

PERSONAL MYTHOLOGIES PROJECT

Name: _____ PER. ____ # ____



Mandala (Sanskrit: Maṇḍala, 'circle') is a _____ and _____ symbol. in Hinduism and Buddhism, representing the _____.

Mandalas circular designs symbolize the notion that life is **never ending**.

The Mandala appears to us in all aspects of life, the Earth, the Sun, the Moon and more obviously the circles of life...

Mandalas often exhibit **radial balance**.



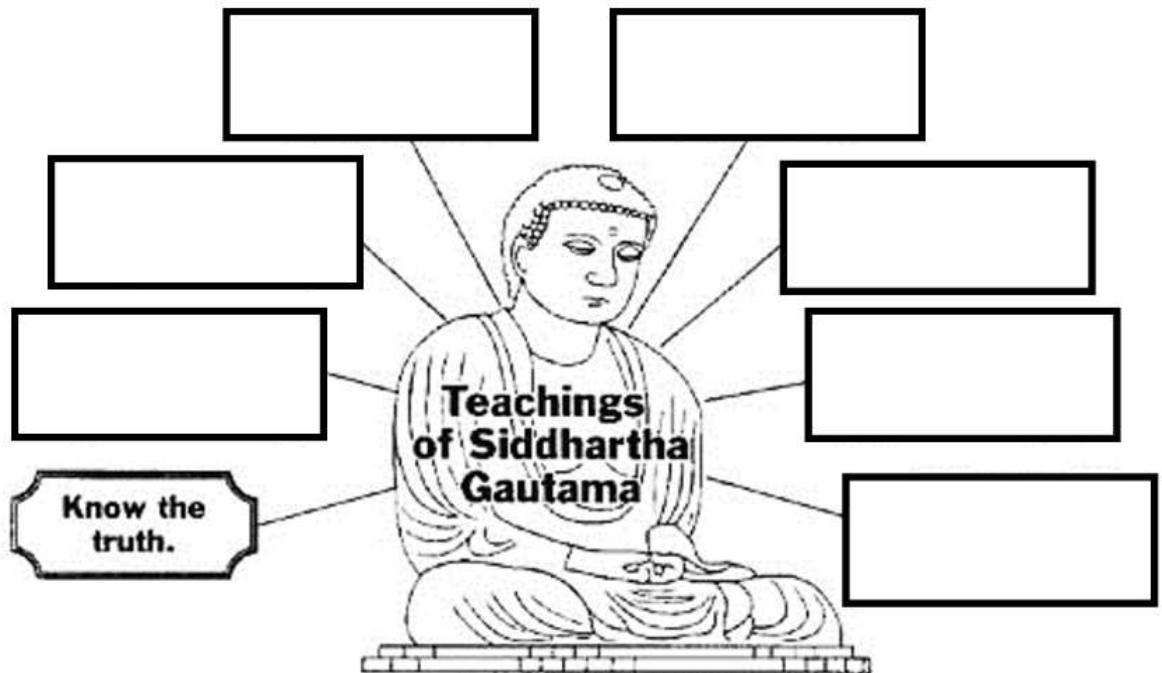
ex·is·ten·tial

/ egzəˈsten(t)SH(ə)l/

TIBET - Tibet lies between the core areas of the ancient civilizations of and of .

Tibet is nicknamed "the of the world" or "the land of snows".

VOCABULARY: BUDDHISM



The Eightfold Path



A **monk** is a person who practices religious _____ (describes a lifestyle characterized by _____ from worldly pleasures, often for the purpose of pursuing _____ goals), living either _____ or with any number of other monks.

A monk may be a person who decided to _____ his life to serving all other living beings, or to be an _____ who voluntarily chooses to leave _____ **society** and live his life in **prayer** and _____. The concept is ancient and can be seen in many religions and in philosophy.



TIBETAN SAND MANDALAS VIDEO NOTES

Tibetan culture is one of the most _____ of our planet and it is highly _____ as a result of the Chinese Communist invasion of their homeland in the 1950's. Our generation could be the last to their artistic culture in its full richness, integrity, and splendor.

The Mandala Construction Process

The monks begin the opening ceremony by _____ the site of the mandala sand painting with chanting (approximately 30 minutes), music and mantra recitation. Immediately following, the monks begin to draw the _____ for the design of the mandala on a base or table.

"Mandala" is a Sanskrit word meaning "cosmogram," or "_____."

The monks measure out and draw the architectural lines using a straight-edged ruler, a compass and a white ink pen. (This is exacting work that takes about takes the artists three hours to complete.)

Throughout its creation, the monks pour millions of grains of _____ from a funnel-shaped metal tool known as the "*Chakpur*." This funnel is filled with colored sand and is then rasped in order to release a fine stream of sand.

The artists begin at the center of the mandala and work outward. (The finished mandala is approximately four feet in diameter, and usually requires a week or so to complete).

The Purpose of a Sand Mandala

Sand-painted mandalas are used as tools for consecrating the earth and its inhabitants. According to Tibetan Buddhist belief, all mandalas have _____, _____ and _____ **meanings**. On the outer level they represent the world in its _____ form; on the inner level they represent a _____ by which the ordinary human mind is transformed into an _____ mind; and on the secret level they depict the primordially perfect balance of the subtle energies of the body and the clear light dimension of the mind. The creation of a sand painting is said to effect purification and _____ on all three levels.

The Mandala Deconstruction Process

During the closing ceremony, the monks dismantle the mandala, sweeping up the colored sand to symbolize the _____ of all phenomena. It is a teaching to show that everything that exists has a *beginning*, a *middle*, and an end. At this time, if requested, half of the sand is distributed to the audience as a blessing for personal health and healing. The sand may either be kept in one's home on the altar, or be dispersed around one's yard as a protection for home and family. The whole region, and in fact the whole earth, is said to be blessed by this process.