

Personal Mandalas



What is a **Mandala**?

In Sanskrit **mandala** means both **circle** and **center**. It represents both the world around us and the invisible one deep inside our minds and bodies.

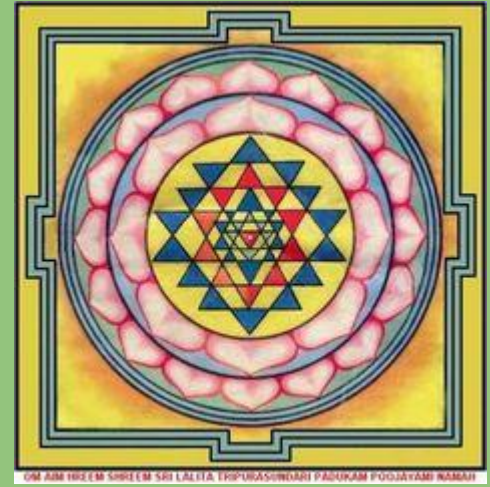




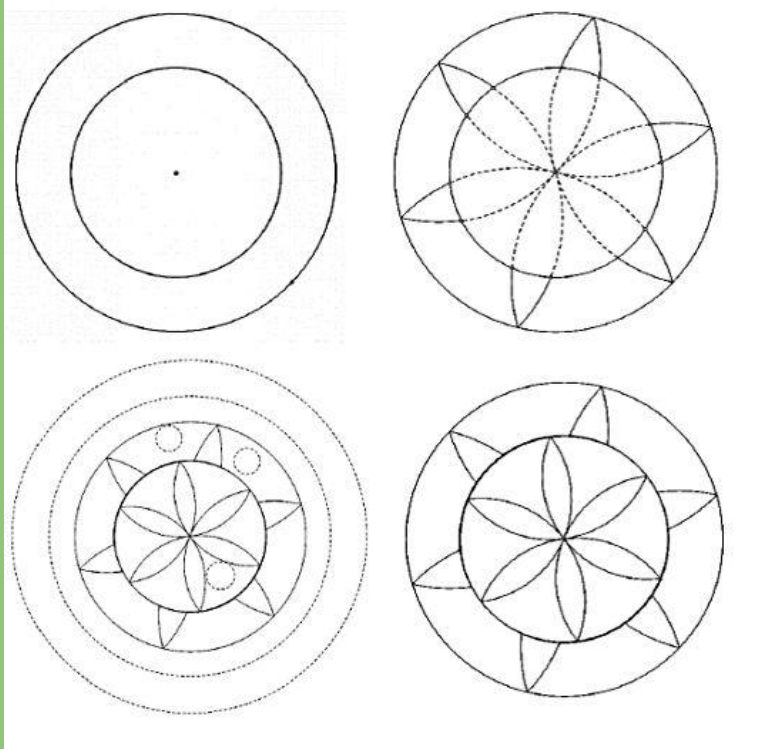
From **Native American** and **Tibetan sand-paintings** to **Gothic rose windows** and **Hindu yantras**, mandalas are used as symbols for **meditation, protection** and **healing**.

Your Mandala

- Circular Design
- Inner and outer circle
- Radial symmetry
- Personal meaning or symbols



Personal Mandalas



Start with an outer circle and an inner circle.

Design should start from the center.

1



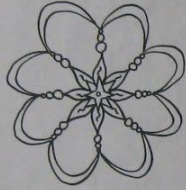
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