

Pranava



Varaaz Arts
EXPERIENCE YOUR MANDALA



ACKNOWLEDGEMENTS

In a big world of grace, gratitude and help, A small word of 'Thanks' creates a huge impact! 'Pranava' – which is Edition 2 of Varaaza Art Show, April 2022, has taken me through depths of research and the lengths of Mandala discovery. Sacred geometry and the 5 feet mandala creation is one of the top most features of this show.

Here I take pen and paper to thank all those who have been pillars in making this happen!

Thanking is a Beautiful Art of Life...

My Parents, My in-laws and My sisters -have well encouraged me from the start of my career as an artist till date and been inspiring for success.

My Life Partner - **Bharanidharan**, understood my talent and has been my very inspiring, and supportive pal through this beautiful voyage. His perspective of living life and caring has given me a new dimension to achieve for whatever I am.....

My little champ: 'Arjun' who was the start-point for my work on Mandalas and travels with me on my works!

The content writers - **Rajesh M Krishnan** (Content Consultant, Healer) and **Vani Pradeep** (Author 'Soul Feeder', International Poet, Content writer), who have given verbal representations to the creatives and brought specific focus to the entirety of the subjects dealt with-in...

My student **Bhavana Muralidhar** who has dedicatedly imbibed the depths of art through the basic and advanced Mandala courses I have taught her and risen to the level of displaying her works in this show!

Ms Subhadra for being my digital consultant and building the brand design around the whole concept.

Many of my friends from college who have become my followers, my students and been around to give their upright reviews on my works over the 4 years now.

With Love,

Varalakshmi Bharanidharan





ABOUT THE SHOW

A Mandala Art Exhibition of conceptualised mandala paintings infusing sacred geometry.

Art.....

Almost everyone has a different perspective about it. The first reaction when someone meets an artist is that of awe and wow. The most common thoughts or words which come to one's mind are... creativity, theme based, colours, vibrant landscapes/ portraits, undecipherable, unintelligible.

Mandala Art is mostly associated with concepts or connected to awareness, energies, evolution, introspection, guidance, purpose and so on.

Here is a Mandala Art form with a difference and a show that showcases its true and unique facets!

Mandala Art incorporating Sacred Geometry

Mandala art is about circles and symbolises cosmic, spiritual sense of self and Universe, which evolves to oneness and revolves around a centre which is the source of creation.

Sacred Geometry is all about the concept that there are shapes and forms which form the fundamental templates for life in the Universe.

In combination, Mandala and Sacred Geometry forms a potent blend of art with an intuitive and imaginative expression.

Artists Varalakshmi and Bhavna, have exhibits at 'Pranava', which incorporate the true elements of traditional Mandala and infused the concepts of Sacred Geometry. The result - a truly stunning array of paintings which have deeper meanings and connects to energies as well as the Universe than our casual senses would imply.

To understand these paintings better there are some basic interpretations to the paintings which have been done. This is basically to kick start the thought process of connecting the paintings with the self and the Universe and branch off into higher/ alternative interpretations.

These interpretations can create self-awareness and initiation of thought process into self as well as the world around to create a better understanding of life.

This art show aims to increase the awareness of Mandala Art and Sacred Geometry to all who are insightful. No prior knowledge of art is required to enjoy this art form. Understanding of basic patterns and their meanings, the colours and their implications and the connections they form, are enough for one to have their own interpretations, in which there are no rights or wrongs.

To enjoy this exhibition and the art form in its true senses, the creators suggest and encourage the visitors to spend time with each exhibit and try to connect the paintings with their deeper self.

A classic 5 feet Sacred Geometry Mandala; Conceptualised art work created using music frequencies, themes and life force emanating from the centre; Signature mandala works that project water and fire, red mud theory as well as philosophy are all major attractions of this show. This is a must-visit-and-watch-art-show!

Thus, your understanding will start forming!

Further to this, the artists aim to hold workshops, classes for different age groups so as to spread this beautiful art form to bring about a sense of purpose to the people and the Universe at large.

HOW TO OBSERVE THE MANDALAS

Zero we begin with a history of the same points that are at the center of the mandala. From there, geometry tells the story how shapes take shape. The zero dimensional point enters the first dimensional community through the addition of another point to create a line. By adding a third point to the mix, you get 2 dimensions. Things get deep, so to speak when 4 points came together, creating 3 dimensions. After a tour to the

shapes , would enter the realms of patterns, which will enhance your appreciation of the shapes you just visited.

POINTS IN COMMON

It would seem that structured things do not exist without center, a point around which they are organised. Material form is composed of particles that appear to revolve around the nucleus. Conversation go nowhere without the point and indeed , without a point our own lives might seem meaningless.

But can we find the exact point, the exact center, of anything? Physics shows us that when observing the tiniest particles at the highest magnification, we find space filled with the potential for existence of things.

The basic shapes we infused in our art as follows



ABOUT THE ARTIST

My INSPIRATION "Peace" is so un-materialistic in nature but every living being strives to achieve it, in one or other form, I always had a craze to do things differently and this inspired my interest in Mandala Arts. Around Five years of experience and completing a course in Fine Arts BFA from Bharati Kala Kendra, Lucknow in the year 2015, there is no looking back, today I have three plus hundred creations to my credit and have rich expertise in Conceptual mandala arts infusing sacred geometry. All my creations are hand drawn, hand painted and mostly pen, pencil and canvas works, with some monochromatic Mandalas in the same series with watercolour and pen. The artist is based out of Chennai.



Varalakshmi Bharanidharan
Artist & Therapist

Why I choose MANDALA ART?

I love art and wanted to stand unique and give a strong message through my work and nothing better than Conceptual Mandala arts could have been my choice. The connotation and magnitude seemed completely unique in this category of art. As this form of art deals with human psychology. I found a more enthusiastic and positive vibe while Working on my paintings.

SCIENTIFIC INSIGHT

Geometric shapes or circle's art which has been an enriching experience. The main idea is to connect with one's own consciousness and find peace with all the lingering thoughts. It is one of the best ways to connect with yourself and can reach higher planes of existence and eventually radiate those positive vibes. Conceptual Mandala art has the capacity to translate complex mathematical expressions into very simple shapes & forms thereby helping us understand how the basic patterns governing the evolution of emotions in us, can work out in the most beautiful way.

CERTIFICATIONS

- Mandala Artist with more than 300 completed Mandalas @100mandala.com
- Certified Life Coach in Mandala Art Therapy
- Mandala Researcher

WHAT IS MANDALA?

Mandala represents a circle in Sanskrit language. Mandala Actually is a joint of 2 words “Manda” meaning essence and the “LA” means container, which translates to container of essence. Mandala signifies that every wave has a centre, around which the action takes place. We can compare the centre to life around which all things revolve. True to its name, Mandala art is all about representation of the cosmos, the Universal energies, the self and the balance within the circle. There is only evolution!

Sacred Geometry is referred to as the “Art of the Universe” and is found all through the natural world. It is also one of the very few forms that appeal to and balance the left and the right brains. It is the art and science which connects us to the cosmos. Sacred Geometry reveals the source creation of the universe, and the evidence can be seen in the natural world around us.

Observing Mandalas and in conjunction with Sacred Geometry can give us a deeper understanding and spiritual meaning of the nature and Universe, which in turn aligns the soul and spirit with the universe and helps in developing a greater sense of awareness in yourself as well as in your spiritual practice.



TITLE : EKAM ADVITYAM

CATEGORY : SIGNATURE MANDALA

SIZE : 4.5 FEET BY 4.5 FEET

Varaaz Arts

At the centre, in blue is the 'Flower of life' appearing in a hexagon shape. The flower of life represents the blueprint of the universe - the DNA. This comprises 19 overlapping circles with 90 petals, 54 triangles and represents that all existence, creation, as well as knowledge originated from the same source. You can see this visually, beginning with the centre circle and moving outward with each loop. It represents harmony, connection with Nature and the Universe, a visual depiction of life, and growth.

This lies within a hexagon, the most common shape found in the universe. It is also the most stable and the strongest binding shape in existence.

This is surrounded by the Torus which is a graphical representation of the balance between spirit and matter - this only happens when energy is aligned.

The basic form of the Torus explains the ascent from matter to the spirit or the descent from spirit to matter through a tube of consciousness, energy, or light.

It is believed that an object's energy can only go so far in a single direction before doubling back and returning to its source.

This also represents the ascent or growth of self which is limited within a particular cycle after which it goes into descent and the cycle repeats itself, growing bigger each time as the individual evolves with harmony of energies and balance.

UNIQUENESS of The Creation – The Creative!

This creative represents the harmony of creation, life and the constant balance in the Universe. All creations emanate from the same source and have the trademark DNA (Flower of Life).

This happens – in a calm grounded manner (blue colour) within a powerful framework of stable purpose (hexagon).

All creations then evolve, gain energy and maintain the Universal balance, the positivity (Sphatika) - as it ebbs, flows through crests and troughs in multiple cycles (Torus) represented in pink upward triangles and brown downward triangles while growing in stature all the time (green background).

There is the appearance of a quartz stone, Sphatika - which is a powerhouse of energy and positivity that absorbs, stores and amplifies positive energy. It also wards off negative energy!



TITLE : TATVAMASI - GENESIS OF ABSOLUTE MERGING

CATEGORY : SIGNATURE MANDALA

SIZE : 30 INCHES BY 30 INCHES

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One shrinks in spirituality. As the awareness of self increases and spirituality blooms (the outer flower circles), unwanted exterior layers (multiple circles) start shedding. When the connect starts with spiritual self within a stable calm framework (square in in blue background), the physical and spiritual consciousness merge to become one.

Tattvamasi – You are that (centre)!

Depiction: Tattvamasi (You are that) – merging of the Physical and Spiritual-Self



TITLE : ELEMENTS AND SENSES CONJUNCTION

CATEGORY : CONCEPTUALISED MANDALA

SIZE : 30 INCHES BY 30 INCHES

Varaaz Arts

The 5 elements in nature (centre) provide the foundation of the Universal Energy connect to the beings. When we live with awareness, these work in conjunction with our 5 senses (inner pentagon) in perfect balance providing the protection to our self (outer pentagon) providing a meaningful wholesome calm life (concentric circles in blue).

Depiction: 5 Elements working in Harmony with the 5 Senses



TITLE : ELOQUENCE OF INNER COSMOS
CATEGORY : CONCEPTUALISED MANDALA
SIZE : 30 INCHES BY 30 INCHES

Varaaz Arts

When our inner energy (central circle) takes charge, the confidence (yellow) propels a powerful growth in a contained environment (red circle) spreading out into the vast cosmos (blue with Aum).

Depiction: Growth of inner self



TITLE : EQUANIMITY IN CONTRASTING EQUILIBRIUM

CATEGORY : CONCEPTUALISED MANDALA

SIZE : 30 INCHES BY 30 INCHES

Varaaz Arts

The balance of life is not attained by the colourful phases in life, but by how one perceives and balances it with the seemingly darker phases (black portion). When one is able to appreciate the phases and what it brings to life (circle), the balance attained brings about the serenity and calmness (petals on the periphery) and evolution of self.

Depiction: Balance of Life Created by Ebbing Phases



TITLE : EQUILIBRIAL EMBRYO

CATEGORY: CONCEPTUALISED MANDALA

SIZE : 33 INCHES BY 33 INCHES

Varaaz Arts

Progress in the Universe and living beings is achieved through balance. In living beings, it is about striking a balance between the creative vibrant emergence of fire element in us (Red background) and the calming cleansing water element in us (Blue background). As we dig deeper, we find that at the core of this balance is imbalance and void (the central part) from where the journey towards balance begins through expansion of horizons (multiple layers), reaching the freedom from all binding that hinder growth and balance (8 pointer star). I Ching symbols used for water and fire element adds the grace feel to the whole mandala.

Depiction: Balancing different Facets of Personality

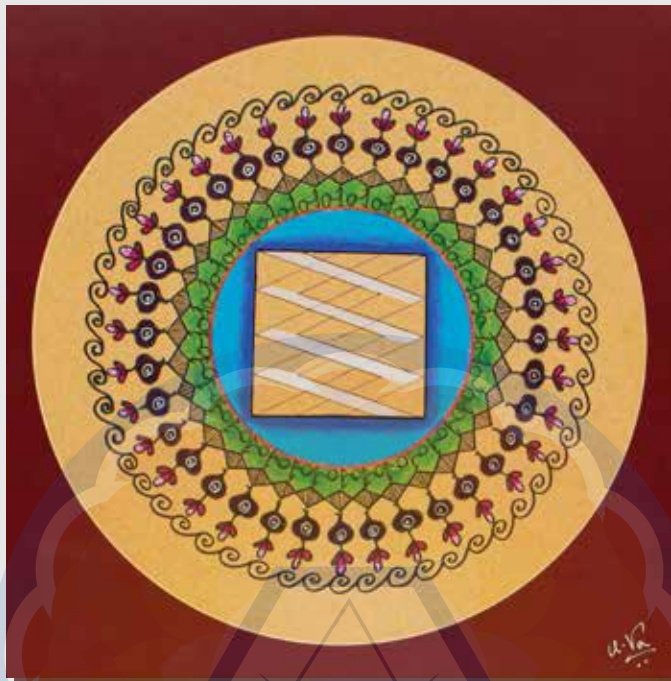


**TITLE : MANDALAS THAT RELATE TO LALITHA SAHASRA NAMAM:
CATEGORY : CONCEPTUALISED MANDALA
SIZE : 36 INCHES BY 36 INCHES**

The centre part of the mandala presented is **INSPIRED FROM THE BOOK SHREE VIDYA ROOPA DEEPIKA BY Meduri Meera.**

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!



TITLE : PANCHAKSHARI AWAKENING
CATEGORY : SIGNATURE MANDALA
SIZE : 15 INCHES BY 15 INCHES

The Panchakshari Mantra – Na-ma-Shi-va-ya (the symmetrical pattern in the centre), acts as therapy for our soul, which in turn energises our self. The re-energized soul awakens into awareness and realisations (spokes from the centre) in the purity of the vast Universe (white background), forming the core of self-expansion.

Depiction: Art representation of Panchakshari Mantra creating Positive Energies



TITLE : CHAKRA LOOP SYNCHRONICITY

CATEGORY : SIGNATURE MANDALA

SIZE : 15 INCHES BY 15 INCHES

The 7 chakras provide energies to our consciousness and activities. When these chakras are kept clear and active (represented in the centre), the energy loop created (torus) perform synchronously to propel the connect of the consciousness with the vast universe(blue border).

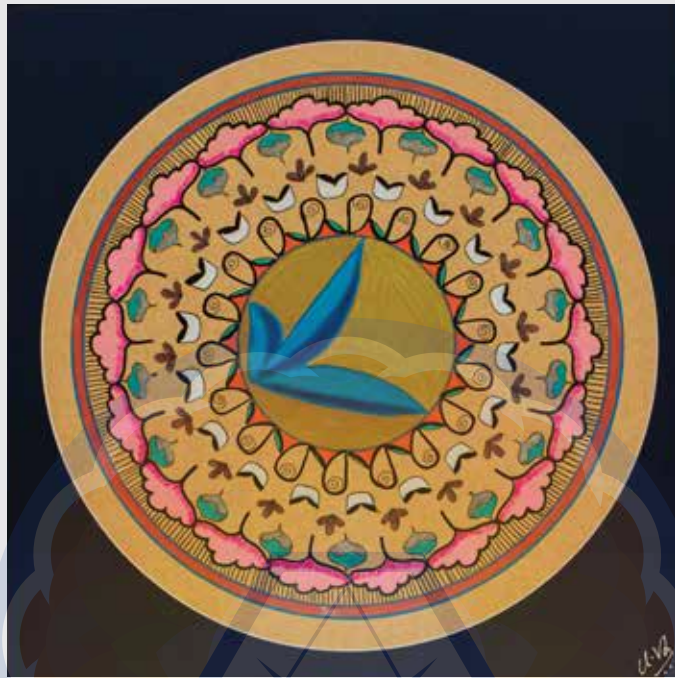
Depiction: The chakras, denoted by the sounds Lam, vam, ram, yam, ham, aum, om have been represented in the art form using akshara sankhya, creating evolving energies.



TITLE : MAHA TRIPURA SUNDARI
CATEGORY : SIGNATURE MANDALA
SIZE : 15 INCHES BY 15 INCHES

The zenith of inner peace and growth (bottom purple triangle) is epitomised by the balance of the consciousness (top triangle – masculinity) and the power as well as energy (the inverted triangle – femininity) tethered at the vertex of the being. This balance is radiated throughout and all round (yin and yang's) accelerating the growth of the being (spirals) with a glowing halo (blue border and outer circle).

Depiction: Balance of Masculinity and Femininity in the self



TITLE : SAGUN TO NIRGUN

CATEGORY : SIGNATURE MANDALA

SIZE : 15 INCHES BY 15 INCHES

In the quest for meaning in life, man balances Sattva (goodness), Rajas (passion) and Tamas (darkness) (represented by Bilva leaf in centre), to conquer different stages in life. This effort takes him through different stages of bright and dark phases and people with balance (concentric circles an Yin and Yang circle) and a realisation of the Universal energy.

Depiction: From life of forms to the formless Universal energy. Bilva leaf is also representation of the word Shiva



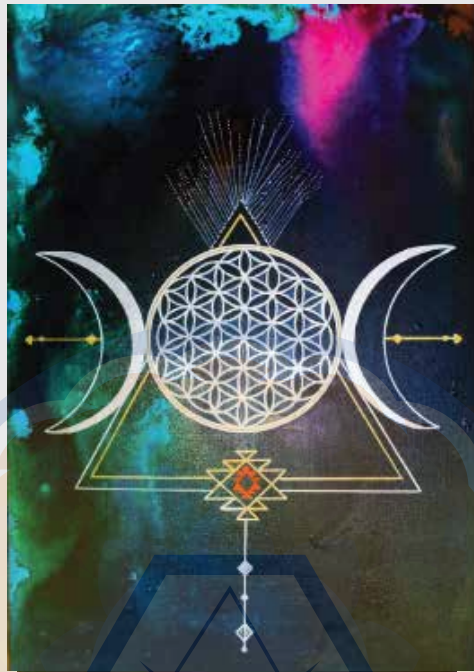
TITLE : PANCHABHOOTHA POLYPHONY IN STABILITY

CATEGORY : CONCEPTUALISED MANDALA

SIZE : 15 INCHES BY 15 INCHES

The 5 elements - Water, Earth, Fire, Space and Wind, in tandem with the conscious growth within a stable solid framework (represented on the hexagon), provide the ultimate harmony (pentagon) with the desired balance (yin and yang) to the self. The resulting positive energies flow outwards in a colourful joyous field (the Outer circles) influencing the universal progress (spirals on the border).

Depiction: The 5 Elements of Nature in harmony with Self, Creating Positivity



TITLE : SEED TO SOURCE

SIZE : 24 INCHES BY 36 INCHES

Every being is spiritual by nature. The blueprint and cycle of life (Flower of Life at centre) is guided by the two components of personality - wisdom and emotion (the 2 crescents), sharpened and protected by the instruments of the Universe (Spears). This is done with harmony and balance (triangle), ultimately directed at the source of all energies (Srichakra) in nothingness (dark background).

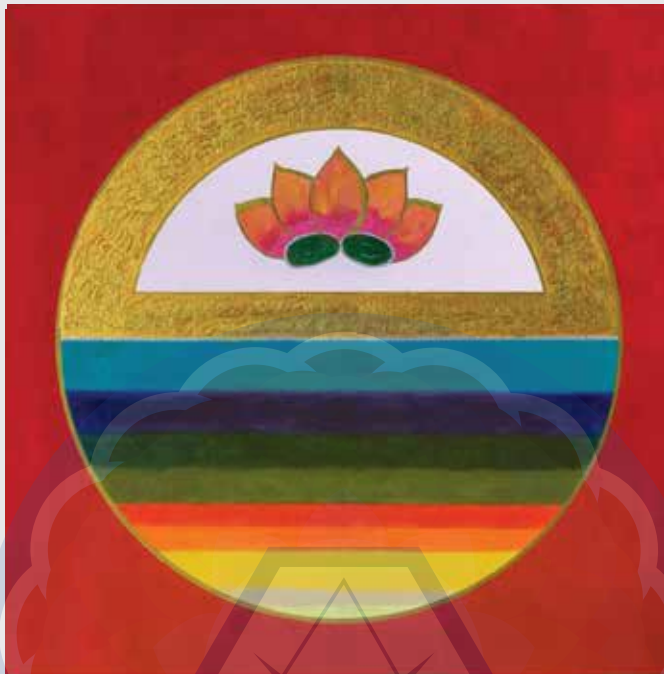
Depiction: Spiritual path. Also depicting the Shiva family (Flower of Life – Shiva, Tusks (Crescents) – Ganesh, Spear (Vel) – Karthikeya and Srichakra - Shakti



TITLE : DANCE OF ETHEREAL BALANCE
CATEGORY : CONCEPTUALISED MANDALA
SIZE : 32 INCHES BY 32 INCHES

At the beginning of our awareness path, our paths are rough and strewn with uncertainty (rough central part). As the journey progresses, it blossoms (flowers) and gives way to a better understanding of the Universe. There is balance setting in harmoniously, giving greater sense of spiritual awakening all around (lotuses) within the limits of our consciousness.

Depiction: Evolution of Self Awareness



TITLE : EVOLVING INTO THE AURA
CATEGORY : CONCEPTUALISED MANDALA
SIZE : 32 INCHES BY 32 INCHES

When on the path of self-awareness, every life experience becomes relevant and adds colour to life (different colour bands). We slowly evolve in spirituality on the foundation of acceptance and awareness and begin to glow in life (lotus surrounded by gold), both from inside and outside and we become ready to go through a strong passionate life (red background).

Depiction: Evolution of spirituality within self



TITLE : COALESCENCE CREATING TRANSIENT VOID
CATEGORY : CONCEPTUALISED MANDALA

When on the path of self awareness, the soul consciousness and visual consciousness (2 circles) connect at the subconscious level (the intersection, called vesica piscis in Sacred Geometry). There is seemingly a confusing void (the colours in dark), from where the journey of actual spirituality and self awareness is born, connecting to the vast expanse of Universe (the background).

Depiction: Birth of self awareness

Experience your Mandala

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