

week 1 *july 6-10*

love God

week 1 mandalas

Mandala comes from a Sanskrit word that means “circle.” Many Eastern religious traditions, such as Buddhism and Hinduism, create mandalas as a spiritual practice to represent the cosmos or divinity. Christian art such as stained-glass windows use designs that resemble mandalas. Mandalas are used to focus meditation and to create sacred space.

Maybe the most famous makers of mandalas are the Tibetan monks who spend weeks creating beautiful, intricate sand mandalas as a meditation on impermanence. When they have finished the design, they sweep all the sand into a pile and pour it into moving water to spread the blessings of the mandala.

This week, we are focused on creating sacred space in which to talk to God. In your Silver Lake At Home box is a “wood cookie” necklace. At camp, we use these as nametags. For this activity, you are going to create a mandala on one side and your name on the other. Or incorporate your name into your mandala.

Start in the center and work your way out, creating a symmetrical design. For inspiration, do a Google image search for mandalas.

Over the course of the week, experiment with different materials.



Try painting a stone. Create a nature mandala from natural materials around your yard. Create a recycled mandala with items from the recycle bin. Take photos of your creations and send them to slcc@silverlakeect.org or post them on social media with the hashtag [#slccmandala](https://twitter.com/slccmandala).

