



WHAT IS A MANDALA:

The word Mandala basically means circle and it represents wholeness in a cosmic diagram that can remind individuals of their direct relation to infinity. Mandalas extend beyond their form and write into our minds and our bodies.

These are symbols of great power and actually appeared to humans in almost every aspect of our life including the moon, the sun, and the earth. These circles encompass not only physical forms but communities, family, and friends.

A Mandala can also symbolize the idea of life energy. The circular design in Mandalas can represent the life force as a whole and how it retains never-ending energy. This relation is something that we find throughout religion. The items can have an extensive spiritual significance for individuals as well as for groups. Hindus were some of the first individuals to use mandalas as a tool in spirituality but they also take deep routes from Buddhism as well in meditation practice.

A Mandala is often a symbol that is utilized to help people focus in on meditation and achieve a sense of oneness with the universe. It's very difficult for individuals to actually achieve this level of clarity but you can often help individuals in meditation when meditating with Mandalas.

WHAT ARE THE BENEFITS OF MANDALAS:

Mandalas, meaning "circles" in Sanskrit, are sacred symbols that are used for meditation, prayer, healing and art therapy for both adults and children. Mandalas have been shown in clinical studies to boost the immune system, reduce stress and pain, lower blood pressure, promote sleep and ease depression.

It creates a different state of mind and allows us to elevate quickly into Alpha waves. At Alpha wave point, it's easier to learn new materials, change old habits. In other words, it's an ideal state of mind to change situations involving our body.

When we practice meditation we actually teach our mind and body a new consciousness. For example, in curing diabetes we have to teach our body to re-activate the pancreas (which is responsible for releasing the right amount of insulin to the body). If we practice anything new while gazing at a mandala, we see immediate results.

I have found that doing Mandalas on rocks, paper or canvas has such rewarding meditation benefits – sometimes without you even realizing it! I love the results that my retreat guests have after Mandala dotting!

**Check out some of these Mandalas (below) done by our
REST – RELAX ~REVIVE Retreat guests**

