

# Mandala







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- 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