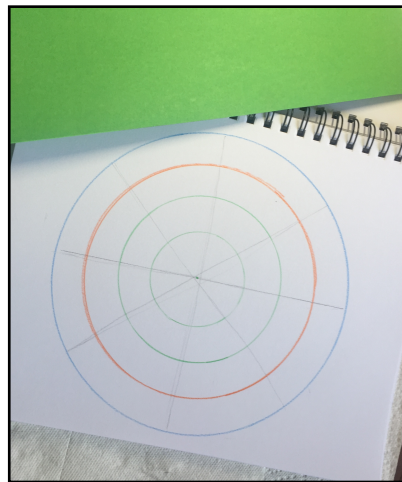




Mandala Drawing

Art & Wellness Objective: Creating mandalas relaxes the body and mind, eases stress, activates creativity and improves focus.



What is a Mandala?

A mandala is a spiritual and ritual symbol in Asian cultures. It can be understood in two different ways: externally as a visual representation of the universe or internally as a guide for meditation. In Hinduism and Buddhism, the belief is that by entering the mandala and proceeding towards its center, you are guided through the cosmic process of transforming the universe from one of suffering into one of joy and happiness. When creating mandalas for personal enjoyment and reflection, there are no rules. One can draw symmetrical patterns or fill the circle with shapes and colors in any way. It is entirely up to the person drawing the mandala to decide.

Step 1: Draw 3 or 4 concentric circles in your sketchpad, using cups and plates to trace around.

Step 2: Add straight lines as if you were cutting a pizza into 8 even slices, using your folder as a straight edge.

Step 3: Create a symmetrical pattern design starting at the center and moving outward, using watercolor pencils.

Step 4: Draw or paint to fill your pattern with color, using any of the crayons, watercolors or colored pencils you like.

Put on your choice of relaxing or upbeat music and enjoy the process!

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