

For a video on how to paint a dot art Mandala Rock
by Lydia May on Youtube

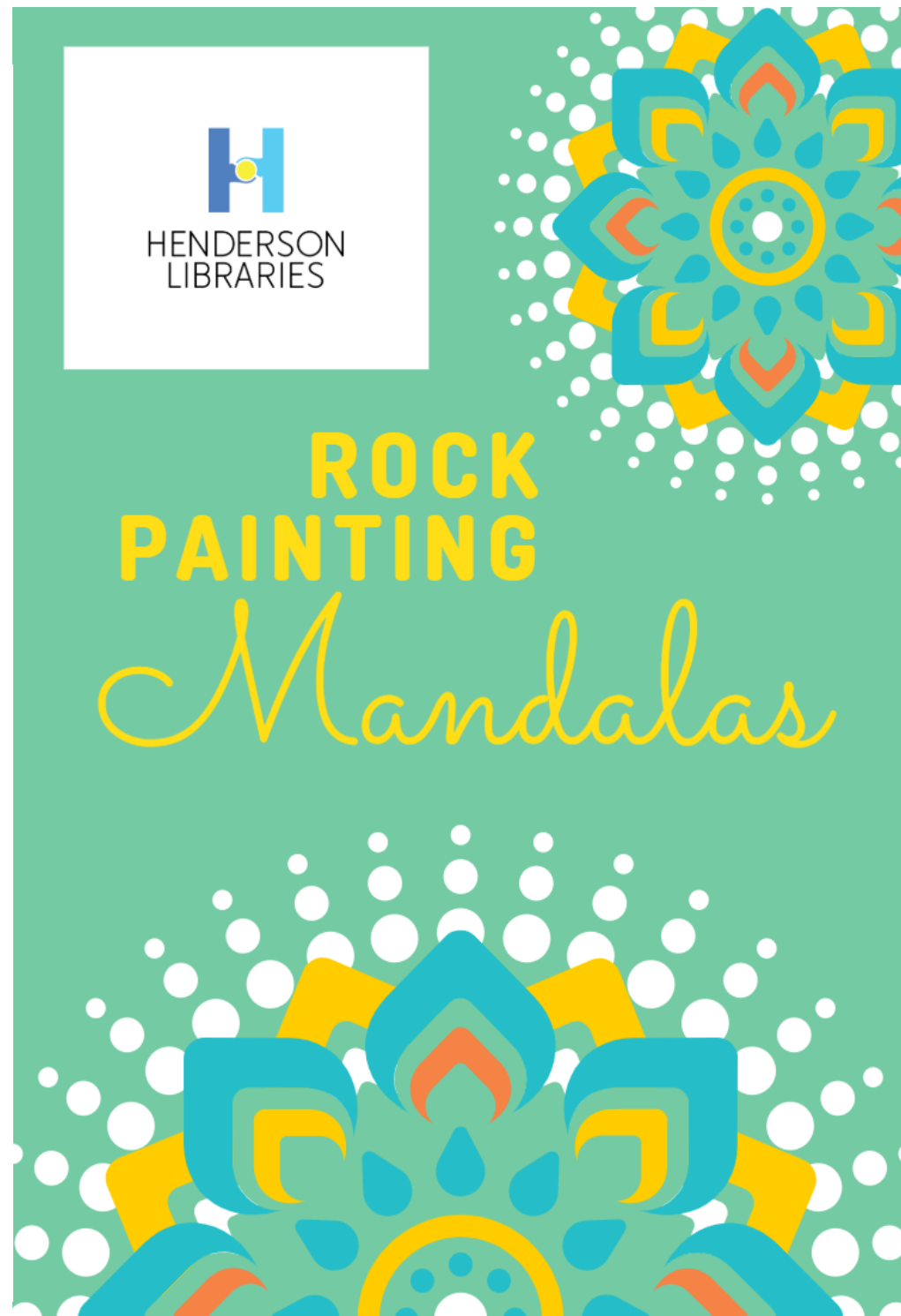


Henderson Libraries Collection on Mandalas

- *Creating mandalas with sacred geometry color and draw mandalas using ancient principles* by Susann Fincher (book)
- *An illustrated history of the mandala: from its genesis to the Kalacakratantra* by Kimiaki Tanaka (book)
- *The mandala book: patterns of the universe* by Lori Bailey Cunningham (book)
- *The mandala guidebook: how to draw, paint and color expressive mandala art* by Kathryn Costa (book)
- *Mandala stones* by Natasha Alexander (book)
- *Mandala zentangle: the mindful way to creativity* by Jane Marbaix (e-book)



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History of Mandalas

Mandala (mūn'dalə), Sanskrit meaning circular or round. It is a concentric diagram having spiritual and ritual significance in Hindu and Buddhist Tantrism. The mandala may have derived from the circular stupa (a commemorative monument) and the ritual of walking around the stupa in a circle.

The mandala is seen as a microcosm embodying the various divine powers at work in the universe, and it serves as a collection point for the gods and universal forces. Numbers of deities have specific positions in the diagram, and the symbolism and structure of the mandala are highly elaborated.

The mandala symbolizes the totality of existence, inner or outer. Mandalas are used in meditation, particularly in Tibetan Buddhism and Japanese tantric Buddhism. Similar ritual drawings have been found in the sand paintings of Native North Americans and in other traditions (Columbia Electronic Encyclopedia, 2020).



Mandalas in China, Japan, and Tibet are basically of two types, representing different aspects of the universe: the garbha-dhatu (Sanskrit: "womb world"; Japanese taizō-kai), in which the movement is from the one to the many; and the vajra-dhatu (Sanskrit: "diamond [or thunderbolt] world"; Japanese kongō-kai), from the many into one.

Mandalas may be painted on paper or cloth, drawn on a carefully prepared ground with white and coloured threads or with rice powders (as for Buddhist Tantric ceremonies of initiation), fashioned in bronze, or built in stone, as at Borobudur, in central Java (Encyclopaedia Britannica, 2019).



How to Paint a Mandala Stone

1. Paint a base coat on your rock with a dark color and let dry. Although it's unnecessary to prime your rocks for Mandala designs, the patterns and colors will appear crisper against a darker background.
2. Paint the mandala with the stencil and paint brush provided or continue to the next steps to create a free hand dot mandala using a lip balm cap, toothpick, cotton swab, and/or pencil eraser as tools to create dots.
3. Start by adding a large dot in the center of rock using a lip balm cap or other round tool. Make sure the paint isn't too runny and the tool is completely covered before stamping.
4. To create the first ring around the center dot, add small evenly spaced dots using a toothpick.
5. It is okay if the dots touch. If you made a mistake while the paint is wet, a wet cotton swab can clean it up. Or you can wait for it to dry and paint over the mistake.
6. To create the second ring, use the end of a cotton swab with the cotton removed. First make 4 dots in a cross pattern. Then fill in the space between those dots with more evenly spaced dots.
7. To create the third ring, use a cotton swab or pencil eraser and repeat the process of creating a cross pattern and filling in the spaces between with more dots.
8. Continue with the pattern using any variation of the tools you have until the rock is covered.