

Mandala Basics

WITH TAMMIE

A GUIDE TO CREATING YOUR OWN MANDALA
INCLUDING A CHEATSHEET OF BASIC SHAPES AND
ELEMENTS TO BUILD WITH

Hey Creative Hearts

I AM Tammie

I AM a multi passionate creative

The mandala creation process is a beautiful meditation process that I enjoy several times a week as a nurturing self care practice

I find deep joy in this practice and I love that I can explore my creative expression without judgement

After they are complete they often become a part of other practice rituals including the mindful practice of colouring.

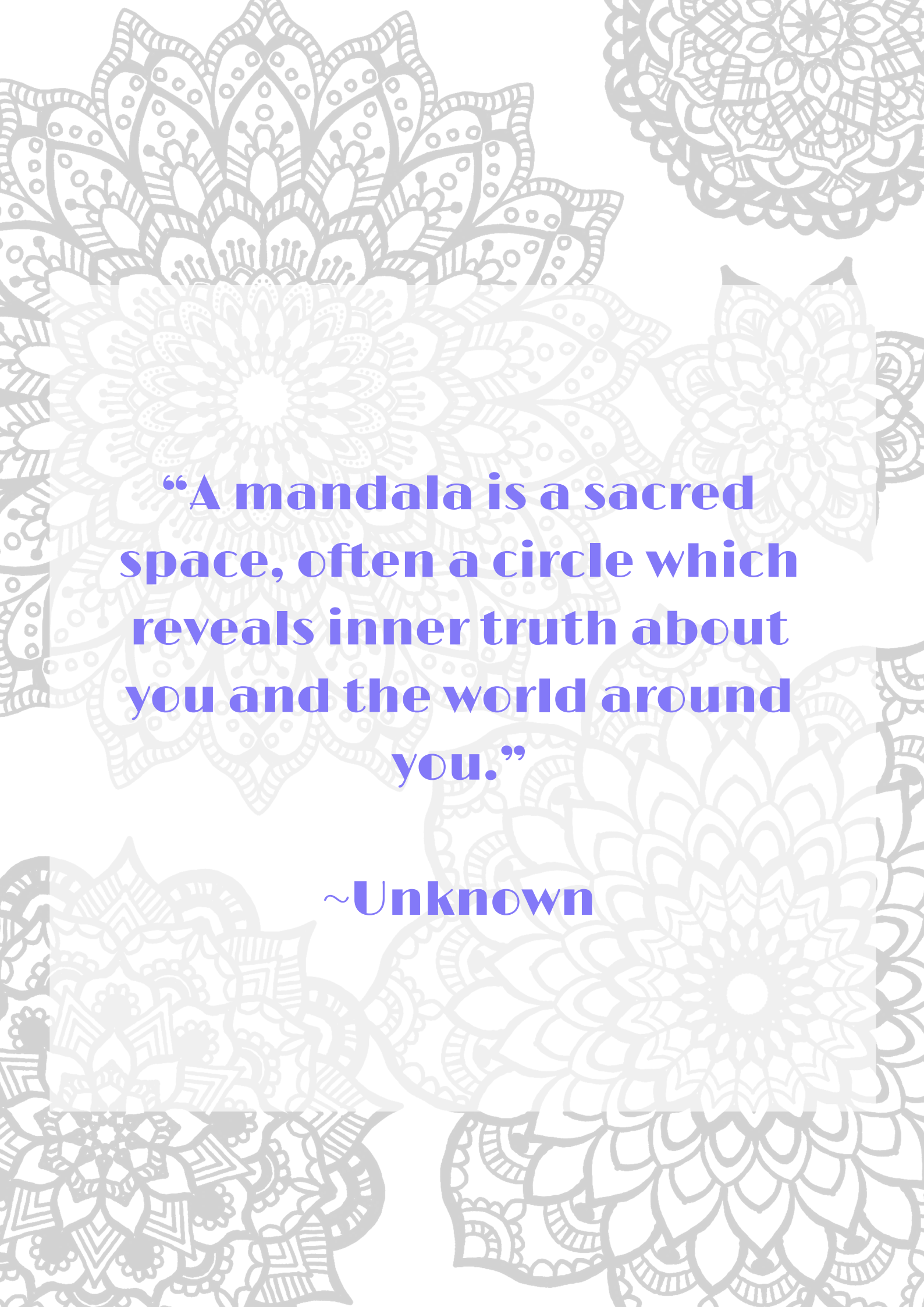
I hope you enjoy creating mandala's for yourself - I would love to see your work please feel free to tag me on Instagram @anaherakoha



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“A mandala is a sacred space, often a circle which reveals inner truth about you and the world around you.”

~Unknown

What is a MANDALA?

In it's simplest form a Mandala is a geometric pattern often created with symbolic meaning

Mandalas may look beautifully complex but in reality they are formed by layering simple elements from a central point to create a pattern that is repeated by combining lines, shapes, symbols and colours together

The Sanskrit meaning of mandala is circle

In Jungian psychology a mandala is used as a symbol in a dream, representing the dreamers search for completeness

In Hinduism and Buddhism mandalas are use as a spiritual or ritual symbol representing the universe or teachings within the universe

Mandalas have also been used throughout many other cultures for different reasons





Why I create mandalas

To step out of the logical mind, the monkey brain chatter and to find myself in the present moment for a short while.


I was taught a Mandala is a meditation that you build up in layers.

That through creating a mandala I can express or share part of me or my journey or I can explore and release part of my story

The centre of the Mandala is you - your wisdom centre where your truth, secrets and gifts reside (or could be seen as the centre of the universe, the birthing space for or of your dreams), from the centre you journey into the inner layers and finally into the outer layers - so when you are connected to your centre and your vision you are able to see and create your reality throughout these inner and outer layers.

Benefits of creating mandalas may include...

- * A meditative state - allowing you to be mindful or present in the moment
- * Relaxing - helping you to feel calm, focused and self aware within your mind
- * Stimulates creative thinking - which opens you to new perspectives, thinking and possible solutions
- * Explore freedom that can come out of play and expressing yourself creatively
- * Relieve tension and stress
- * Release emotions and feelings



**“Invent your world
Surround yourself with
people, colours, sounds,
and work that nourishes
your soul”**

~ SARK



Creating your own MANDALA practice

I personally create mandalas several times a week

When I first started I use small origami paper squares (approximately 5") this allowed to tap into creating a habit on a small scale

Now I create them in my art journals and digitally as part of my downtime, I find it very relaxing and meditative especially if I pair it with writing daily or weekly gratitude or when I'm exploring my internal self with curiosity questions and creative writing

How to start a practice that works for you... think about time, space, if you want to do this alone or with someone or a group and supplies (what do you have on hand right now???)

1. Make a plan - think about when you could draw a mandala, could you add it to a journaling session, to a meditation practice or do you want to start a new ritual where the mandala creation is your focus of a gratitude practice, what time you want or can commit to this practice, are you are doing it alone or with others this can be a fun family activity if you have children

2. How often do you want to practice creating mandalas? Do you know how much time you can give this practice? Set a timeframe and schedule it in your calendar or diary as a commitment to yourself

3. Keep in mind you can take a couple of sittings to complete an intricate design or do a simple design in one sitting the choice is yours

4. Gather your supplies and create a space if you are able create a space to create your mandala practice WHY - this can help create the habit if you have it all set up to go, if you can't create a set space maybe think about gathering your supplies in something that sparks joy for you as a way to build the connection ie a pretty box, bag, art pouch or fun pencil case they make them big enough these days that all your supplies can be added to it including journal and or paper



Creating your own MANDALA practice

Gather your supplies - this is a personal choice they can be cheap or expensive work with your budget and start small

This can be as simple a paper and pen and creating a mandala from free form hand drawn

OR

YOU can getting more technical or precise and create a grid or template to build your design from

When I first started I used small origami paper squares (approximately 5") this allowed me to explore this on a small scale and worked well for shorter timeframes

Now I regularly use my art journal and I also create them digitally

SUPPLIES...

ESSENTIAL

- * Paper
- * Pencil
- * Rubber/Easer

OPTIONAL

- * Journal
- * Ruler
- * Protractor
- * Triangle
- * Compass
- * A mandala stencil and or shape stencils
- * Black pens in different nib sizes
- * Coloured pens, felts, texters, pencils, pastels or paint



My guidelines when entering a mandala session

Allow your creation to unfold intuitively

To have fun

To be open explore shape, texture, colour, thoughts
and feelings

Allow flow - don't overthink the next step, stroke or
element to follow just be present in that moment

To experiment without judgement

To be compassionate and leave perfectionism at
the door

Freeform process steps

Steps are for image in corner

Freeform means you create a starting point and you free hand from that point without a grid or template

Gather your supplies

Create a space that feels comfortable to work in ie: music that lights up your soul, your favorite drink, a candle or essential oils, any other item you might find gives your inspiration and raises your vibration

On your paper or page mark your starting dot/point (NOTE: this does not need to be in the centre of your page I will often offset to the side or a corner if it's in my journal so that I have space for writing)

Draw a small circle around the dot and then another slightly bigger

Then create a flower pattern around that circle

In each of the petals then draw a line and place a dot on top of the line

Then create another circle then another slightly bigger

Add some circles and dots evenly inside that circle

Next draw lines from the circle outwards inline with the dots add a circle and then a dot above that circle

Next at the last circle base add three triangle shapes - repeat around the circle

Then create the outside triangle lines

Finish adding five dots aligning with the points remove any pencil marks

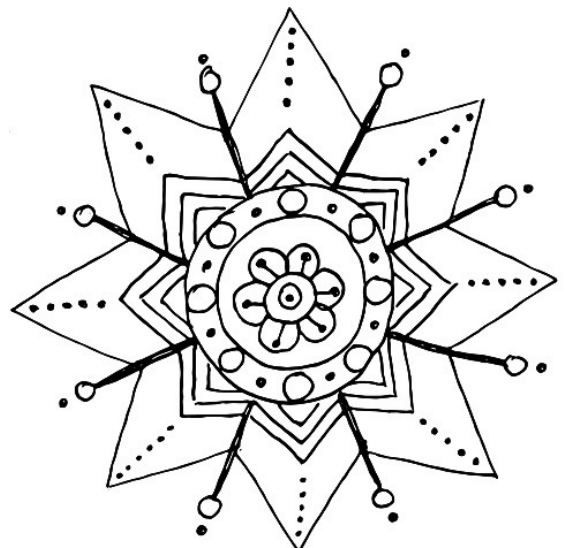
You're done

Congratulations you just

created a mandala in

freeform

Now try creating your own



Grid process steps

In this process you spend some time creating a grid or a template to help guide your mandala creation process this step does require a little bit of maths

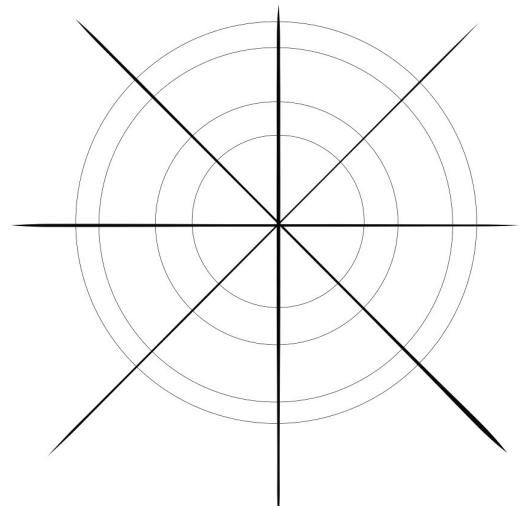
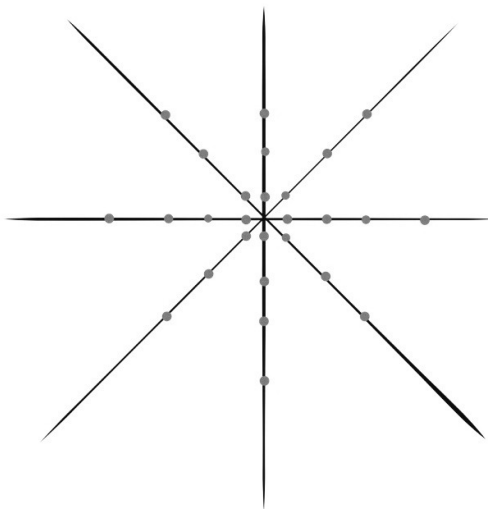
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On your paper or page mark your starting dot/point (NOTE: this does not need to be in the centre of your page I will often offset to the side or a corner if it's in my journal so that I have space for writing)

Create your center point then you can use lines and dots or lines and circles to create your template as long as they are even - below I have given the example of eight wedges any number you feel comfortable with will work I like a 12 wedge and I prefer using circles and between 6-10 in varying sizes

To create each wedge use a triangle or protractor work out how many wedges you want divide that by 360 your answer then becomes the degrees so let's say you want eight wedges you will need to mark every 45° to get eight equal wedges



Grid process steps

Once that is complete you can then move onto creating your mandala pattern by combing and layering elements and shapes together

Start from your center point and work outwards I use a pencil and then go over the finished design with pen

Below I started with a circle

Then created small flower petals

Then i added an 'S' shape sideways

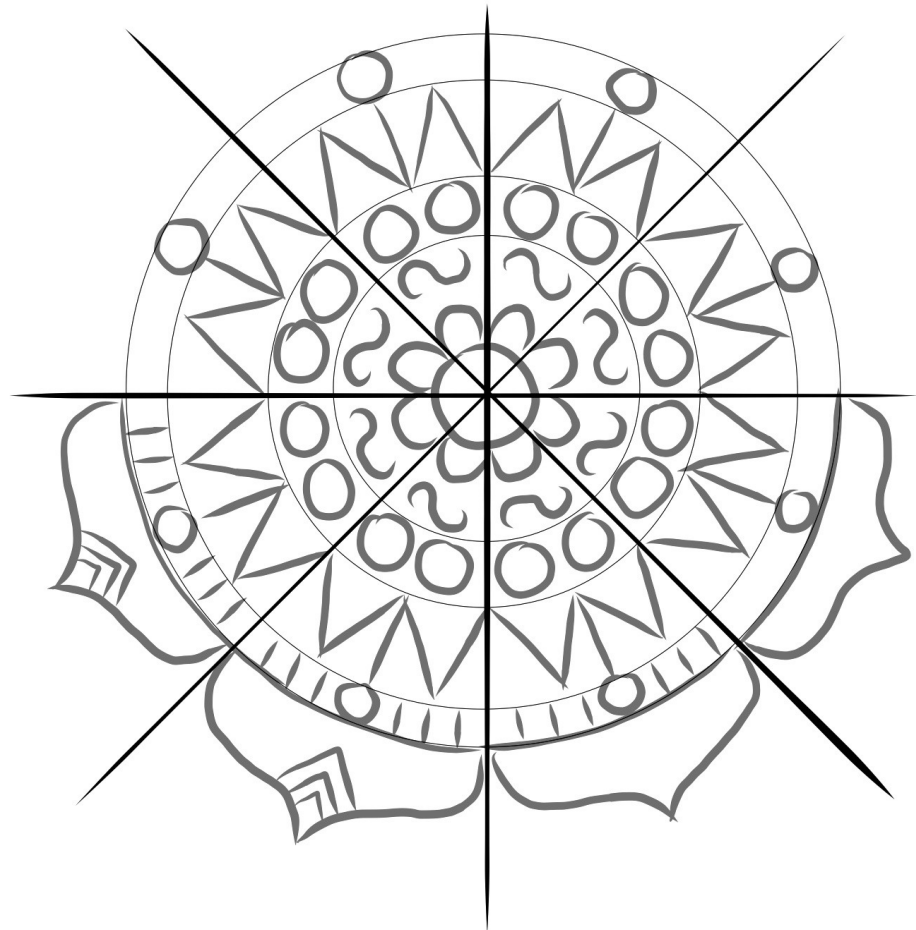
Create two circles with those lines I added two smaller circles to each wedge

Then I did two triangles with a line in the middle

Next I added a small circle above each line

The final layer was bracket type petals and then I started adding layered triangles at the tip

Once your happy with the design remove any pencil markings and keep as is or colour in now or later





“The mandala is an archetypal image whose occurrence is attested throughout the ages.

It signifies wholeness of the SELF.”

~ C.G. Jung



Colour Guide

When colouring a mandala or creating a colourful mandala looking at your choice of colour may contain messages for you or guide you to how you may want to express yourself

Below is a basic list that may get you started feel free to add to it or explore your own inner interpretations

RED - strength, high energy, passion, romantic love, courage

PINK - love, gentleness, playfulness, compassion, intuition within the feminine

ORANGE - creativity, self awareness, fun, adventure, transformation

YELLOW - Happiness, laughter, lightheartedness, positivity, enthusiasm, opportunity

GREEN - Nature connection, healing, love, harmony, balance

BLUE - freedom, calm, wisdom, truth, inner peace, emotional healing

WHITE - Purify, hope, simplicity, perfection, innocence, spiritual focus

GREY - practical, neutral, conservative

BROWN - grounding, reliable, honest, foundations, nature

PURPLE - Spiritual connections, magic, devotion, independence

BLACK - protection, power, shadow work, discipline

Elements

Basic shapes, lines

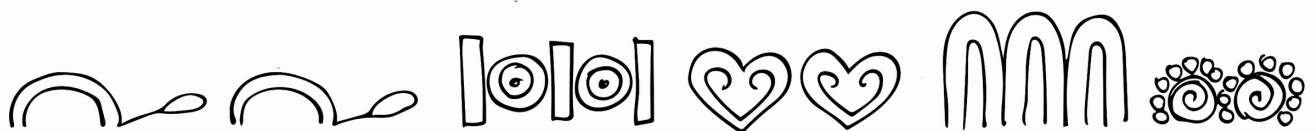
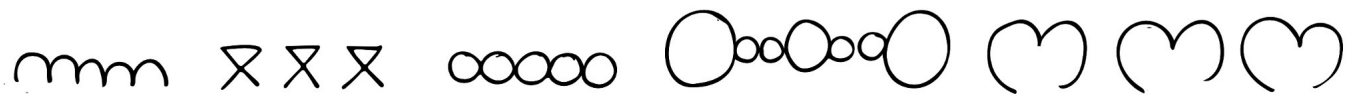
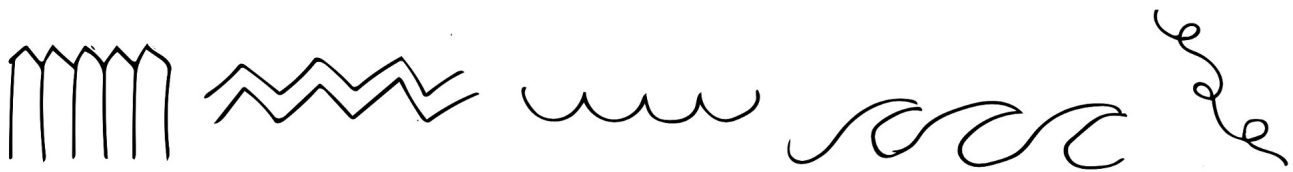
Think circles, triangle, square, heart, drops, fan, spirals, swirls, ovals diamond, pyramid, flowers, chevron, arrows, stars, curls, lines letters, numbers and so on



Elements

More lines and border ideas

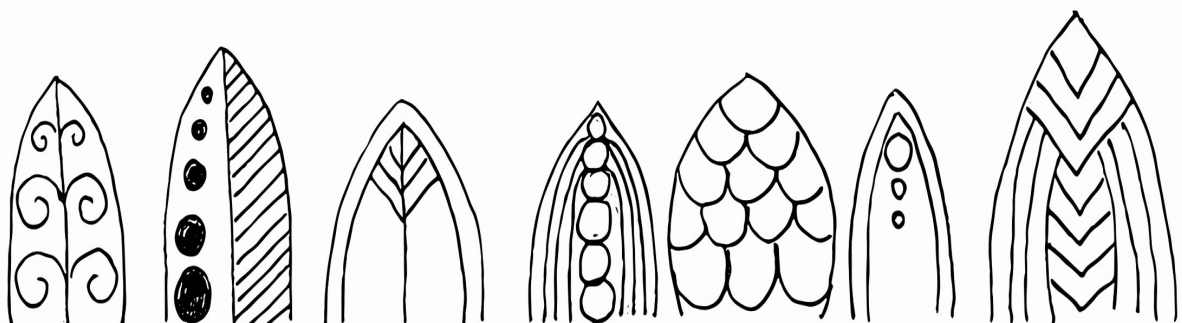
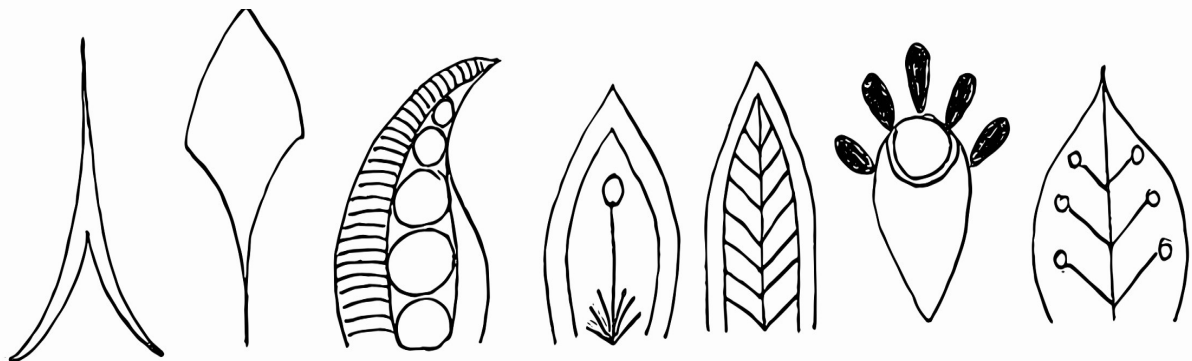
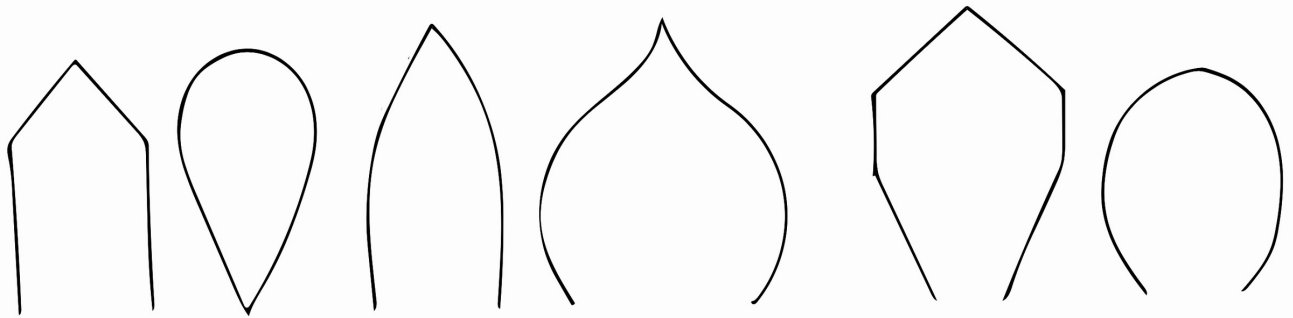
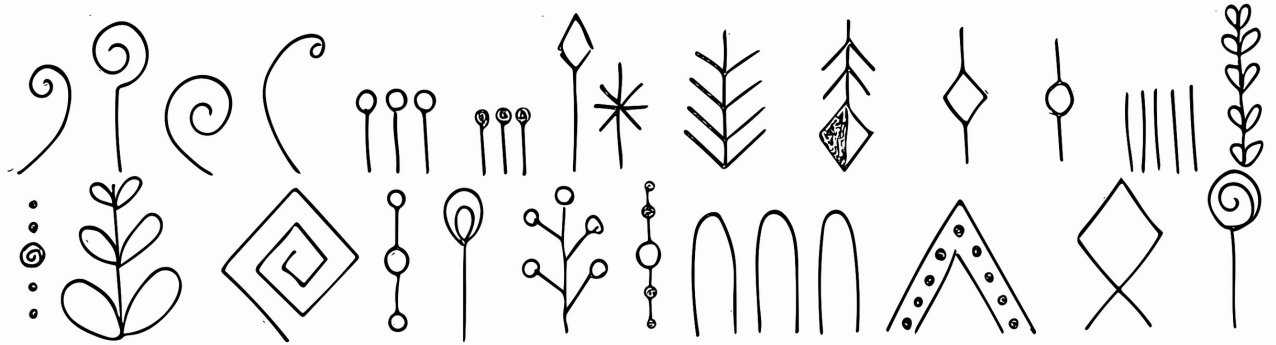
Think loops, dents, fences, vines, waves, humps, spirals, zigzag, arches, petal shapes, bridges, crowns and so on



Elements

Petals, leaves, fillers & sample ideas

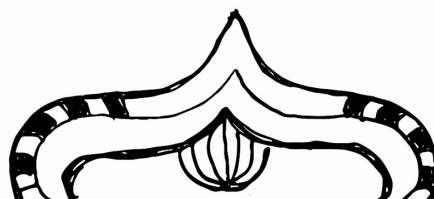
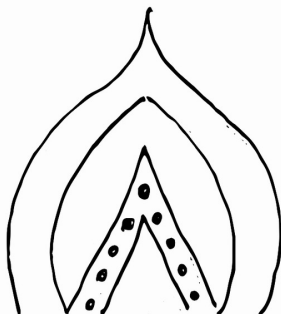
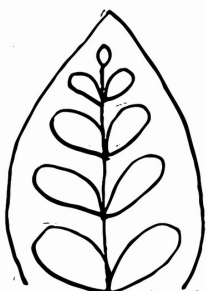
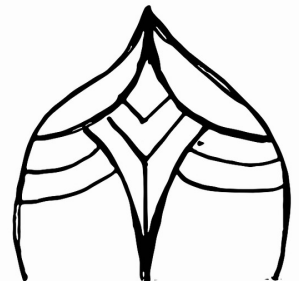
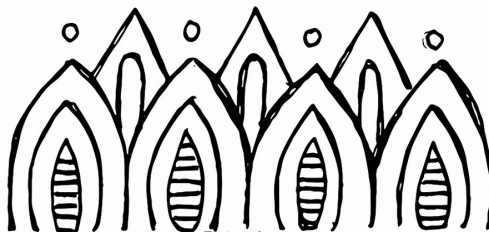
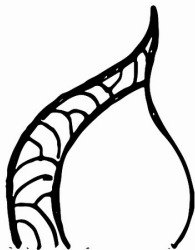
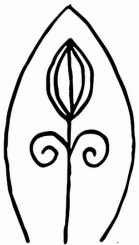
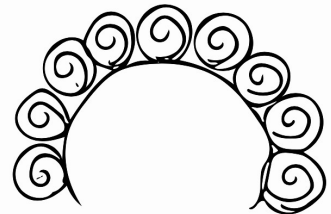
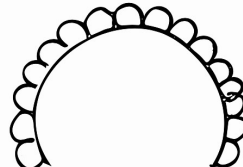
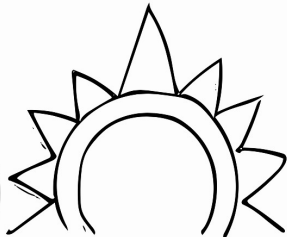
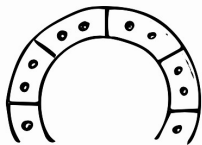
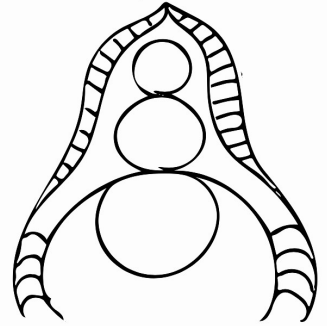
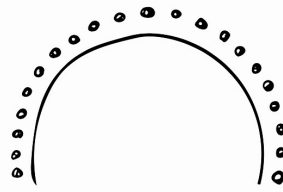
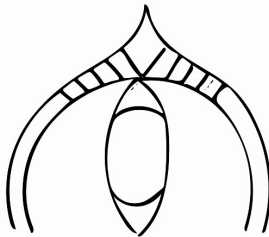
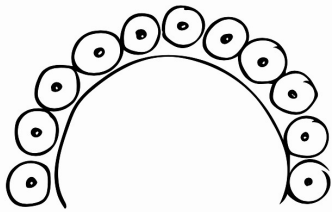
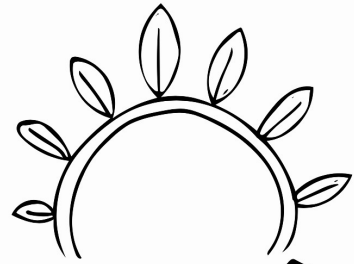
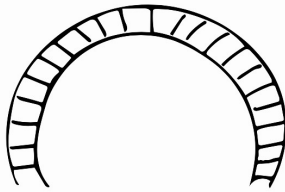
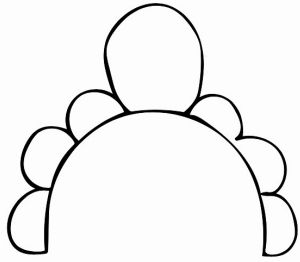
Think linking basic elements and shapes to create patterns



Elements

More sample ideas for borders, petals and leaf designs

Think linking basic elements and shapes to create patterns





**“You are always free to
change your mind and
choose a different future.”**

~ Richard Bach