Look-
- Take a moment to admire this medicine Buddha sand mandala, found in the Museum’s south Asian gallery. How are the colors and shapes arranged?
- This mandala is made from sand. What other types of materials do you think could be used to make a radial design like this? Radial designs are composed within a circle, with lines moving the center of the circle to the outer edge.
- Gaze at the outer ring of the mandala and slowly move your eyes from the outer ring into the center of the design. This one of the recommended ways to look at a mandala.

Think-
Did you know that SAMA is one of only four museums in the U.S. to display a sand mandala? Created in 2001 by Drepung Loseling Monks of Karnataka, South India as part of a Buddhist ritual to promote healing. It took hours of work to meticulously place the colored sands in the right spaces. Typically, mandalas are destroyed following the healing ritual. However, the 14th Dalai Lama allowed this mandala to be preserved in an effort to promote peace and harmony. This is the only Tibetan medicine Buddha mandala on display in America!

Make-
You can make your own radial design with your family at home, using different shapes, lines, and patterns inside a circle.
### How To Do This Activity

1. Gather the supplies you will need to complete this activity.

2. With your crayons, color the entire paper with crazy patterns. Remember to press firmly when coloring to get optimal coverage. The paper will absorb the paint later if you leave empty areas.

3. Paint over the entire colored paper with black acrylic paint. You may want to do this on scratch paper, so you do not get your table dirty. Acrylic paint will stain clothes and tablecloths. Let paint dry.

4. With your pencil, draw radial and symmetrical designs onto your homemade scratch art paper. You can use a ruler to make sure your lines are straight. You can use other objects to scratch designs such as a comb, toothbrush, dowel, fork, etc.
We recommend reading *Tashi and the Tibetan Flower Cure* by Naomi Rose (Author & Illustrator). This book is an illustrated parable about the bond between grandchild and grandparent.

**Share with us** –
Have fun and share your creations with us!

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