



Mandala by Kathy Klein

Mindfulness Mandalas

GET INVOLVED

We are in the middle of challenging times, but current Government guidelines mean that we can still get outside. This is great for our physical and mental wellbeing and if we observe the guidelines and social distancing measures, it means we can do it safely and without putting ourselves or other people at risk.

Making a mandala is therapeutic way to appreciate and enjoy the season despite the uncertain times that we are currently facing - Mandalas are known to promote relaxation, reduce anxiety and can also be used as a focusing tool during meditation- Mandalas have been around for centuries developed from early cultures such as Tibetan, American Indian, Arabic, Mayan and Indian. They represent wholeness and connection to the real world

A mandala is a symmetrical circle with unique elements and combinations working with plants and natural objects creating geometric shapes, structure nature and colour these artworks are refreshingly inspirational.



Using fresh organic growth or dead foliage to make a natural mandala, can be a calming way to connect back to nature.

A great example of Found object Mandalas – Artist Matt W. Moore Utah Natural Elements <https://designwrl.com/mosaic-mandalas-matt-w-moore/>

WHERE TO MAKE

The mandalas can be put together inside or out, you just need a bit of space or a sheet, table, grass any flat surface.

Get up and Grow NW promotes and supports the health and wellbeing of the local community through social and horticultural therapy regardless of age or ability.

Email: getupandgrow@outlook.com | **Website:** www.getupandgrowonline.org

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HOW TO...

- 1** Collect your materials - While out walking and socially distancing for your daily exercise or in the garden at home forage from the land for the perfect elements in nature to complete the mandala design take a bag and collect fallen leaves and flower petals ferns, stones, twigs, dead branches, bark and seeds. You can also even save the centre of fruits and vegetables to form the centre of a mandalas.
- 2** Organise your materials - By Shapes sizes and colour
- 3** Choose a centre point and work your way out. This can evolve as you go.
- 4** The Mandala can be photographed to preserves the moment - to keep the mindfulness memory alive by putting in a picture frame.

These temporary mandalas can be both relaxing and enlightening to make showing the true beauty of nature through the seasons autumn spring and summer.

Flower mandalas have pacific meaning - flowers - colours.

White Rose: associated with spiritual awakening - in meditation a higher level of consciousness.

Pink Dahlia: concept of self-love-expanding to other areas of your life.

White Lilly - symbolises deeper understanding of choice - helps you make the right decisions.

Blue Morning Glory - represents grace - in meditation - peace and spiritual growth.

Orange Marigold - enhances timing in meditation - enhances your ability to act at the right time.

Red Begonia - promotes balance in your life.

White or Yellow Daffodils - represents hope strength - view the world in a positive light.

Dandelion head - symbolizes courage when you are feeling hesitant.

Lotus flower - represents enlightenment and growth.

Visit the link below for some examples of Flower Mandala by artist Kathy Klein
www.thisiscolossal.com/2014/02/new-flower-mandalas-by-kathy-klein/



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