

Mandala

- Both Navajo Indians and Tibetan monks create sand mandalas to demonstrate the impermanence of life.

- In ancient Tibet, as part of a spiritual practice, monks created intricate mandalas with colored sand made of crushed semiprecious stones. The tradition continues to this day as the monks travel to different cultures around the world to create sand mandalas and educate people about the culture of Tibet.

- The creation of a sand mandala requires many hours and days to complete.
- Each mandala contains many symbols that must be perfectly reproduced each time the mandala is created.
- When finished, the monks gather in a colorful ceremony, chanting in deep tones as they sweep their mandala into a jar and empty it into a nearby body of water as a blessing.
- This action also symbolizes symbolizes the cycle of life.

- **A world away, the American Navajo people also create impermanent sand paintings which are used in spiritual rituals—in much the same way as as they are used by Tibetans.**

- **A Navajo sand painting ritual may last from five to nine days and range in size from three to fifteen feet or more**

Art is a medium which can express values that all beings share and it is through that medium that I hope to create an environment in which people can come together to appreciate and/or tolerate both their similarities and differences



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Lori Bailey Cunningham



Peter Mannello

This mandala is from Peter's book "The Day of Nines," a novel intertwining the lives of a man and woman mystically linked with each other and the world by the gravity of the mandala.

The Mandala is not my usual way of expressing myself but I had fun making this one. I was trying to create a high energy image that suggests the excitement of our spiritual journey home to the heart of God!



Stephen Beam



Shelaugh Dignam

My Mandala is entitled the "The Sacred Star" I have always been attracted to anything colorful, intricate and symmetrical... hence my natural attraction to Mandalas.

Being creative is my meditation and working with fabric is my first choice for a creative medium. The Sacred Star is the first creative project that is completely my own.

The points of the star appear to expand and reach outwards... they expand just as my creativity has through the making of this project and they reach outwards just as I hope my Mandala does to touch other peoples lives by bringing them a moment of peace and pleasure...

Our planet,
Urantia is
featured in the
center since we
travel within to
reach oneness
with God, and is
also indicative of
the fact that we
all evolved from
the sea, hence
the sea
creatures.
Urantia is
traveling on a
path of evolution,
and is in
harmony with the
Master Universe



Julianne Clerget



Ana Maria



Maryna Lambois



Yael Leshem

Write down a list of at least 5 examples of change.

For each example, **write a description of the change taking place, from start to finish. Describe what happens, the feelings involved, and what your five senses (sight, hearing, smell, taste, touch) might tell you about it. Decide what images and colors would help show these things. Choose which example of change you want to use for your mandala.**

On 12"x18" white paper, draw a circle at least 10" in diameter. Use at least two different art materials, including images you draw, to create the background. The background should show what you wrote down in your description; it can be a scene, or a more abstract design with line, color, and shape.

Cut out collage images that show what you described about the change, the feelings, and the five senses. Carefully arrange them on the background and glue them down. You can use more art materials on top of those collage images.

- **Essay:**
- **Write a description of the change you chose to show in *paragraph form*. Explain how you showed this example of change in your mandala. Attach the essay to the mandala to turn it in.**

- **Criteria:**
- You used at least two different art materials plus collage.
- Your essay describes the change taking place **and** how you showed it.
- You have images or designs to show **every part** of your description.
- The background is original (you made it up) and complex.
- There is a good balance of space; the mandala is neither too crowded nor too empty.
- There is a wide variety of designs and images.
- The essay is complete and in paragraph form, with at least three paragraphs.