

What is a mandala?

A mandala is a complex abstract design that is usually circular in form. In fact, "mandala" is a Sanskrit word that means "circle". Mandalas generally have one identifiable center point, from which emanates an array of symbols, shapes and forms. This is called **rotational symmetry**.

Mandalas can contain both geometric and organic forms. They can also contain **recognizable images that carry meaning for the person who is creating it**.

In essence, mandalas represent the connection between our inner worlds and outer reality. Designing your own mandalas can be both inspirational and therapeutic.

Here are few sites to get you started. If you find a good tutorial on your own, please send to me so I can add to the list.

<http://voicethread.com/share/2792239/>

<http://www.wikihow.com/Draw-a-Mandala>

<http://www.art-is-fun.com/how-to-draw-a-mandala.html>

<http://www.youtube.com/watch?v=g16B64myG-E>

http://www.youtube.com/watch?v=oc_5SUMZLRc&feature=related

<http://www.youtube.com/watch?v=TsP1xRV6wjE&feature=related>