

## Application #3 – Being Creative

This is an artwork tool that illustrates meditation concepts. This exercise is an introduction to the concept of one-point focus on an event – meditation -- by doing artwork; and, it has you make a meditation aid. In addition, in this application you are making another tool for *Application 9B -- Affirmation Chanting*.

### Exercise 3 – Artwork, getting artsy-fartsy

In this application, you are to do some artwork; you are to make your own mandala or yantra. In the back of this book, you will find a set of drawings that can help you.<sup>12</sup>

- ⇒ One part of that set contains templates for making your own mandala with tracing paper – **Concerning the Templates**.
- ⇒ The other part of the set of drawings contains mandalas that were made from the mandala template designated 5 (easy) -- **Concerning the Pre-drawn Figures**. These figures are arrayed throughout the book as examples, with various shadings to show different effects. These pre-drawn figures are also in the back of the book.

A mandala is a geometric piece of art that symbolizes the universe. Therefore, technically, a more accurate term for these figures would be a yantra.<sup>13</sup>

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<sup>12</sup> The drawings are in the larger format *I A M A I* index as well.

<sup>13</sup> Yantra: A geometric meditation aid

Doing this artwork serves as an introduction to a one-point focus – meditation -- and the artwork itself will be used later with an affirmation chant.

Since you are asked to make your own custom mandala, symbols (relevant to your intention and philosophy) may be inserted into some of the pictures.

### *A note about sketching and shading*

Sketching is for people who cannot draw. You need a line, know you cannot draw it exactly, so you draw a bunch of little lines, and their accumulation presents the line you want (hopefully).

The same can be said with shading a drawing. Start lightly; and that which looks to you could be darker, lightly go over it again and again and...until you are satisfied.

### **Concerning the Templates**

The templates provided are computer drawings of a mathematical construction using the proportions of  $\pi$  and  $\phi$  -- pi and the Golden Section<sup>14</sup> (or Golden Mean). Because these are naturally occurring proportions; if you are going to create something, you may as well use these proportions as a structure or as something to build on.

If not for aesthetic reasons, do it because of the resonant capabilities of like mathematics.<sup>15</sup> Because the templates and mandalas created are based on the Golden Section, they can make some very esthetic hypnotic figures -- something that can suck your vision in and keep it there.

Templates 5 (*easy*) and 5 (*hard*) are based on the pentagram geometric construction that is in a Euclidian geometry book.<sup>16</sup> The templates 5 (*easy*) and 5 (*hard*) are the circles that are a result of using the golden section with  $\pi$ , with a few extra circles and lines added.

Templates 4 and 8 are arranged to separate a circle into 4 or 8 sections *respectively*. Templates 6 and 12 divide a circle into 6 and 12 equal parts *respectively*. The pattern is the same with templates 7 and 14. All these figures still use  $\phi$  and  $\pi$ .

You can use one of the provided computer templates to create a customized structure of your own. To do so, take a piece of tracing paper and put it over a template. Then start, for example, with whatever line catches your eye and darken it with a pencil on the tracing paper. Pick out shapes that you see to trace and draw those out on the tracing paper.

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<sup>14</sup>  $(1+\sqrt{5})/2$ , Chapter 1 of *I A M A I*

<sup>15</sup> Chapter 1 of *I A M A I*

<sup>16</sup> The Golden Section can be used to divide a circle into 10 equal parts.

You know you are going to make a figure, so start picking out patterns, and just follow lines. You can make a mandala squarish, anything you want. For example, Templates 4 and 8 can generate a square-like mandala/yantra.

This particular version of the assignment consists of tracing out four different mandalas with pencil using whatever templates you want. Whatever lines your eye picks out under the tracing paper; you follow with the pencil. You do not have to do it 'this way', or 'that way' or any particular way.

You can 'putz' around and do this in front of the TV, listening to music, commuting on a train, or something. Go over with ink the ones that you like the best.

**Please note:** not drawing a line is as, or more, important than drawing a line. An example is in some of the demonstrated figures -- **Concerning the Pre-drawn Figures**. Where there are several lines meeting, it was left open to avoid a busy-ness at that point.

The rose pattern (mandala 9)<sup>17</sup> came out of 5 (easy). That was to be the logo for a Mystic Arts class. Numerous mandalas were done, before the author finally started to see and create patterns that the author really liked.

After you trace some lines, and have some outlines of several basic mandalas, make copies of each mandala. Then go back with pencil and start shading the copies to your preference. The author found, when using these figures for the later chanting exercise -- *Exercise 9B, Affirmation Chanting*, that black and white figures work better than color figures. The black and white simplifies the amount of data coming in to the mind. The color ones can be distracting.

Examples of shaded mandalas are laced throughout this book. This artwork exercise can be just the beginning point for more mystical artwork if you wish to take this further.

### **Concerning the Pre-drawn Figures**

If all this seems like too much work (which it is a lot), the pre-drawn mandalas in the back of this book are available to be copied, shaded, or altered by you. It is for that purpose they are there. They can save you some work and still help illustrate the one-point focus concept used later.

Alternatively, for the later chanting exercise, you can also research mandalas and find four different other figures you would like to work with;

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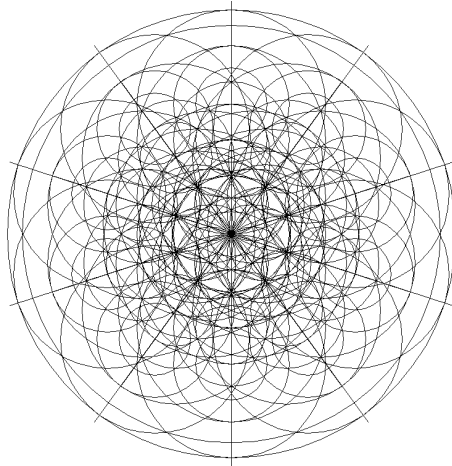
<sup>17</sup> back of book

mandalas that are in keeping with your personal philosophy. Remember though, the figure you choose must not be so 'busy' that it distracts. This may counteract the effect of the later affirmation exercise.

And...if you pick a picture or symbol (as opposed to making one), you may miss the one-point focus reference used later.

*This application consists of:*

- **To make four different mandalas, one to be used later; or, find four mandalas that you can use.**
- **Construct at least one geometric mandala or yantra without symbols, words, figures, animals, etc. and keep it purely black and white.**



## **Application #4 – That Which Is Around You**

This tool helps you access the truth around you by using mundane objects. With this application, you are introduced to the idea of perceiving comprehensive truths using mundane objects that are around you. You do this by thinking in parallels.

### **Exercise 4 – Truth perception (or parallel parking)**

This is a long-term exercise and involves one truth a day for an extended period – 10 weeks to a year. This 'truth' is to be entered into a notebook or journal. This 'truth' is not to be something you read or you are told. It is to be picked up from an everyday object around you.

This application can help give your limited mortal mind another dimension. Working with parallel concepts allows for a broader scope of perception. (Our mind tends to do patterns and parallels cross referencing in the 'background' as a data referencing device.)