



CLASS SEVEN: CREATING MANDALAS IN COMMUNITY

We explore the idea of making mandalas together: Hand and Nature Mandalas. The amulet/talisman bonus video stands alone as another practice and can also be used as an additional element in your nature mandalas.

Instruction Review Community Hand Mandalas

1. Draw a circle that fills the page
2. Trace your hand somewhere in the circle
3. Put your name and date on the back of your paper
4. Keep your list of words going in your sketchbook throughout this practice
5. Each person then passes his/her sheet of paper to the right
6. Trace your hand within the circle on the paper you received
7. Pass the paper again, and again, until everyone has traced their hand within everyone's circle and your paper has made its way back to you
8. Here is where it gets interesting
9. Use the Black and White Mandala techniques to fill in the space surrounding the hand's outlines
10. Draw lines and shapes around the outline of the hands, shading the forms in as you go
11. Use any of the techniques you have learned this far
12. Rotate your paper around as you work
13. Have someone in charge of keeping a time check because every five minutes or so, you will want to pass your paper to the right again, and again, and again, as before
14. Once your paper has made its way back you and you feel it is complete, now engage in the Harvesting Words practice. Everyone will have their own individual Harvest
15. You might want to write the words within the mandala
16. Make sure you record your words in a vertical column in your sketchbook journal
17. When you are almost finished, add in some areas of colored pencil
18. Do your Word Harvest Practice in your sketchbook journal and then record it on the back of your personal mandala

Instruction Review for Nature Mandalas

1. Decide where you are going to create your nature mandala, outside or inside
2. If creating on a table, you might consider laying down a piece of cloth or a scarf to create your mandala on
3. Think about an intention of your mandala - healing, memory, gratitude, joy...
4. Gather your materials
5. Start in the center
6. As you create, keep the mandala's intention in the forefront of your mind
7. If you have created amulets (See bonus video below) as part of this practice you can place them in the center, along the outside edges or throughout the mandala
8. Once your mandala is finished, it is nice to say some words about what you have created and why
9. Now the mandala is left to the forces of nature - winds and rains and creatures- to spread the thoughts and intentions into the world

RESPONDING to this week's lessons

Lesson #1

Reflect on the process of creating within community.

How did you feel when "your" mandala circled back around to you the first time?

How did you feel when "your" mandala was finished?

Do any of these feelings remind of how you might be feeling in your life at the moment?

If you did this practice individually, how do you think your feelings might have differed in a community setting?

Lesson #2

What did you enjoy most about this practice?

Can you see yourself using this practice in your life?

If so, how?

Bonus Video

In your sketchbook journal, make a list of the materials you used to create your amulet/talisman and refer back to the Word Harvest Practice. After you finish your word harvest, link your words together starting with one of these phrases -

This amulet will bring me...

This amulet will remind me to...

And of course, now as experienced creators, you can think of your own starting phrases.