

THE MANDALA RUBIN LAB

WHAT IS A MANDALA?

Consider how complex feelings show up in your everyday life and imagine how you might have the power to transform them. Mandalas are Buddhist teaching tools that can be used to learn how to confront and transform feelings of pride, attachment, envy, and anger. In Buddhism, these emotions are said to cloud our understanding of the world. Let's explore these emotions together!

INSTRUCTIONS

IF YOU ARE IN THE MANDALA LAB

Look around you and find out how the building and space you're in resembles a mandala.

IF YOU ARE AT HOME

Take a closer look at a Mandala at [this link](#) and examine the structure.

NEXT STEP

On the right, match the colors and emotions and draw in the following:

- what most angers you
- what you are most prideful of
- what you are most attached to
- what you are most envious of
- in the center, draw in what most calms you



Saravid Vairochana Mandala
Tibet; 17th century
Ground mineral pigment on cotton
Rubin Museum of Art; C2006.66.346

MAKE IT YOUR OWN!

