



A little About Mandalas

The mandala can be an effective mindfulness tool and can also help us with reflection.

The process can also bring calm to allow our mind to think laterally if we have a problem we are thinking about.



About Mandalas

Did you know that the mandala has a relation also to mathematics, which you may not realise is the basis of creativity? We unconsciously use mathematics to solve design problems, to create a design, and to expand it. There is balance and symmetry.

This is not something we generally notice. In problem solving, we complete something.

In Sanskrit, the meaning of a circle is called a mandala - meaning also to complete.

You might think, *'I'm not good at maths'* - but if you draw, then you are using it unconsciously to problem solve. You are better than you think.





About Mandalas

The mandala is also a tool of reflection.

In addition to helping us see reflections of our inner world, mandalas are creative tools that help us express ourselves.

The circle is the source of all Mandalas.

This valuable tool has been used by many cultures and religions throughout history, including Buddhism, Navajo Native Americans, Romans, Greeks, Christians, Hindus, and Tibetans.

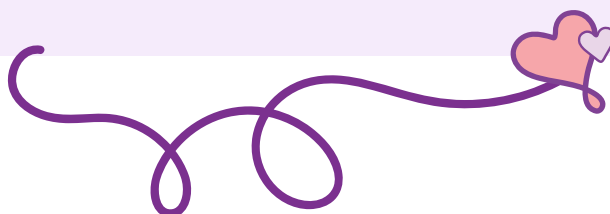


About Mandalas

In nature, you will notice that you can see circles in most natural things. There are mandalas everywhere in nature, including cell structures, atoms, solar systems, flowers, tree trunk rings, and shells.

Among his many achievements, psychoanalyst Carl Jung was the first therapist to use mandalas with his patients as he called the mandala '*a representation of the unconscious self*'.

Healing and spiritual reflection can be found in a mandala. Mandalas are also used by creative counsellors to help clients gain insight, learn mindfulness and can be a calming technique.



About Mandalas

Set aside some quiet time just for you in order to do this course.

I have created videos and transcripts and lead you to paint a simple mandala.

After completing this course you will be able to use the same techniques to create all kinds of other mandalas from your own imagination.

Do not worry if it is not perfect - and just enjoy creating.

You've got this.
Enjoy the process.

Karen 

