



Full Circle Mandala Peace Project

PURPOSE:

We join in community to invoke the essence of peace, which is a deep awareness of the truth of our inherent unity as human beings. We share this gift with others and celebrate our differences through the creation of communal mandalas combined with activities that inspire and ignite our bodies, hearts, and souls like singing, guided peace-building exercises, and Dances of Universal Peace. With the unfolding of freedom and peace that arises throughout the process, we offer ourselves to our sisters and brothers in authenticity and vulnerability inspiring a communal feeling of understanding, compassion, and a felt experience of the unity within our diversity.

DESCRIPTION:

A mandala is a circular map of consciousness often used by Tibetans and other cultures. In this project, we use the mandala as a vehicle to open to the deep peace that is already present within us and to build a deeper and richer sense of community. We begin the workshop with a group exercise designed to connect and break the ice amongst the participants, many of whom may be unknown to one another and from an unfamiliar cultural or religious group. Participants are broken into smaller groups of 4-6 and guided step by step with visualizations and instructions for creating mandalas using special fabric crayons. Peace-building exercises and Dances of Universal Peace are woven throughout the creation process. Following the workshop, the mandalas can be gifted to Syrian refugees, schools, churches, mosques, or to any other group. No art experience is necessary for either the leader or the group participants. If you can draw a stick figure with a crayon, you can do this. Children have done it. The most important thing is to be open to the group participation, to learning, and to the unfolding of energy within the group.

