

Mandalas

Mandalas have long been a source of comfort in Eastern art. We humans have a fascination with the circle. It is experienced throughout nature and is one of the first forms very young children seem to be able to draw easily. It is said that a child's first circle drawing may be a representation of one's self.

"Mandala" is Sanskrit word for "sacred circle."

- a. Carl Jung is credited with introducing the Eastern concept of the Mandala to Western thought and believed this symbol represented the total personality.
- b. Mandalas can be self-soothing and relaxing for students to create.
- c. Mandalas are used for transcendence, mindfulness and wellness.
- d. The process of painting or drawing them can be very therapeutic and pleasant for the artist/student. Special symbols can also have private meaning for the person creating the work.

NAEA Standards: 1, 2, 3, 4, 5, 7, 10, 11, 13.

