

# Designing a Mandala

## NOVA Activity **Lost Treasures of Tibet**

Mandala is the Sanskrit word for *circle* or *whole world*. It is a representation of the universe and everything in it. Mandalas often represent imaginary places contemplated during meditation and have strong geometric components. In religious art, the mandala is used to symbolize wholeness—the circle of eternity.

### **Chenrezig Mandala**

This is a simplified version of a Tibetan Chenrezig mandala, which represents great compassion. This is only one of many kinds of mandalas.

### **Procedure**

- ① Design your own mandala. Use some of the geometric shapes you see in the mandala below or create other shapes for your mandala. Think about including various angles, triangles, squares, rectangles, or circles.
- ② Create a chart of symbols and colors that have some special meaning to you and your life and include those symbols and colors in your mandala.
- ③ After you have created your mandala, write a short poem or essay explaining what your mandala symbolizes.

