The meaning of the word mandala comes from the Sanskrit word for circle. Mandala patterns symbolize the cosmos, a circular vision of the universe. This includes the idea that life is never ending and everything is connected. How can creating a mandala help you feel more connected to nature? Even though they can have features like squares or triangles, a mandala always has a concentric nature. Shapes ripple outwards, like water from a stone dropped in a pool. This project is about creating those patterns on the stone itself. Find a palm-sized rock to hold in your hand and grab some paints or oil pastels. While working consider: what can we learn from a stone?

SUPPLIES
• Palm-sized stone
• Pencil or chalk
• Paint or oil pastels
• Paint brushes or dowels

INSTRUCTIONS
Step 1: Decide which side of your stone is the top. This can be based on comfort in your hand or how it best sits on a table.

Step 2: Draw a circle on the stone with a pencil or chalk that represents the size you want your mandala to be.

Step 3: If desired, paint the inside of the circle a solid color to make your design pop!

Step 4: Prepare a few colors on your palette, for dots dip the back end of a paintbrush (or dowel) into your paint and dab onto your stone, for lines use the brush end.

Step 5: Using different colors and dot sizes, continue expanding your pattern outwards. If using pastels draw different shapes and lines to create your pattern.

To watch this process visit youtube.com/PeabodyEssexMuseum

SHOW US!
We want to see your mandala stones. Share your photos online using #PEMpod or #peabodyessex