

Make Your Own Mandala

Painting | Drawing | Healthy Living

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WHAT MAKES IT MEANINGFUL

"You can't see or touch stress, but you can feel its effects on your mind and body. In the short term, stress quickens your heart rate and breathing and increases your blood pressure. When you're constantly under stress, your adrenal glands overproduce the hormone cortisol. Overexposure to this hormone can affect the function of your brain, immune system, and other organs. Chronic stress can contribute to headaches, anxiety, depression, heart disease, and even premature death. Though you may not be able to eradicate the roots of stress, you can minimize its effects on your body. One of the easiest and most achievable stress-relieving techniques is meditation, a program in which you focus your attention inward to induce a state of deep relaxation." What meditation can do for your mind, mood, and health - Harvard Health Imagery is a form of meditation, and meditation is a great tool for healing, restoring, and enlightening our bodies.

TIME

Tutorial videos on YouTube average 10-20 minutes. Colouring in the mandala will take as long as the user needs.

MATERIALS

- Computer or tablet with internet (WIFI) to find tutorial on YouTube
- A comfortable, solid work top/space to create
- Paper, pencil, markers, eraser, colouring materials-paint, crayon, pencil crayon, markers, gel marker etc if colouring the creation.
- Ruler, circular template to trace if wanted (a bowl, compass etc)

INSTRUCTIONS

Pick a free video on YouTube that looks interesting

Position yourself in a comfortable space when you can see the video; best to sit at a table to have a solid work top to draw.

Have all supplies ready



Mandala

RESOURCES

What meditation can do for your mind, mood, and health - Harvard Health
Times Union - Times Union- Carin Lane's blog at <http://blog.timesunion.com/healthylife> YouTube- tutorials on creating Mandala

SUPPORTS NEEDED

This activity can be done independently
If working in a group (for example using a smart tv in a bigger space) make sure there is space for each person to safely and comfortably create

OTHER THINGS TO NOTE:

According to Wikipedia, mandala in Sanskrit means 'circle'. In various spiritual traditions, mandalas may be employed for focusing attention of practitioners and adepts, as a spiritual guidance tool, for establishing a sacred space and as an aid to meditation and trance induction.... it is used as a map representing deities, or especially in the case of Shintoism, paradises, kami or actual shrines. A mandala generally represents the spiritual journey, starting from outside to the inner core, through layers.

Mandala templates can be found online, on Word (in document go to insert-> image-> mandala) or books can be purchased at the dollar store, local book store or online retailer like Amazon.