

The City of Slidell presents

Mystical Arts of Tibet



Create your own mandala

Mystical Arts of Tibet Sand Mandala

WHAT IS A MANDALA? Mandala is a Sanskrit word meaning cosmogram. Mandalas are created within a circle using anything from simple, repetitive geometric shapes to a combination of icons and ancient spiritual symbols. Media can include colored sand, colored pencils, paint, wood carvings and more. Mandalas can have outer, inner and secret meanings. On the outer level, they represent the world in its divine form. On the inner level, they represent a map by which the ordinary human mind is transformed into the enlightened mind. On the secret level they depict the perfect balance of subtle energies of the body and clear light dimension of the mind. The creation of a mandala is said to effect purification and healing on these three levels.

BE PART OF THIS EVENT! In conjunction with the City of Slidell's presentation of the Mystical Arts of Tibet mandala, we are encouraging all of our citizens to become part of this event in the spirit of world healing. You can use this template to color a mandala or create your own. We encourage schools and businesses to participate by creating and exhibiting mandalas at their locations and/or becoming part of a regional mandala art exhibit to be displayed at the Slidell Art League Gallery. Please let us know if you're creating your own on-site mandala display! We'd love to add photos to our website photo gallery. You can also join in the Pathway to Healing leading from the Slidell Municipal Auditorium to Bayou Bonfouca in Heritage Park. See details below.

MANDALA CREATION: For the creation of the Sand Mandala, the monks will utilize millions of grains of colored sand, each carefully placed within a four foot by four foot platform base. The process will be completed over the course of a five day period. It's a tradition that dates back some 2,500 years. Visitors to the Slidell Municipal Auditorium can watch the monks during the creation process beginning Tuesday, Feb. 27, from 3 to 7 p.m., Wednesday and Thursday, Feb. 28 and March 1, from 9 a.m. to 4 p.m., Friday, March 2 from 1 p.m. to 3 p.m. and Saturday, March 3, from 9 to 11 a.m. The monks have generously donated their services for the creation of the sand mandala as their contribution to the city's recovery efforts. Admission is free.

MANDALA WORKSHOPS: In conjunction with this event, the Slidell Art League Gallery will be hosting two special mandala workshops on Saturday, Feb. 3, from 9 to 11:30 a.m. and 12:30 to 3 p.m. The public is invited to join an informative presentation by Sue Berger-deRada, R.N., L.M.T. Attendees will learn about the significance of mandalas, about the many mandalas which can be found in nature and more. Participants will also create their own mandalas during the workshop. Participation is free but space is limited, so pre-registration is required. All ages welcome. To register, call the Slidell Art League at 847-9458.

MANDALA EXHIBIT: The gallery will also host a special mandala art exhibit, Feb. 26 to March 3. Everyone in the community is invited to submit a mandala for the exhibit. Submissions for the exhibit must be delivered to the Slidell Art League Gallery no later than Saturday, Feb. 24. The gallery is located upstairs in the historic Slidell Train Depot at 1827 Front St. Gallery hours are Monday through Friday, 9 a.m. to 4 p.m. and Saturday 10 a.m. to 2 p.m. Everyone who submits a mandala will be registered in a drawing to win two tickets to the closing ceremony. Ten pairs of tickets will be given away! Participation in and admission to the exhibit are free.

MANDALA CLOSING CEREMONY: On Saturday, March 3, at 1 p.m. during a special Mandala Closing Ceremony, the mandala will be dismantled to symbolize the impermanence of all that exists. The colored sands will be swept up and distributed in small bags to the closing ceremony guests. The monks and guests will then proceed to Bayou Bonfouca in Heritage Park, where the sand will be poured into the water, a tradition believed to release the sands' healing energy into the world. VIP tickets (reserved in rows 1 through 7) are \$20 each. General admission tickets are available for \$10 each. For ticket information, call (985) 646-4375.

PATHWAY TO HEALING: Following the closing ceremony, citizens are invited to help create a Pathway to Healing, lining the streets from the auditorium to Heritage Park. Citizens are encouraged to bring their own mandalas to hold up to create this visual pathway, then join in the procession as it passes them. This is an opportunity for our citizens to come together in recognition of our continuing healing and our city's rebirth. It's a once-in-a-lifetime opportunity that we encourage all to attend. The procession will begin immediately following the ceremony (at approximately 2:30 p.m.) Participation is free.

ADDITIONAL RESOURCES: For more information about these events, visit www.slidell.la.us.

To learn more about mandalas and to see examples, visit these websites (case sensitive--must type exactly as indicated.)

www.mysticalartsoftibet.org/ <http://www.graphics.cornell.edu/online/mandala/>

<http://www.mandalaproject.org/> <http://www.mandalaproject.org/What/Index.html>

<http://www.art-rageous.net/Mandalas-2004.html> <http://www.art-rageous.net/MandalaDesigns.html>

<http://www.art-rageous.net/SacredCircles.html> <http://www.art-rageous.net/StudentCircles.html>

All of the Mystical Arts of Tibet events are made possible through the generosity of corporate sponsors and individual donors, including Slidell Women's Civic Club, Northshore Regional Medical Center, Whitney Bank, Living Magazine, Slidell Memorial Hospital, CLECO Power LLC, Baker Sales Inc., Hampton Inn of Slidell, Northshore Harbor Center, Season's Steak & Spirits, Baskin-Robbins/Coy and Donna Fauchoux, Cross Gates Athletic Club, Mary and Eric DuBuisson, Kathryn & Company's A Touch of Italy Café and Lowry-Dunham, Case & Vivien. The events are supported in part by funds from the Louisiana State Arts Council and the Louisiana Division of the Arts as administered by the St. Tammany Arts Commission/Department of Cultural and Governmental Affairs, St. Tammany Parish.