

Take part in creating our Project Hope AES community Mandala of HOPE

Mandala means circle in Sanskrit. It represents wholeness, unity. “It is an integrated structure organized around a unifying center.” Longchenpa

Creating a group mandala is a unifying experience in which people can express themselves individually within a unified structure.

Please follow these guidelines:

Select the beans you’d like to use. With brush, cover area with Mod Podge where you want to stick beans/grains. Place beans/grains on top of Mod Podge. Use as much mod podge as you need. It will dry clear.

- Maintain *essential silence* while adding to the mandala**
- Remember to allow the piece to create itself through everyone’s contribution**
- There is no right or wrong direction, design, color, etc. all space will be filled in the end**
- Allow yourself to be moved by what you see in the color, texture, shapes and who you’re creating with while you sit at the table**
- Invite a friend to sit in silence with you and see how you communicate through this meditative process**