

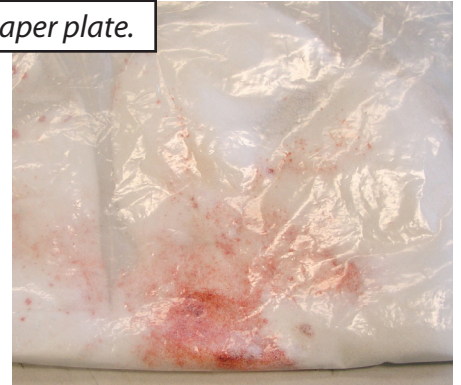
# How to make a sugar mandala



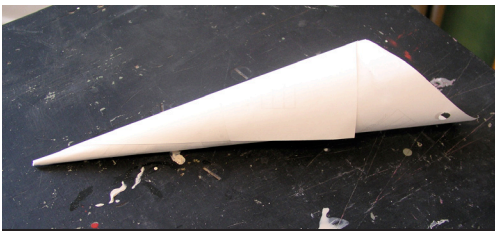
Tibetans have created paintings with sand for 1000's of years. Called mandalas, they help the artist and viewer meditate. Losang Samten makes them as a way to bring peace. (Here he is shown at the Erie Art Museum.) Most artists train for years, but you can get a taste of what it is like with simple household items.

To learn more go to [losangsamten.com](http://losangsamten.com) or [folkartpa.org](http://folkartpa.org)

- You'll need sugar, ziploc bags, food coloring and a paper plate.



- Put one drop of food coloring into a bag with 1-2 cups of sugar. Knead the bag so the sugar gets colored evenly. Add another drop of coloring if you wish, but be careful; too much food coloring makes the sugar moist and harder to work with.



- Tip the funnel just a bit and tap it to make the sugar come out



- Or use a sponge to make clean lines...

- You can make a funnel out of a piece of paper. If you make the hole really small you can better control the sugar.

**Sand (or sugar) mandalas are not supposed to be permanent!**



They keep us humble.

They remind us that nothing lives forever.

Traditionally mandalas are swept up and returned to the earth.



- When you are done, peacefully pour your mandala outside.