

The Mola Art



Introduction

The Mola is a type of art made by the Kuna people from Panama. It is very colorful and beautiful. This art is part of their traditional clothing. Molas are usually made by women.

History

The Kuna people started making molas a long time ago. They used natural dyes to color the fabric. At first, they painted their bodies with the designs. Later, they began to sew the designs on fabric.

How Molas are Made

To make a mola, the Kuna women use layers of different colored fabric. They cut and sew the fabric to create patterns. The designs can be animals, plants, or geometric shapes. Making a mola can take many hours or even weeks.

Uses of Molas

Molas are used in different ways. They are part of traditional blouses worn by Kuna women. Sometimes, they are also used to make bags, pillows, or wall decorations. Molas are also sold as art to tourists.

Importance

Mola art is very important to the Kuna people. It shows their culture and traditions. It is also a way for Kuna women to earn money. Each mola is unique and tells a story.

Conclusion

Mola art is a beautiful and special type of art from Panama. It is made with love and care by the Kuna women. Molas are not only a part of their clothing but also a piece of their culture and history. Learning about mola art helps us understand and appreciate the Kuna people.