

MANDALAS

I have had a fascination with kaleidoscopes since I was just a little girl. I remember the feeling of excitement that I would get by turning the knob and watching the hypnotic images come into focus before me. That is how I feel when I sit at my art table to paint mandalas.

I started painting in high school with oils, but became bored with the images I would paint. After a long lapse away from my brushes, I began painting with watercolors in my 50's. At the time, all I could seem to paint were palm trees. Although they have their own beauty, I find that painting still life or nature leaves me frustrated and with half done projects.

So, this year, after many more years, I decided to give it a try again. I had read an article about mandalas and found myself gazing at images of them for hours. With so many images on the internet, it wasn't long until I started finding shapes, designs, and ideas that led to my current work.

Each of the paintings has a unique, personal meaning to me and becomes a hypnotic meditation for me while I paint. I start with a center theme, and the rest just develops. I never know what will happen once I start my initial sketching. The possibilities are endless with mandalas. The Hindus and the Buddhists truly gave us a gift in these intricate designs. For the paintings in the yoga room, I chose a mix of watercolors and acrylics.

The piece on the front wall is my favorite selection for the room. The middle symbol is of the TRISKELE. It is a triple spiral exhibiting the rotational symmetry of the physical, psych, and spiritual. the word SATCHITANADA represents Body, Mind, and Spirit. This is the meaning of the yoking in yoga.

On the back wall, from left to right you will find a painting with the OM symbol. Om or AUM represents the vibrational sound of the cosmic machine of creation. It is thought to be the beginning of the Universe. This sound is frequently chanted in the beginning and end of practices.

Next to the Om painting is what I call my "Ode to Peter Max". There is the HAMSA hand in the center. This hand has been found in many different cultures. The literal meaning is the hand of protection, guarding the wearer of this symbol from evil.

The center painting depicts a SITTING BUDDHA. This signifies courage and offers protection from fear, delusion, and anger.

To the right of the Buddha, is a painting with the LOTUS FLOWER. The lotus represents the spiritual enlightenment and rebirth that arises out of the depths of sorrow and pain.

The last one on the right is of a PEACE SYMBOL. The peace symbol signifies harmony, union, and the idea of love.

The final painting is on the Clock wall. This is the YIN-YANG symbol. The image consists of a circle divided into two teardrop shaped halves. Within each half a smaller circle of the opposite color appears. The teardrop shapes represent the feminine and masculine energies whose interplay gives birth to the manifest world of the Five Elements and Thousand Things.

I am so honored to share some of my work with the Hatha Yoga Club. I get a warm feeling of compassion when I walk in and see the images that reflect why we truly come to our mats.

In love and light,

Micheline Peffer