

Meditative colouring

“Mandala” means “circle” or “circular” in Old Indian Sanskrit. The simple form is based on complex meanings. Depending on the culture and region, an excursion into the world of mandalas reveals spiritual, religious and educational values and interpretations.

Valuable helpers

Drawing mandalas isn't just about getting creative. It is also seen as conducive to concentration, abstract thinking, fine motor skills and inner peace.



A tidy mind

The famous psychiatrist and founder of Analytic Psychology Carl Gustav Jung ascribes mandalas a role in psychotherapy: The strict structures of the images could balance out disorder of the psyche and strengthen the focus on the basics.



Other spheres

The symbolism of mandalas originates from Buddhism and Hinduism. Both religions use the round images for meditation purposes or in ceremonies. The mandala is a symbol of the universe.

Leisure Mandalas

In addition to their religious significance, mandalas can also be used for decoration or relaxation. Colouring books usually combine different mandala styles.



Creative break

Individual images can be created on the STAEDTLER website with a mandala creator. Colouring in is a popular leisure activity for children and adults and offers creative time out.

Strong shapes

Hinduism and Buddhism attribute certain meanings to shapes and colours within a mandala: Circles symbolise the cosmos, while equilateral triangles represent harmony. Blue colours express inner peace and healing, orange illustrates change and self-confidence.