



Sheffield & Rotherham

Wild at Heart

Make a Mandala

Create a unique design made of leaves, twigs and petals as a meditative piece of artwork, before sweeping it away in an ancient tradition.



Mandala simply means 'circle' in Sanskrit, and is also an ancient practise used in Hindu and Buddhism, but similar practises are found across the world.

The spherical mandala represents Earth, life, the universe, and everything in it.

Mandalas are traditionally made with coloured sand or crushed glass and are arranged into a circular symmetrical shape. A mandala can be a beautifully complex pattern or a simple spiral design. They can be large or small, and can take a few minutes, several hours, or a whole week to make.

Once the mandala is created, the whole thing is swept away. The aim of a mandala is not the end result, but the creative and meditative process itself.



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Create your own Mandala

As you create your own mandala, remember to be in the moment and enjoy the process itself, at the end you will sweep it away!

1. Choose the design for your mandala.

A mandala can be as simple or complex as you want it to be – the basic idea is something symmetrical: a circle with repeating patterns.

Take inspiration from a flower, a spiral, or a sun shape. Or, simply make up a pattern as you go based upon the materials you collect.



2. Collect materials for your mandala. Here are some ideas:

- Sand
- Soil
- Pebbles
- Leaves
- Flowers or petals
- Foraged berries
- Fallen fruit
- Grass
- Twigs
- Cones
- Catkins
- Acorns and nuts
- Sea shells
- Snail shells

Make a mandala at different times of the year using seasonal materials, they will look very different depending upon when you make them!

3. Find a flat surface to make your mandala.

Clear a space in your garden, a park, the woods, or a beach. Look for a flat area of ground, or even a level tree stump.

4. Make your mandala.

Place your materials to make up your design: it can be easiest to start from the middle and work outwards.

As the design comes together, make sure to be in the moment and appreciate the time you are getting to relax, be absorbed in your art, and be creative.



5. Sweep it away.

Once you have finished your mandala, take a moment to take in what you have created, before sweeping it all away. If you prefer, you can leave it up to nature to sweep it away in time – the wind will blow, creatures will investigate it, and eventually it will be gone.

Whatever you chose, remember the feeling of joy of creating your unique design, and remember what you learned in the process!





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Contemplating impermanence:

Change is inevitable, and nothing lasts forever. We may wish that nothing will ever change and try to stop things ending, but this can stop us enjoying the moment.

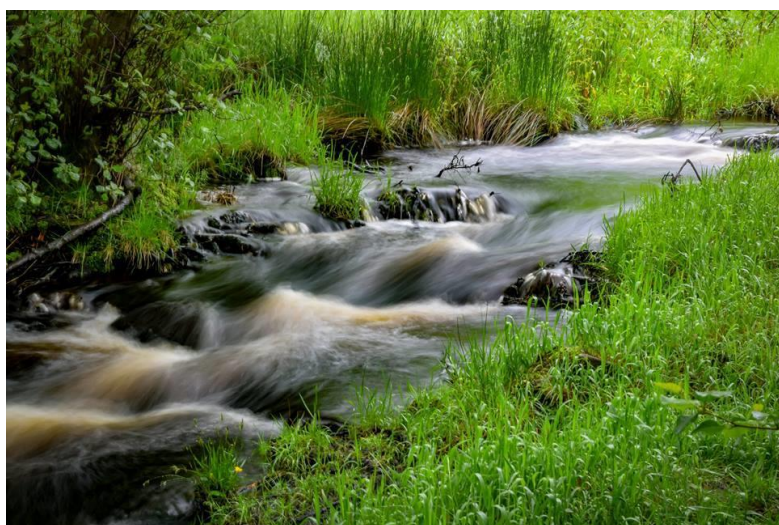
When we accept that something will not last forever, we come to terms with change and enjoy being in the moment. It will always be sad to say goodbye to someone, but if we accept change and impermanence we can take comfort in knowing that the time spent with them was truly appreciated and not wasted.



Accepting, and even embracing impermanence can help make us live in the moment and not worry about change. This can help us understand that everyone

and everything is always changing, including ourselves, which can help us be more forgiving of others and ourselves.

The result of such mindfulness can help us to realize what is really important and live in the moment, appreciating life as it happens.



Wild at Heart

Be wild, whatever your age

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