



music • art • nature

Project Om: making mandala ornaments

What is Project Om?

Project Om by Mama Earth brings the power of love and healing through music, art and acts of kindness to children and adults in hospitals, shelters, home care, senior homes and inner city schools. We believe that the use of art and helping others promotes healing in the body, mind and spirit.

What am I making?

You are making a mandala ornament. When you are finished coloring the mandala, it will be laminated with a special message on the back. A ribbon will be attached for hanging. It will then be sent to someone else to brighten their day.

Why am I making the mandala ornament for someone else?

Studies show that people who volunteer or help others have improved psychological well-being, self-esteem, health and happiness. Engagement in small acts of kindness are also shown to decrease pain, anxiety and disability. You are part of a “pay it forward” movement that promotes your own healing through helping others. We believe that we rise by lifting others.

Why are mandalas used?

Coloring mandalas helps to:

1. Reduce stress
2. Promote self-expression
3. Achieve a calm state similar to meditation
4. Exercise/stimulate both sides of the brain
5. Foster creativity

What do I need to do?

Just color the mandala however you would like. Remember **to start in the middle and work your way out**. Take your time. If you would like, think about the person who will receive it and how they will feel to receive this gift. Trust that your mandala will be received by the exact person who will benefit from it. **Make sure to use only colored pencils** as crayon will melt when laminated.