

## TIBETAN MANDALA INTRODUCTION

2018-19 USA Tour and Presentation by Monks of the Labrang Tashi Kyil Monastery in Dehra Dun, India



“Mandala” is a Sanskrit word, meaning “world in harmony.” A Tibetan mandala is a sand-painting and an ancient form of art in Tibetan Buddhism.

A Tibetan Buddhist mandala is an imaginary palace that is visualized during meditation. Each object painted into the palace represents some aspect of wisdom or compassion.

There are many different mandalas, each one showing different lessons and blessings. Most mandalas contain deities, which are symbols of higher powers of the mind.

Every tantric system has its own mandala, and spiritual message. For example, that of Avalokiteshvara (Chenrezig) symbolizes compassion. The Medicine Buddha (Sangye Menla) creates powers of healing.

The World Peace Mandala is not a deity mandala; however, its sacred sands portray the spiritual power of World Peace and Harmony.

The creation of a sand painting is said to create purification and healing. After it is finished, the monks say dedication prayers to free all sentient beings from suffering. The sands then are dispersed, collected into a vase or container, and poured into a body of water to purify the environment and spread a spirit of peace and harmony throughout the world.

### SAND PAINTING

The Sand Painting Workshop teaches how to create the following designs using the same techniques as monks use in creating Sand Sand Mandalas. The monks teach the participant how to the metal funnels (chakpurs) to tap the sands onto a pre-printed design.

- Eight Auspicious Symbols (Tashi Dargye)
- Tibetan Yak
- Windhorse (Lung ta)
- Lotus