



Tibetan Mandala Coloring: Calm, Relax and Meditation Coloring Books and Templates (Mandala Coloring Books for Adults) (Volume 2)

David Stewart

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Mandalas are works of sacred art in Tantric (Tibetan) Buddhism. The word "mandala" comes from a Sanskrit word that generally means "circle," and mandalas are indeed primarily recognizable by their concentric circles and other geometric figures. Mandalas are far more than geometrical figures, however. For Tantric Buddhists, they are rich with symbolism and sacred meaning. In fact, the etymology of the word "mandala" suggests not just a circle but a "container of essence." Simply stated, a mandala is a sacred geometric figure that represents the universe. When completed, a mandala becomes a sacred area that serves as a receptacle for deities and a collection point of universal forces. By mentally entering a mandala and proceeding to its center, a person is symbolically guided through the cosmos to the essence of reality. By constructing a mandala, a monk ritually participates in the Buddha's teachings. In Tibetan Buddhism, contemplation of sacred images is central to religious ritual, and a mandala is one of the most important of these sacred images. A Tibetan mandala is usually made with careful placement of colored sand, and accordingly is known in Tibetan as *dul-tson-kyil-khor*, or "mandala of colored powders." In China, Japan and Tibet, mandalas can also be made in bronze or stone three-dimensional figures. In recent years, a variety of mandalas have been created using computer graphics, although these are usually created by non-Buddhists and are not considered sacred.

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