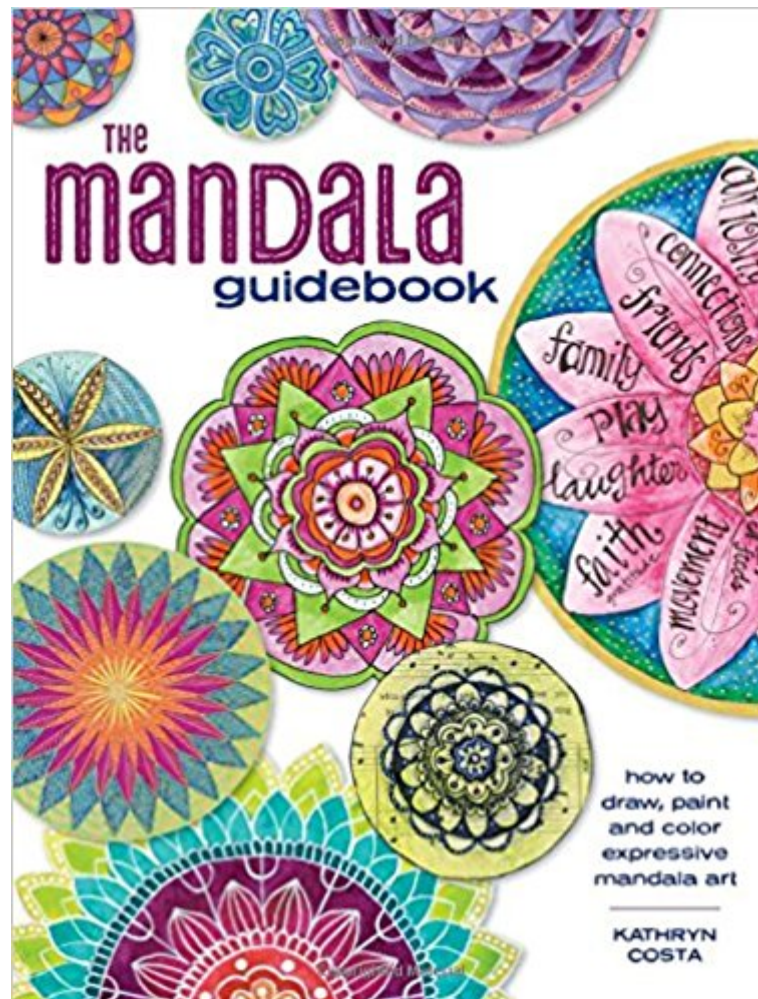


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# The Mandala Guidebook: How To Draw, Paint And Color Expressive Mandala Art



## Synopsis

Relax, create and connect with mandala art! Do you love coloring mandalas? You're not alone! Adult coloring books are gaining in popularity every day. Do you want to learn how to draw and color your own mandalas? In *The Mandala Guidebook*, Kathryn Costa shows you how with easy instructions perfect for the beginner. You'll find a wide range of projects, each with beautifully illustrated step-by-step instructions covering more design styles and artistic mediums than any other book out there. Simply put, a mandala is a circle with a design in the center, but psychologists and spiritual leaders have used mandalas as a tool for self-reflection and self-exploration through the ages; they have intrigued cultures around the world, from Celtic spirals and Indian mehndi to medieval church labyrinths. And now it's your turn. If you can write the alphabet, you can create beautiful and expressive mandalas! Journey with "100 Mandalas Challenge" creator Kathryn Costa to create spontaneous and spirited mandala art: Enjoy prompts and questions to practice self-discovery, gratitude, relaxation, meditation and explore your unique talents and artistic path as you create. Discover 24 demonstrations with clear step-by-step instructions to master the mechanics of making mandalas--both freehand and geometrically symmetrical designs. Explore mixed media and textural painting techniques within the boundaries of a circle using everything from a simple pen and paper to watercolor, collage, acrylic and stamped Gelli plate. Get pattern inspiration and discover how to play with color using common palettes from the world around you. Set your intention and learn how to use mandalas to solve problems, let go of fear, lean into love and gain clarity and insight as you create!

## Book Information

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## Customer Reviews

I have been obsessed with mandalas for awhile. I've drawn my own, but really wanted more instruction. I've bought three books and was extremely disappointed in all of them. For one thing, all were too complex and dense. One was not actually about drawing mandalas at all. One had really confusing instructions so I couldn't proceed after a certain point. And the third was all about theory and psychology. I wanted clear instructions on how to DRAW mandalas. I stumbled onto Kathryn's 100Mandala website and was blown away by her YouTube videos. They made the process so simple. For the first time, I was able to understand Sacred Geometry mandalas, like the Seed of Life. Kathryn's new book seemed expensive, so I postponed purchasing it. But after going through her whole site and looking inside the book on , I took the plunge. It was worth every penny! This is a gorgeous book, packed full of practical information on HOW to draw mandalas. Not theory, but practical, easy to understand instruction ... on all kinds of mandalas! This book is EXACTLY what I have been seeking. Kathryn has a great gift as a teacher. She knows how to simplify complex material, such as math concepts, for creating certain types of mandalas. In this book, she teaches how to create a variety of mandalas and spiritual symbols step-by-step. Attached is my first attempt after reading the beginning instructions for a freehand mandala. [UPDATE: I am adding a second mandala I drew last night based on the instructions in Chapter 2. Note that I don't think I have ever gone this far in a How To art book. But following the instructions (and following the encouragement of Kathryn to add my own ideas) is making my heart sing!

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