

Nature Mandalas



Making a nature mandala is like making a beautiful gift for the Earth, and the great thing about nature mandalas is that everything you need to make them is already waiting for you outside!

I first came across mandalas on a trip to India in 2014. I was in the southern state of Kerala during Onam, a Hindu holiday and harvest festival. Wherever we stayed or went, the local staff would make these beautiful and intricate designs on the floor out of flower petals. These are called *Pookkalam* which means flower carpets. The circular symmetrical design of these flower carpets is typical of mandalas, which are round handmade designs, usually made on the ground and often out of coloured sand. Mandalas are made as a spiritual offering and as a meditation practice in several Eastern religions such as Buddhism and Hinduism.

TO MAKE YOUR MANDALA:

STEP 1: Collect the objects for your mandala. Rocks, sticks, leaves, pine cones, dandelions, long blades of grass, flower petals and shells all make great mandala materials. Look for objects that are similar in scale or colour. For example, several medium sized oval shaped rocks, or a handful of small sticks, or all white rocks.

STEP 2: Sort your objects. Line up all your small sticks in a row, group together all your medium sized rocks etc. This way you can see what you have, if you have a good balance of objects, and if you need to look for a few more of a certain object.

STEP 3 (OPTIONAL): If you want to add some extra colour to some of your objects take them home and paint them. If you do paint them, maybe paint all your objects in one category the same colour. For example, paint all your medium sized rocks in one colour, and all your small sticks in another colour. Let your objects dry on a piece of saran wrap or plastic and flip them over when one side is dry so the other side can dry too.

STEP 4: Play around with your objects to make a mandala! Mandalas are usually round and symmetrical like a circle where both the top and bottom of the circle are the same. But if you want to make a spiral with your objects or a different shape or pattern go for it!

STEP 5: Take a photo of your nature mandala and share it with us.

Send us an email at info@eskerfoundation.com we would love to see what you make.

Check out the nature mandalas we made in the video at [this link:](#)

<https://vimeo.com/eskereducation/mandalas>

