



Centrum Mandala

výtvarno & osobní rozvoj v Brně

Opletalova 6, 613 00 Brno  
www.centrum-mandala.cz

Thank you for accepting my invitation to visit the kingdom of mandalas and welcome in the on-line course The Way of Mandala.

I hope you will find everything you need in this course. Anyway, if you feel that anything is missing, please be so kind and let me know.

## About Mandalas

First, let us introduce the main thing you are going to work with – a mandala....

Mandala is a symbol of unity and wholeness. That might be a reason why it has been winning hearts of people no matter what religion they are. In spite of the fact that the mandalas (circular figures) are typically associated with Eastern philosophies they occur in all cultures including the one we live in.

Even though “home” of mandalas is everywhere in the world, the word mandala itself comes from the historical Indo-Aryan language - Sanskrit. Mandalas of Eastern cultures are often created in accordance with very strict rules, e.g. Tibetans mandalas that became symbols of a perfect balance and harmony. However, the only rule will be applied for the purposes of our creativity: “do everything as you want and need”. That is why you will obtain no precise guide how to create the most exciting mandalas and no rules how to draw in the right way will be provided.

Though you are going to find loads of tips and recommendations in our on-line courses that will help you discover how to make contact with yourself, how to follow your inner voice, your feelings and intuition. Also you are going to discover how to create mandalas that will belong to you, that will be about you and for you (how to conjure the most secret desires, make an analysis of your “personality”, draw a personal mandala or a mandala that will lead to recovery from illness).

Long hours may be spent by talking about mandalas but I mainly want to provide you an experience.

## Colours and Shapes

You will use colours and shapes to create mandalas so I provide few profound tips to familiarize yourself with them. To get acquainted with colours and shapes you may try to “talk to somebody” on the piece of paper - first only through shapes (use a neutral colour – grey or black) and then only through colours.



Study what information can be transmitted through shapes and colours and share your knowledge with your partner. How deep was the understanding? If you want to do this exercise only by yourself, try to express as many words as possible by both of the ways, i.e. first by using only a single colour and then by shapes in a neutral colour....

Further exercises can be found on [our website](#).

PS: We will be fully engaged by shapes and colours at the beginning of the on-line course as colours and shapes are the means that make a mandala as a whole.

## Get in touch with yourself

Mandala is a suitable mean to getting in touch with yourself so here is an advice how to do it.

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*Choose a mandala that you want to create. Sit down, close your eyes and let your body relax. Become consciousness of places where your body touches the mat, positions of your legs and hands and your head. If there are any problems or thoughts running through your head, you may imagine them as clouds and let them run away for the moment. Then realize how are you feeling and let this feeling transform into colours and shapes of your mandala. Designing your mandala without thinking.*

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Further inspiration how to work with your feelings and mandala will appear in next lessons of the on-line course and also on [website](#) of the Mandala Centre.

## Emotions in mandala

Mandala is a good place to express your emotions. This can be trained within creating of your own dictionary that will be very useful later to achieve better understanding to your own mandalas. So let us try it.

Before drawing, sit down for a while, close your eyes and realize the whole body - sitting or lying. State the name of emotion that you are going to draw. Let the bodily feeling associated with the emotion arise and notice where has it occurred in your body. Mark your feeling in a word (it may be a noun, adjective, verb, etc. ...) and remember the word and also put it down to a piece of paper. Let the feeling through your hand into colours and shapes of your mandala. Choose the colours randomly, do not think whether they fit to each other, whether you like them or not, etc. Just grab your crayons and draw. While working get focused on the nib of a crayon, observe its lines, listen to the sound of the crayon rustling on the paper, and monitor





everything that is happening in you, your feelings .... Always keep in mind that it is not the result what is going on but the process of creation! There is a rule for drawing mandalas: the harder you try the worse it will be and the less satisfied will you be with the result.

## Relaxation

Mandala is an aid of relaxation and meditation for ages. You may relax while creating a mandala. Reserve enough time for drawing, switch off a telephone and bells....

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*Get focused on the nib of a crayon and to its rustling sound when it runs across the paper and try to concentrate all your attention only to your mandala. All the stimuli from your surroundings, e.g. sounds, pressure or itching, thoughts of what you should or should not do consider as distraction and return your mind to the mandala. Notice how your body becomes relaxed during the creation of a mandala.*

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You may also try a Relaxation with a finished mandala.

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*Take a mandala which you like and place it to the level of your eyes, approximately 1 m far from you. Sit down comfortably, get relaxed by a deep breathing in and out and watch the mandala. Try to concentrate your mind to the centre of the mandala. If any distractions appear, without paying them any attention, mark them as distractions and return back to the mandala. After a while you may see the colours to intermash, you may even think they "dance". Observe this colourful game and let your mind dwell in the mandala. After about 10 to 15 minutes finish the exercise consciously.*

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## What can be done with a finished mandala

A finished mandala can be not only an aid for relaxation but you can also use it to "read" what do you need, your up-to-date tasks or topics to solve. Any mandala may become an image of your soul that you may learn to understand. Mandalas were used almost hundred years ago by C. G. Jung who believed that mandalas could help to establish a deeper relationship with your personality to achieve better understanding to yourself. In his "interpretation" the main focus was given to a way the author himself understands it and in this course we will apply the same principle.



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How to "read" a meaning of a mandala?

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*After finishing your mandala, have a look on it and ask yourself several questions.  
How was the process of creation going today? Was I pleased or rather disturbed  
by the creation? What was good and what was bad on it? What effect has my  
mandala to me? Do I like the mandala? Finally, allow a word or two to arise that  
fit to the mandala.*

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You may mark the mandala by its name, date and mood it was created with. Thus your own mandas diary may be created...

In the course The Way of Mandala I your personal „Interpretative Dictionary“ will be created. The dictionary will help you to “read“ the meanings of your mandalas.