

The Wheel of Time Sand Mandala: Visual Scripture of Tibetan Buddhism

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This text captures the painstakingly meticulous execution of the precise and delicate sifting of coloured sands into the intricate patterns and symbols that make up the mandala. The process of making the mandala is itself a meditation, as it imparts peace and healing to all beings and to the planet. As a visual text, it is a key to the essential teachings of Tibetan Buddhism with representations of, among other things, 722 deities with the Buddha sitting on a lotus in the centre. The photographs and text also convey the serenity, humour and spirituality of the monks who made the mandala.

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