



Varaaz Art

Presents

*parikarshana*

MANDALA ART

EXHIBITION - APRIL 2019

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at  
ART HOUZ

#123, STERLING ROAD,  
NUNGAMBAKKAM, CHENNAI 34

Thanks is a small word, yet, is much heart filling!

**'Parikarshana'** has been a wonderful art journey to me over the recent 2 years.

With all gratitude, I thank those who have made this possible.

**My little champ: 'Arjun'** who was the start-point for my work on Mandalas!

**My Parents** who have been much inspiring and supportive to me in this venture!!

**My Life Partner** has been my ladder in climbing to the next stage of life and profession!!

**Friends & Family** - 'they are always around to appreciate and hold-hands'.

**The writer**, my friend - who has worked along to get my thoughts on paper!

### Why I chose to work on the Eight Mandalas that relate to Lalitha Sahasra Namam:

- *These Nama's depict a person's state of mind in today's world*
- *In a world where everybody is searching for peace elsewhere, these Nama's tell us that - We need to look into ourselves (introspect); Meditate on a single thought which will lead us to peace and happiness*
- *These Nama's were not hand-picked but, came to my creative process as I was meditating. This is the power of Mandalas!*



### Dukhahantri

The Divine Mother dispels sorrows of her devotees. Samsara is the cause for sorrows. Samsara means getting affected by attachments and desires. Samsara is like the ocean. If one plunges into this ocean, it is difficult to swim across to the shore. The divine mother is the one and only who can remove us from this ocean.



### Niratyayā

The Divine Mother does not transgress her limits. It can be known from the verses of Sri Lalitha Sahasranama that she functions as per the laws of karma. The laws of karma are enacted by her, and she does not cross the boundaries set. She is eternal.



### Sukhapradā

The Divine Mother bestows happiness. When sorrow is removed what remains is happiness. But, the happiness that the divine mother confers is eternal, which means that she removes the devotees from the cycle of rebirth. This is considered as one of the best boons a devotee gets. This eternal happiness is conferred only to the devotees who have realised the 'self' and its source.



### Dushtadoorayae

The Divine Mother can never be attained by sinners. They can never achieve eternal happiness (liberation from rebirth).

# parikarshana

A Mandala Art Exhibition  
of conceptualized Mandala paintings

## ABOUT THE SHOW

### What is Mandala Art?

Mandala is a Sanskrit word denoting a "circle" that symbolically represents the 'Universe'. In Hinduism, it is a geometric representation. Whereas, in Tibetan Buddhism, mandala is the richest visual object. A mandala epitomizes an imaginary palace that is envisioned in the meditative state. The art's purpose aids in transforming normal minds to enlightened ones. Mandala assists in the healing process through its aesthetic beauty.

The art is spiritual in nature which aids personal development during the human journey. It helps in silencing unnecessary thoughts, enhancing focus, combating anxiety and to create a stronger association with the self (the spiritual being).

### Mandalas at Parikarshana

Every Mandala at Parikarshana is made with diligence and detailing. It clearly portrays spiritual presence with a highly coordinated pleasantness within. Each work of art at display communicates different significances that is dependent on the viewer's perception. The Mandala's presented here have their journey of outcome related to philosophical nature.



Artist. Varalakshmi Bharanidharan

## About the Artist

The thirst for difference, novelty and inspiration drew me to Mandala Arts. Varaz Art is my initiative, where I help art aspirants seek and look into deeper perspectives of Mandala Art. My creations of mandala are hand drawn and hand painted.

Being an artist, the connotation and magnitude seemed completely unique in this category of art. As this form of art deals with human psychology, I found more enthusiasm and positive vibe while working on my paintings. Today 100 plus creations have been completed. Mandala Art is therapeutic in nature. I acquire a soul filling satisfaction with the art form as it personally connects the life dots, reflects the mind of the creator and is highly meditative.

Year 2015 was at turn point for me as I completed course in Fine Arts BFA from Bharati Kala Kendra, Lucknow and exhibited my work at IPA Gallery, Gurgaon.

No. of group exhibitions - 2.

## CERTIFICATIONS

- Certified Mandala Artist with 100 completed Mandala's at True North Arts (Ref:) [www.100mandalas.com](http://www.100mandalas.com)
- Certified Life Coach in Art Therapy



## The Elements of Nature!

*The five elements of nature - 'Pancha Bootha' - are represented by Earth, Space, Fire, Water and Air.*

*Within the 'Earth' exists green - which is a depiction of Life.*

*Greenery bears red - which associates to Humanitarian (respect).*

*Inside 'Space' exists shades of red - representing Passion.*

*'Fire' sustains orange symbolizing Energy (water).*

*Within 'Water' exists traces of red representing Power.*

*'Air' in general surrounds the Earth.*



### **I Am A Happy Flower!**

*The heaven surrounds this earth which is composed of the four directions (South, North, East and West).*

*The four directions are composed of four emotions viz., kindness, compassion, sympathy and equanimity. As all these unite, the being becomes a bright flower glittering as 'you' in this beautiful world.*

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**Writer :Vani Pradeep**

### **About the Writer**

The Love for writing has laid a long journey in my career. From being a creative writer, to a Global Communications Specialist (at Cognizant) to being an inspiring International Poet, my writing work has sailed across the oceans to Jamaica, Canada and Denver. Till today, 60 + write-ups in dailies and fashion magazines in India; Poems published in 'Lucienne Lovelette The Arts Magazine Collection International' (LLTAMCI) - a Jamaican fine arts magazine; IFLAC Peace Anthology and ARS Artium – both International Literature Journals and Motivational Talks on 'Co-Op Radio'100.5 FM, Vancouver. Peace poem - 'A World of Peace: Not Pieces' was exhibited at the World Peace Exhibition in Canada during March - April 2016.

Year 2017 was a turning - point for me as I completed a Diploma Course in Fine Arts (Canvas Painting) and exhibited my work.

Other Accomplishments:

Founder - WNG (World Networking Group)

Author - The Voice from within

**- Vani Pradeep**



### 'I' – The Lotus:

*The being in a human elevates with regular practice of the Padmasana - the Vajra position. Overcoming layers of emotions, as he heads forward in time, man brings to himself a realization.*

*He then radiates to a level that is unexplainable, beyond the aura and where the soul radiates positive energy which is the 'golden glow light' of his very being. This entire significance of a man's transformation travels from a point of internal combat, leading to acceptance, gaining strength and power after acceptance and getting to a state of passion for realization.*



### A Vision:

*Focus your vision like that of a tiger's eye. Achieve your destiny. This mandala transmits a white tiger's spirit energy.*

*The eye in the middle of the intersecting circles bearing three parts represents 'inner vision' = 'unity' (physical), 'spiritual sight' = 'service' (spiritual) and 'higher knowledge' = 'recovery' (mind).*

*These exist within the circle where the circle represents 'harmony' and 'wholeness'. A circle indicates circular form of energy which is never ending.*



### I Am Radiating Energy:

*You are the triangle.*

*Be an individual who holds head high;*

*Hold it as light as feather.*

*Achieve plenty!*

*'Emotion' and 'intuition' (the two lower ends of the triangle) flows to an individual through the seed of life (the center flower). This aids the individual to connect with the higher self leaving behind the imperfect, incomplete being in him. Thus, the process leads to reincarnation, self-discovery of the soul within and realizing the super power.*

*'Mother' depicted by the Shree Yantra is the all-encompassing power of the earth which holds together the galaxy.*

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### Meditation & The Relief:

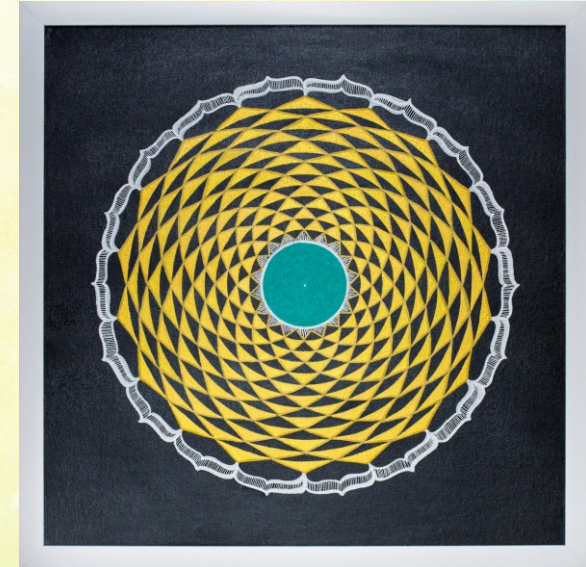
*The surface of this earth is the most ideal proof of human existence. A place of worship as it bears all of us. We in-turn should connect to this diva through yoga and meditation which will elevate us to more balance, endurance and physical strength. Also placing oneself in a meditative state on the very earth – 'Bhooma Devi' - will relieve us from the state of stress. This will create a pathway that connects us with cosmic energy.*

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### I'm A Geometric Plan

*The 'Flower of Life' depicts a wholesome circle which is the bigger picture of 19 overlapping, interconnected circles. There are several points connecting each circle to its family of circles which refers to a symbol of concentrated energy. A person's goal starts off from this point and radiates to the entirety of the flower. The symbol belongs to Sacred Geometry which presumes that life entirely belongs to a geometric plan/ structure. It portrays the cycle of creation.*



### So Many Petals...!

*'Sahasrara' means 1000 petals of a lotus which relates to complete consciousness. It signifies a person's crown chakra and the totality of oneself. The consciousness here is related to 'Divinity' and 'Enlightenment'. The several points joining each petal here, relates to God and Unity.*

*Significance of the Lotus: 'Just as the lotus can never be affected by soils dirt, so also the soul cannot be troubled by dirt of the body' - as demonstrated by Gautama Buddha.*

*The lotus also has all powers to break the physical barriers which bind its rise. Thus, portraying that pure consciousness of a human will give him the potency to upsurge.*

*A lotus has 1000 differently coloured petals. A yogi reaches zenith of his consciousness when Kundalini energy travels to the Sahasrara chakra through the lower chakras. At this point, the yogi's consciousness unites with consciousness of the cosmos. At this stage, the yogi can leave the body (physical state) and unite with supreme consciousness.*