

Day Twenty-Two: May 22, 2020

HOW TO DRAW A MANDALA



Learn how to draw a mandala! In this drawing lesson, you'll learn step by step how to construct a mandala using this one as an example. Although it looks complicated, it's actually really easy once you know the steps!

What is a mandala?

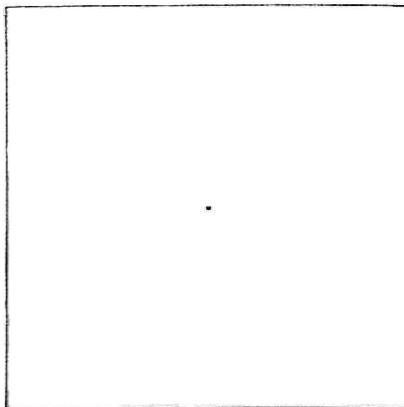
A mandala is a complex abstract design that is usually circular in form. "Mandala" is a Sanskrit word that means "circle". Mandalas generally have one identifiable centre point, from which emanates an array of symbols, shapes and forms.

Mandalas represent the connection between our inner worlds and outer reality. Designing your own mandala can be both inspirational and therapeutic.

Materials Needed:

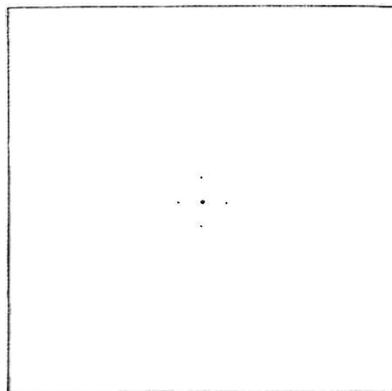
- Paper
- Pencil
- Ruler
- Eraser
- Coloured pencils, felt markers, water colours – something to colour in your mandala!

Instructions:



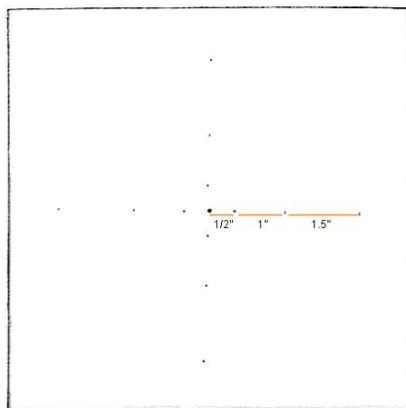
The first step is to draw a mandala is to **measure out your paper into a square shape**. The square can be as big or as small as you like. The bigger the square, the more room you will have for putting in lots of detail and color. This square is 8" x 8".

Next, use your ruler and a pencil to **draw a dot in the very center of the square**, as shown here.



The next step in how to draw a mandala is to **draw a series of circles around this dot.**

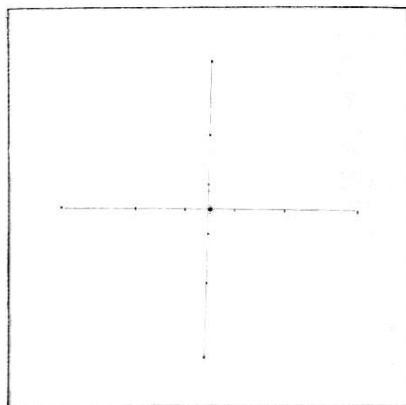
Using your ruler, measure out 1/2" (or more or less - depending on your preference) from the center dot. Make a mark 1/2" above, below, to the left and to the right of the center dot, as shown here.



Next, measure out another distance from the center dot. Using the same process as before, make a mark at this same distance on top, below, to the left and to the right of the center dot.

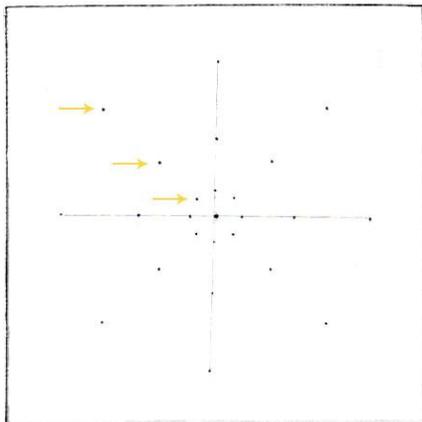
You can **continue making as many rows of these dots as you like.** I chose to make 3 more rows of dots, as you can see here.

The important thing is to make sure that the dots you make are all equidistant from the center dot.



Now that you've drawn your dots, it's time to **connect** them.

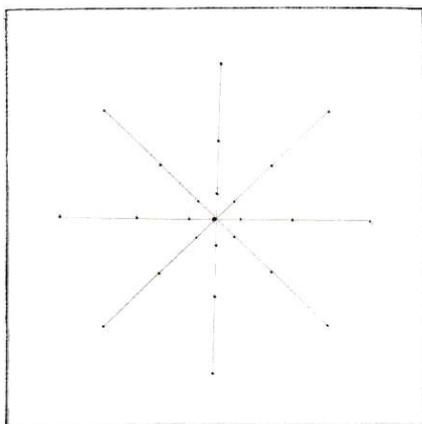
Draw a straight vertical line connecting the dots that go up and down, and a straight horizontal line connecting the dots that go one either side.



Next, **draw another series of dots at the same distances from the center as your first series of dots.**

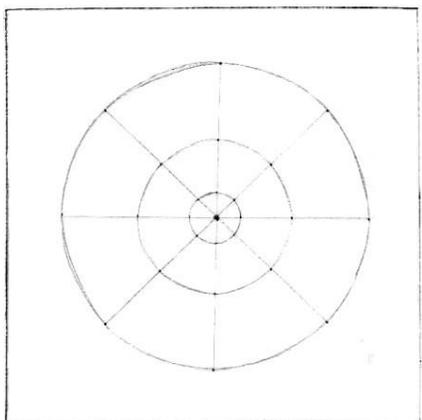
The yellow arrows point to where the new row of dots will be located. Try to make them at a 45 degree angle to the perpendicular lines.

Draw four rows of dots, making a large x shape.



Next, use your ruler to **connect the dots** you just made.

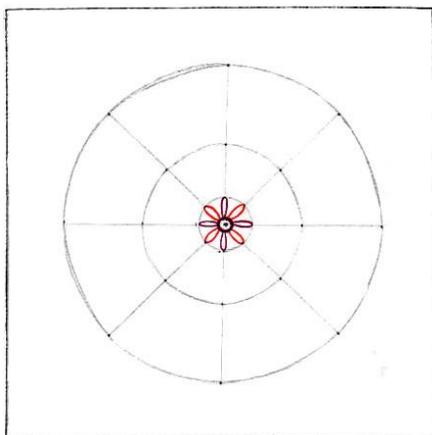
Now your picture should look like this one.



Now you'll want to **connect the dots into circles.**

Don't worry about making the circles "perfect".

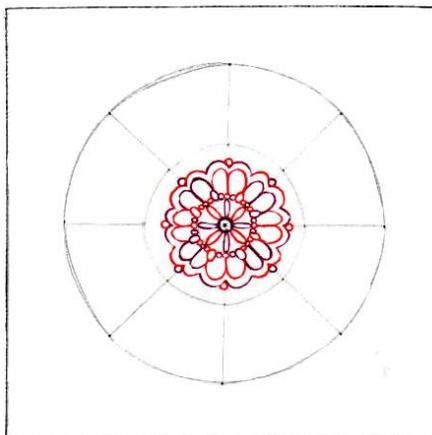
We're not worried about perfection here! Just take it one step at a time, going from dot to dot and make sure you draw lightly enough that you can easily erase any mistakes.



Now that you've drawn the basic outline for your mandala, you can **begin drawing designs in your mandala!**

You can use a pencil, colored pencils, ink, crayons, or whatever you choose.

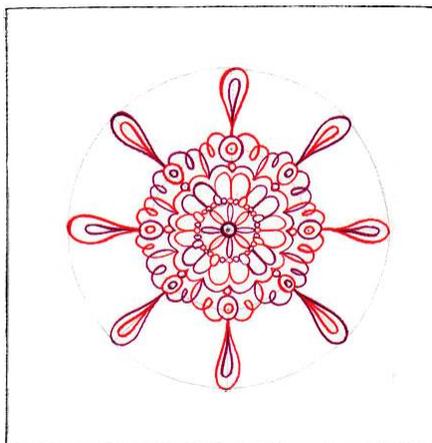
You can start from the center, or you can start from anywhere where you feel inspired to make some marks.



Using the lines and circles you drew as guidelines, you can **draw shapes like circles, triangles, raindrops, loops, etc.**

The important this is to **repeat your pattern**. For example, if you draw a circle on one of the lines, be sure to draw it in the same spot on the other lines.

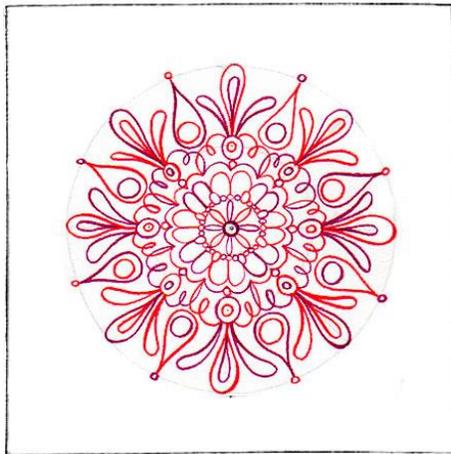
This creates **repetition**, which is a key element in creating a mandala.



As you draw more and more designs, your mandala will start to look more complex.

The key is to take it slowly, drawing one shape at a time and going around the whole circle drawing that one shape in the right place.

Then you build on that shape by drawing other shapes around the circle in the same manner.



Here is how the mandala looks with all the designs drawn in.
Pretty cool!

You can leave your mandala just like this, or **you can choose to color it in!**



Voila! Your finished mandala should look something like this!

Photo and activity credit: Thaneeya McArdle

<https://www.art-is-fun.com/how-to-draw-a-mandala>