



Mandala is a Sanskrit word that means Circle or Wheel. A Mandala is a symmetrical geometric design, usually enclosed in a circle. Mandalas have been present in many cultures throughout history and have played an important role in religious ceremonies. According to many traditions, the Mandala represents the design of the universe and expresses the order and symmetry that is found there.

Circular forms or "mandalas" abound in the natural world. Toss a pebble on the still pond and watch a spiral form, look at a flower and get lost in the form of its petals, walk on the seashore and pick up a sand dollar and marvel at its symmetry, gaze into a loved one's eyes and get lost in the facets of light that are reflecting there, and look up at the night sky and get lost in the circularity of the moon. The examples are endless but all represent an experience that has no beginning or no end. The mandalas of nature remind us of the pattern of wholeness and perfection that is in the universe. They remind us of ourselves and awaken us to the realization of our wholeness of self

Testimonials

" I used the mandalas in my classroom with my students before an exam. This allows them to calm down and center before the exam begins. It reduces anxiety so students can perform better."

" My students find our Mandala projects to be some of the most meaningful lessons we do in class."

" The power of the Mandala is that it connects all the pieces to a whole, as we do our Mandala projects, each student becomes inseparable from the rest of the class."









