



Mandala – how to work with it

Even though everybody can draw a mandala, drawing mandalas is not the most suitable way for everybody. The one draws a mandala „*Who is curious, who is looking for finding his/her inner self, who has problems and would like to understand what happens inside him/her and more others who have their own reason. Drawing (mandalas) is intended for those who are trying to understand themselves better, who are looking at their personal structure, who want to be able to express things that are difficult to formulate in words, things that are almost impossible to express verbally and often are beyond the common consciousness. No artistic skills or knowledge is required. „Everybody is able to express oneself through drawing.“*“ (Kamila Ženatá).

All you need to do is to find about 2 hours for yourself in your schedule. Then find a place in a warm and silent room where you feel safe. Switch off your mobile, have a cup of tee, light up an aroma lamp and listen to a silent meditation music, fill in your favourite bowl with dried fruit or you can just sit down wherever you want to and get started

Take a mandala which attracted your attention your attention at the first sight. Let your eyes travel around it once from its outer edge to its centre and once from the mandala's middle point to its edges. Choose one of the direction and keep during the whole process of the mandala creation.

Drawing of mandalas should mainly affect shaping of an soul arrangement. Sit down with eyes closed before you start drawing and get aware of your whole sitting figure and ask yourself these questions: „How do I feel?, What do I need?“ in your spirit. Specify your feeling or ad need in one or two words only (they can be a noun, adjective, verb ...) and remember the word(s). One (or both) words put in colours and shapes of the mandala you are working on. Choose the colours randomly, do not think whether they go well together or not, whether you like or dislike them etc. (the time for evaluation will come later). Now just take colours and draw!

During the colouring given motives any man chooses intuitively the colours that are his/her favourites or the colours the person needs. These colours may differ after a certain period of time or in a certain life period. If you want to learn something about you and your inner self, let your instantaneous feeling a free way. When you connect two colours that do not fit together at the first sight – it probably has its purpose.



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During the work get concentrated at the tip of the crayon, listen to its rustling on the paper, observe the shapes and everything that happens in your heart, the feelings that may appear... You may notice that the initial tenseness that is transferred to the crayon (you are pressing it hard) is bearing back and the crayon starts sliding in a lighter way.

Remember – it is not the final product what is not important but the process of creation!

If your mandala contains only colours that you dislike, it is all right because you are not intended to draw only beautiful mandalas. There is even a valid rule for the process of drawing mandalas: „The more you exert yourself the worse result will be achieved and less satisfaction will be got.

Be aware that not only positive feelings may arise during the process of creation. Hidden feelings such as bitterness, anger, impatience etc. may appear when your inner world starts moving. This may happen as any mandala contains everything and may reveal everything that is hidden inside you. If anything like that happens, it is recommended to observe what is happening and do nothing, no matter how strange it looks like. You may also feel tired after finishing your mandala which is a consequence of releasing the pressure that has persisted in your body for a certain time...