

# Meditative Mandala

Presented by

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McKinney Public Library System



# Programs at McKinney Public Library System (MPLS)

- Organization and Structure
  - Split into teams
  - Tasked with servicing assigned sector
- Adult Programs
  - Programs were continuation of past successes
    - Gardening
    - Adult coding
    - Book club
    - Knitting
  - Gaps in offerings
    - Time/Day/Frequency
    - Subject matter



## Inspiration

- Sunrise of Danville



- My Mother



## What is a Mandala?

- Mandala is a Sanskrit word that means **circle**
  - Commonly have one identifiable center point, from which emanates an array of symbols, shapes and forms.
  - May contain both geometric and organic forms.
  - Contain recognizable images that carry meaning for the person who is creating it.
  - Represent the connection between our inner worlds and outer reality



# Conception

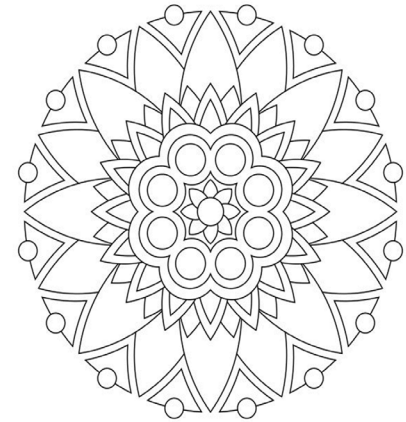
- Research
  - Austin Public Library
- Wanted to develop a holistic program
  - Combining mediation practices with mandala design
- The ONLY program of its kind in North Texas



“Austin Public Library.” *Austin Public Library*, [library.austintexas.gov](http://library.austintexas.gov)

## Structure

- Introduction into meditation and mandalas
- Meetings once a week (1 hour)
  - Guided meditation
  - Work on mandalas
    - Printed
    - From scratch





## Early Days

- Initial participant observations
  - Nervousness
  - Low confidence level
  - Difficulty concentrating
- What worked
  - Program duration
  - Program promotion
- What didn't
  - Meditation duration
  - Music

## What I learned

- Plan the program for various difficulty levels
- Have separate and enough materials for both new and regular attendees
- Give more one on one time to the attendees
- Facilitating this program takes patience on my part
- Accepting chaos and interruptions
- Feedback

## Implementing the changes

- Used a single medium and material for a month
- Duration of the mediation was kept at 10 mins
- Asked the attendees to run/teach the geometrical Mandala for a month





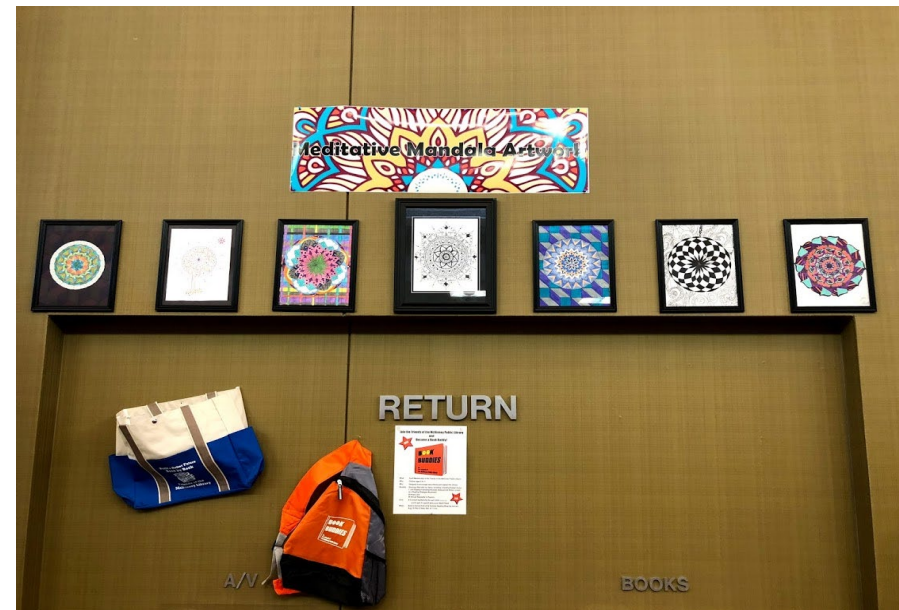
## After the changes

- Growth: Grew from 3 per week to 12-14 per week
- Engagement: Core group invited other friends and shared on social media
- Sense of community



## Where Are We Now?

- Permanent wall space dedicated to Mandala Art display
- For Fall 2019, 2<sup>nd</sup> session planned
  - Library expansion
  - Attract the lunch time crowd
- Guided meditation for Fall 2019 is created with instructions and background score by our in-house library staff.



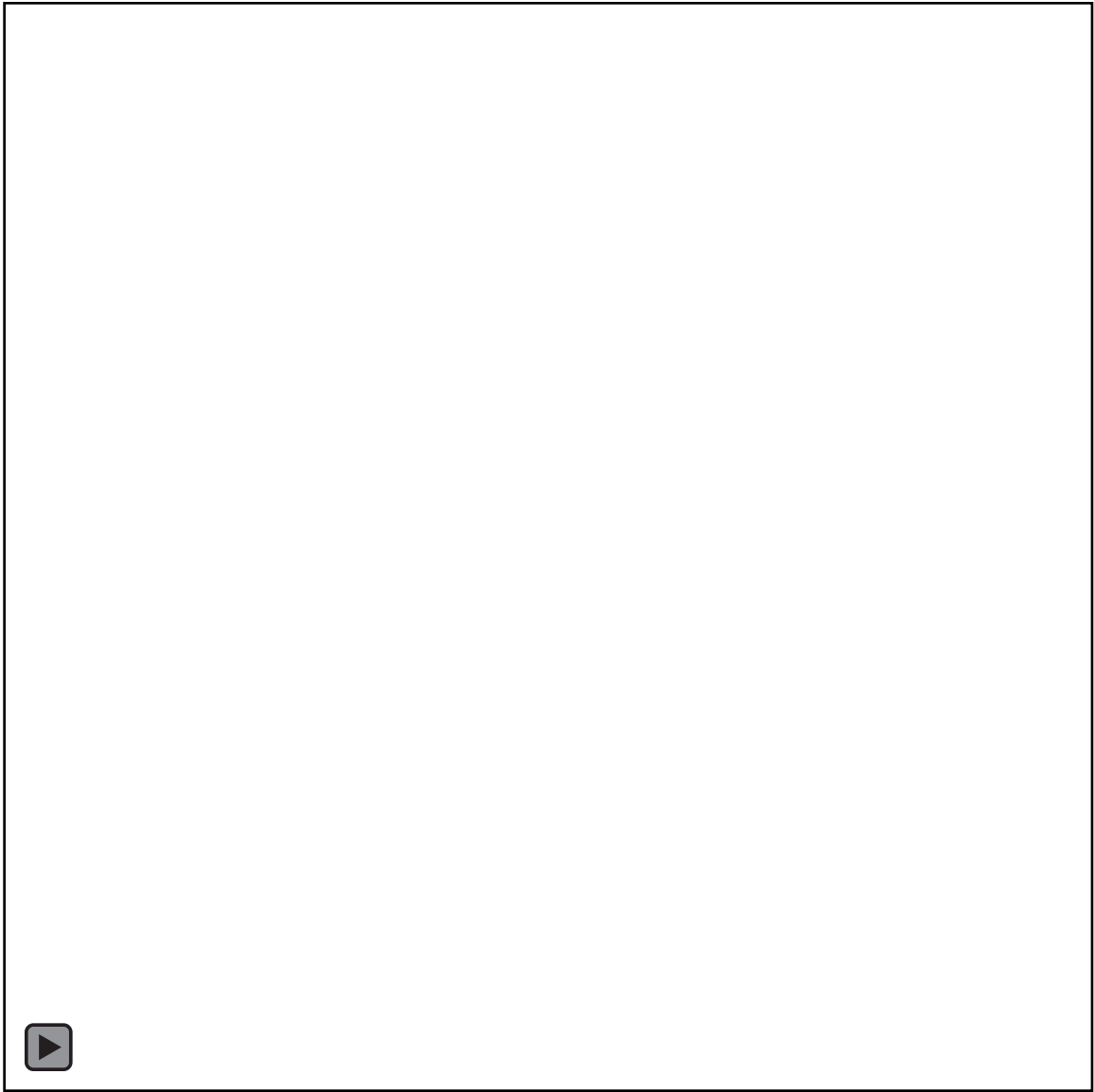
## Evolution of the Program

- Marvelous Mandala
  - After school program for teens
  - Added based on feedback
- Ayurveda Workshops
  - Ancient science of healing
  - Holistic system of medicine
  - Aims to maintain health by using the principles of nature.

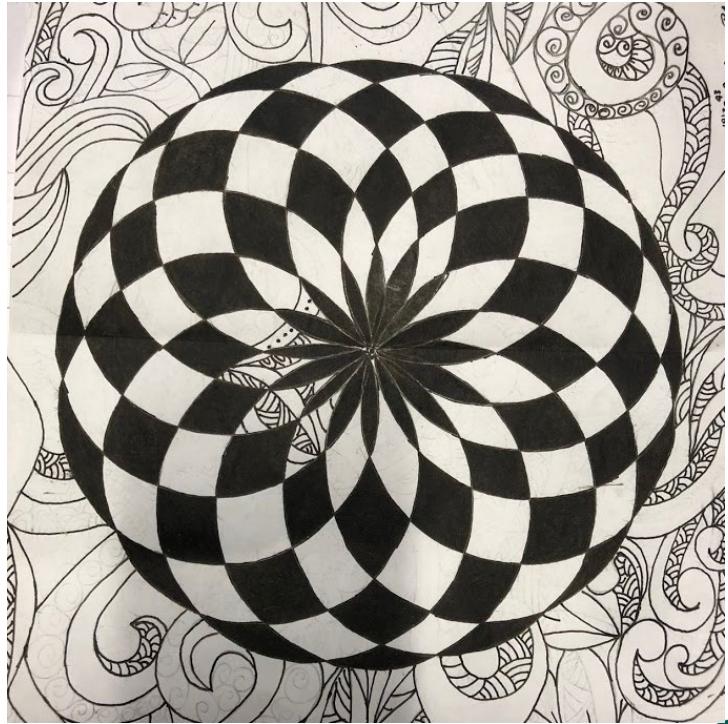
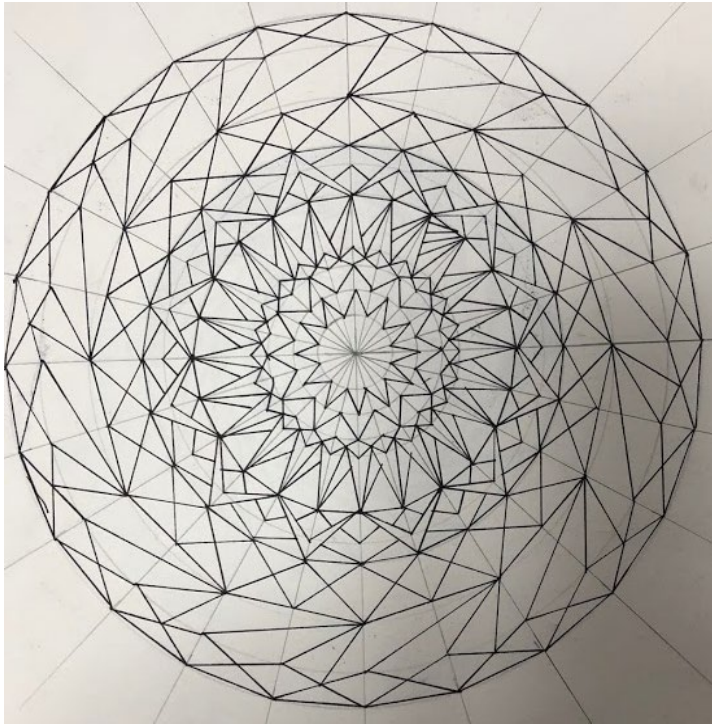


## Relationship





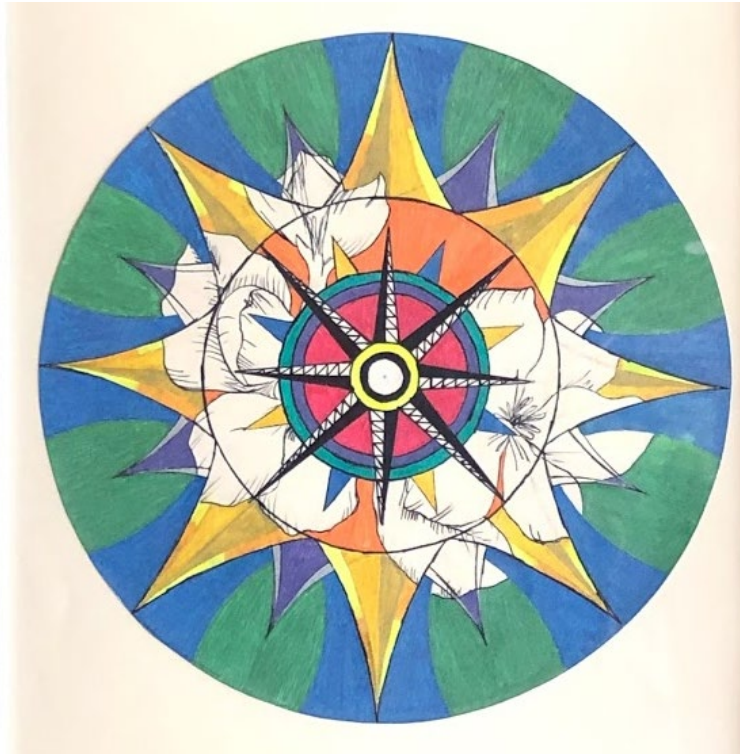




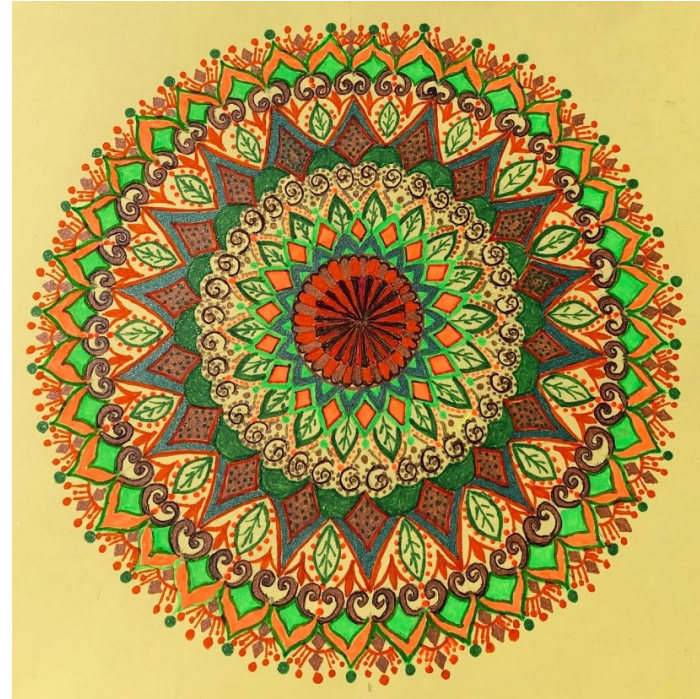
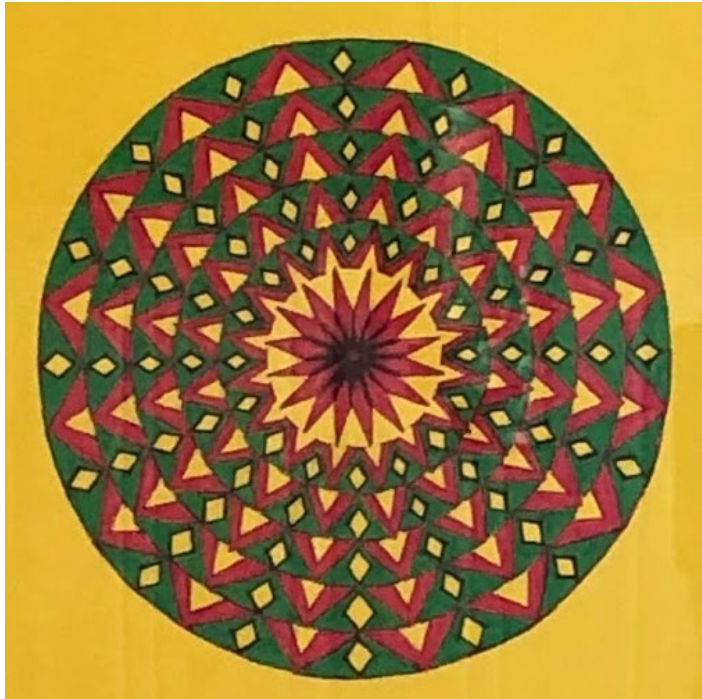






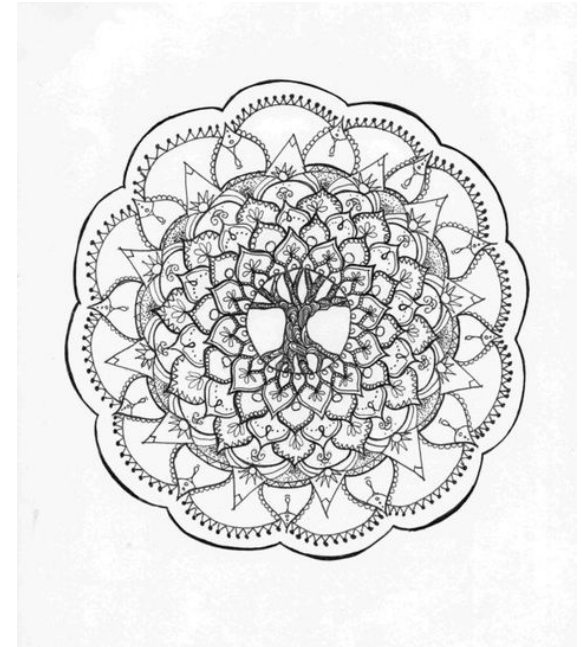






## Seeds from the tree

- Diversity and Culture
- Personal Growth of attendees
- Working towards Financial independence.
- Networking and building an ART loving community



## Testimonials

I am so glad that I participated in meditation mandala! I wish I had gone to the class sooner. When I first came into the class, I was super nervous because I didn't consider myself an artist, but everybody was so helpful that it made it so easy to learn. I caught on to mandala fast, and I realized that anyone can be an artist. Mandala has been so peaceful to do, and I love learning different things to draw. Sometimes I get caught up drawing for hours just calming my mind. I have loved this experience and all the people I have met along the way!

-Peyton Densford



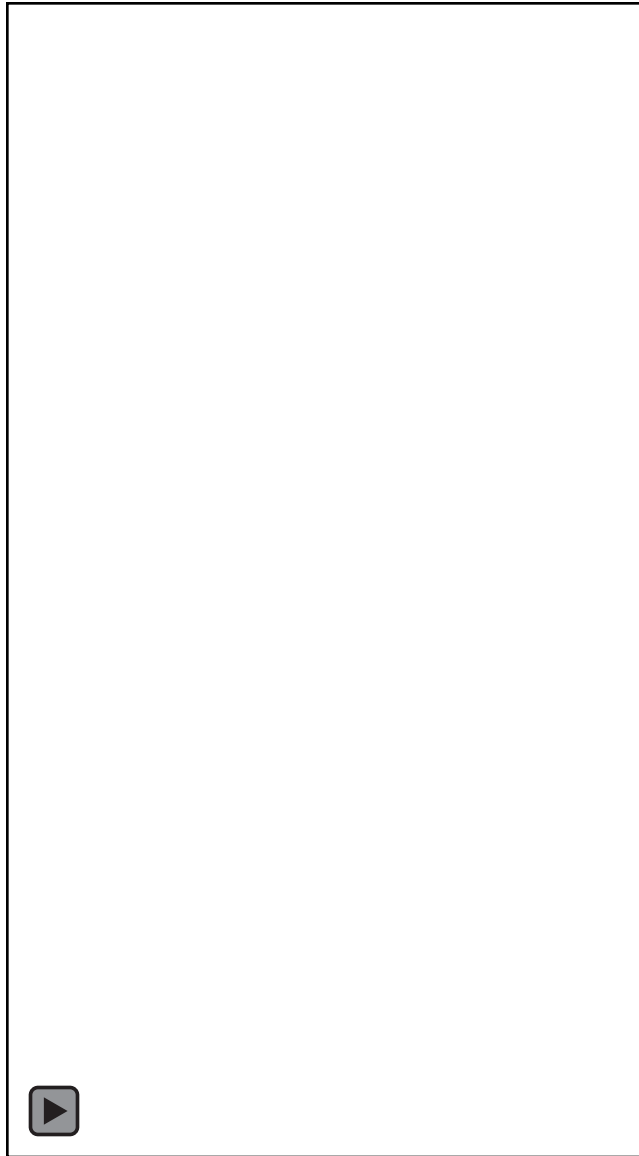
## Testimonials

I have been coloring Mandalas for many years. It gave the whole pattern new life. After going through traumatic health crises it's very hard to find peace and equanimity. There is always fear and unsettling feelings one goes through. During such time I came across this class offered by library and Revathi was conducting this class. I immediately joined the class. It was wonderful experience to start with meditation for few minutes and then make your own mandala design. It was challenging at the same time very creative and calming experience. I got so engrossed in the creative part that hours flew by and with it my worries and dark thoughts. It made me calm and so invigorating. Many times I forgot to get up from my chair. I never knew I could create a piece of art and it brought immense satisfaction.

- Dipti Shah

Cancer Survivor

# Testimonials



# Questions?