

## What Is a Mandala?



A mandala is a decorative picture which usually includes very complex designs.

The designs, which include a range of patterns and symbols, start from a central point, created in a cyclical image. The shapes are often geometric (decorated with lines and shapes) and recognisable.

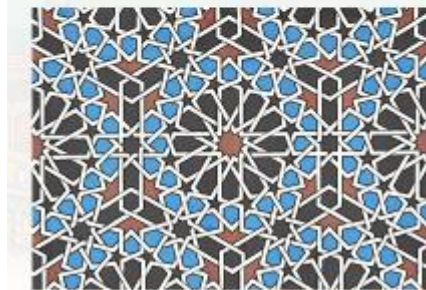
## What Is the Meaning of a Mandala?

A mandala can have special meanings for the person who has created it. The designs are a representation of the soul and therefore, the images used reflect the person's innermost hopes, dreams and sometimes, worries.



## The Symbolism of the Soul

The mandala can be seen as a tool to help self-awareness. By expressing yourself through the design of a mandala, you are sharing yourself with those who view it. It might even reflect your view of reality.



# Design Your Own Mandala

A mandala is a decorative picture made up of geometric shapes and patterns, which each represent something important to the person designing the mandala.

Think about things which are important to you. Then, think about what patterns and symbols might represent those things.

Use the template to create your own mandala using patterns and shapes.

