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# LA AVENTURA: CAMINO DEL ROCÍO 2ºESO

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## Stage 1. God, person and religion

### Challenge 1: Mandalas

Read this information about Hindu and Buddhist mandalas and draw your own mandala taking your vital state into account and using the symbols and colours you will find in the text.

#### MANDALAS

Mandalas are getting better known nowadays. They attract all ages, although not everybody knows that they have an interpretation depending on its shape and colour, becoming important allies in meditation and healing.

Mandalas have their origin in India and their name in Sanskrit means “circle or wheel”, which is their basic characteristic, although they can have different shapes, including all geometric shapes.



For Buddhists their function is meditation. However, the most important process for them is their “creation” because it is a “travelled” path that shows someone’s experiences at the moment of drawing and is the way to connect men and divinity, in the process of creation, observation or as an ornament.

“From a spiritual point of view, it is the energetic centre of balance and purification which helps transform the environment and the mind of the one who meditates in them”, the expert Claudio María Domínguez explains.

Drawing or colouring mandalas is a therapy which is being more and more used. Its design is free and its meaning will depend on its shapes and colours.

For those who bring themselves to work with them, we will explain their meanings in detail:

## SHAPES AND MEANINGS

**Circle:** distance, but also safety, the absolute and the true self.

**Square:** balance and stability.

**Triangle:** related to water, transformation and vitality.

**Spiral:** healing energies.

**Cross:** symbol of decisions, related to cardinal points.

**Heart:** union, love, happiness.

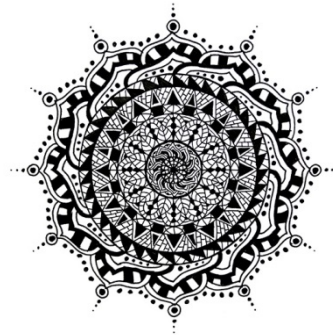
**Star:** related to freedom and spirituality.

**Pentagon:** it represents the symbols of earth, water and fire as well as the shape of the human body.

**Hexagon:** balance and union of opposites.

**Butterfly:** related to transformation, death and self-renovation of the soul.

**Maze:** confusion, self-reflexion and search for the centre of oneself.



## COLOURS AND MEANINGS

**Black:** related to sadness, death, depth, ignorance and mystery.

**White:** purification, illumination. It is the colour of perfection, nothing or everything to be done.

**Green:** related to nature, hope, growth, happiness and freedom.

**Blue:** peace, joy, calm and satisfaction.

**Grey:** calm, pause, neutrality, wisdom and renovation.

**Red:** pure vital energy, passion and sensuality.

**Orange:** energy, dynamism, tenderness, courage and ambition.

**Yellow:** friendliness, the colour of the sun and light.





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**Pink:** altruism, gentleness and patience.

**Purple:** contemplation, love for your neighbor. Idealism and wisdom.

**Violet:** transformation, magic, spirituality and inspiration.

**Silver:** psychic abilities, fluctuating emotions.

**Gold:** wisdom and clarity.

