



Mandala Art

¹Mokshita Soni, ²Nirantara Hada

¹Student, ²Assistant Professor
B. Design

Sage University Indore , Madhya Pradesh , India

Abstract: Mandala art is a type of art which is substantially made in indirect form using patterns. It has been used from a long time in Indian and Buddhist culture before it had more spiritual meaning but now it's also used in design and fashion. In this paper I'm writing about what mandala art is, where it comes from and how it's used moment. It also includes how it helps in relaxation and focus.

1. INTRODUCTION

Mandala art looks simple when we see it, but when we try to make it, it takes time and tolerance. It's generally made in a circle and starts from the center. sluggishly the design grows outward. I flash back when I first tried it, I allowed it'll be easy, but it actually took me further time than I anticipated. The word mandala means circle. In numerous societies, especially in India, it has spiritual significance. But now it is n't limited to that. It's also used in ultramodern designs

2. ORIGIN OF MANDALA ART

Mandala art is veritably old. It's substantially connected with Hindu and Buddhist traditions. In tabernacles and religious designs, mandalas were used to represent the macrocosm. Buddhist monks also make beach mandalas, which takes numerous hours. One thing I set up intriguing is that after making it, they destroy it. It shows that nothing is endless

3. RUDIMENTS OF MANDALA ART

3.1 Center and Circle

Everything in mandala starts from a center point. From there, patterns are created in a indirect way.still, the whole design gets affected, If the center isn't proper. I've faced this while delineation also.

3.2 reiteration of Patterns

Mandala art uses repeating patterns. Same shapes come again and again.occasionally it feels a bit boring while making, but sluggishly it becomes intriguing when the design starts forming.

3.3 Shapes and Details

Different shapes like blotches, lines, petals and angles are used. Indeed small details matter. However, it becomes visible because of harmony, If one part is wrong.

4. MANDALA IN MODERN DESIGN

Now mandala is n't just traditional art. It's used in numerous areas. In fashion, mandala prints are used on clothes and accessories. I've seen covers and dupattas with mandala patterns which look veritably detailed. It's also used in tattoos, wall art and digital designs. People like it because it looks complex but is made with simple patterns.

5. MANDALA AND RELAXATION

Mandala art is also used for relaxation. When we draw it, we need focus. Because of this, mind becomes calm. occasionally I just sit and draw patterns and it feels peaceful. Indeed coloring mandala designs is used as remedy. It helps in reducing stress.

6. PARTICULAR EXPERIENCE

For me, mandala is further about the process than the final design. occasionally I make miscalculations in pattern, but rather of resuming I acclimate it. That's commodity I learned while making it. I generally hear to music while drawing mandala, it helps me stay focused and not get distracted.

7. CONCLUSION

Mandala art is a blend of traditional meaning and ultramodern design. It's simple to start but takes time to ameliorate. It also helps in focus and relaxation. In moment's fast life, mandala gives a slow and calm experience which is actually demanded.

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