



VARAAZ ARTS

MANDALA FRIDAYS — SESSION NOTES

# Mandala Fridays The Journey So Far

*Three sessions. Three revelations.*

*One continuous thread guiding you toward the deepest truth about yourself.*

*A 30-minute weekly journey into the ancient wisdom,  
sacred meaning, and healing power of Mandalas.*

By Varalakshmi Bharanidharan | Mandala Artist & Art Therapist | June 2026

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Every Friday evening, a small group gathers online.

Not to follow a tutorial. Not to replicate a pattern. But to feel something ancient — and to begin seeing themselves in it.

*Mandala Fridays is a free weekly series where each session carries one story, one insight, one lived experience — and one question that stays with you long after the call ends.*

This document is a detailed companion to the first three sessions — for everyone who was there, and for everyone who is finding this journey for the first time.

## SESSION 1

# The Architecture of Mandala — With Dhyana Sloka

29th May 2026 · 8:00 – 8:30 PM · Live Online



Session 1 Poster — The Architecture of Mandala with Dhyana Sloka

We began with one of the most powerful stories in Hindu tradition — **Samudra Manthan**, the great churning of the cosmic ocean.

The Devas and Asuras churn the ocean together. And as they churn, things keep emerging — jewels, a divine elephant, the goddess Lakshmi, the deadly poison Halahala, and finally — *Amrit*, the nectar of immortality. Not everything that comes up is easy. Not everything is beautiful. But the churning does not stop. Because what is waiting at the end of the process is nectar.

*This is exactly what the journey of creating mandalas and sacred geometry is.*

Every time you sit down to draw, you are churning. Different things keep coming up — patience, frustration, focus, surprise, beauty, stillness. Each one is part of the process. You do

not stop. You keep creating. And in that continuous act of creation, you begin to find your own nectar — your own insights, your own identity, your own inner world rising to the surface.

And ultimately — this entire journey is witnessed as an art form. What you create holds everything that came up during the churning. Every stroke, every pattern, every circle drawn is a reflection of you. **The mandala you make does not just look beautiful. It looks like you.**

Mandala and sacred geometry art is not just decoration. It is a language. A learnt language. And like any language, it opens up a world you could not access before you knew it. This series is your entry into that language — so you can use it as a tool, go on this journey, and experience what emerges from within you.

We then chanted the **Dhyana Sloka** together — not as ritual, but as resonance. To feel what it means to begin a creative journey with intention and awareness.

#### ◆ FLOWER OF LIFE MANDALA BREATH

The session closed with the Flower of Life Mandala Breath — a guided breathwork experience created from the geometry of the Flower of Life itself. As the pattern opens petal by petal on screen, you breathe with it.

Inhale · 3 counts

Hold · 3 counts

Exhale · 3 counts

Nine seconds. One complete breath. One living flower. A small taste of what it feels like to be inside the mandala — not just looking at it.

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*What might be waiting to emerge from within you — if you keep churning?*

## SESSION 2

# The Mandala Is the Poorna Mantra — The Mathematics of Wholeness

Live Online · 8:00 – 8:30 PM

## THE MANDALA IS THE POORNA MANTRA

<p><b>1</b> ॐ पूर्णमदः — THAT IS COMPLETE = THE BINDU, THE FIRST DOT.</p> <ul style="list-style-type: none"> <li>• Before you draw anything, you place one dot at the centre.</li> <li>• That dot is Purnamadah — the invisible divine. The unmanifest.</li> <li>• The entire universe is hidden inside that one point.</li> <li>• You cannot see it yet. But it is whole. It is complete.</li> <li>• That dot is God before creation.</li> </ul>	 <p style="text-align: center;"><b>THE BINDU</b> Invisible. Unmanifest. Whole. Complete.</p>	<p><b>THE MEANING</b></p>  <p>The source. Before creation. Unseen. Yet everything is within it.</p>	
<p><b>2</b> पूर्णमिदं — THIS IS ALSO COMPLETE = THE FULL MANDALA. EVERYTHING VISIBLE.</p> <ul style="list-style-type: none"> <li>• Every circle, every petal, every pattern you draw outward — that is Purnamidam.</li> <li>• The manifest world. The visible creation.</li> <li>• And just like the invisible dot, the visible mandala is also complete.</li> <li>• Nothing is missing. Nothing is extra.</li> <li>• What you see is as sacred as what you cannot see.</li> </ul>	 <p style="text-align: center;">The Manifest. Visible. Whole. Complete.</p>	<p><b>THE MEANING</b></p>  <p>The creation. Everything visible. Also whole. Also sacred.</p>	
<p><b>3</b> पूर्णात् पूर्णमुदच्यते — FROM THE COMPLETE, THE COMPLETE EMERGES = THE ACT OF DRAWING ITSELF.</p> <ul style="list-style-type: none"> <li>• Watch what happens when you draw a mandala.</li> <li>• The first circle emerges from the dot.</li> <li>• The petals emerge from the circle.</li> <li>• The geometry emerges from the petals.</li> <li>• Layer after layer — each one complete, each one born from the completeness before it.</li> </ul>	 <p>This is not coincidence. Creation works exactly this way. The universe did not break apart to make the world. It expanded — whole from whole, complete from complete. Every time you draw outward from your centre, you are recreating that original act.</p>	<p><b>THE MEANING</b></p>  <p>Creation is expansion, not division. Whole from whole. Complete from complete.</p>	
<p><b>4</b> पूर्णस्य पूर्णमादाय पूर्णमेवानशिष्यते — TAKE COMPLETE FROM COMPLETE — COMPLETE REMAINS = THE BINDU THAT NEVER CHANGES.</p> <ul style="list-style-type: none"> <li>• Add 10 layers — the centre dot is unchanged.</li> <li>• Add 100 layers — the centre dot is unchanged.</li> <li>• Erase every outer layer — the centre dot remains.</li> </ul>	 <p><b>ADD LAYERS</b> The centre remains.</p> <p><b>REMOVE LAYERS</b> The centre remains.</p> <p><b>THE SOURCE</b> Always whole.</p>	<p><b>THE MEANING</b></p>  <p>The source stays whole. Always. Your true self never changes.</p>	
 <p>This is the deepest truth of the Poorna Mantra. And the mandala shows it to you with your own hands. <b>Your core self — your soul — is that Bindu.</b> Life adds layers. Life removes layers. People come. People go. Circumstances change. But the centre — YOU — remains complete. Always.</p>			<p><b>WHAT THE MANDALA TEACHES</b></p> <ul style="list-style-type: none"> <li>♥ You are not the layers.</li> <li>♥ You are the centre.</li> <li>♥ You are complete.</li> <li>♥ You always have been.</li> <li>♥ You always will be.</li> </ul>
<p style="text-align: center;">ॐ शान्ति शान्ति शान्ति PEACE. PEACE. PEACE.</p>			

## Session 2 — Poornamadam Poornamidam

One ancient verse. One geometric truth. One revelation that changes how you draw — forever.

*Poornamadam Poornamidam Poornat Poornamudachyate*

*Poornasya Poornamadaya Poornameva Vashishyate*

That is whole. This is whole. From wholeness, wholeness comes.  
Even when wholeness is taken from wholeness — wholeness remains.

This session unfolded across four teachings:

**The Bindu — The First Dot.** Before you draw anything, you place one dot at the centre. That dot is Poornadam — the invisible divine. The entire universe is hidden inside that single point. You cannot see it yet. But it is whole. It is complete.

**The Full Mandala — Everything Visible.** Every petal, every circle, every pattern you draw outward — that is Poornamidam. The manifest world. And just like the invisible dot, the visible mandala is also complete. Nothing is missing. Nothing is extra. What you see is as sacred as what you cannot.

**From the Complete, the Complete Emerges — The Act of Drawing Itself.** Creation works exactly this way. The universe did not break apart to make the world. It expanded from whole to whole, complete from complete. Every time you draw outward from your centre, you are recreating that original act.

**Take Complete from Complete — Complete Remains.** Add 100 layers to your mandala — the centre is unchanged. Erase every outer layer — the centre remains. You are always the centre. Always whole. Always complete.

*What the Mandala teaches: You are the centre. You are complete. You always have been. You always will be.*

**◆ FLOWER OF LIFE MANDALA BREATH**

The Flower of Life Mandala Breath held a different quality in this session. When you know that every breath is already whole — the breathing changes. The inhale does not feel like reaching for something. The exhale does not feel like losing something. Both are complete.

Inhale · 3 counts

Hold · 3 counts

Exhale · 3 counts

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*Where in your life have you been waiting to feel complete — when the Bindu inside you has always been whole?*

## SESSION 3

# Tattva Srishti — The Five Elements Hidden in Every Mandala

5th June 2026 · 8:00 – 8:30 PM · Live Online

Varaaaz Arts  
EXPERIENCE YOUR MANDALA

◆ FREE TO JOIN ◆

## MANDALA FRIDAYS

*A 30-minute weekly journey into the ancient wisdom, sacred meaning, and healing power of Mandalas.*

THIS WEEK'S TOPIC

### TATTVA SRISHTI

*The Five Elements Hidden in Every Mandala*  
◆ Pancha Bhutas — Earth · Water · Fire · Air · Space ◆

DATE	TIME	FORMAT
5th June, Friday	8:00 PM – 8:30 PM	Live Session Online

**DISCOVER**  
The element hidden in your drawing style

**CONNECT**  
Ancient Vedic science of Pancha Bhutas

**EXPERIENCE**  
A deeper understanding of your mandala

*Open your heart. Center your mind.  
Explore the Mandala Drawing with us.*

◆ FREE SESSION – ALL ARE WELCOME ◆

VARAAZ ARTS | EXPERIENCE YOUR MANDALA

Session 3 Poster — Tattva Srishti · Pancha Bhutas

*Tattva Srishti* — Creation Through the Five Essences.

The **Pancha Bhutas** — Earth, Water, Fire, Air, and Space — are not just elements of nature. They are the five original building blocks of everything in existence. The body you live in. The emotions you feel. The thoughts you think. The art you make.

And in this session, we discovered something that stopped everyone:

*Every mandala pattern already speaks in the language of these five elements. You have been painting the elements all along. You simply did not have the words for it yet.*

**Square**

**Earth** — grounded, stable, rooted

**Wavy line**

**Water** — flowing, adaptive, feeling

**Triangle**

**Fire** — sharp, transformative, rising

**Arc**

**Air** — light, expansive, free

**Empty circle**

**Space — Akasha** — the silence that holds everything

Each person in this session was invited to notice which element they reach for most naturally in their drawing. That instinct is not random. It is your nature speaking through your hand.

#### ◆ FLOWER OF LIFE MANDALA BREATH — THROUGH THE FIVE ELEMENTS

The breathwork took on an elemental dimension in this session — experienced through the lens of the Pancha Bhutas.

Inhale · Space opening

Hold · Earth steadying

Exhale · Water releasing

Three counts each. The elements breathed through you.

Attendees asked for a written pointer sheet to carry these insights into the week — and it was sent to the group after the session.

*Which element are you — and what is your mandala telling you about yourself?*

THE THREAD THAT RUNS THROUGH EVERY SESSION

## About the Flower of Life Mandala Breath

Every Mandala Fridays session is carefully crafted as a complete experience — not just a teaching, but a journey. Each session carries one story, one insight, one lived experience, and one question that stays with you.

At the heart of every session is the **Flower of Life Mandala Breath** — a breathwork practice created from one of the oldest sacred geometry patterns known to humanity. Found in the Temple of Osiris in Egypt, in Leonardo da Vinci's notebooks, and in ancient Indian temple carvings, the Flower of Life is a pattern of overlapping circles, each born from the centre of the last — endlessly creating, endlessly whole.

The **Flower of Life Mandala Breath app** was created from this geometry — so that you don't just see the pattern, you breathe it. You become it.

*This is not just a breathing exercise. It is a practice of becoming the mandala — not just drawing it.*

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#### COMING UP

### **Session 4 — Drawing Mandala: Science and Human Physiology**

Friday, 12th June 2026 · 8:00 – 8:30 PM · Live Online

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### **Session 5 — Mandalas as a Tool for Everything**

Friday, 19th June 2026 · 8:00 – 8:30 PM · Live Online

## Join Mandala Fridays

Every Friday at 8:00 PM · Free to join · All are welcome

One session. One story. One insight. One lived experience.

*Open your heart. Centre your mind. Explore the Mandala with us.*

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