

# mandalas

of bright words  
and gratitude to nature

a path to peace  
for ourselves and the world

may peace prevail on earth

# a mandala is...

A written mandala is made up of a number of concentric circles, inside which bright, positive, meaningful words are written. As we write words of love, gratitude, peace, and harmony, the power of those words is poured into the mandala. The process of writing the words heals and revitalizes us. When the mandala is completed, it continuously radiates this healing energy to humanity and the world of nature.



Large peace mandala  
(105 circles) written in  
Persian (Farsi)

# the power of bright words



Bright, positive words carry a wonderful energy and power. Words of gratitude, words of beauty, words of kindness and compassion, words of encouragement, words of joy, and words of love are expressions of our original, shining self. Bright words illuminate our dark and gloomy heart, envelop us in warmth, comfort our fears and anxieties, and awaken trust in us. They give us courage and power when we face difficulty or despair.

When we create a mandala using bright, positive words, we are imbuing ourselves with the qualities that we want most. We are calling those qualities forth from our universal source. We are instilling them in our consciousness, in our bodies, and in the atmosphere that we are projecting. If you want to be a deeply loving person, you can write a mandala using a phrase like *infinite love*. If you want to live more energetically, you can write a mandala with words like *energy* and *energetic*. Whatever divine qualities you long for, you can summon them from within the boundless universe and project them into your mind and into your way of life by writing a Bright Words Mandala.

# sending healing energy to nature



All things created by human hands originally came from nature—from the sun, the air, the water, the earth, and from plants and animals. We human beings tend to take the gifts of nature for granted, often misusing them for our own benefit. To infuse the Earth and the environment with love and gratitude, we need to change our way of thinking and create new habits.

One way we can begin to do this is through verbal expressions of love and gratitude. For example, when we are walking on the earth, we can think or say things like *Thank you, dear Earth! I am so grateful to you for supporting my footsteps!* While drinking a glass of fresh water, we can think or say, *Dear water, how wonderful you are! How refreshed you make me feel!* As we continue thinking and speaking in this way, we will fill our being with harmonious energy, and send that energy out to everything around us, reawakening nature's power to heal itself.

Words of gratitude are especially powerful, because gratitude is light itself. When the Earth is infused with the light of gratitude, its strength revives, its suffering is lightened, and it can continue to provide love and support to humanity. Mandalas of Gratitude to Nature send this kind of healing light and energy not only to the Earth, but to everything in nature.

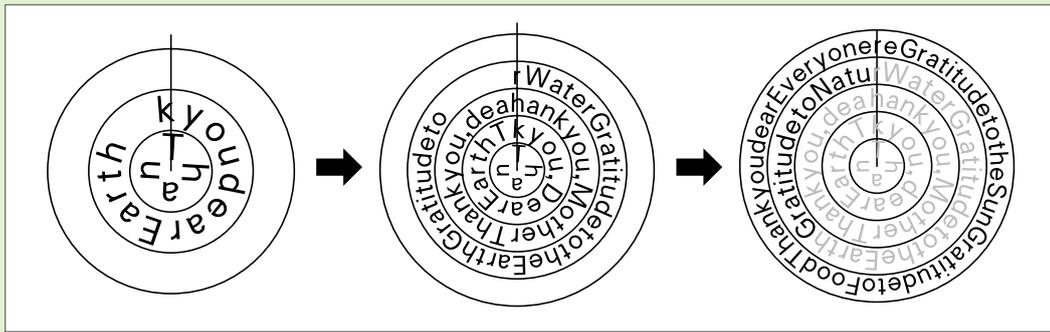
# writing your own mandala

A mandala is your own individual creation, and every mandala is unique. In addition, you can find your own way to incorporate mandala writing into your life. Below are some suggested ways to practice.



- \* When you feel that you need to fill yourself with love, you can write *Infinite love*. If you feel that you need to improve your health, you can write *Infinite health*. If you want to build better relationships with the people in your life, you can write *Infinite harmony*.
- \* When you wish to express your gratitude to nature, you can write phrases like *Thank you, dear earth* and *Thank you, dear water*.
- \* Your mandala can serve as a kind of personal affirmation, in which you write words of gratitude and praise to yourself. Or, you can give thanks to a particular person in your life. You can even give thanks to your pet!
- \* If you are recalling an unpleasant feeling or incident, you can write positive phrases such as *Infinite light* to erase and purify the negativity and fill your being with bright light.

# how do you write a mandala?



- \* Start writing from the smallest, centremost circle, beginning at the vertical line.
- \* Write in a clockwise direction (if your language reads left to right).
- \* Fill one ring, then move to the next ring. Join all words and sentences in a continuous stream of letters. You can better fill the space between the lines by writing in capitals (not shown in the example). Leave no spaces between words:  
**WELOVEYOUTHANKYOUWATERFORYOURBOUNTIFULSUPPLY**
- \* When you write in the outermost ring, take care that the last word or phrase completely fits in the ring.
- \* You may choose any writing instruments, colors and designs that you like. By using different colours, you can create various designs and images in the mandala.

## what do you write?

Choose any positive words and phrases you like.  
Some examples of positive expressions are:

Thank you for the wonderful people in my life  
Today I am grateful for being alive  
May peace prevail on Earth

Or, you can write your favorite prayers, psalms, poems, special sayings, or song lyrics. Some more examples are below:

### *Mandalas of Gratitude to Nature*

Thank you beautiful flowers  
Thank you for the rain that falls on  
my garden  
I love the stars that twinkle at night

### *Bright Word Mandalas*

Infinite love; Infinite joy  
Infinite courage; Infinite forgiveness  
Infinite compassion; Infinite light

# collective mandalas

Creating a sacred mandala is also a wonderful way for people to come together and celebrate our oneness, in gratitude to the Earth, nature, and all forms of life.

In a collective mandala, each person's writing creates a unique flow of energy inside the mandala. The end result is a field that is vibrant with the energy of all those who have contributed to it, and which radiates peace, love and joy infinitely to the world. It is always a beautiful experience and a lovely work of art, and people come away feeling inspired, joyful, and grateful for the opportunity. When writing collective mandalas, you may begin writing anywhere, to accommodate many people contributing at the same time.



## *International mandalas for water*

In 2003, to mark the International Year of Fresh Water, a group of people had the idea to create one mandala for each continent, plus one for the Middle East. The mandala papers traveled from country to country, and hundreds of people enjoyed writing on them.

## *Global peace mandala*

In 2007, a group of 28 spiritual leaders, scientists, and peace workers from around the world gathered in Japan for a round table discussion on the power of prayer in creating peace on Earth. As part of their day-long discussion, these pioneers for peace created a Global Peace Mandala, expressing their shared aspirations and their commitment to working together for a brighter future.



# workshops and exhibits

Writing mandalas is an easy practice to pick up, and it is easy to teach to others. Educators, group leaders, and friends of peace around the world are holding workshops to introduce writing mandalas as a way to bring greater peace and harmony into our own lives, the lives of others, and the whole world.



Most people can immediately feel the uplifting effects of writing mandalas. You may also wish to incorporate other activities into your workshop, such as reading poems, singing songs, expressing gratitude to nature, or anything that lifts people's spirits. Mandala workshops have been held in a wide variety of places, from nursing homes, to rehabilitation centers, to prisons. There is no limit to the ways in which mandalas can be used to find peace and healing.

The mandalas completed at a workshop or other event can be used to create a **mandala exhibit**. Mandalas displayed together are especially beautiful and powerful, and people who view mandalas can often feel the light radiating from them. Mandala exhibits add a wonderful element to almost any event.





# mandalas for kids

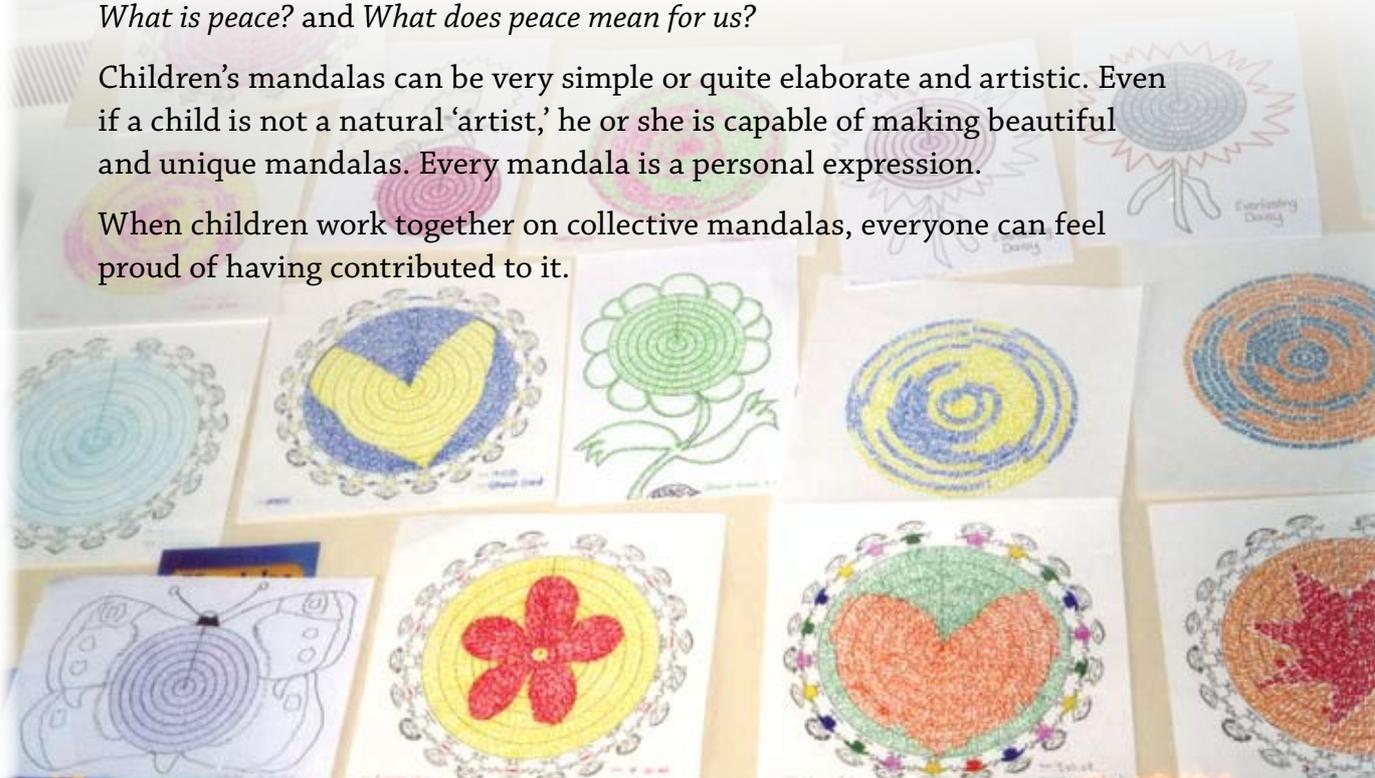
Writing a mandala is a fun and creative way for children to explore and reflect on matters such as peace, the environment and the people in their lives. Even small children who are not ready to write can participate by drawing things they like.

As peace education programs gain popularity in school systems, the activity of writing mandalas for peace, in gratitude to nature or to one's family, is attracting teachers and educators all over the world.

Before creating a mandala, children should be guided to take a moment and think about the things for which they are grateful, asking questions like *What is peace?* and *What does peace mean for us?*

Children's mandalas can be very simple or quite elaborate and artistic. Even if a child is not a natural 'artist,' he or she is capable of making beautiful and unique mandalas. Every mandala is a personal expression.

When children work together on collective mandalas, everyone can feel proud of having contributed to it.



## comments from educators and facilitators...

- ☀ *We were given such a gift to our classroom with the lessons on mandalas. The children really enjoyed thinking about their lives in this way, and how much they had to be thankful for.*
- ☀ *As a teacher, I really enjoyed watching the students' eyes shine as they went through the process of celebrating themselves, their lives, and all they have in them.*
- ☀ *The children enjoyed learning about mandalas. This project taught them patience and had them reflect on what they appreciated about nature, their family, and their life.*
- ☀ *Interacting, creating and... loving it!. Many children are very thankful for the opportunity to participate in this project.*
- ☀ *I have been developing the mandala writing project for the past couple of years, and I am excited to see a growing interest in the idea from school teachers and counselors.*
- ☀ *This project can easily fall into peace education curricula as it gives children an opportunity to use their creativity and to really think about what they are thankful for and discuss it amongst each other.*
- ☀ *Children intimately enjoy being creative, and they are instinctively drawn to the positive words of a colorful mandala. Their connection with the natural world is direct and spontaneous.*



# mandalas around the world

Written mandalas were introduced in Japan in 1999 by Ms. Masami Saionji, Chairperson of Byakko Shinko Kai, an international organization working for world peace and the elevation of humanity's consciousness. Through a grassroots network, mandala writing is now spreading throughout the world, becoming popular with people from all cultures and backgrounds. The photos below show a sample of the places where mandalas have been created.

Canada



Spain



United Kingdom



Poland



United States



Mexico



Guatemala



Colombia



Chile



Argentina



Uruguay

A simple and universal practice, mandala writing is suitable for anyone who wishes to try it. If you have written a mandala or been part of a workshop or exhibit, send in your photos! Email addresses and other contact information can be found on the back cover. If you would like to write a mandala and need some further guidance, please contact one of the mandala writing coordinators (see back cover).

Israel



Uzbekistan



Pakistan



Bhutan



Japan



Philippines



India



Brunei



Ghana



Ethiopia

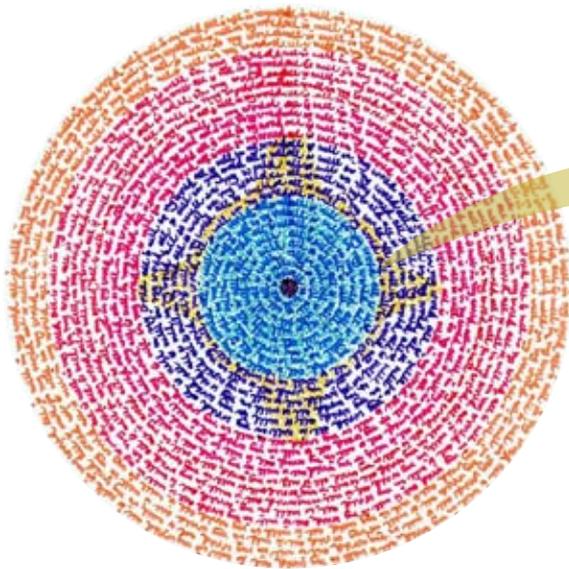


Australia

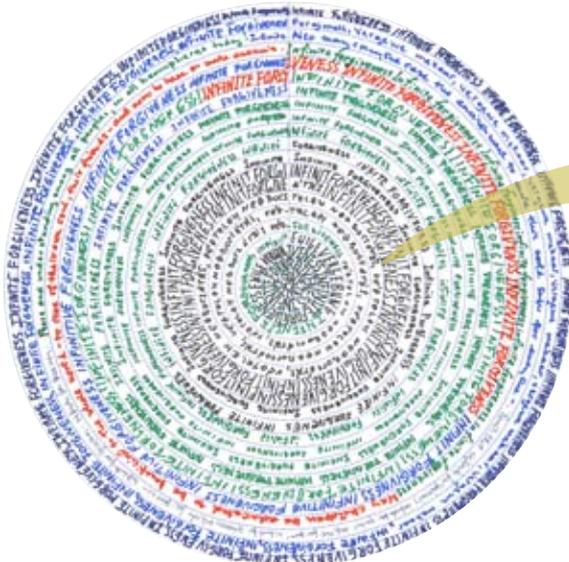
# mandala gallery



“Infinite love” (Iran)



“All is well in my world” (Philippines)



“Infinite forgiveness” (Japan)



Gratitude to water



Gratitude to animals



Mandalas by American schoolchildren commemorating the incidents of September 11, 2001.



In 2004, a mandala workshop was conducted with inmates at a prison in the United States. As part of the workshop, the participants created this collective mandala.



Mandala bearing the symbols of six major religions.

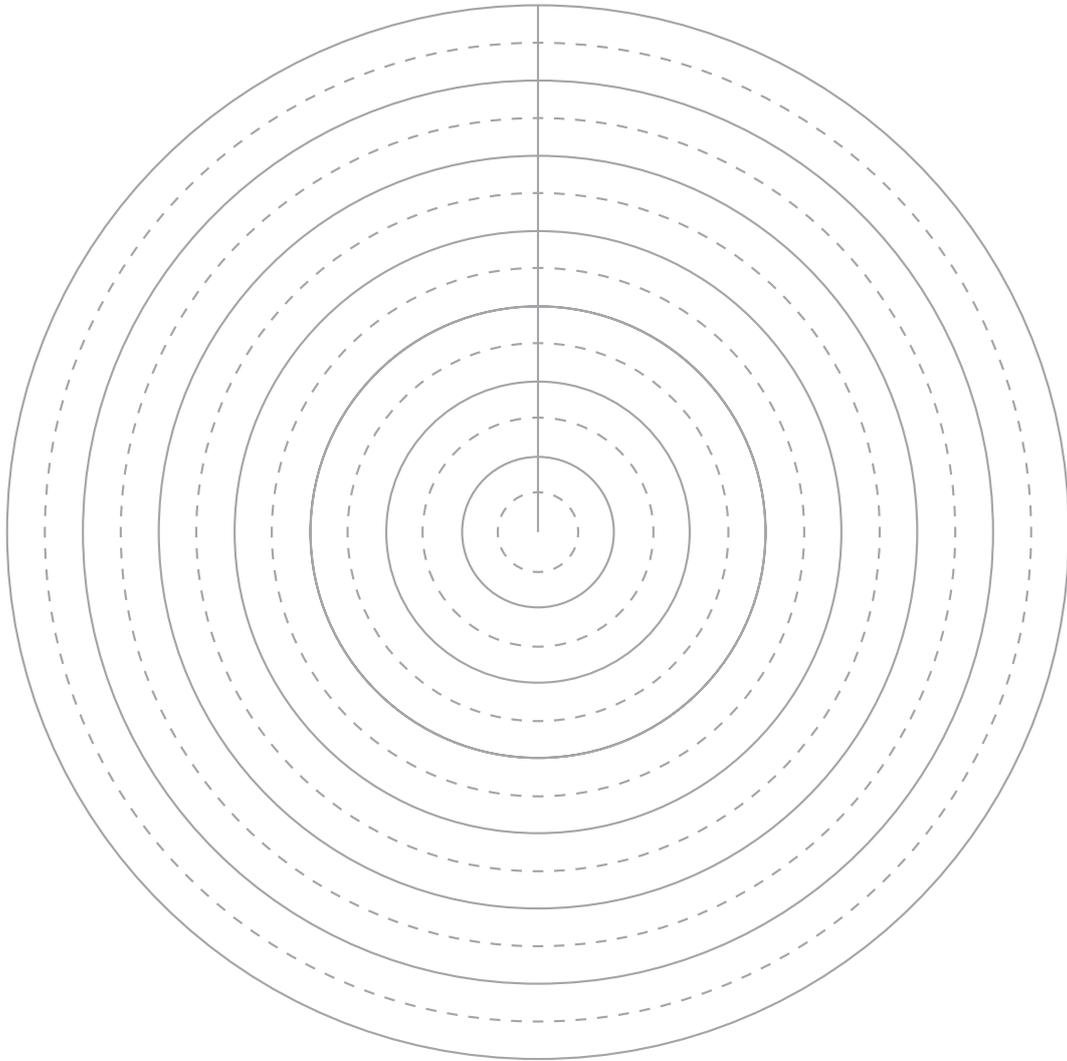


## what others have said about writing mandalas...

- ☼ *I went more peacefully into a softened, deeper place. I could feel the light radiating from my mandala. I felt drawn into an energy.*
- ☼ *I found it hard to focus on writing at first. I gradually came into focus and a meditation space. It was mesmerising to look at the mandala and to be aware of the link between the physical and the spiritual.*
- ☼ *A stunning, beautiful and moving use of space. It was very calming and inspiring, and gave off wonderful, light, love, energy of life.*
- ☼ *I experienced great flow and a feeling of peace. As I wrote the words I felt my consciousness changing and becoming one with the words. I felt it radiating out into humanity.*
- ☼ *Basically this art form gives birth to gratitude and brings people together peacefully. Excellent!*
- ☼ *This was a nice meditation. I feel at peace.*



# create your own mandala



Date: \_\_\_\_\_

Name: \_\_\_\_\_

Title: \_\_\_\_\_

You can write in larger letters between the solid lines (7 circles), or in smaller letters between the solid and dashed lines (14 circles). Please feel free to make copies of this template to create as many mandalas as you wish. See page 5 for more information about writing a mandala.

This pamphlet was created to promote throughout the world the activity of writing mandalas—an activity in which anyone can participate, in his or her own way.

Mandala writing was introduced by Masami Saionji, Chairperson of Byakko Shinko Kai, in the hope that more and more people will come to understand the power of words. Words carry vibrations strong enough to inspire, to heal, and to transform the human heart, along with everything else in creation.

*Just imagine how the earth will feel as you create a mandala filled with endless gratitude for all the earth's blessings. I believe that this will surely soothe and refresh the earth, allowing it to recover its original health, happiness, and stability.*



*We can all gather up the love and gratitude that we hold within us and give expression to it by making mandalas of infinite gratitude and mandalas of infinite light.*  
— Masami Saionji

Gratitude to plants

For more information or to obtain mandala writing materials, please contact one of the following mandala writing coordinators:

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