

Creative Expression

Heart Space Mandala

www.thenegativespace.life

The word “mandala” comes from Sanskrit and means “circle.” Mandalas have a rich history and have long been used in meditation, breathwork, self-expression, and spiritual practice.

Visually, a mandala is intricate and layered, often featuring geometric patterns within its mesmerizing circular form. Symbolically, the mandala represents wholeness, balance, and harmony.

Creating mandalas is an interactive, calming art practice that invites us to slow down, connect with our breath, and ground ourselves in the present moment. By using simple patterns and drawing techniques, this therapeutic art form promotes mindfulness, relaxation, and creative expression. Mandalas are easy to create and accessible to everyone — no prior art experience needed.

Our heart space is the inner well of love, peace, acceptance, and curiosity. In this therapeutic art activity, we’ll combine art with breath to create a Heart Space Mandala. Using circular breathing — a steady, even inhale and exhale — we begin drawing from the center outward. This practice brings focus to the heart space, allowing peace, calm, and curiosity to radiate from within.

