



Healing Mandalas

WITH RADHA LAKSHMI

What is Mandala?

Mandala is a Sanskrit word that means a circle. It is a container, filled with energy. Mandalas have one center point. Symbols, shapes, and forms radiate out from this center point. Mandalas can contain geometric shapes and organic forms. They can also contain pictures that mean something to the person creating the mandala. Mandalas represent the connection between our spirit, our inner self, and our outer reality. Drawing and coloring mandalas can be inspiring and calming.

How do I make a Mandala?

Mandala drawing is easy to learn. The most important part of mandala designs is the circle. Use any drawing supplies you like: crayons, pencils, pens, markers, even stamps & stamp pads. Mandalas connect the spirit and the inner self, so let your feelings guide you through the creative process!

About the Artist:



Radha Lakshmi's art grows from the Mandala/Kolam traditions from Southern India. These spoken and artistic traditions have been passed down from mother to daughter for over two thousand years!

Mandala, which means "circle" in Sanskrit, represents wholeness. Making a Mandala is described as the process of mapping one's inner world. 'Kolam,' a woman's ritual art of Southern India are made up of geometric designs made of dots & circles connected with curved lines using rice flour and stencils.

We would love to hear about and see your projects! Snap a picture and post on Facebook tagging @khartscenter or text a photo and/or comments to 513.382.4913