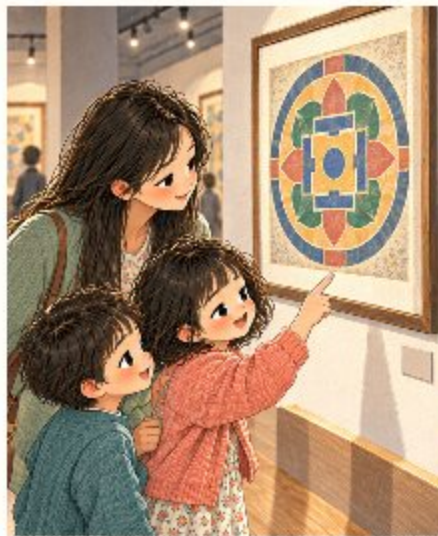


Looking at a Mandala

Learn together, one small step.

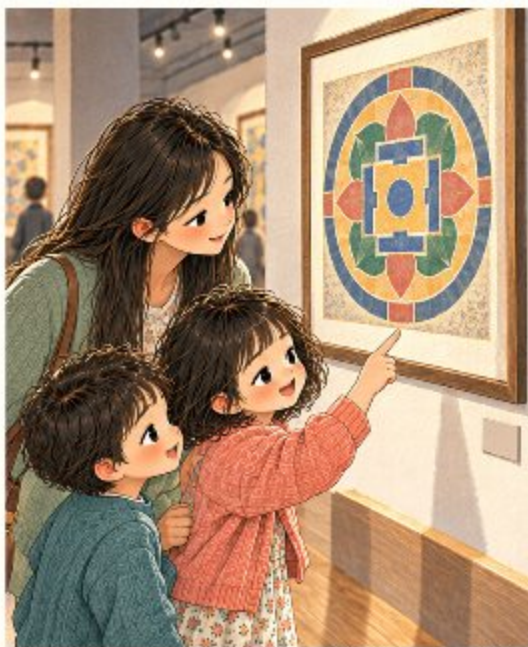


Look closely

When a beautiful pattern is put away, is everything we learned gone?



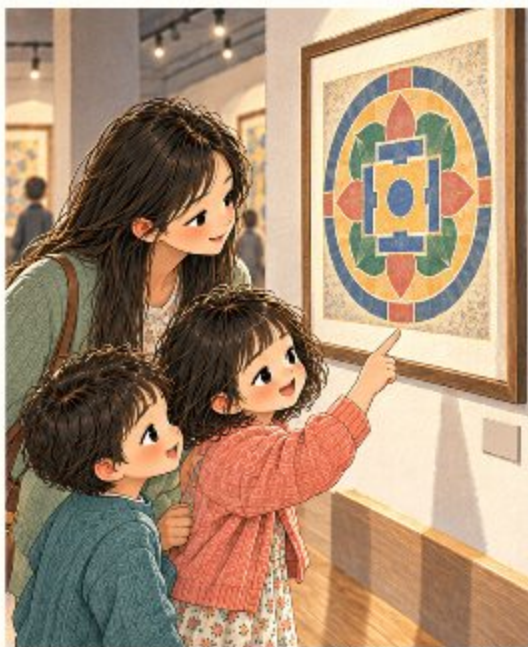
Story 1 / 3



At an exhibition, Xiaohe sees circles around a square, with lines leading towards a centre. Mum explains that many Buddhist mandalas use such arrangements, though there are other forms. They have religious meanings; not every circular pattern is a Buddhist mandala.

Pause and ask: Which shapes can we see, and what context do we still need?

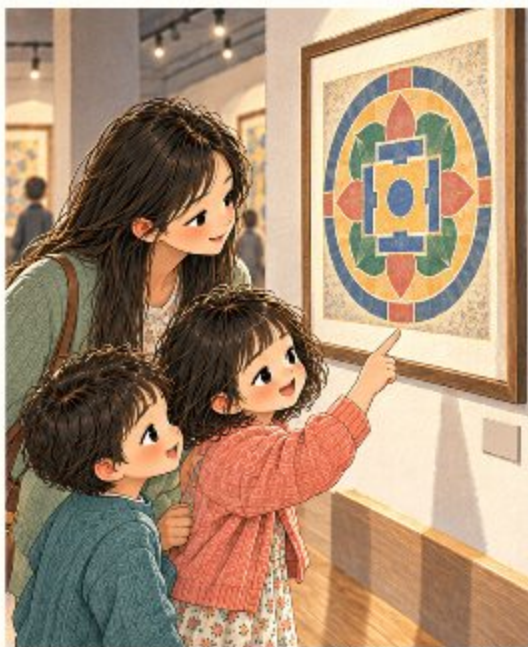
Story 2 / 3



At home they arrange large coloured shapes into a flower-like pattern. Her brother adds one piece, then Xiaohe adds another. Mum explains: “This is an ordinary pattern game for observation and cooperation, not a ritual mandala.” Xiaohe draws their creation on paper.

Pause and ask: How is this game different from mandala practice?

Story 3 / 3

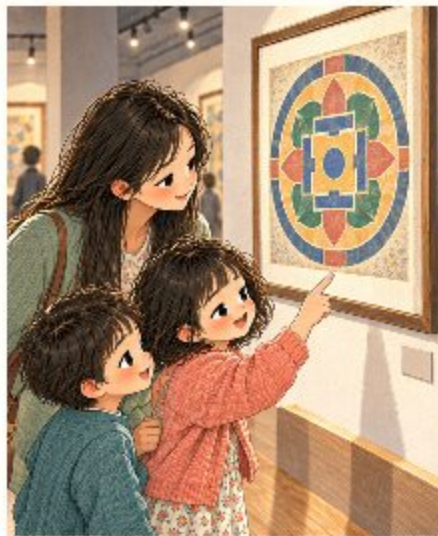


When it is time to tidy, Xiaohe feels reluctant. Mum asks whether she wants another moment to look or to keep her drawing first. After a pause, she helps put the pieces away. The pattern changes; their experience of taking turns and looking carefully can continue.

Pause and ask: Which skills remain after the pattern is tidied?

A Buddhist idea

Distinguish culture from a game.



Talk together

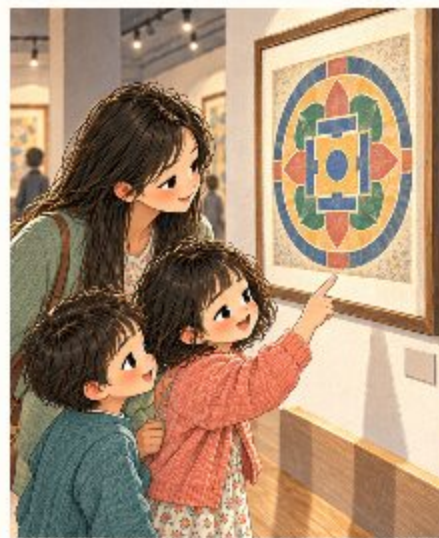
Is every circular design a Buddhist mandala?

What choice does Mum offer when Xiaohe is not ready to tidy?



Try an activity

Build a cooperation pattern.



For grown-ups

Read aloud, discuss and try a small activity.

Stories and exercises: BlessFu

Illustrations: AI-assisted

Full references and guidance are in the companion booklet.

