

Mandala Patterns

Create your own Mandala pattern

Mandalas were created in the service of Buddhism. They were produced in Tibet, India, Nepal, China, Japan, Bhutan, and Indonesia and date from the 4th century to the present day. Now they are created throughout the world, and often used as part of well-being activities. We all look for ways to manage the pressures of everyday life. Art Therapy Mandalas provides not only a wonderful creative outlet, but also a way of focusing attention away from external stress, thereby encouraging a sense of relaxation and increased wellbeing.

What you will need:

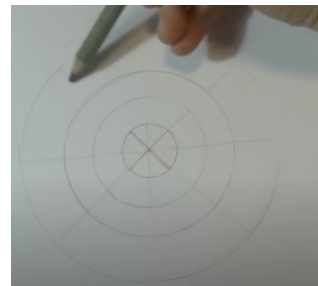
- a pencil
- a rubber,
- a compass/ circular objects of different sizes to draw around.

What to do

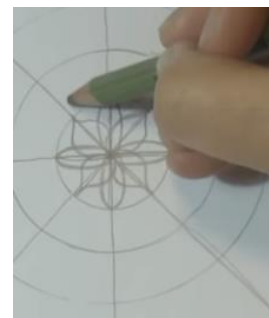
1. draw a series of circles (at least 4), one inside the other. Try to make sure they are all central:



2. Divide your circles into 8 sections (like a pizza):



3. Start in the smallest circle, and create a simple shape like a tear drop and repeat the shape 4 times:
4. Then overlay another shape like an arch:

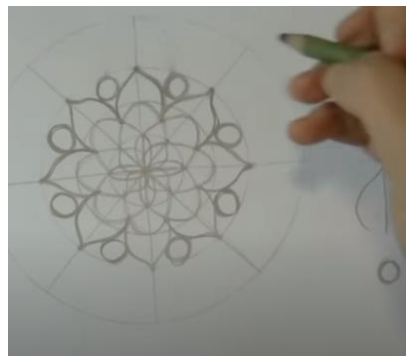


5. Always repeat the shapes along the straight guiding lines:

Follow these Youtube tutorials:

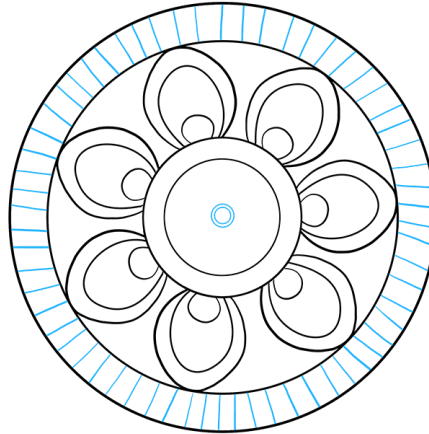
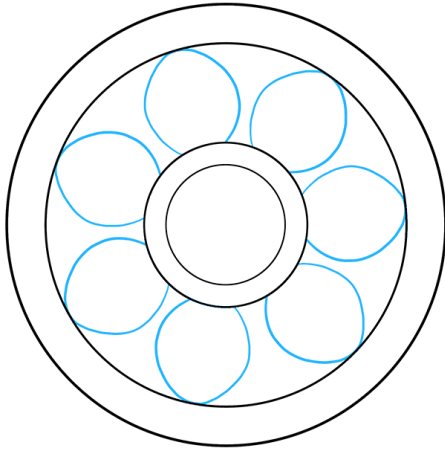
<https://youtu.be/O3-tMYwFQwo>

<https://youtu.be/8BwG3t27gco>



Here are some more ideas to help you:

Beginner



Intermediate:



Mastering:

