



Mandala by Kathy Klein

LET'S MAKE...

MINDFULNESS MANDALAS

GET INVOLVED



Making a mandala is a therapeutic way to appreciate and enjoy the season despite the uncertain times that we are currently facing - Mandalas are known to promote relaxation, reduce anxiety and can also be used as a focusing tool during meditation- Mandalas have been around for centuries developed from early cultures such as Tibetan, American Indian, Arabic, Mayan and Indian. They represent wholeness and connection to the real world

A mandala is a symmetrical circle with unique elements and combinations, working with plants and natural objects creating geometric shapes, structure, nature and colour these artworks are refreshingly inspirational.

Using fresh organic growth or dead foliage to make a natural mandala, can be a calming way to connect back to nature.

A great example of Found object Mandalas – Artist Matt W. Moore Utah Natural Elements <https://designwrlld.com/mosaic-mandalas-matt-w-moore/>



WHERE TO MAKE

The mandalas can be put together inside or out, you just need a bit of flat space.

Try to make your space in a comfortable spot, so you can relax and focus on your mandala.

Get up and Grow NW promotes and supports the health and wellbeing of the local community through social and horticultural therapy regardless of age or ability.

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HOW TO...

- 1 Collect your materials - While out walking for your daily exercise or in the garden at home. Forage from the land for the perfect elements in nature to complete the mandala design. Take a bag and collect fallen leaves and flower petals, ferns, stones, twigs, dead branches, bark and seeds. You can also even save the centre of fruits and vegetables to form the centre of a mandalas.
- 2 Organise your materials - By Shapes sizes and colour on your chosen flat surface.
- 3 Choose a centre point and work your way out. This can evolve as you go.
- 4 The Mandala can be photographed as you go, to preserves the moment - to keep the mindfulness memory alive by putting it in a picture frame.

These temporary mandalas can be both relaxing and enlightening to make, showing the true beauty of nature through the seasons: Spring, Summer, Autumn and Winter.

Flower mandalas have specific meaning, associated with the colours used.

The meaning of colours:

White: associated with spiritual awakening – in meditation a higher level of consciousness.

Pink: associated with the concept of self-love- expanding to other areas of your life.

Blue: associated with grace in meditation, peace and spiritual growth.

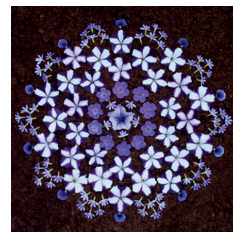
Orange: associated with the enhancement of timing

in meditation enhancing your ability to act at the right time.

Red: associated with the promotion of balance in your life.

White or Yellow: associated with hope, strength, courage and developing a positive approach to life.

Visit the link below for some examples of Flower Mandala by artist Kathy Klein
www.thisiscolossal.com/2014/02/new-flower-mandalas-by-kathy-klein/



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