

Making Seed Mandalas

A mandala is a complex abstract design that is usually circular in form. In fact, "mandala" is a Sanskrit word that means "circle". Mandalas generally have one identifiable centre point, from which emanates an array of symbols, shapes and forms.

In various spiritual traditions, mandalas may be employed for focusing attention, and is used in meditation. You might see mandalas to colour in. Lesley McClellan has been creative with seeds, seedpods, leaves, rice, beans and other things she's found in her pantry and garden to create the following mandala.

Use Lesley's inspiration or the templates provided to make your own mandala. You'll need to go for a walk and find supplies (remember to take a small plastic bag or container to collect the seeds) and then get glue and start creating.

Alternatively you could just **make the patterns on the footpath** for others to enjoy or be inspired by.



A simple spiral using dried gum leaves



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With this mandala Lesley used large seed pods, leaves, and gum nuts



Lesley used large seed pods, leaves, lentils, beans and rice to make this mandala – it was on A3 sized paper

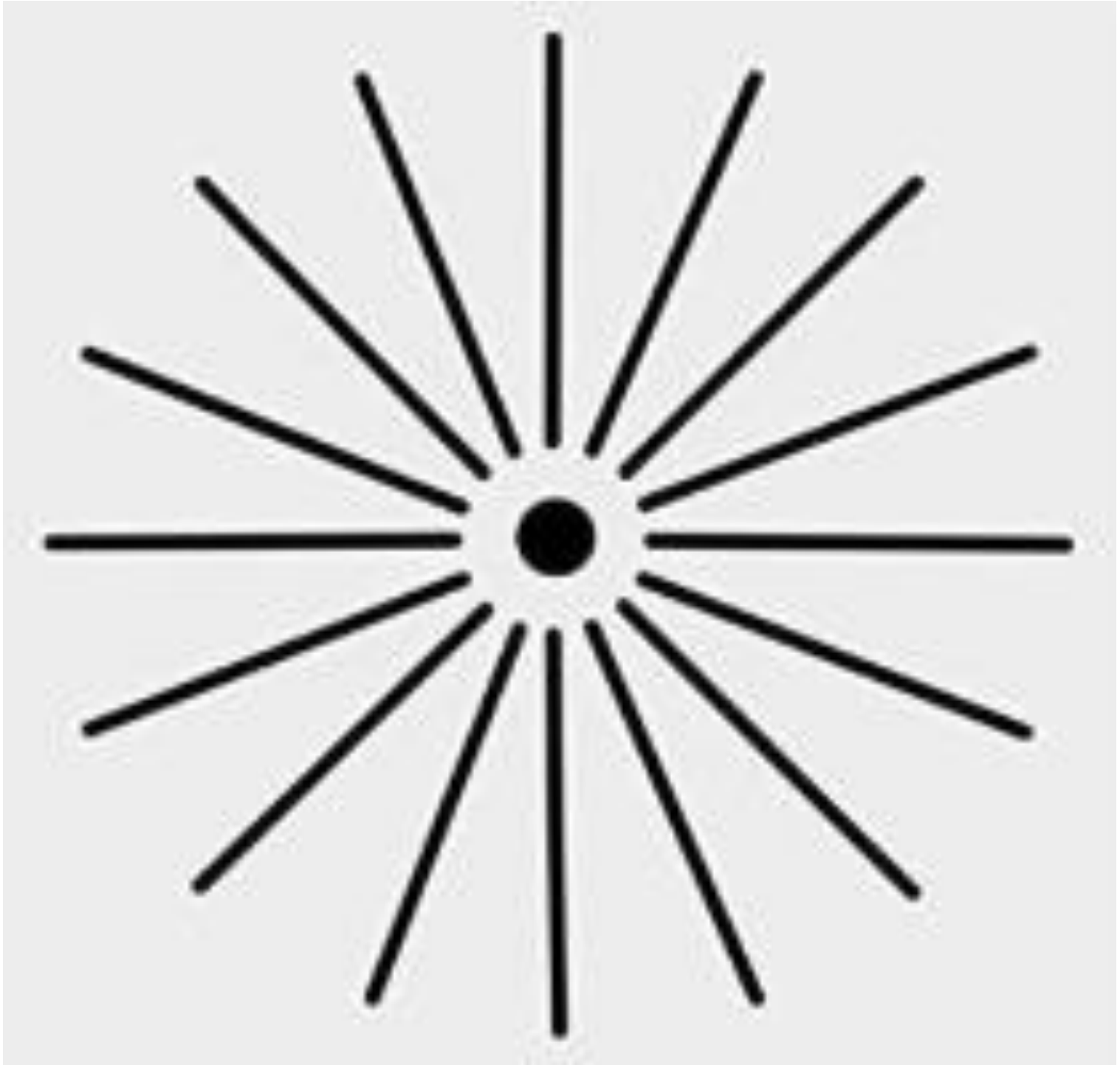
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This one is made of mung beans, immature gum nuts before the flower comes out and a jacaranda nut for the center



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Template 1



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Template 2



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Template 3



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Template 4



