"mahn-DAHL-ah"

Mandala - A graphic and often symbolic pattern usually in the form of a circle divided into four separate sections or bearing a multiple projection of an image. Mandalas represent wholeness, the universe, and the four directions. Gazing at a mandala provides a way to focus and meditate and reflect upon life. Mandalas are used in the religious artwork of many different cultures including Tibetan Buddhist and Navajo sand paintings, Celtic Crosses, and rose windows in churches and cathedrals.

