

About the Facilitator

Lyn Ryan

Lyn Ryan works has approximately 17 years' experience as corporate trainer, technical writer, business analyst and consultant. She is also a qualified secondary school teacher.

Along with a lifelong passion for art, she has been making mandalas for about 4 years. Lyn has a deep interest in transformation and personal growth, mythology and Jungian psychology.



Universal Dance Mandala

All mandalas shown here are Lyn's original artworks.

Course Details

Location

OES Hall
23 Railway Street, Wentworthville.

Dates and times

The course will be run over two Sundays, a month apart. The dates are:

- ❖ 2nd October 2005, and
- ❖ 6th November 2005.

The course begins at 9.30 and ends at 4:30 on both days, and includes a lunch break, morning and afternoon tea.

Cost

The cost for the 2-day course is \$165.00 including GST.

Contact Details

Places on the course are limited, contact Lyn on 0414223347 to book.

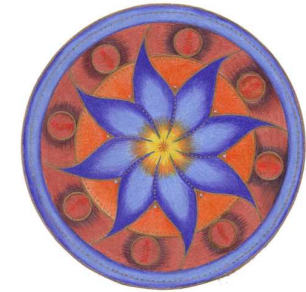
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Exploring the



Mandala

- ❖ Need some space to explore your inner world?
- ❖ Would you like to try the healing experience of mandala-making? (No artistic expertise required)

Join like-minded people in exploring the mandala as a path to growth and personal development.

The 2-day Exploring the Mandala course will give you an opportunity to learn about mandala traditions, reflect on colour, number and shape symbolism, find out about the links between Jungian psychology and mandala making and spend time drawing and interpreting your own mandalas.

'I knew that in finding the mandala as an expression of the self I had attained what was for me the ultimate.' Carl Jung

What is a mandala?

Mandala is the Sanskrit word for circle. Commonly, a mandala is a circular drawing made in a ritual way to contain the mandala-maker's thoughts, reflections, ideals, dreams, symbols and psychological state of mind.

A mandala can be viewed as a psychic totality, a symbol or reflection of the self. It can be viewed as a reflection of your consciousness at the moment of drawing.

The mandala, the outer circle, can be regarded as the container. Within this container, the mandala-maker draws the pictures or words, the colours, symbols, icons, numbers or textures that are appropriate and potent for themselves at that time. The contents of the circle are uniquely meaningful to the mandala maker, and can be interpreted in the same way that dream symbols can be read.

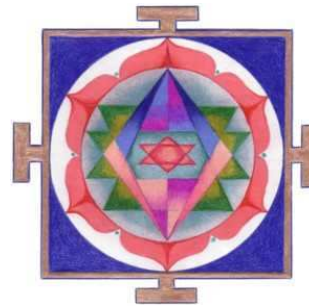
Why a circle?

The circle is a universal human symbol, found in all the world's great spiritual and religious traditions.

It is a shape without beginning or end, thus representing wholeness, unity, the centre, the Self, totality, eternity, infinity, timelessness, cyclical reoccurrence, the universe and God. It can represent the entirety of both the inner and the outer world.

'Making a mandala is a discipline for pulling all those scattered aspects of your life together, for finding a centre and ordering yourself to it. You try to co-ordinate your circle with the universal circle.'
Joseph Campbell

Why draw a mandala?



Pink Flower Yantra

Drawn mindfully, the experience of making a mandala may be healing, comforting, restorative, confronting, reassuring, shocking, funny, sad or inspirational.

James Joyce wrote in *Ulysses*: 'Any object, intensely regarded, may be a gate of access to the incorruptible eon of the gods.'

So it is with a mandala. Studying your own mandala drawings can be an opportunity to encounter your self and uncover some of the mysteries of your own psyche.

Mandalas can play a part in both healing and transformation for all mandala-makers. Some believe that the meditative experience of drawing a mandala not only helps to heal the mandala-maker, but can also work for greater good, for all the life on the planet.

'It became increasingly plain to me that the mandala is the centre. It is the exponent of all paths. It is the path to the centre, to individuation.' Carl Jung

About the course

The 2-day course has both a theoretical and a practical component. Topics covered include:

- ❖ What is a Mandala?
- ❖ Mandala Traditions
- ❖ Mandala Symbolism (colours, numbers and pictures), and
- ❖ Interpreting your Mandalas.

The course also offers space for guided meditation, mandala-making in a media of your choice and sharing, reflection and interpretation.

What is provided?

Included in the cost of the course, each participant will receive a comprehensive set of notes including original artworks and detailed references.

Light refreshments including coffee, tea and biscuits are available on the day at no cost.

Please bring or buy your own lunch. There are shops only a short distance from the course location.

What do I bring?

Bring some drawing paper and drawing media. Suggestions include coloured pencils, crayons or oil pastels. You may also like to make notes, so bring writing paper and a pen.

Who can come?

All interested people over 18 years are welcome.
No art experience is necessary.