

## HOW TO DRAW MANDALAS

Drawing Mandalas is a specialized art form and like any other endeavor, requires a certain amount of effort. In addition, as in all forms of art, a reasonable amount of artistic talent is necessary. Some people just don't have the innate ability to draw! However, one can not evaluate one's artistic talent until an initial attempt is made to experiment and test one's self.

Desire to express one's self through artistic expression comes from inside ourselves. Most of us know if we can draw or not. Some accomplished artists have had no formal training. In some people the talent is just built in. Drawing Mandalas requires a desire to create in this art form.

In drawing Mandalas no previous training is required - - just an urge to creatively express yourself. To begin learning to draw Mandalas a few initial basic rules will get you started on the right foot. Do not under any circumstance use a compass, ruler,

straightedge, or a computer to create your art work. Later, when you advance in your ability to draw Mandalas you will be free and capable to proceed into other methods of producing in this form of art.

Instructions in drawing Mandalas in the following section are STEP by STEP methods of producing your first Mandala. As you will easily see, each step consists of a box with numbered corners 1, 2, 3, and 4. We always begin to draw a Mandala with a dot in the center of the sheet.

To start, you fold a sheet of 8 1/2 x 11" white paper in half - to 5 1/2 x 8 1/2". Next, fold the same sheet in half again - to 4 1/4 x 5 1/2" size. In the beginning draw all of your Mandalas on this size sheet. Initially, a small size sheet such as this will be very helpful. Don't start your drawings on a larger sheet until you acquire some experience. You will also realize that you can work much faster on a smaller sheet. While creating a Mandala your creative mind will work a great deal faster than your pen and ink drawing ability. When I draw my Mandalas I always place my abbreviated signature

in the lower right hand corner along with the date first and then I proceed to draw.

At the start of your drawing Mandalas (until you get used to things) - place a small number 1 in the upper left hand corner of your folded paper sheet ( 4 1/4 x 5 1/2"). Then rotate the sheet counter-clockwise a quarter of a turn (90 degrees) and place the number 2 in the upper left hand corner of the sheet. Again rotate the sheet in the same manner and add the numeral 3 in the upper left hand corner and again rotate and add number 4 in the upper left hand corner.

At first use a pencil to write these numerals in the 4 corners so you can later erase them. These numerals will remind you to rotate your drawing after each time you add something to your artwork. In the following instructions in drawing your Mandala the author has rotated each drawing STEP by STEP to avoid causing you to rotate the book at each step. As you read on you will readily familiarize yourself with the idea of rotating your drawing as you proceed.

Don't hesitate to throw away your drawing if you make a mistake. You can start over and in a few minutes be back to where you were and proceed once again correctly. After you complete the following instructions start over again and redraw the same Mandala again. At completion of the second Mandala drawing compare the two drawings you made - see if you did better on the second drawing. Number each drawing so you can tell them apart later.

If you feel up to it, draw a third copy of the instructional Mandala. This will ingrain the STEP by STEP method of drawing Mandalas into your mind. When you have mastered this method of creatively drawing Mandalas you will then be in a position to evolutionally draw Mandalas from within your own mind.

As previously mentioned Mandalas are not doodles. Your Mandala drawings will be created by your inner self at which time you will experience the sensation of an actual evolution of art from your own mind - not something you copied - but something that is a part of you.

Don't expect to become a Salvatore Dali over night. However, as you gain experience in your drawing ability and creativity you will be surprised at the results and quality of your new talent. Don't settle for junk drawings - save those first drawings though - so you can compare them with the new ones you produce of a better quality.

Any doctor will tell you that body exercise is good for your health. A psychiatrist will also tell you that mental exercise contributes to a healthier mind. Mandala drawing does just that - it exercises your mind. It takes your mind away from the usual daily pressures encountered. In addition, it improves your ability to be creative - by practising to be creative.

Creativity doesn't just come to people. It's similar to the body building of muscles - it takes effort and exercise. Improving your ability to create could also help on the job. When you develop a creative mind your entire life could change - new doors can open to you that you never before realized were there. Above all, your evaluation of yourself is most important and will contribute to success in your

future endeavors.

By the way, you can also incorporate your Mandala drawings in designing your own personalized holiday greeting cards and special book marks. People will appreciate sharing your artistic talent with them. You will also be in a position to help some of your friends and relatives in utilizing your art work for their various needs.

Mandalas can also be applied to designing jewelry products. There is no end to the numerous applications for Mandala designs. As a creative individual you yourself will apply your new found talent.

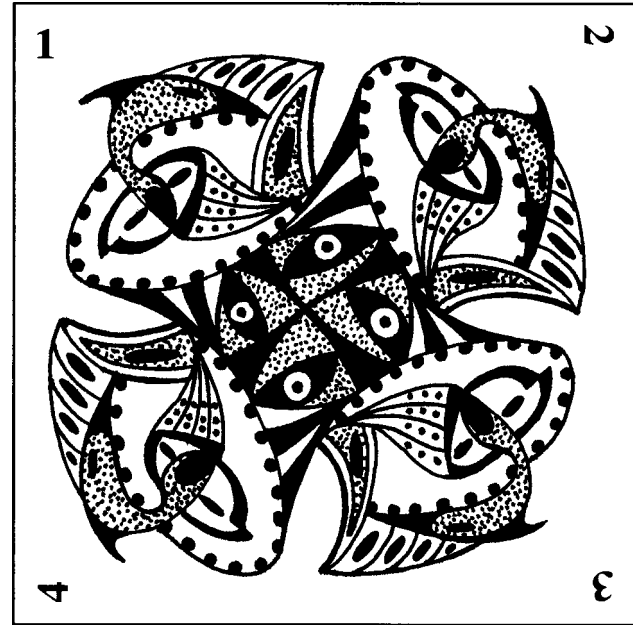
The author wishes every reader - A HAPPY  
ADVENTURE AND EXPLORATION INTO THE  
WORLD OF ART.

## DRAWING YOUR FIRST MANDALA

**STEP** by **STEP** instructions on the following 27 pages will guide you in a simplified manner so you can draw your own Mandalas. You will have to wear two hats - as the teacher and the student.

If your intentions are sincere, just follow the instructions - no short cuts. It is not complicated. All that is required is that you be desirous of creating impressive artistic work that you will be proud to show.

You are now about to draw the completed Mandala to the right of this page - **STEP** by **STEP**. Have fun and enjoy the pleasure of expressing your inner-self by creating Mandala drawings. Remember, if you make a mistake - tear up your drawing and start again. It's only paper!



**YOUR FIRST MANDALA**