



Lesson One: Secrets of Buddhist Art

Tibetan Mandala

The spread of Buddhism not only brought forth meditative rituals, but also incorporates artistic skill as a religious ceremony. In Tibet, Buddhist monks create colorful mandalas to illustrate their devout consciousness. They use balanced geometric shapes in a circular pattern to represent wholeness and unity. Other meditative art traditions range from sand painting, the art of layering sand, to appliqué, the art of overlapping and sewing fabrics to form an image.

In this activity, participants will combine mandala patterns with appliqué techniques.

Video:

Materials for each participant:
A pencil, 3 sheets of sketch paper, fabric markers, 3 pieces of cloth, scissors, and glue

Lesson Adaptations:

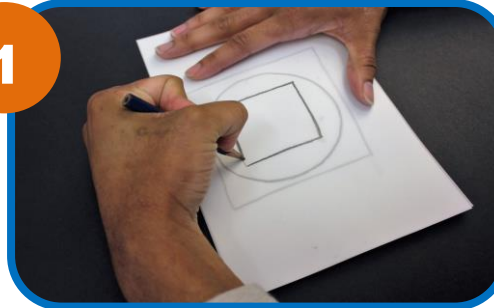
Younger participants: GO TO fristkids.org for "Recycled Assemblage."

Advanced participants can add sewing techniques such as embroidery to this activity.

Suggested Reading:

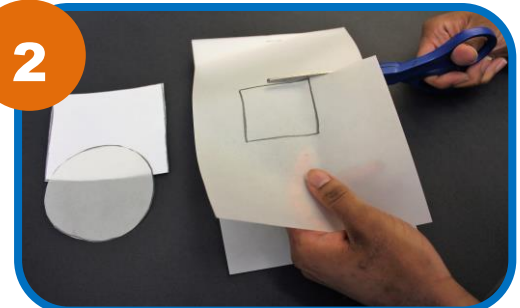
Becoming Buddha: The Story of Siddhartha by Whitney Stewart

1



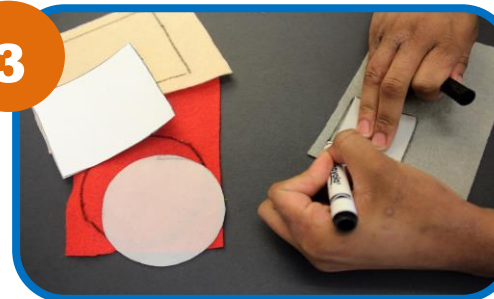
On the sketch paper, draw a large square, a medium circle and a small square.

2



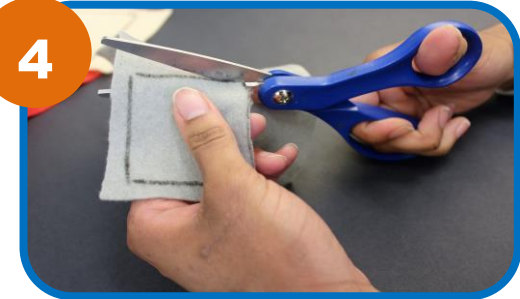
Use scissors to cut out each paper shape.

3



Trace the paper shapes onto your choice of cloth using a fabric marker.

4



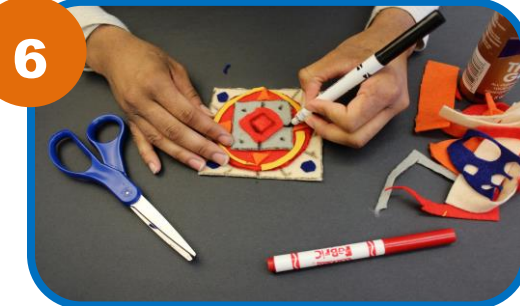
Cut out each cloth shape.

5



Glue the cloth shapes together, with the largest on the bottom to and smallest on top.

6



Decorate your mandala with a balanced design using fabric markers and layers of fabric scraps.