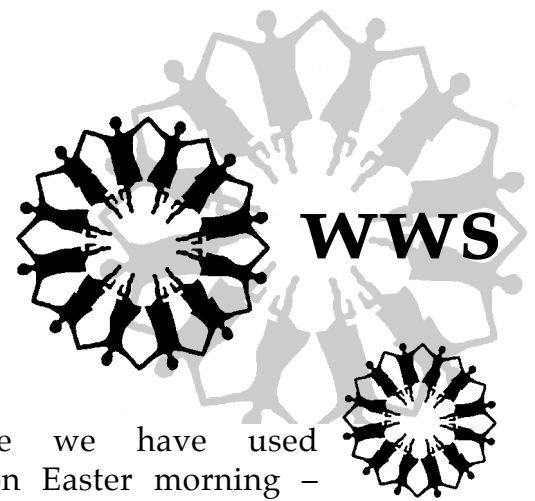


# Create your own mandalas.

A mandala is a sacred Buddhist image but it is not unknown in the Christian tradition – we often see it in rose windows in Cathedrals. It is based on a circle and is symmetrical. The mandala can be used to create an image from ones own experience. It provides a non verbal way of discovering something about ourselves and of telling a little of our own story. It can be meditative – a tool to help centre the mind. The illustration overleaf consists of very pale circles and radii. This provides a framework and guide for drawing and colouring a mandala. The sections help create a pattern. Often each section is reflected in the opposite section so that it is symmetrical, but you can also use it as a free form.

Creating a mandala can be good way to begin a meeting, a liturgy or gathering. It can be used as a tool for meditation and reflection – helping us to get in touch with our thoughts and feelings. A mandala can be used to express a theme, or question. For



example we have used them on Easter morning – with the question ‘what does Easter Sunday mean for you?’

The images shown on this page were made using felt tip pens. No special skills are required – there is no right or wrong. Even those of us who think we have very little artistic skill are often surprised and pleased with the results.

If you think that you would like to try creating your own mandala, then use the guide overleaf. Better still, photocopy the image and create one whenever you wish.

*Gillian Limb & Veronica Seddon*

