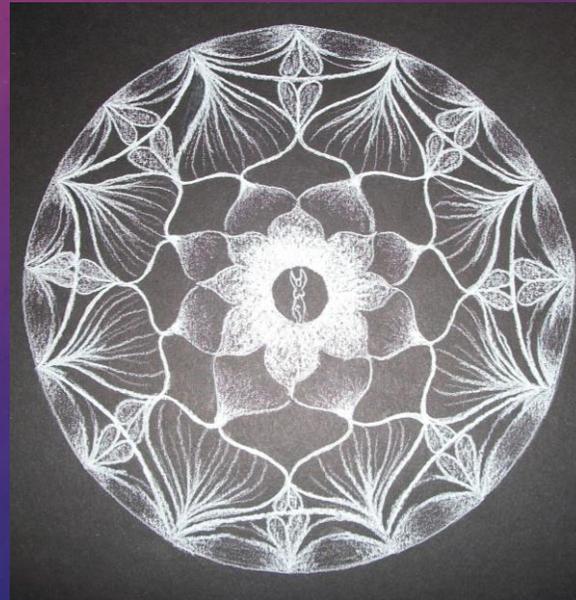


Time's up.

*Admire your work.
Admire the work of those near you.*



So you have experience with shading
and using repeating patterns.



Let's try another mandala,
more meditative this time.

Use what you know about shading and patterns,
or draw simply listening to your heart.

Choose any piece of paper and pencil.

You could use one of the templates,
or use a blank paper (black or white) and
draw your own circle with a compass, paper
plate or freehand.



*Get your paper ready.
Sharpen one or two pencils to a fine point
and place them next to your paper.*



Start with Mindfulness Ritual

*Sit with your feet on the floor
and your hands in a comfortable position
(in your lap or on the table).*



Breathe in
Breathe out



Let's begin.

Set an Intention for your mandala.
The Intention for this mandala could be:

“I want to get some insight into . . .”

“I wish I knew how to . . .”

“I feel great when . . .”

. . . or just.

“I want to try my hand at making a mandala,
just for fun.”



Concentrate on that idea or question
(or nothing at all).

You can either start drawing right away
or
wait until an image comes to mind.

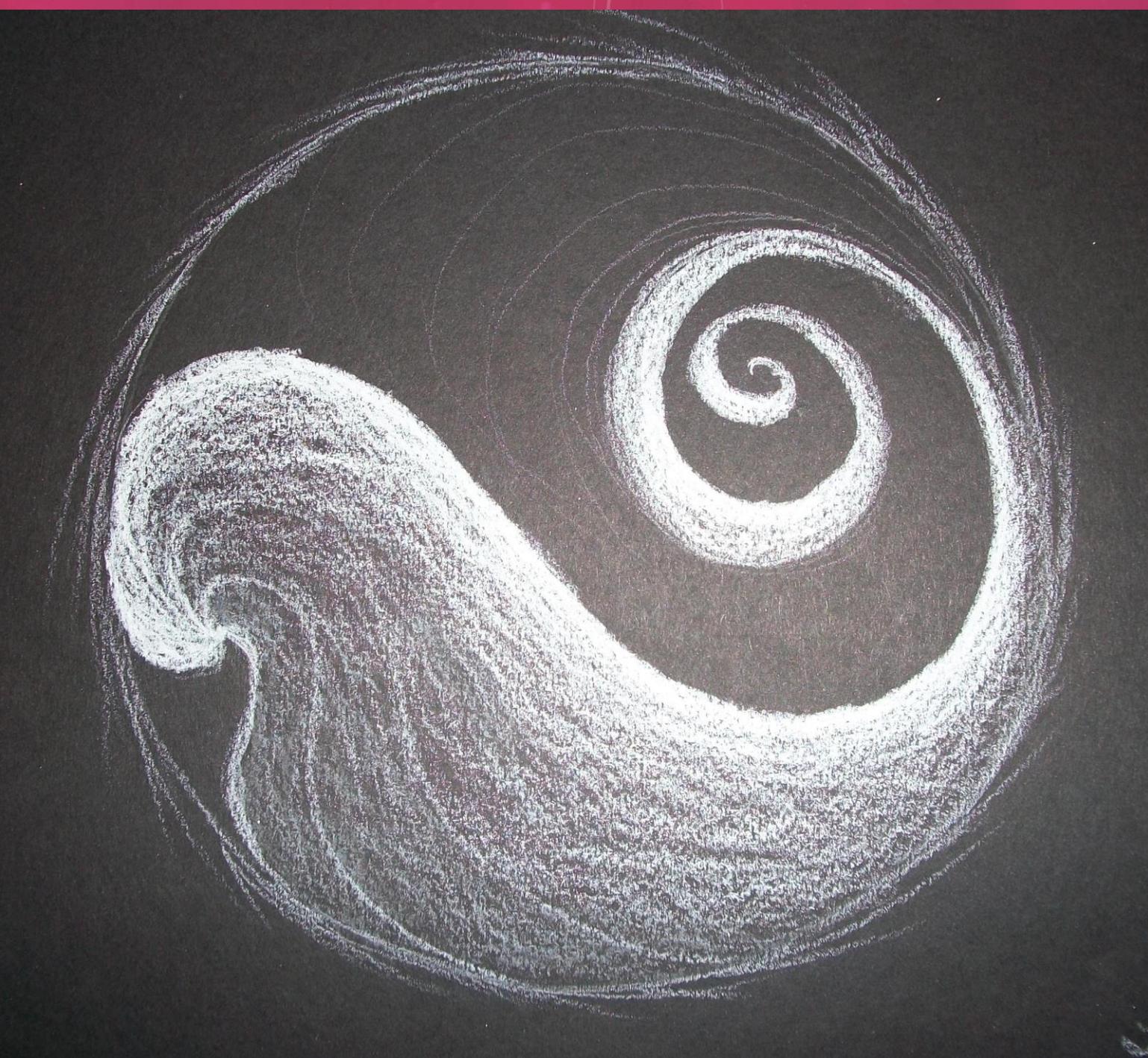
Use your Intuitive mind.



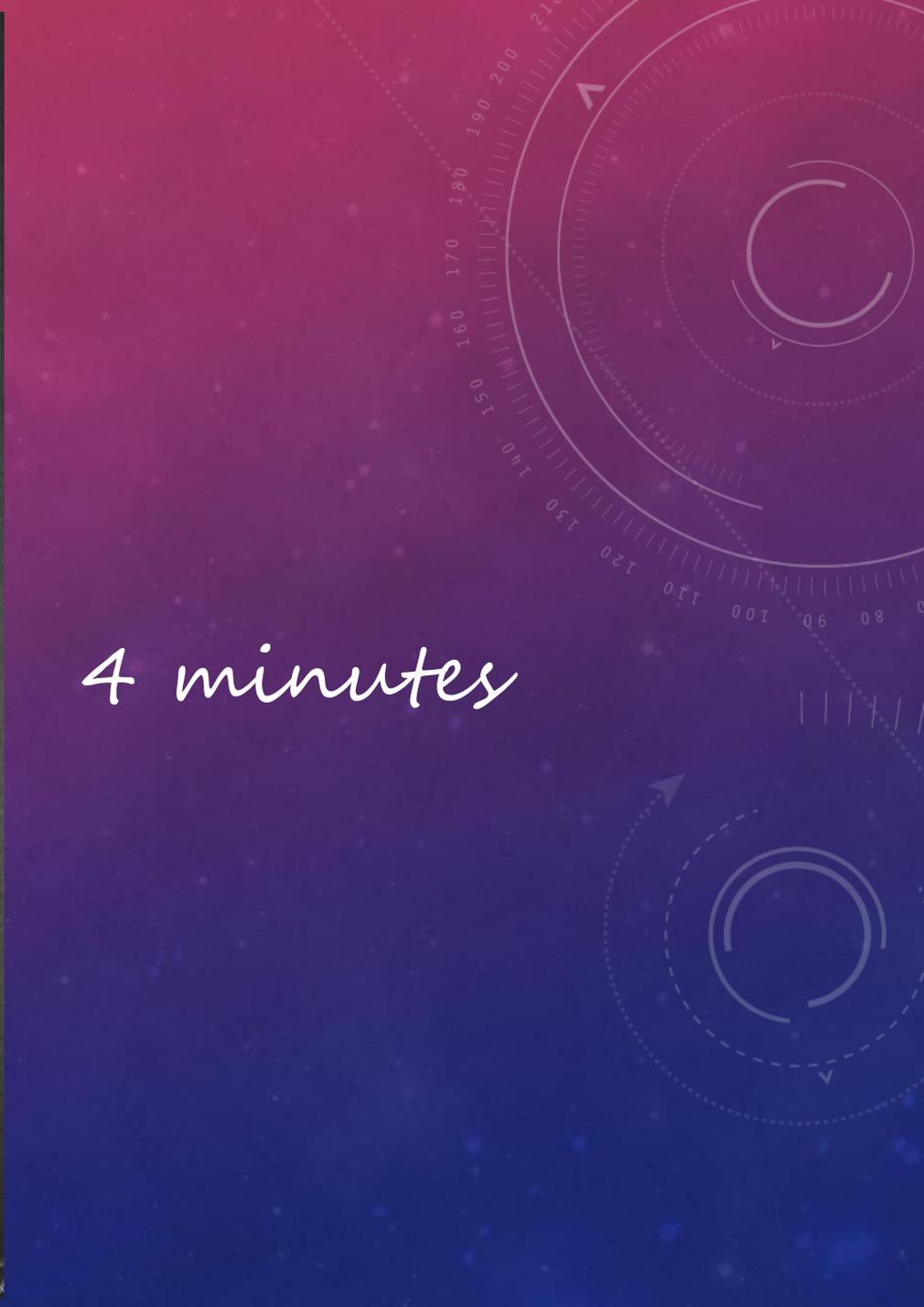
Work Time.

Again, listen for three chimes.





4 minutes



3 minutes

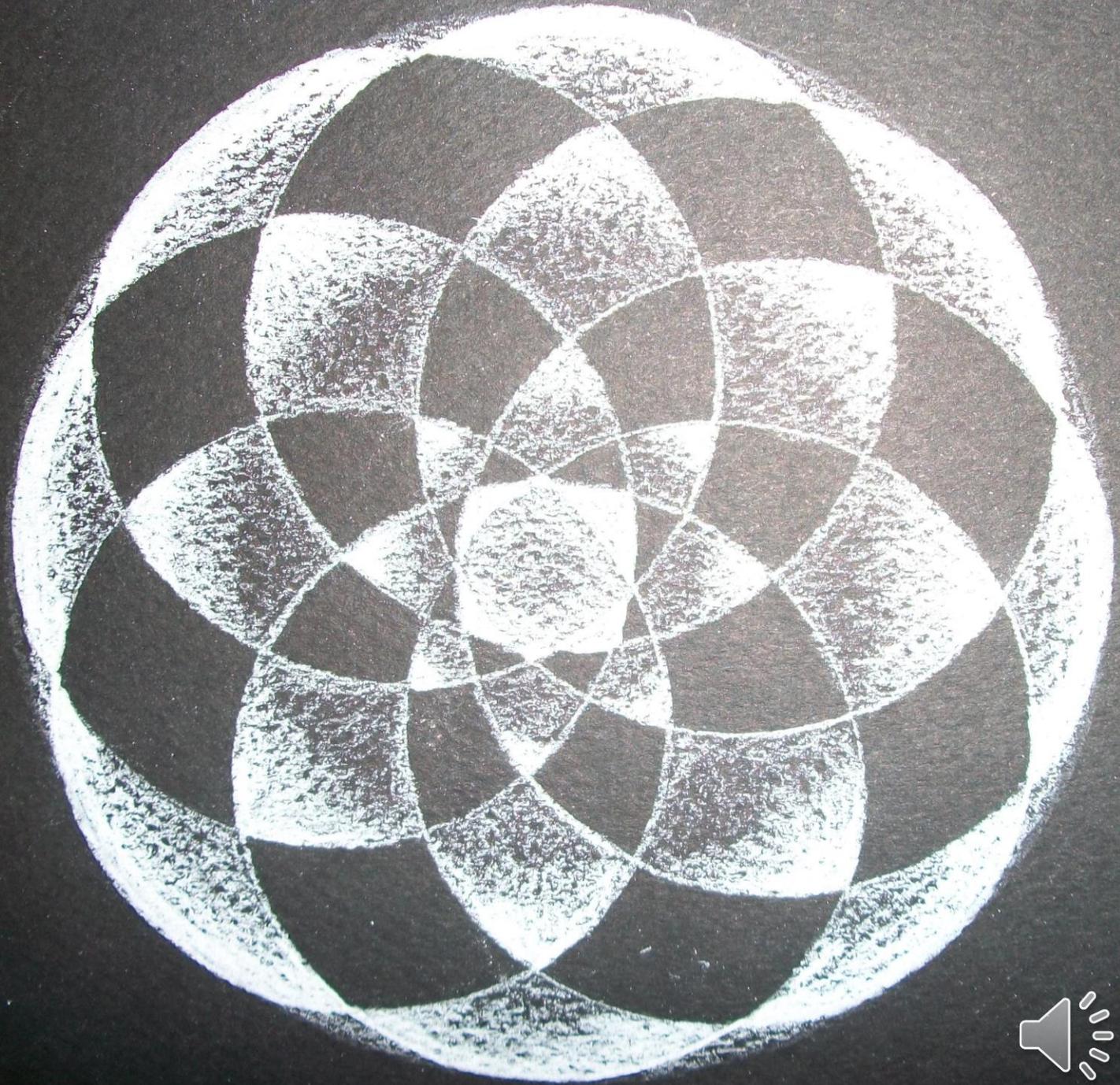




2 minutes



1 minute



Now let's talk

- Share around the table:
 - What was your experience?
 - Did you gain any insights?
 - How might you use this technique in the future?
 - Can you think of other medium to use?
 - Collage
 - Paint
 - Items from nature (stones, feathers, twigs)
 - Fabric or yarn



*Thank you for trying this
Mandala for Meditation activity.*

*Leave a 3x5 card with your name and email with
me and I will send you the PowerPoints and
Bibliography for both Mandala activities.*



