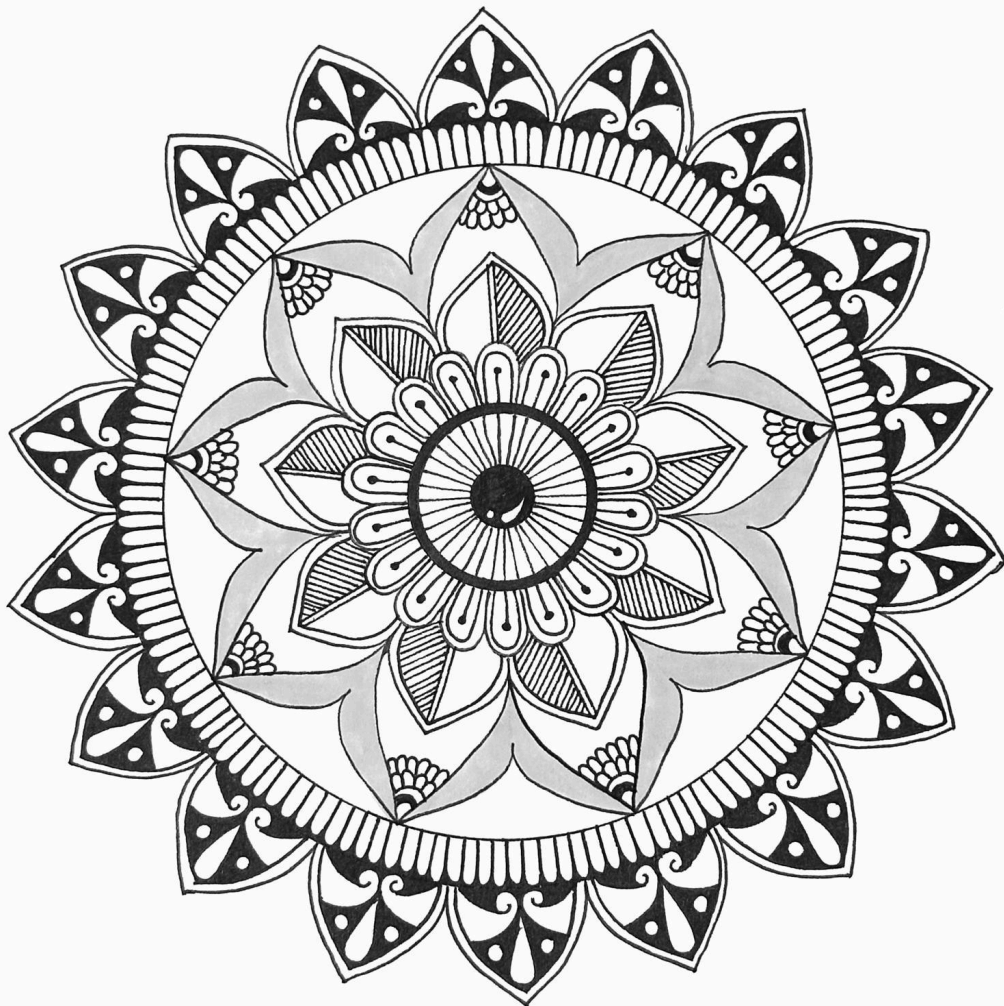


MAKING MANDALAS

ART KIT + GUIDEBOOK

By Asha Singh





MANDALA ART KIT by Asha Singh

Our Mission

Path with Art fosters the restoration of individuals, groups, and society from the effects of trauma through arts engagement and community-building. Path with Art is driven by our vision: A world where arts engagement is recognized as transformative—connecting the individual with self, the self with community, and communities with society. In this world, the power of arts engagement is available for all. Welcome to our creative community!

What is this kit about?

In this art kit, we create a co-centric abstract design called *Mandala* with an array of symbols, shapes and forms. We will start by practicing different patterns, shapes, and then create mandala designs from scratch. This process is extremely satisfying, meditative, and therapeutic in nature. Once you learn the basics, you can create your very own design with more details as you embrace the benefits of mandala drawing. Additional mandala designs are added in the guidebook to help you practice more.

What's in this kit?

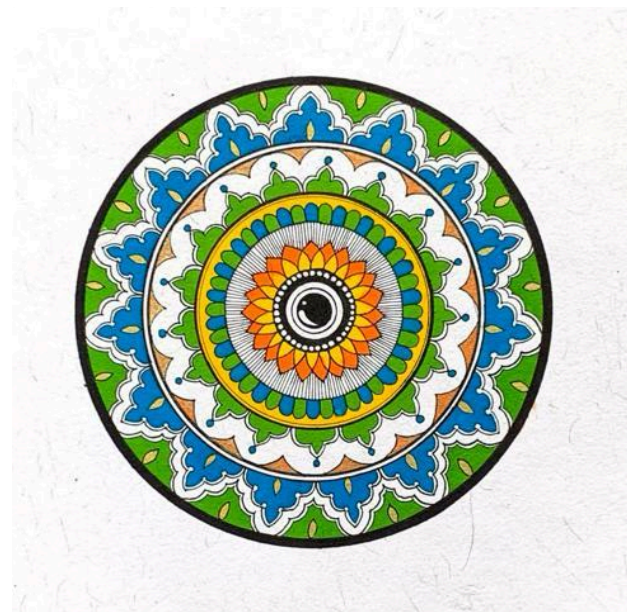
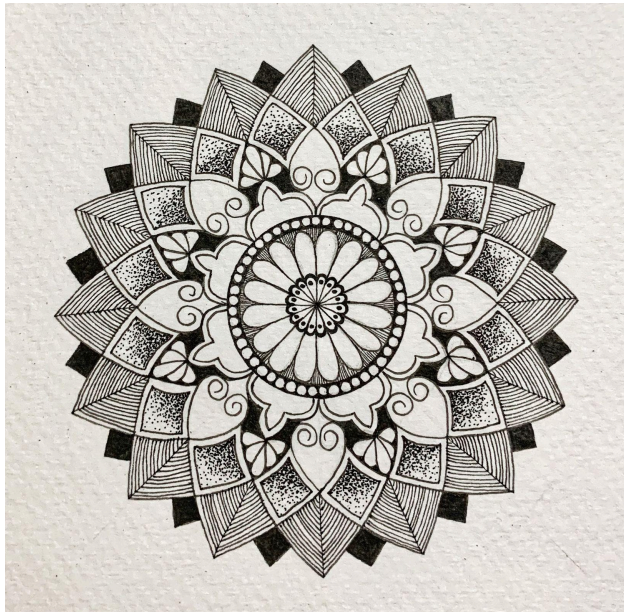
- (1 of each) a pencil, eraser, ruler, compass, and protractor
- (1) Micron fineliner pen
- (1 set) Coloring markers
- (8 sheets) Drawing paper (120gsm)
- (4 sheets) Grid paper
- (2 sheets) Mandala coloring sheets

Additional supplies that are helpful:

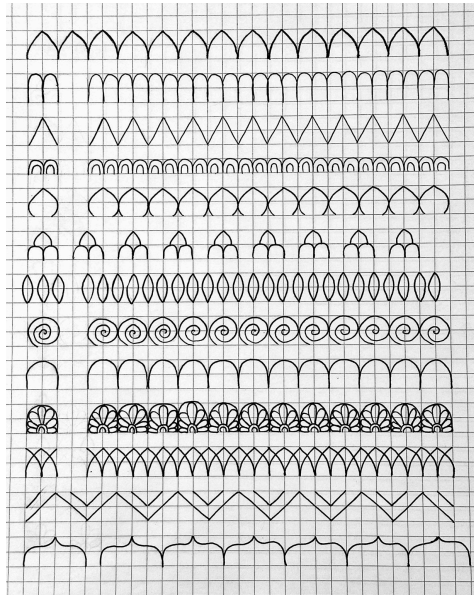
- Reference video on how to draw a mandala - <https://tinyurl.com/Ashamandala>

MANDALA ART EXAMPLES

These are some examples of mandala art that I've made over the years as I created simple and intricate designs adding a tinge of color to it.



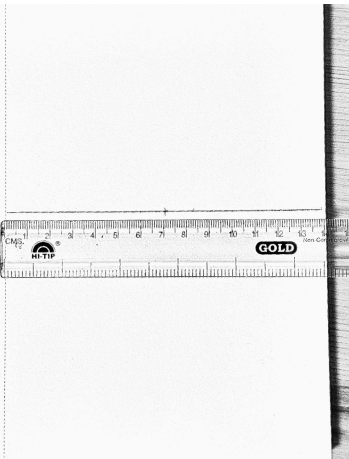
STEP-BY-STEP INSTRUCTIONS / Project How-To



Step 1 - Pattern practice

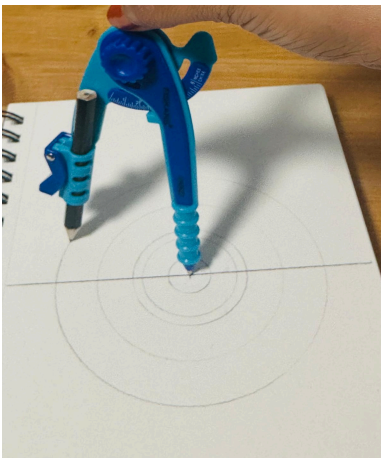
Let us practice some patterns which we will use later to fill in the mandala. Use your grid paper for practicing patterns as it will help practice symmetry and hand movement.

Start with a simple shape like a “V” or a “U” and then repeat across the page. Make your own patterns or use common shapes found in mandala art. **You can see more examples of shapes on page 10.**



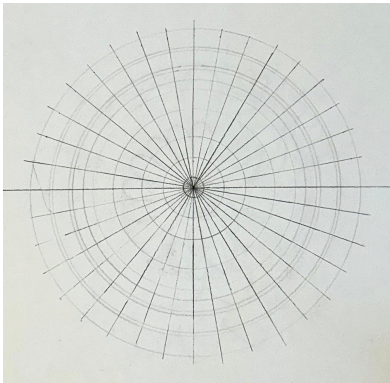
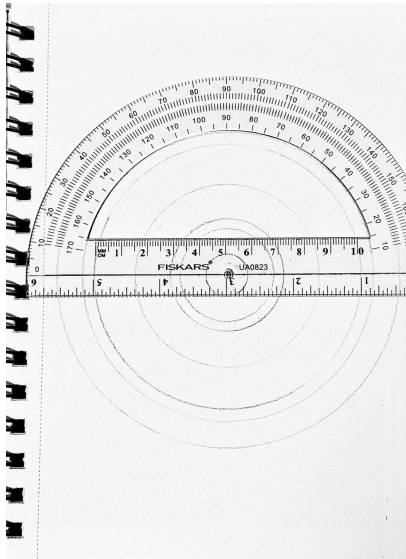
Step 2 – Find the center

You will need your drawing sheet, pencil & ruler to start creating a mandala base. Draw a line horizontally dividing the paper in half. Then find the midpoint of this line and mark it. This point serves as the center for our mandala.



Step 3 – Drawing circles

Using your compass with a pencil and marked center, draw circles of radius (*distance between the 2 points of compass*) 0.5cm, 1.3cm, 1.5cm, 2.5cm, 4 cm, 5.5cm, 6cm and 8cm.
(*It is fine if you can't get the exact dimensions*)

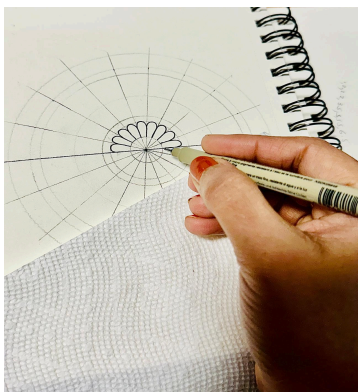
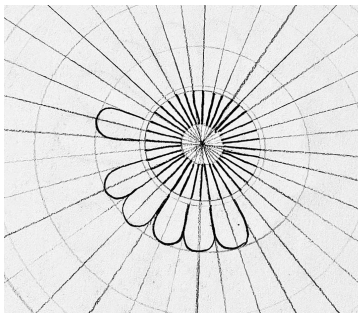


Step 4 (Optional) – Creating Grid

We can create a grid using a protractor so that our patterns are symmetrical. Take your protractor, align it with the horizontal line and center. Start marking from 0° at an interval of 10° (10° , 20° , 30° and so on till 180°). Move the protractor to the other side of the line and repeat the step of marking for an interval of 10° .

Now join the angle marking with the center of the circle using your ruler. Finish joining all points to the center and your grid is ready.

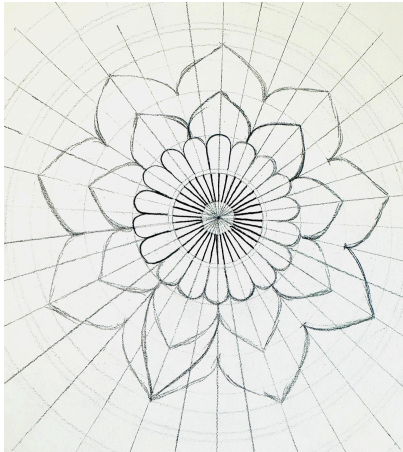
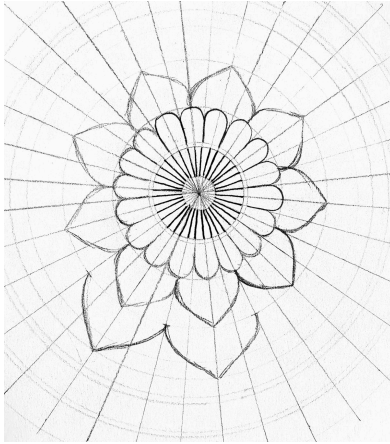
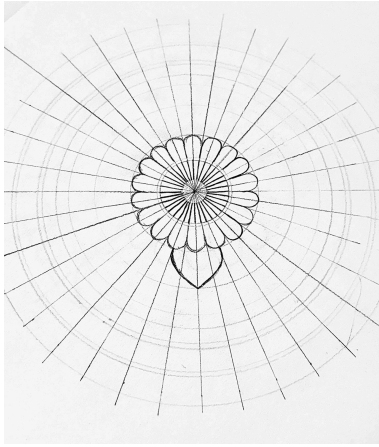
(This is optional so you can skip this step and start drawing on the circles directly. A Grid provides guidance to ensure our design is symmetrical)



Step 5 – Drawing the patterns

We start drawing a pattern from the first circle from the center with our pencil aligning within the grid lines to achieve symmetry. We fill the first circle completely with lines and the next circle with the petal pattern.

(Pro tip - I keep a tissue under my palm throughout the drawing to avoid smudging my design)



Step 6 – Drawing more patterns

We move on to the next circle and start creating the pattern shown on the left side with pencil. Again, utilize the grid lines while drawing patterns to keep them symmetric and consistent. Keep adding patterns to each circle till you finish adding patterns up to the last circle. The images on the left display the designs in order of their making.

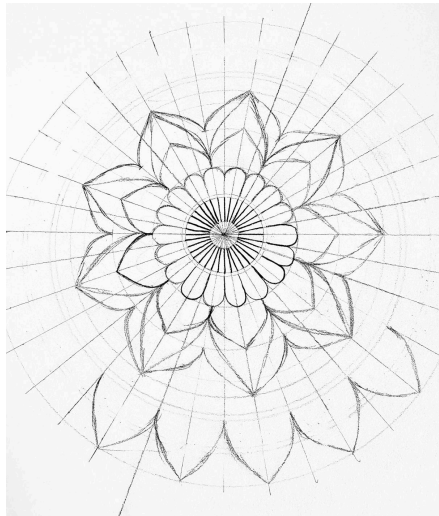
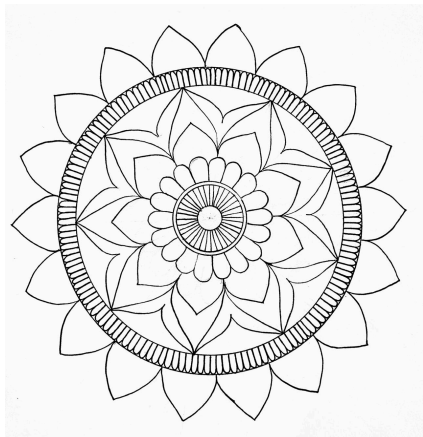


Image 1:



Correct any pattern you need to by using the eraser. Our mandala sketch is ready as per Image 1 and we can now go over it with a pen.



Step 7 – Drawing over with pen

I like to go over the pencil drawing with the Fineliner pen provided in the kit. For drawing circles, you may insert the fineliner pen in the compass and draw the required circle.

Once you have finished drawing with the pen, leave it for ~10 minutes for the ink to dry completely. After that, erase all the pencil marks. The final drawing is ready!

Image 2:

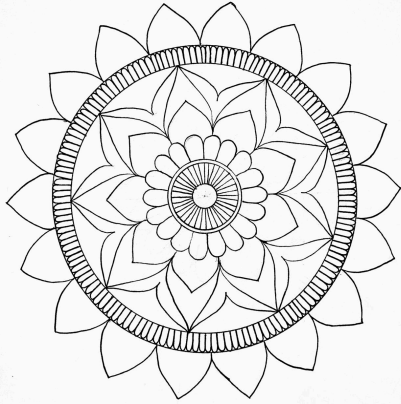
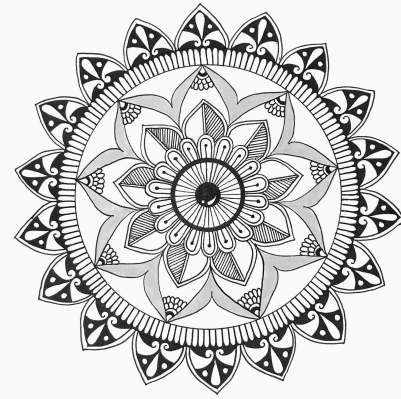


Image 3

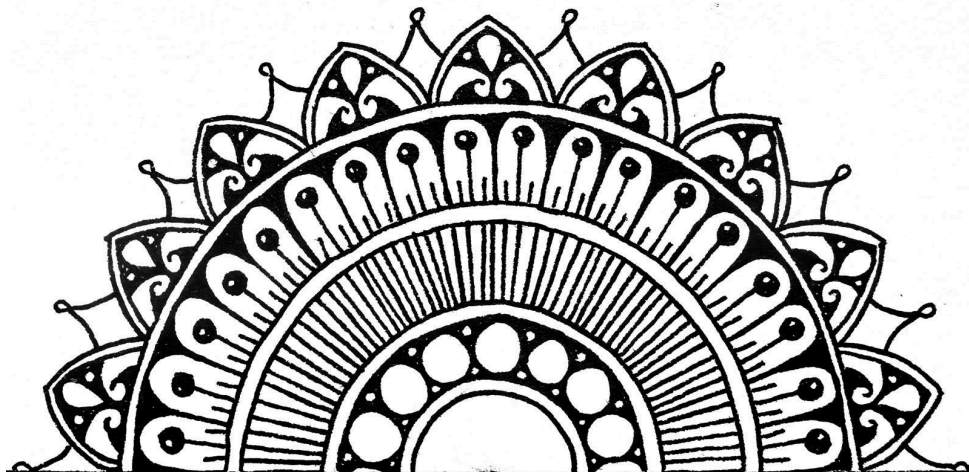


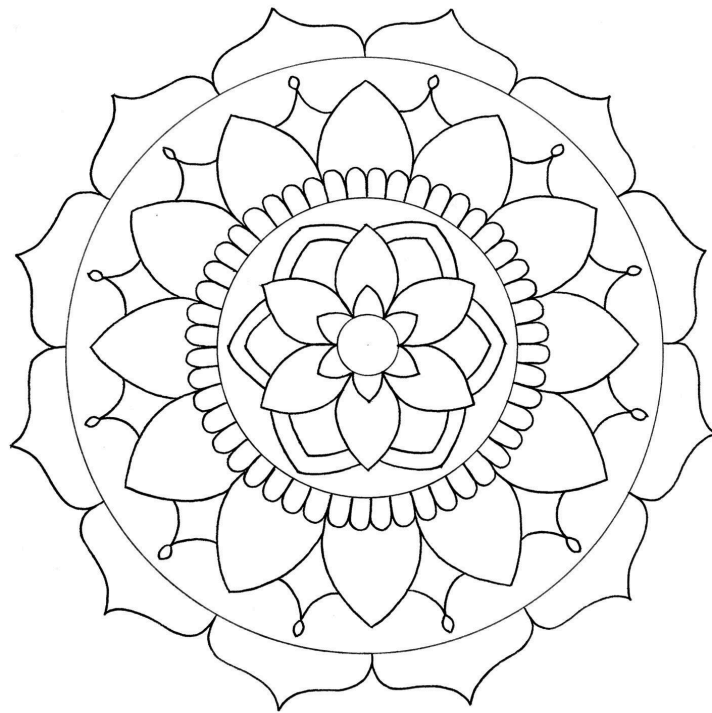
Step 8 – Mandala complete

Congratulations! You have created your very own mandala. (Image 2)

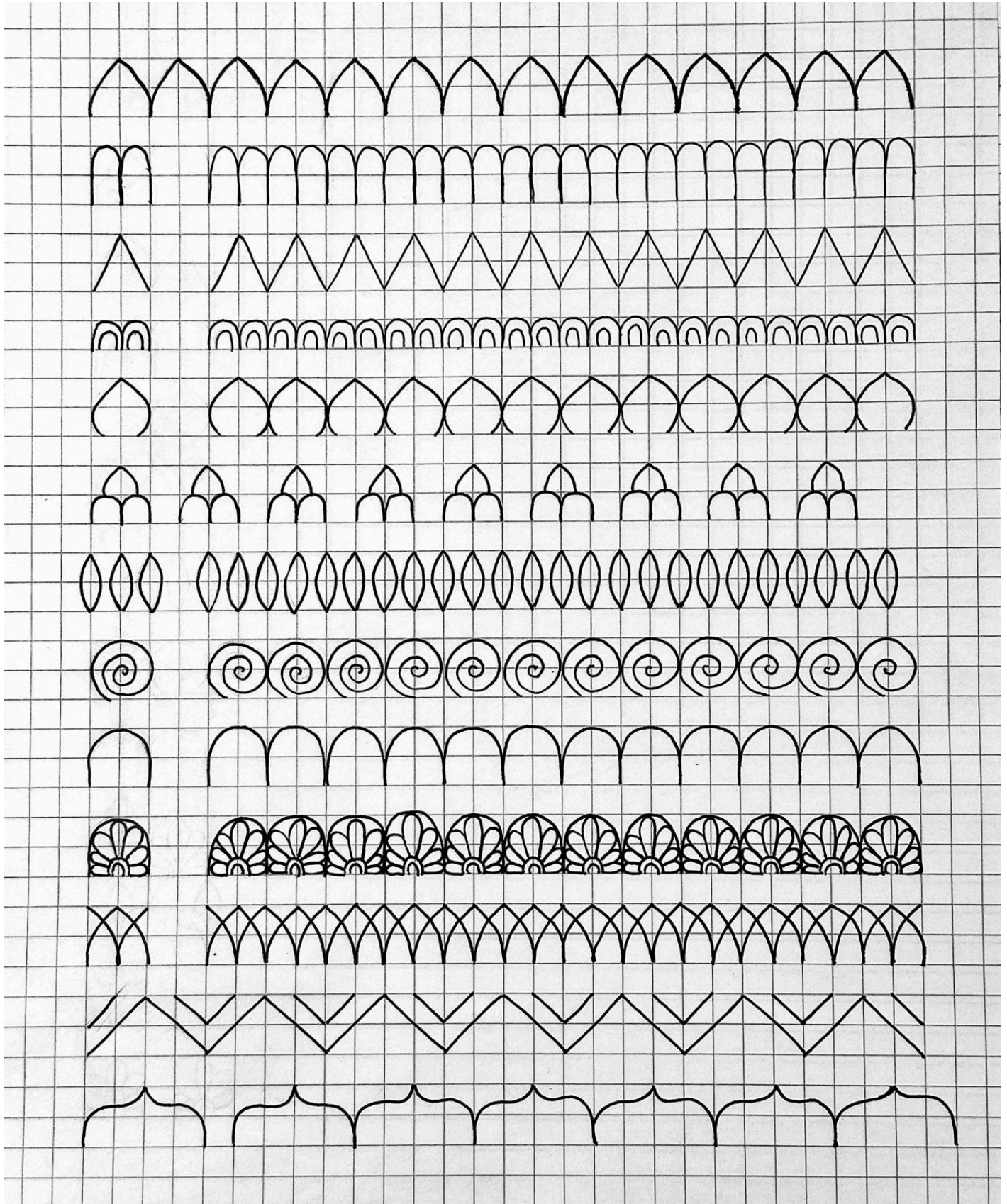
At this step, you may either fill the design with more patterns as shown in Image 3 or you can fill in your favorite colors in the design.

Keep practicing mandalas by incorporating variety in sizes, patterns, and colors. I have shared some sample mandalas to practice.





Mandala patterns:



OPEN STUDIO

Weekly on Zoom
Mondays, 3:30 - 5:00 pm

Zoom information:

Meeting ID: 948 7272 9885
Passcode: path
Call in by phone: +1-253-215-8782, 948 7272 9885#

This is a Drop In class, no prior registration is necessary



Open Studio is a supportive space to work on individual creative projects, share artwork, and connect with peers. Creative Mentors are available for one-on-one support. Bring out your paints, pencils, art kits, or whatever supplies you have on hand and let's make some art together!



Art Transforms

Path with Art's Community Blog

ART TRANSFORMS COMMUNITY BLOG

We would love to see what you have created! You can take a picture of your artwork and submit it to our community blog, Art Transforms.

All who are part of the Path with Art community are welcome and invited to contribute to the Art Transforms community blog! Check it out: <https://arttransforms.blog>

For instructions on how to contribute and submission guidelines, visit <https://arttransforms.blog/submissions/>

If you don't have access to the internet, contact blog@pathwithart.org or call 206-601-7112 to arrange another submission option.

Seattle Area Resources for Food, Clothing, Shelter + Services

<https://www.emeraldcityresourceguide.org/>

Crisis Resources

24 Hour Crisis Line: 866-4-CRISIS (866-427-4747)

King County 2-1-1: 2-1-1

WA Recovery Helpline: 866-789-1511

Mobile Crisis Team: 206-245-3073

SPD Crisis Intervention Team (CIT): 911 (*Ask for CIT trained officer*)

AA 24 Hour Helpline: 206-587-2838

Seattle Metro Trip Planning: 206-553-3000

National Suicide Prevention Lifeline: 988 or 1-800-273-TALK (1-800-273-8255)

This is a crisis hotline that can help with many issues, not just suicide. For example, anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one; or anyone interested in mental health treatment referrals can call the Lifeline. Callers are connected with a professional nearby who will talk with them about what they are feeling or concerns for other family and friends. Call the toll-free Lifeline, 24 hours/day, 7 days/week.

Crisis Text Line Text “MHFA” to 741741

Available 24/7, 365 days a year, this organization helps people with mental health challenges by connecting callers with trained crisis volunteers who will provide confidential advice, support, and referrals if needed. Lifeline Crisis Chat www.crisischat.org Visit www.crisischat.org to chat online with crisis centers around the United States.

Substance Abuse and Mental Health Services Administration’s (SAMHSA)

Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746

SAMHSA’s Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters:

<https://www.samhsa.gov/find-help/disaster-distress-helpline>