

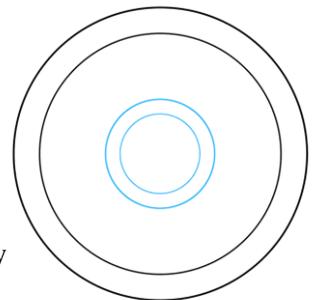
Back by popular demand- Mandala Patterns

Create your own Mandala pattern

A Mandala is a complex abstract design that is usually circular in form. In fact, "Mandala" is a Sanskrit word that means "circle". Mandalas generally have one identifiable centre point, from which emanates an array of symbols, shapes and forms. Mandalas can contain both geometric and organic forms. They can also contain recognisable images that carry meaning for the person who is creating it. In essence, mandalas represent the connection between our inner worlds and outer reality. Designing your own mandalas can be both inspirational and therapeutic.

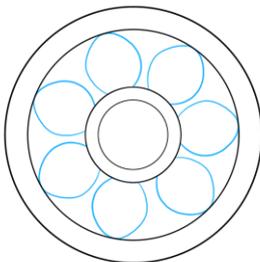
What you will need:

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



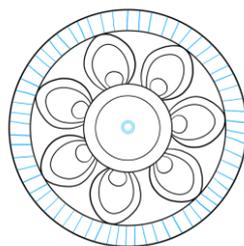
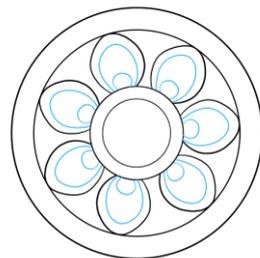
What to do

1. draw a series of circles (at least 4), one inside the other. Try to make sure they are all central:
2. Enclose the circular shapes between the inner circle and the outer circles. For each shape, use two curved lines. The result should resemble the petals of a flower



3. Add detail within each petal. Enclose the circular shapes at the base of each petal, with an ovular shape surrounding it.

4. Draw many, many short, straight lines between the outmost circles. In the centre of the drawing, sketch a very small circle with another circle inside it.



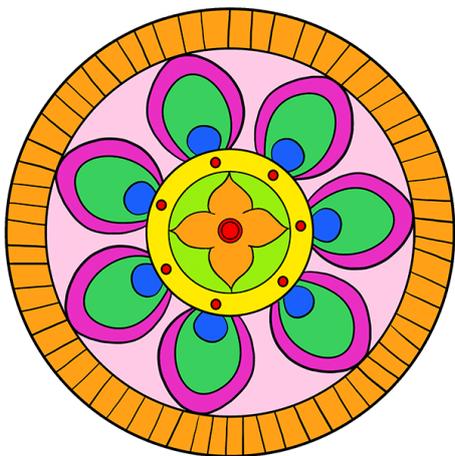
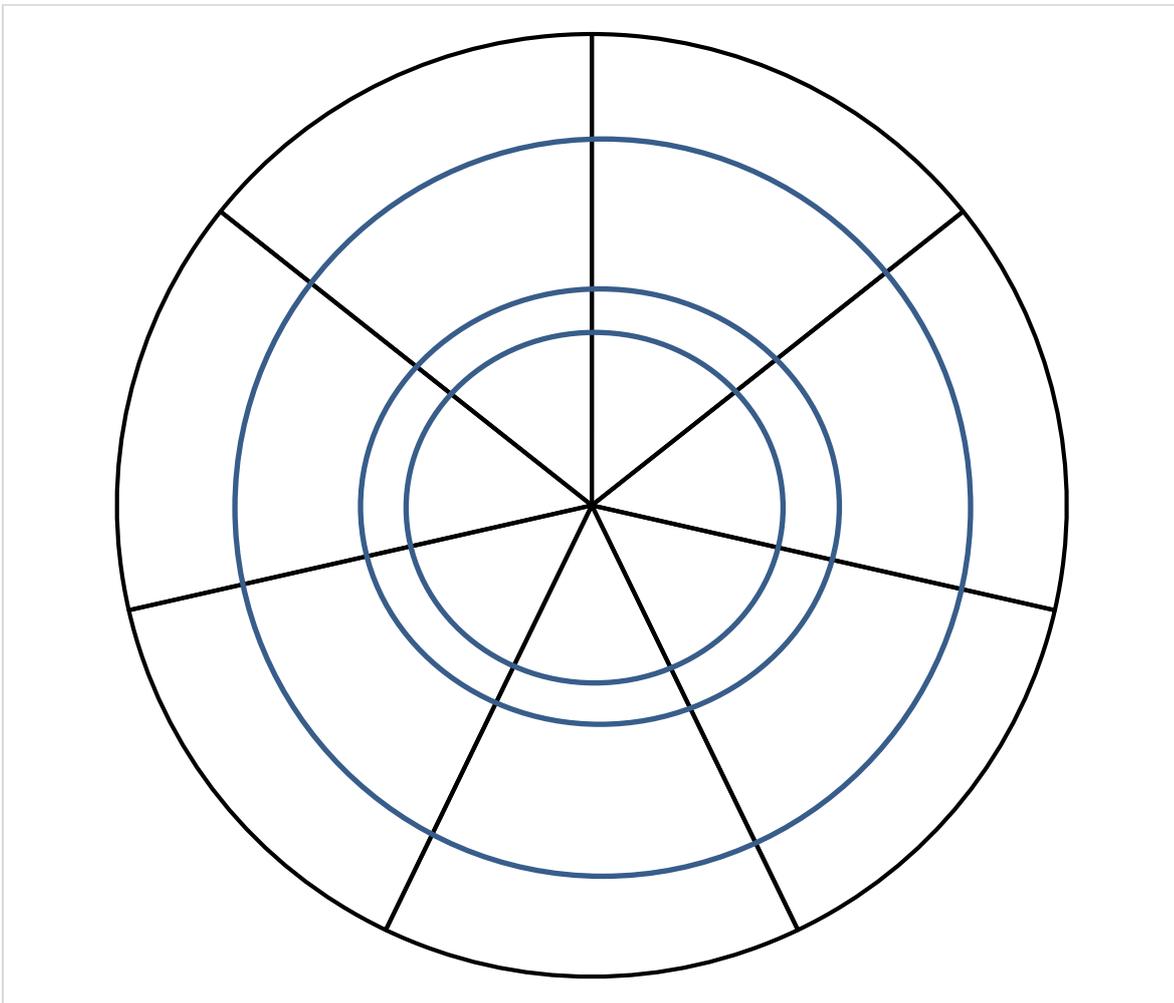
There are many more designs that you can explore, just use the template and examples on the following pages as a starting point, and see how creative you can be.



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'Ipsum quod faciendum est diutius'

Beginner:



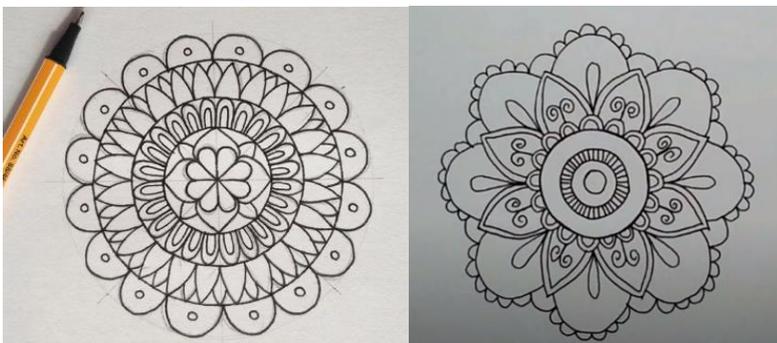
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Intermediate:



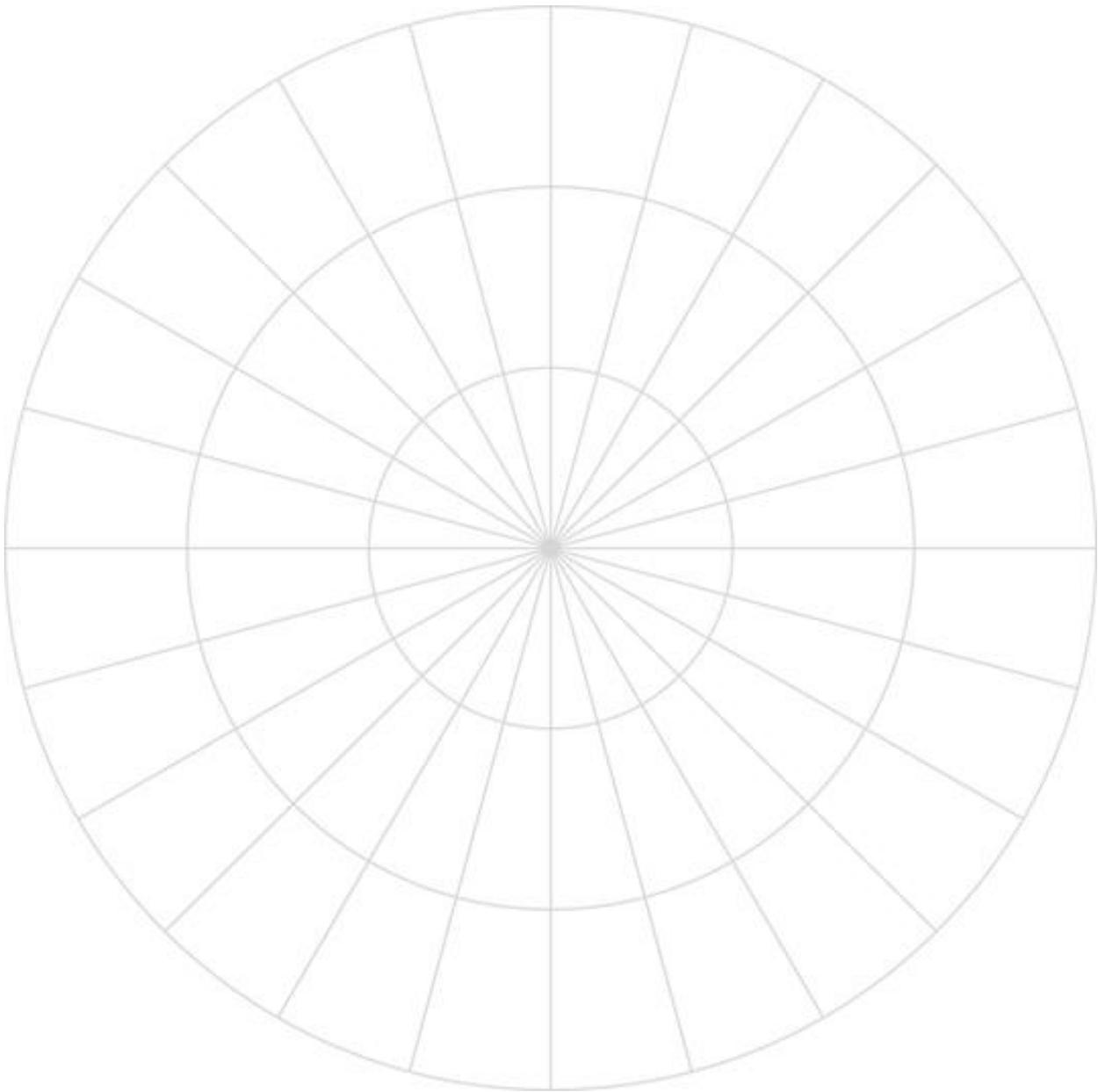
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Mastering:



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