

PERSONAL MANDALAS



Personal Mandalas

The word “*mandala*”
originates from the
Sanskrit word for circle.

A mandala can be described as any form of circular geometric design that contains symbols of a person's inner self, guiding principles, and overall ideas about the world.



The significance of objects within a mandala are conveyed by shape, size, and color; they can be abstract designs or specific images of people, places, and ideas that are central to a person's life.

For your first assignment, you will choose symbols and/or pictures that are “central” to your life. What do they say about you? What colors say what you want them to say? Why do you choose the colors you choose for your symbol?

Every symbol you choose should have meaning to you, either as a family member, community member, or citizen. The color you choose for your symbol is significant as well.

Choose a media that you are comfortable with:

- Markers
- Colored pencils

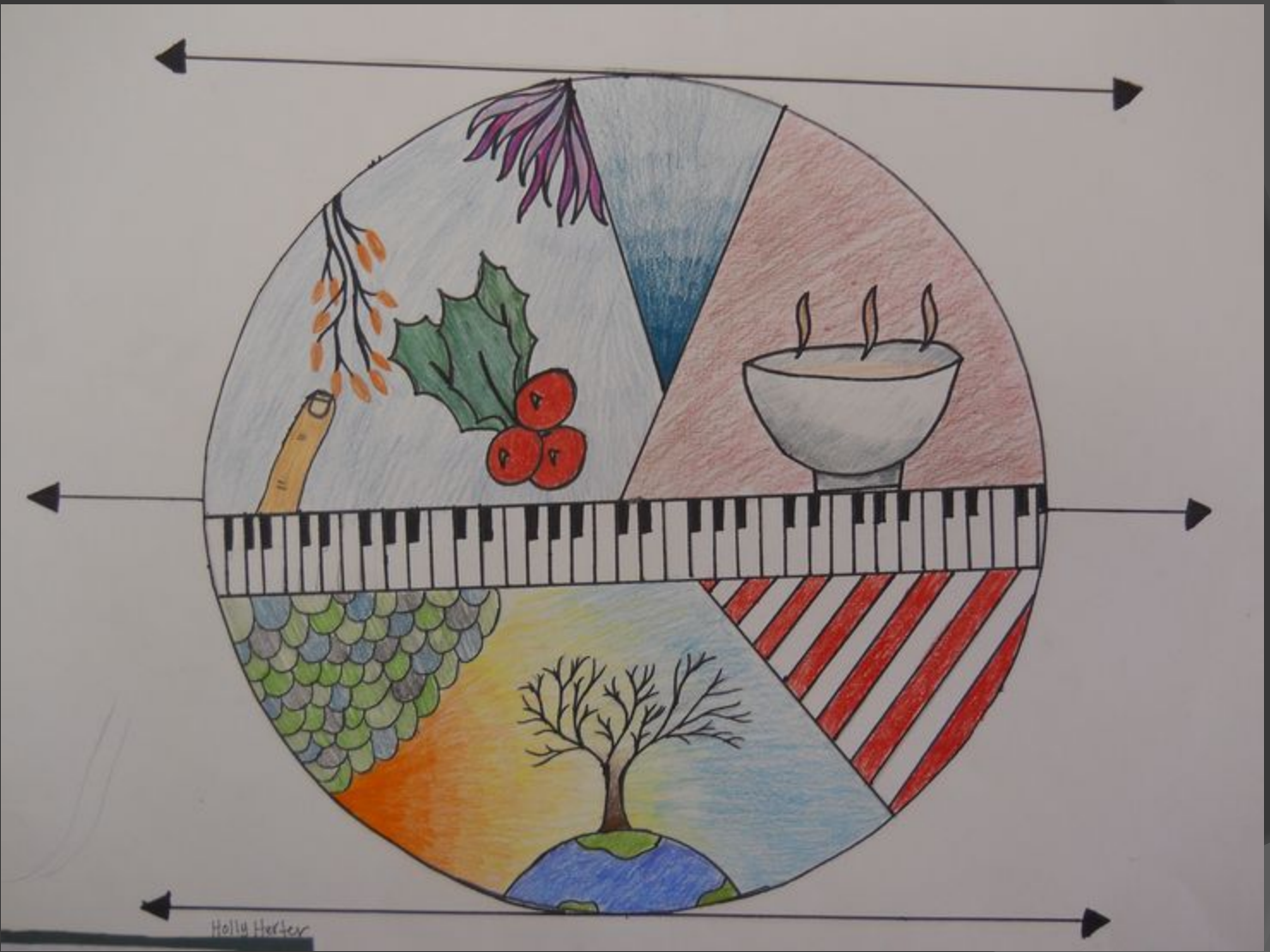
The following slides will help you
come up with interesting ideas:











Holly Herter



Making a Mandala

- ① Find images that express aspects of you.
- ② Use the guide underneath your drawing paper.
- ③ Remember that pictures are sometimes more powerful than words.
- ④ Be creative and artistic!