

Create A Mandala

The word “mandala” means a “circle” in Sanskrit , an ancient language of India, but it is much more than a simple geometric shape. Many people feel that creating a mandala can be an expression of your inner self, and the act of creating your mandala can be a very healing experience. In the circle below use symbols to represent your thoughts, feelings, wishes, and dreams . Draw anything you like that reflects your inner self.

