**Mandalas**

**Intro**

Is it art? Is it meditation? Relax your mind with the repetitive shapes of the mandala.

**Page 1:**

**What is a Mandala?**

Mandala (or Mandali) is the Sanskrit word for circle and represents the universe in Buddhist and Hindu symbolism and has been used for centuries for prayer, meditation and healing.

A lot of people use mandalas not just as a form of art, but also as a form of meditation. In some instances people have spoken about the special healing power these shapes have.

**Page 2:**

**Starting a simple mandala**

Every mandala begins with a circle. Next start drawing petals around the circle and start layering as in the video above. Don’t worry if the petals are the wrong size. You can fix this by making the lines thicker and making them uniform.

There is no such thing as a mistake here. If something is unintentional just repeat the pattern and incorporate it into your mandala.

**Page 3:**

**Building out your mandala**

Now add another row of petals ending in the center of the previous row trying to keep each petal the same height. The important thing is to focus on balance and symmetry, two core components of mandala art.

For pointed petals start from the bottom of the petal on each side and make each petal meet in a point. Remember to mark where the last petals need to meet. Feel free to rotate your paper as you go along

Overlap your first pointed petal with another series of three petal pointed petals creating a cool kaleidoscope pattern

**Page 4:**

**Troubleshooting**

If you have an un-even row of petals a cool design for the next row is to draw a pointed petal on top of it spanning three petals with the point in line with the middle of the petal below

**Page 5:**

**Finishing it off**

Finish off with some more embellishments and voila! If you have time, why don’t you colour it in. This is one of the most relaxing and easy activities to do. Namaste!

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**Like Mandalas?**

Check out further Mandala design ideas in Create. Enjoy!