



This
World MS Day
let's connect
our hearts through art...

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MANDALA ART



“Each person’s life is like a Mandala—a vast, limitless circle. We stand in the centre of our own circle, and everything we see, hear, and think forms the Mandala of our life.”

Pema Chodron



The word, Mandala, in Sanskrit, means Circle. Mandalas are sacred circles used to facilitate meditation. Circles are a powerful symbol found in every culture. We see them in halos, prayer wheels, dreamcatchers, Yoga studios and places of worship.

Carl Jung, a Swiss psychiatrist, introduced this art as a form of self-discovery. He is credited with introducing the Eastern concept of the Mandala to Western thought. He believed that it is symbolic of the inner process by which individuals grow towards fulfilling their potential wholeness.



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Since drawing a Mandala is intricate for Persons with MS, we have put up printed design sheets for you to colour.

Dil lagaakar, miljulkar Rang Bharo

Connect heart & body together with the colours of your mind!

See the artist in you bloom!

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The simple act of colouring a mandala is quite beneficial in relieving stress and anxiety. This form of art therapy has become popular among adults as well as children because it is a relaxing exercise that can take your mind off other things.

Studies have shown that the geometric circles, known as Mandala, can be particularly beneficial over other types of drawing. People who colour Mandalas, often experience a deep sense of calm and well-being. It is a simple tool that does not require any expertise, and can be remarkably soothing and nourishing.



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Mandala colouring not only focuses your attention, but also allows you to express creatively.

GUIDELINES

- Choose a quiet corner in or outside your house that feels safe and relaxing.
- If you like, play some soothing music - https://youtu.be/XULUBg_ZcAU
- Focus on the centre point and begin to colour slowly moving towards the outer ends, feeling each stroke and absorbing the process.



- You could use pencils, colour pens, colour pencils, crayons, sketch pens, paints, paint apps on your phones/laptops
- You can colour as per your liking. Some ideas are: using warm colours like red, orange, yellow, and brown; cool colours like blue, green, pink, and purple; neutral colours of black, white, and grey.
- You can do it alone or with the help of a caregiver and also as a fun exercise with your children.

Warm
Colours →



Cool
Colours →



Neutral
Colours →



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- Display it at a point where you can look at it and remind yourself of the process of being mindful and present in the moment; feeling proud of your artwork.
- You can frame it, or even print it on tee shirts, laptop covers, screens. This can be ordered online.
- You could download Mandala printable from the internet or even buy Mandala colouring books.





“Awareness of the Mandala may have the potential of changing how we see ourselves, our planet, and perhaps, even our own life purpose.”

Bailey Cunningham



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