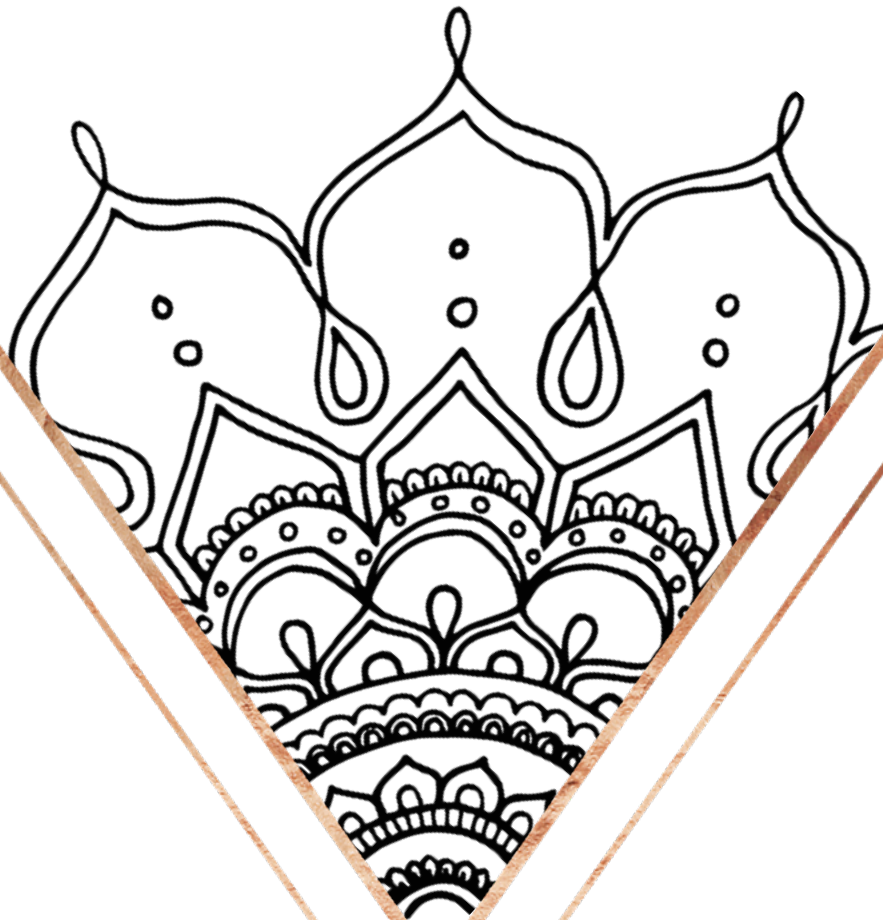




Mindfulness

Mandala Tutorial

A Step by Step Guide to
Drawing a Mandala



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There are so many ways in which you can draw a Mandala!

This is just a guide to get started and an aid to help if Mandala drawing at all feels a little too overwhelming or confusing.

You can either Print out the Mandala Template (page 26), follow the Step by Step instructions I've given in this book and add the shapes & patterns provided on the "Mandala Shapes & Patterns" Cheat sheet (page 25), or you can just follow YOUR own intuition and add your own touch.

The idea of drawing Mandalas is to INVITE your intuition, follow your instinct and to get intouch with the inner most parts of yourself.

It's meditative, it's calming, it helps with breaking through blockages, and healing parts of ourselves we've neglected.

Incorporating Mandala drawing is one of the kindest, enriching and most rewarding things you can do for yourself.

It's self love and self compassion. Mandalas will awaken you to a better life and help you on your journey of healing and self fulfillment.

I can vouch for their power. There's been nothing like it on my own healing journey. They have been a truly transformational tool and they are forever in my healing tool kit!

Enjoy :)

Moni



Mandala Tutorial

Chances are you've seen a Mandala or two!

They have seemingly been popping up everywhere these days and have become very popular as a mindfulness practice which is absolutely amazing.

They are truly transformational tools for uncovering any blockages and for connecting us to our souls.

A Mandala is said to represent us and our universe as a whole. It is often viewed as a cosmic diagram that extends both beyond and within our bodies and our minds.

When we draw a mandala, we begin a journey of deep connection. It's inevitable. For some it will be a subtle change within but for others the changes and shifts felt will be life altering. Especially if you regularly draw them. They are truly magical.

Imagine living your life following your heart and souls guidance. Imagine a life filled with flow and calm. And a deep connection to yourself.

We'll look no further, just start right here, right now. In this present moment. Take a deep breath and just have a go. Make this your time to begin on your transformational Mandala journey.

This is my Step by Step process which is by no means the only way to draw a Mandala :) Please use your imagination and adapt to what works for you. Make it your own!



What Do I Need To Draw A Mandala?

Here is a list of supplies that will come in handy when drawing a Mandala:

ANY Paper – scrap, copy, cardboard (but best results with artist heavyweight paper)

Pencil (for outlines)

Permanent Ink Markers (I use & prefer Uni Pin Fine Line in various tip sizes but Staedtler Fine Liners are also popular) or any colour pens or pencils

Compass (or other round items in different sizes)

Eraser
(to remove pencil outlines)

Ruler

Protractor (optional)

Optional:
Candles, Incense,
Music etc



Optional: Print out this book or alternatively print out the “MANDALA SHAPES AND PATTERNS” (page 25) and/or the provided “MANDALA TEMPLATE” (page 26) to help with creating your Mandala.



STEP 1:

Find a comfortable place where you can be fairly undisturbed.

Light a candle or two or three... Light some incense if you feel like it. Set the scene of magic and connection - however this looks and feels to you.

Gather all your mandala supplies, and make yourself comfortable.

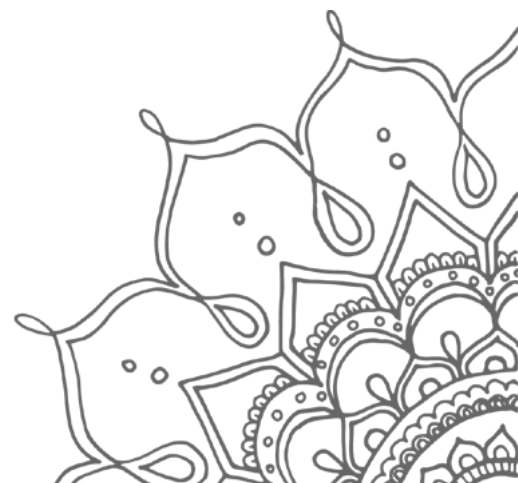
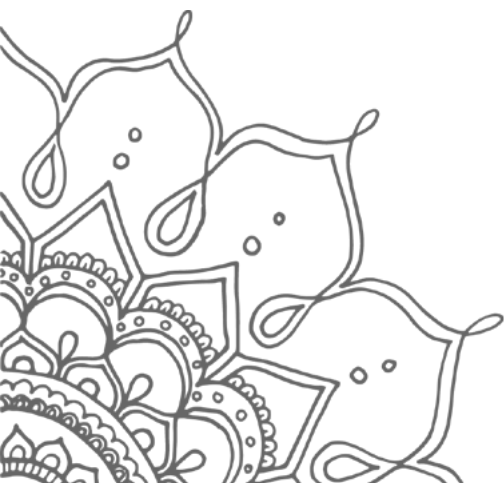
You can skip the following grounding meditation and head straight to STEP 2, but if you're after a truly magical and transformational moment I highly recommend you get as grounded as possible and deeply connected to your soul.

GROUNDING MEDITATION:

Take a deep breath in. Fill your lungs and your belly. As you exhale imagine roots beginning to grow from your root chakra or from the base of your spine. Connect here for a minute or two, breathing in and out, and as you keep breathing out your roots grow deeper and deeper until they arrive at the centre of the earth - at her core.

Once you're there, every breath IN that you take, imagine that you are breathing in beautiful, calming, grounding Earth energy into your body, into every cell, organ, muscle and bone. And every exhale you take imagine this amazing Earth energy enveloping your surroundings, your body and Aura.

Do these In and Out breaths a few times, until you feel totally encompassed in this magical Earth energy.



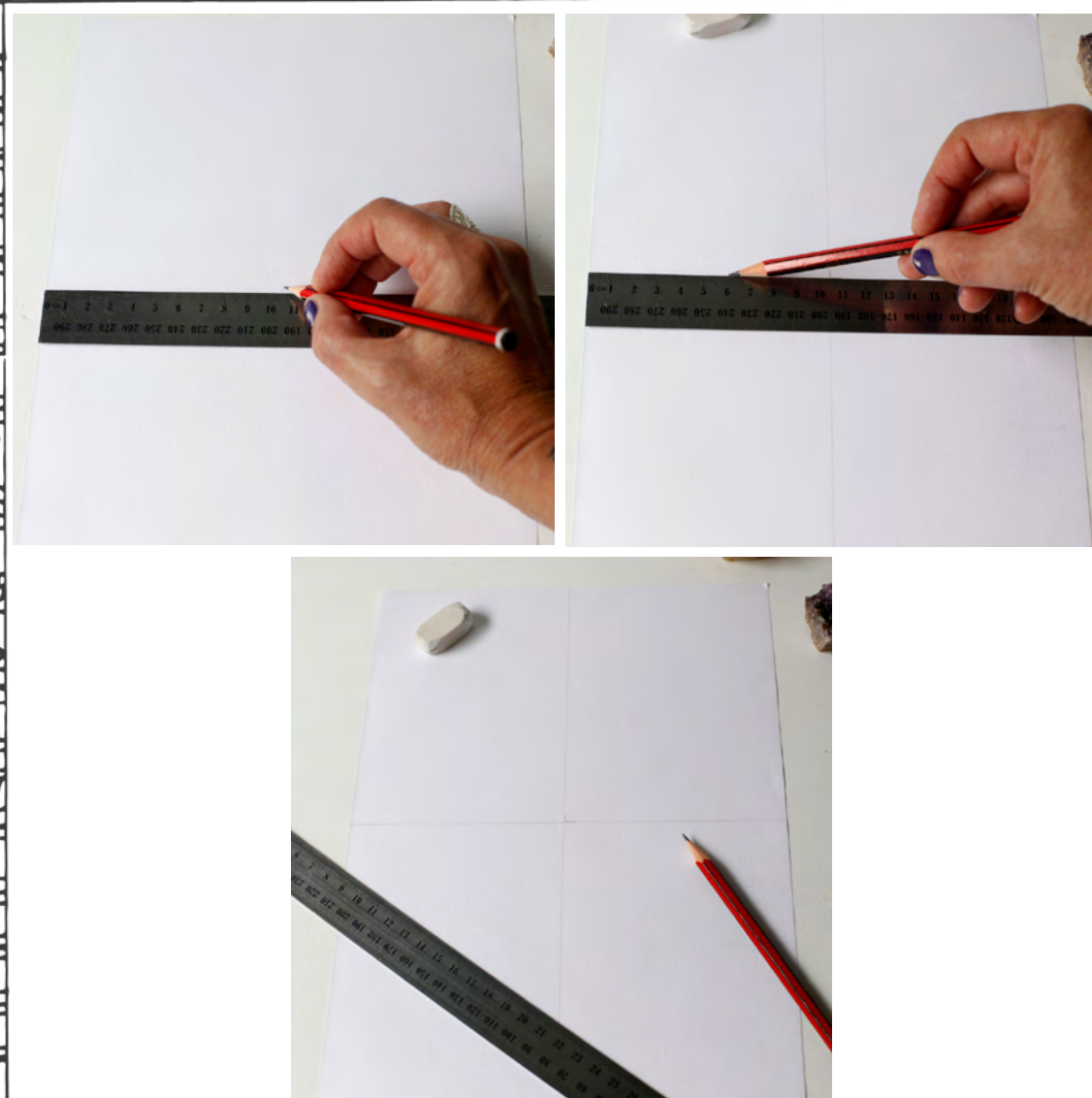
(*Please note that you don't HAVE to add circles around the Mandala; if you're after a more flowier Mandala, just keep building on the shapes without the circles and skip the following steps)

STEP 2:

The first thing we are going to do is find the middle on our piece of paper of our choice. (Please use a pencil for the following steps)

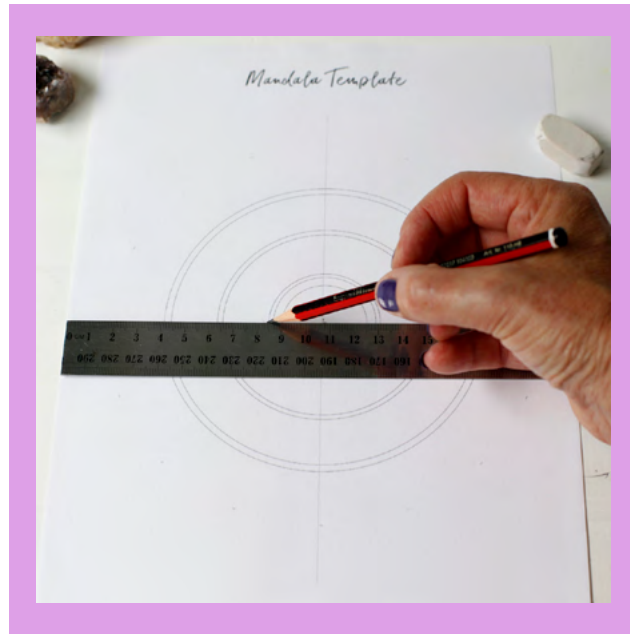
There are a couple of ways we can do this step:

We can do this by measuring the paper both horizontally and vertically with a ruler to find the middle of the paper. And then physically draw the horizontal and vertical lines with a pencil until we have a cross that meets in the middle of the paper.

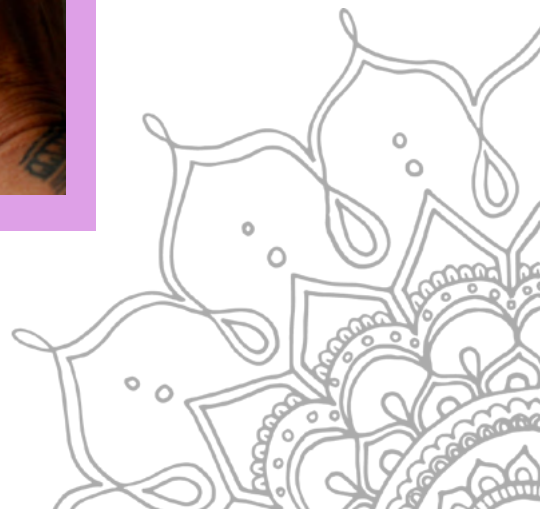




You can also do the previous step (add the vertical and horizontal lines) if you're using the provided "Mandala Template".



The other way is to approximate where you think the middle is. Put a dot here. Or draw a small circle.



STEP 3:

So now we have a dot or a small circle in the middle of the paper. This can represent your inner self, your inner circle or the beginning of a project or dream.

We also have a horizontal and a vertical line across the paper.

Now take a deep breath and again connect yourself with the Earth's energy.

Become present and aware.



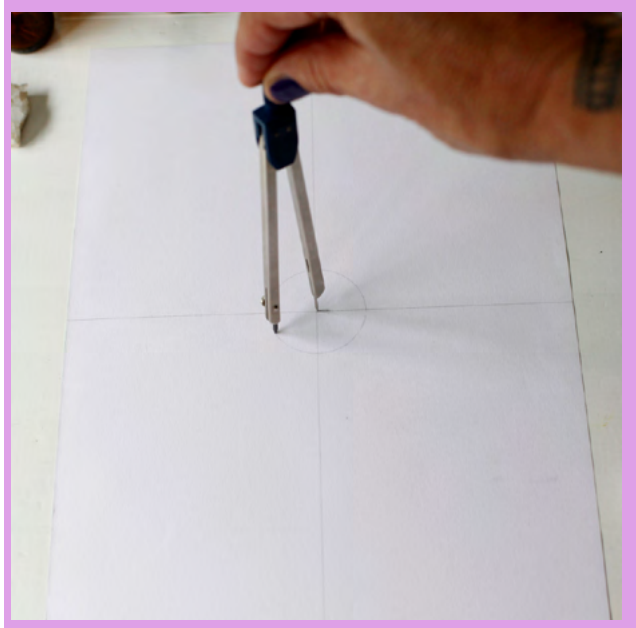
STEP 4:

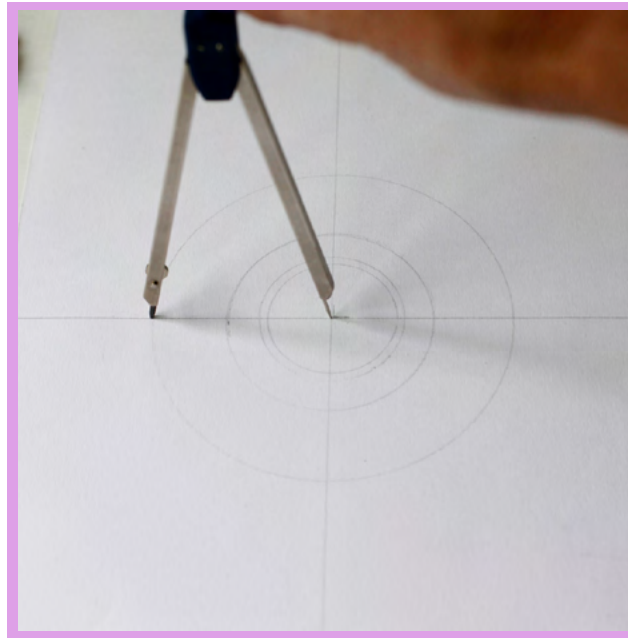
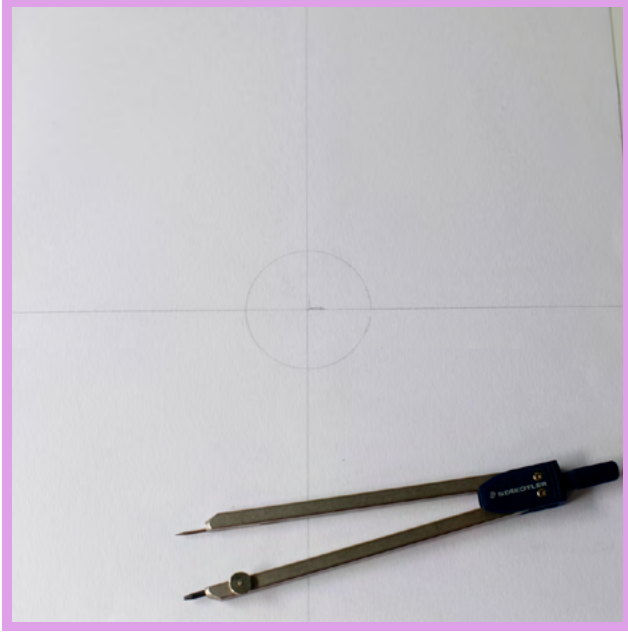
(Skip this step, if you're using the "Mandala Template" or you can also use the template as a guide to create your own!)

At this point you can use a compass to outline the outer layers of your Mandala. I personally love using a compass and I add the circles as I feel, meaning I just draw them in where I feel I want them.

To add the circles with your compass, position the sharp end where you've either made the dot or circle on the paper, or where the horizontal and vertical cross meets and then use the compass to draw circles.

*** If you don't have a compass you can use any objects with a round shape, like plates, glasses or even a large roll of sticky tape. Try to have as many different sizes as possible from small, medium or large. Or ALTERNATIVELY print out the provided "Mandala Template"!



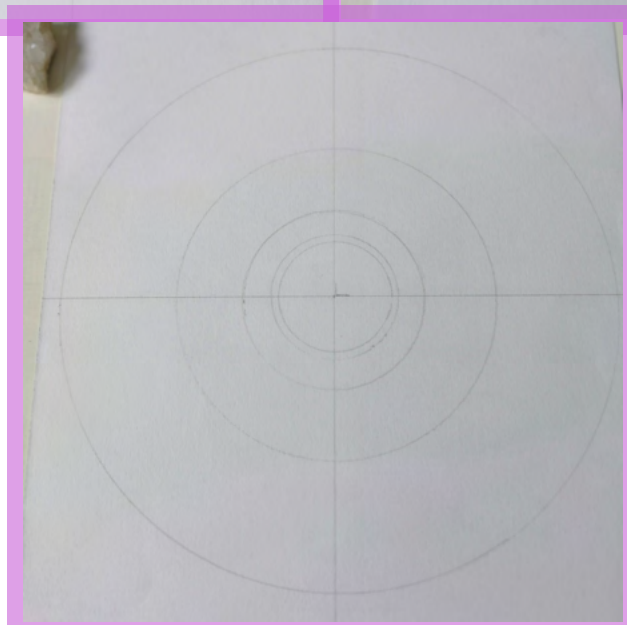
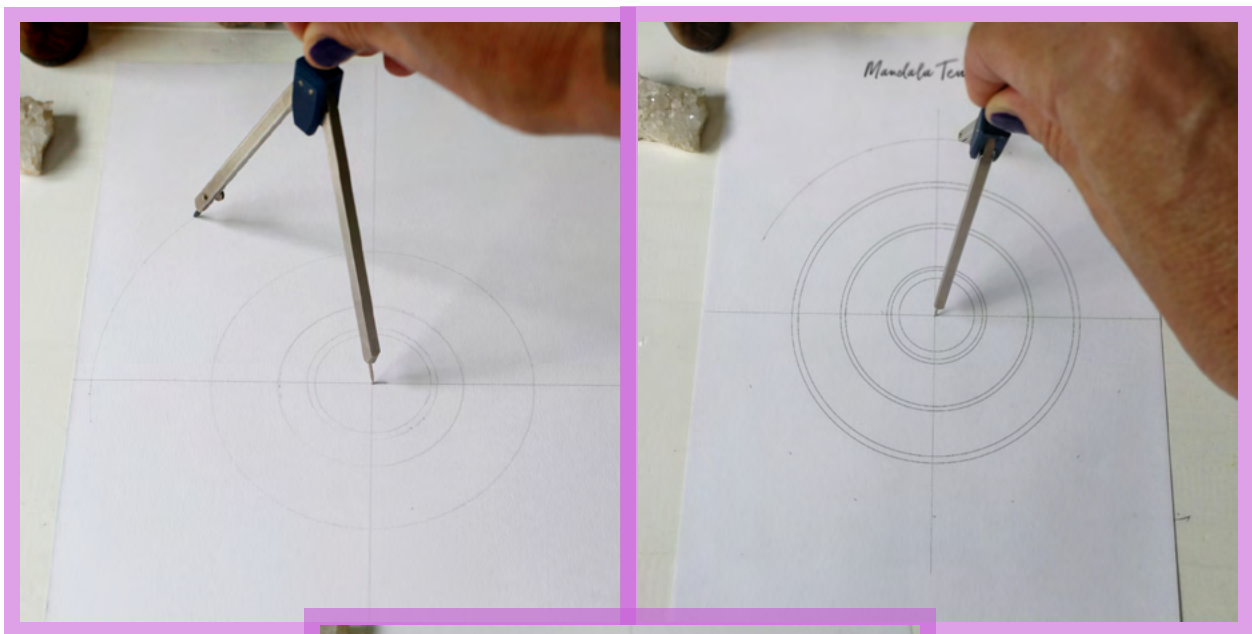


Finally add one big circle that goes near the edges of the paper, this large circle will help later on when we measure between the horizontal and vertical lines. More on next page in step 5.

* For me the horizontal and vertical lines and the circles, help with structuring the Mandala, however, you can omit this step if you prefer to just go with the flow and not be too constrictive with your Mandala.

You can also add extra circles to the "Mandala Template" if you're using that.

** Sometimes I will change these circles and sometimes I will add more. It all depends because once I start filling in the Mandala with patterns and shapes the energy will shift and I just allow whatever wants to come through. This might mean a slight change in the circles, just something to think about, **don't get too caught up with this stage, you are just creating a "template" something to guide you along.**





STEP 5:

(You can omit this step if you're after a more flowier Mandala)

Now that we have a cross as well as all our circles I like to add additional lines for more accuracy and a more symmetrical Mandala.

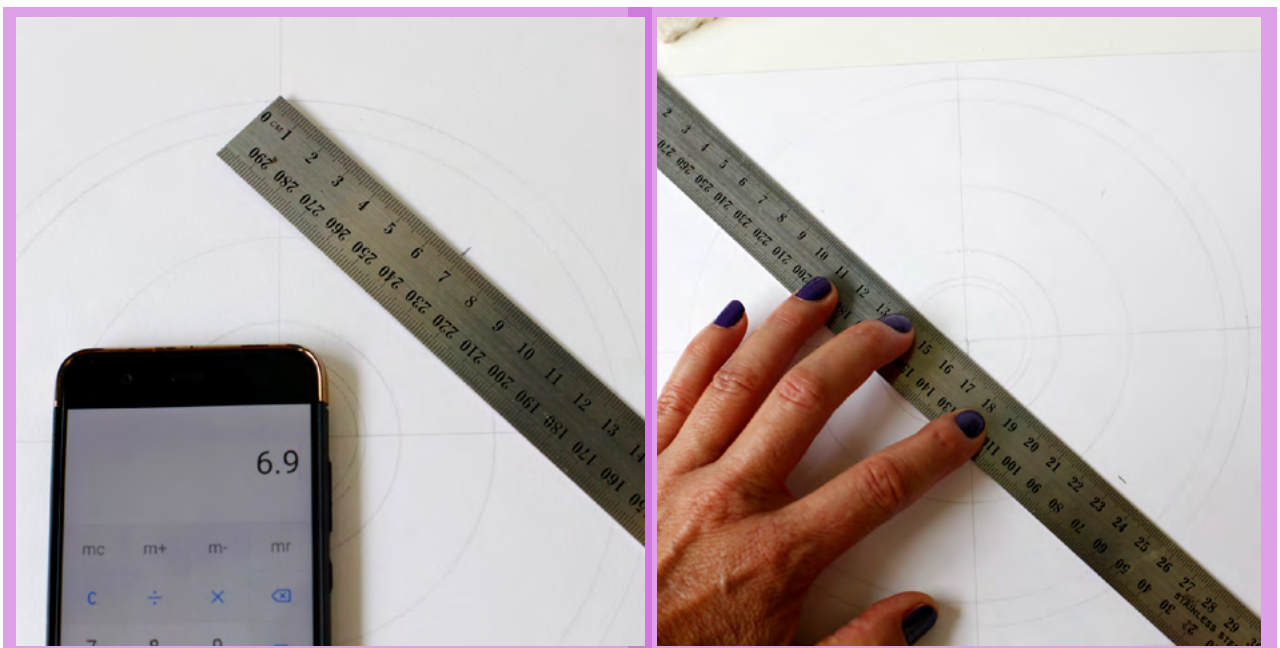
Here I measure the points between the "wedges", which is the area between the vertical and horizontal lines measured from the largest circle. Please see pictures for more detail. ***(I'm a ruler girl but you can use a Protractor for this step which is a lot easier and quicker!!)***

Begin by measuring between the two lines and then divide that number by 2 to get the half of the original measurement. Put a small line or dot here to mark the measurement.

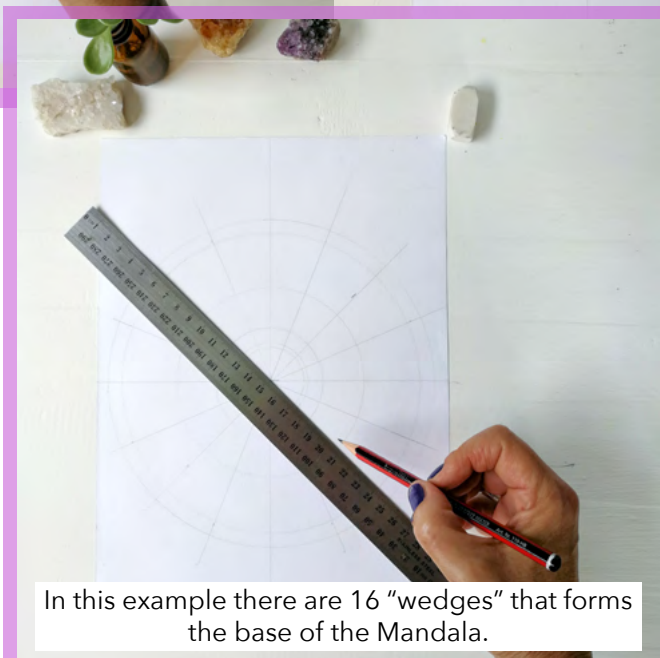
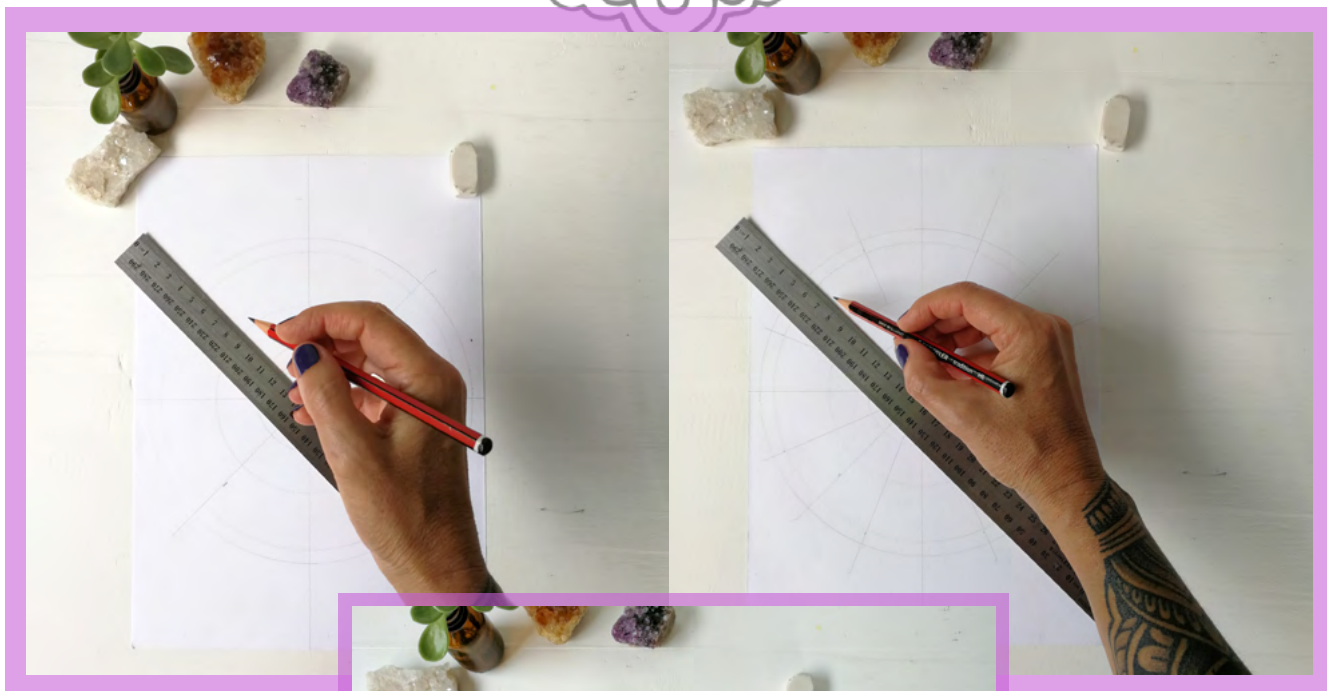
For example: The area between the vertical and horizontal lines measured from the largest circle on my paper, measures 13.8 cm. I divide this number by 2 and get 6.9 cm. I put a mark at this point.

Continue with the other 3 "wedges". Sometimes the measurements aren't 100% accurate or line up don't worry it really doesn't matter, this step is just for more guidance before we begin adding the shapes to the Mandala.

Then use your ruler to draw a line between the opposite markings.

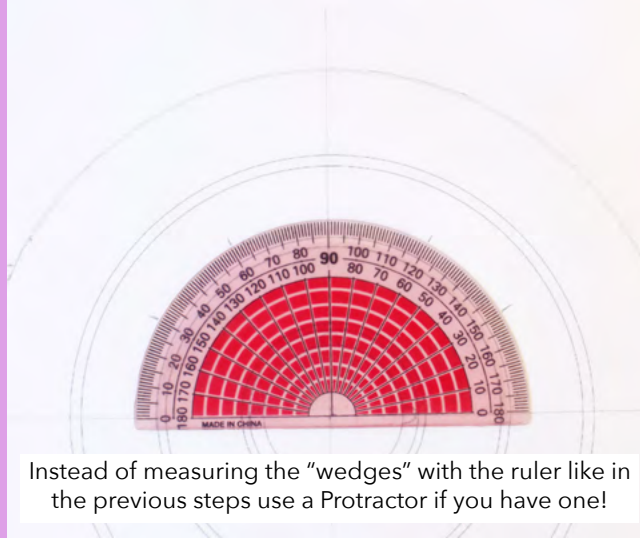


Now there will be 8 "wedges" you can measure and half these "wedges" again if you like...that's what I usually do however you can omit this and leave it at 8.

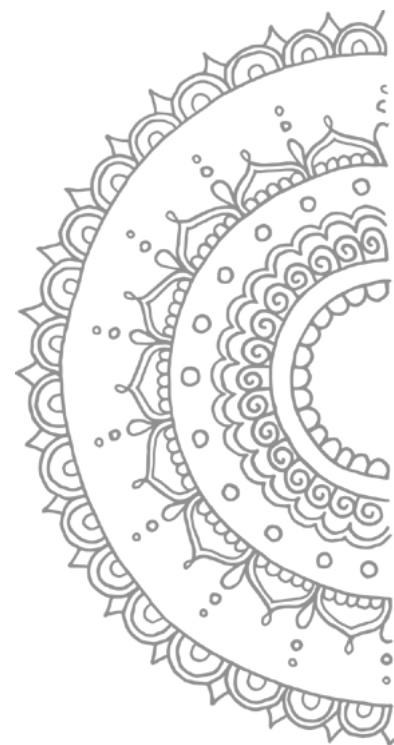


In this example there are 16 "wedges" that forms the base of the Mandala.

Mandala Template



Instead of measuring the "wedges" with the ruler like in the previous steps use a Protractor if you have one!



Step 6:

It's time to begin to fill in or build your Mandala. At this point you might have some outer circles that make up the layers of your mandala or you might only have a dot or a circle in the middle or possibly even a vertical and horizontal line creating a cross on the paper.

It's really important to just let go of expectations at this point, and let whatever wants to come out to just flow.

Start from the middle - adding shapes and go outwards. If you feel daunted and not sure what to draw or add here, you can ***follow my steps or copy my shapes from the "Mandala Shapes & Patterns" Cheat sheet on page 25.***

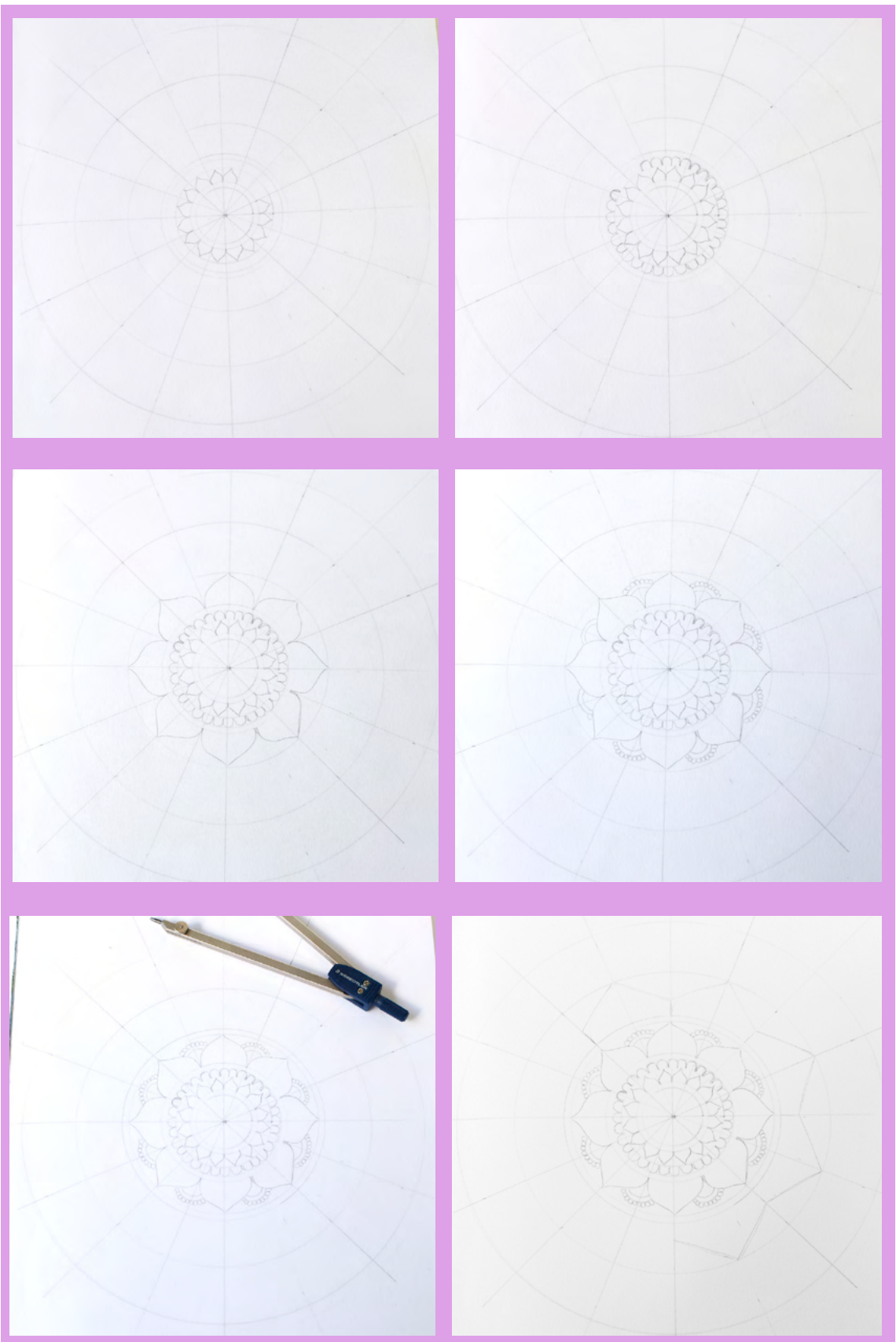
Connect again to the present. Anchor yourself to the Earth. Really try and connect to YOU. But let go of any expectations. Anything goes here. You are capable of amazing things, just let the mind take a backseat for now :)

*****You will notice that my pencil outlines in the following steps are very rough lol but that's because for me the pencil outlines and shapes are just a general guideline as I seem to often change my designs once I start to outline my pencil shapes with black ink pens (Step 8 but optional). You can be a lot neater of course!***



You can find some examples of shapes you can add on page 25 maybe print it out (if you haven't already) ...'cause sometimes it's just nice to have inspiration :)

Slowly tentatively beginning the process - building and adding various shapes and patterns from the inside out and the Mandala begins to take shape...



...added an extra circle in at this stage..

STEP 7:

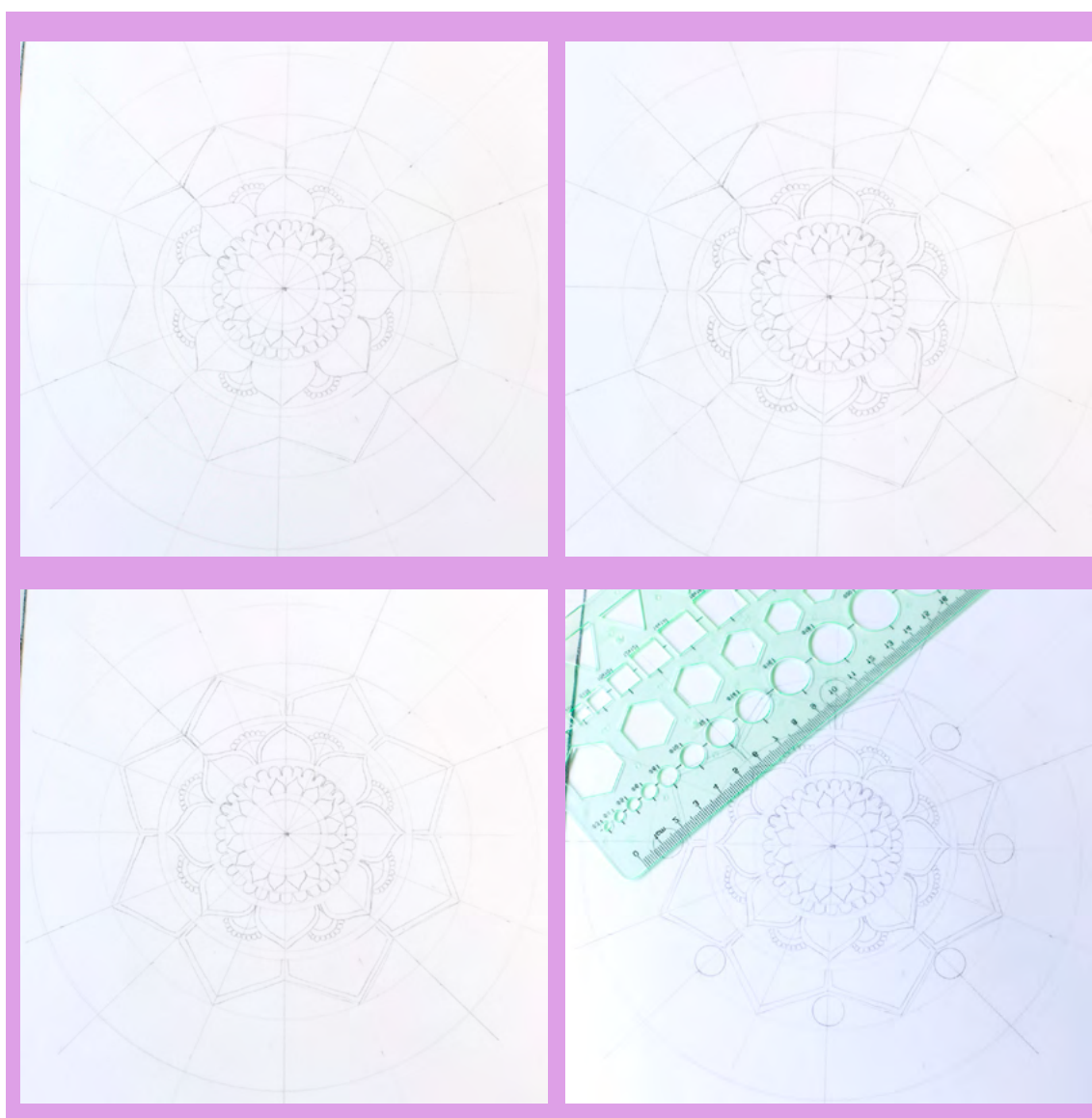
Now we keep going, keep adding shapes and textures onto each layer with your pencil. It can be intricate or really spacious, both look amazing!

You can take days or you can take half an hour. Whatever time frame flows for you.

Throughout remember to breathe and connect with the Earth and yourself.

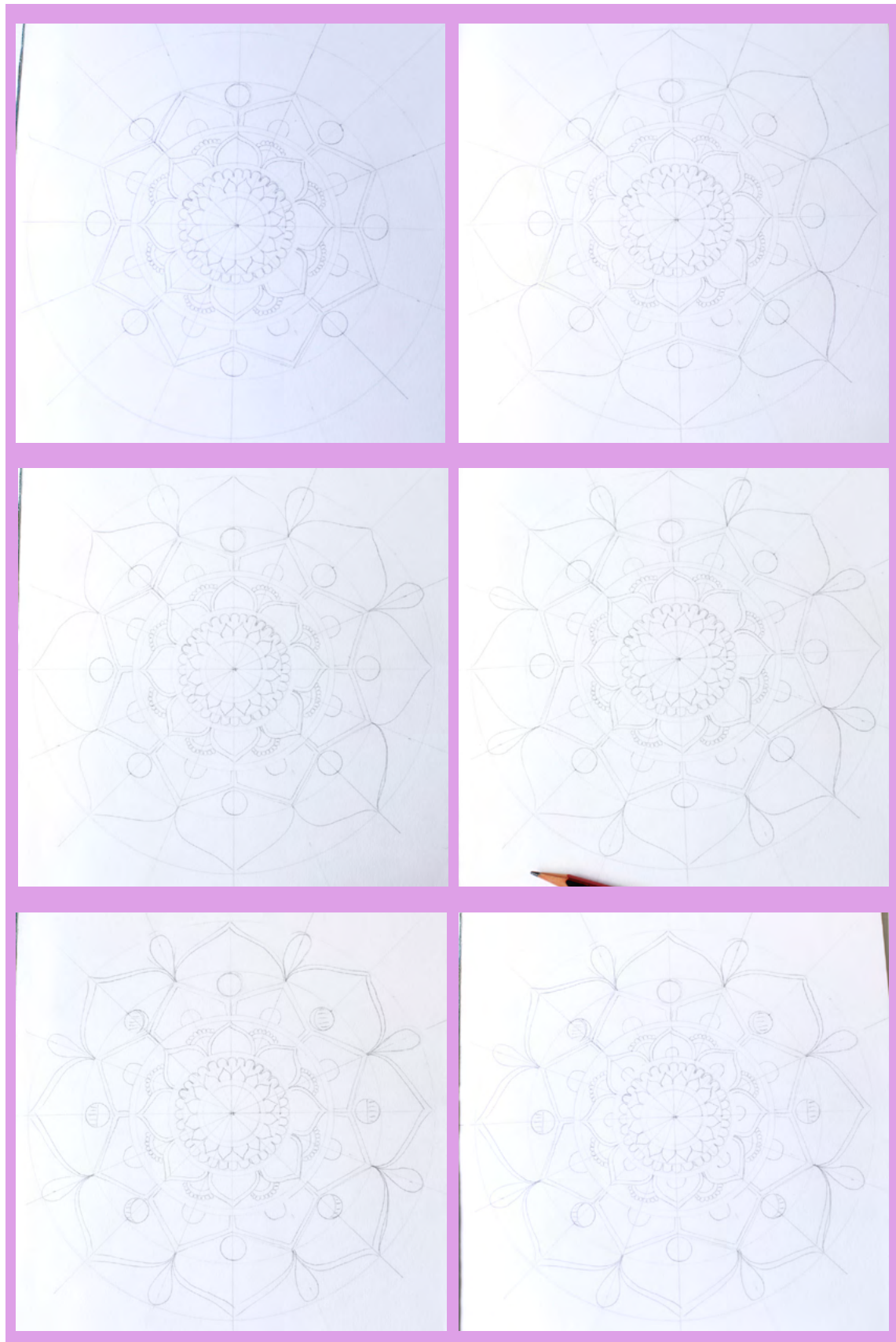
I highly advise to come back to this Mandala. And keep adding to it. It can be a process you can do for a few weeks even. Sometimes they flow quick and come together pretty much at once. But other times, it can take a few days to weeks. Depending on your creative flow, the time you have and what is going on in your life.

It's amazing to see what comes forth.



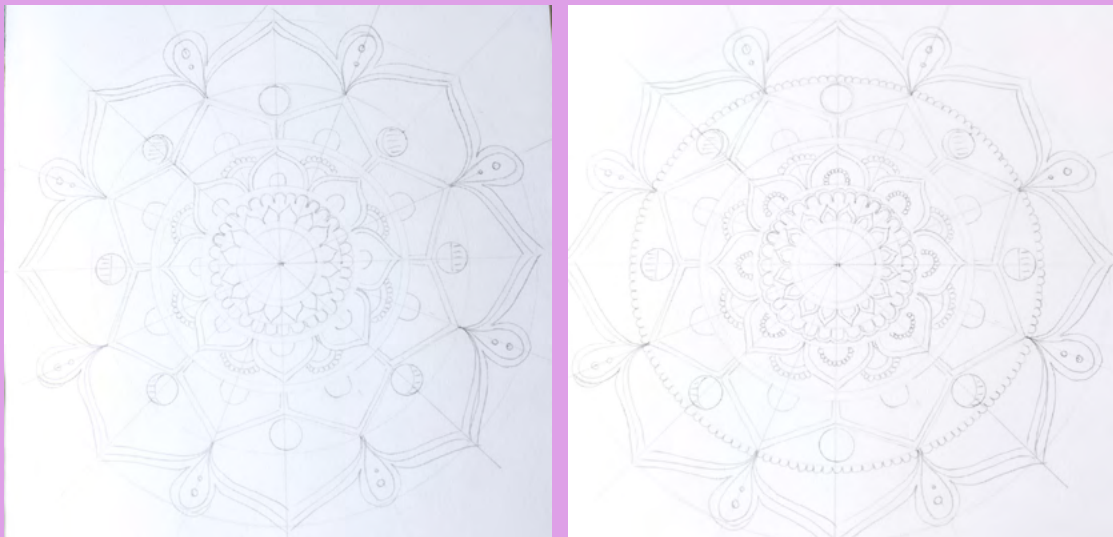
Most of these shapes and patterns can be found on the Mandala cheat sheet "Mandala Shapes & Patterns" on page 25.

The Mandala keeps growing...



The small circles added with the green stencil (previous page) became phases of the Moon ♡

...and it keeps growing...adding smaller details and filling in where I feel it's needed....



...this Mandala was created over a couple of days and at this point I'm pretty happy with how it looks and will begin Step 8...



I also had a go creating a Mandala with the provided "Mandala Template" from page 26 and this is what came forth :)

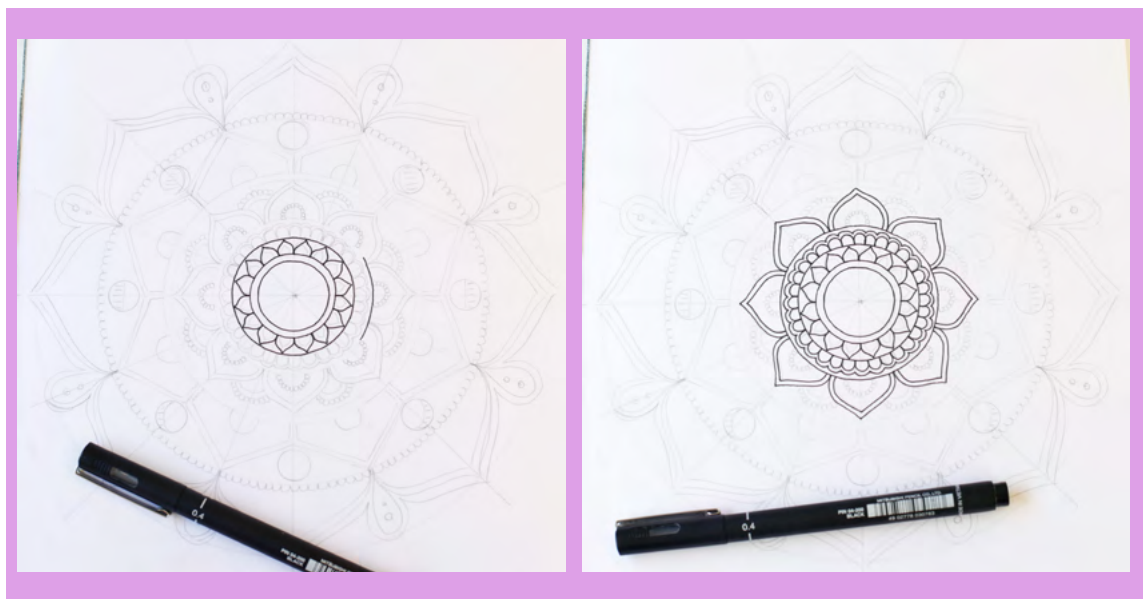
STEP 8:

When you are happy with your design you can now start to outline it with a black marker or black ink pens!

In my experience this process is THE most meditative - there's something calming and relaxing following your previous pencil outlines with the black marker.

At this point we have done the "hard" work and design already and this process becomes so meditative. Don't get me wrong - the entire Mandala creation is MEDITATIVE - however I find this stage of the process to be the most powerful and I feel so intune and relaxed. It's a real "time out" and just flow period.

If you are wanting to use different colours other than black, you can of course, but the pencil outlines might be a little harder to rub out is all. Experiment on a piece of paper. At the end of the day it doesn't really matter! And this is just a wee note and tip.

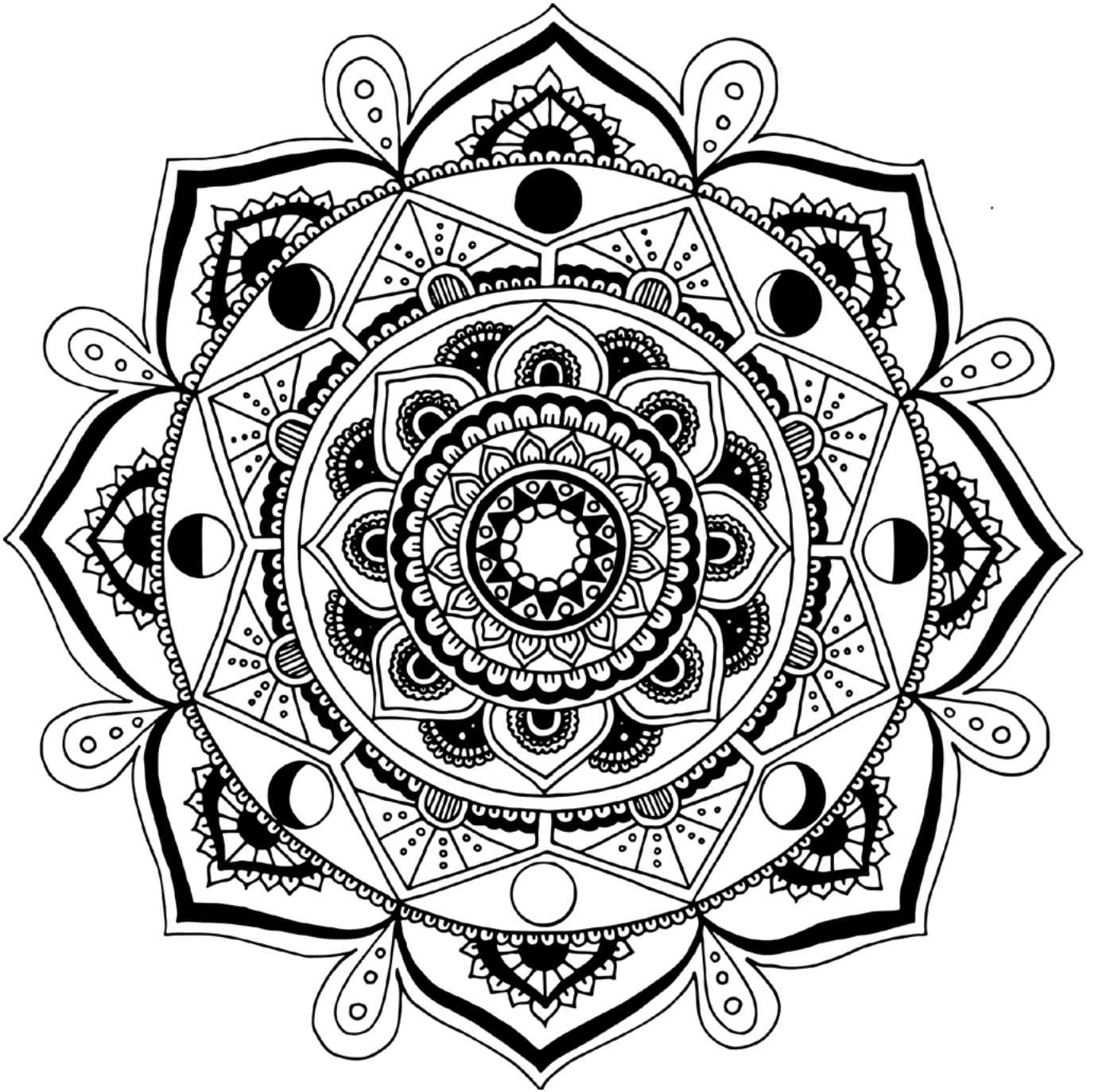


The wonderful process of filling the pencil outlines with a black ink pen begins...

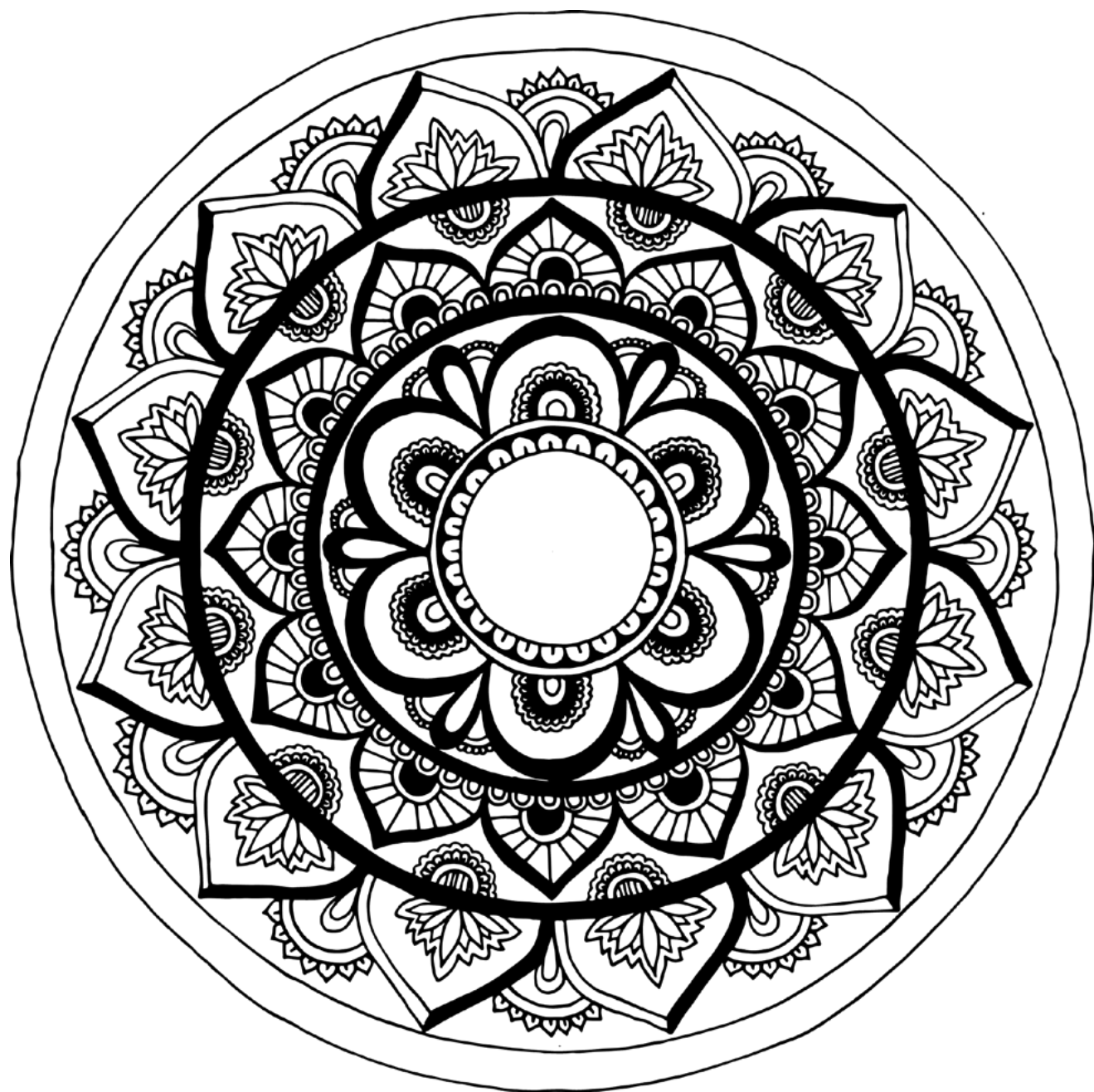


...ended up adding more detail with a pencil where I felt it needed a bit of extra..

...and voila she is complete.....



.....also worked on creating a Mandala with the provided "Mandala Template" and this is how it turned out...



...more examples of Mandalas I created with the provided Mandala Template from previous projects...



STEP 9:

At this point you can add your signature to the Mandala and frame it :) or you could always colour it in as well. Use watercolour pencils or any coloured pens actually whatever you have on hand! Have fun with it and enjoy the process of colouring in.

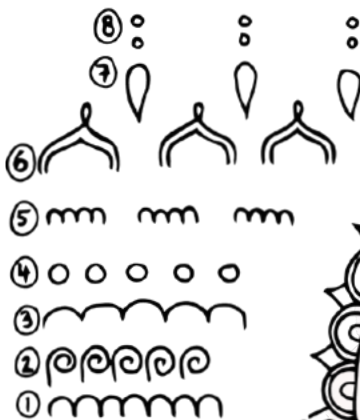
And well done! You're awesome for giving it a go. Remember the more you draw Mandalas the easier it gets and the more you can let your mind and ego take a backseat whilst you get to enjoy the scenery.

I hope this little tutorial has given you the boost and encouragement to keep going and keep creating Mandalas.

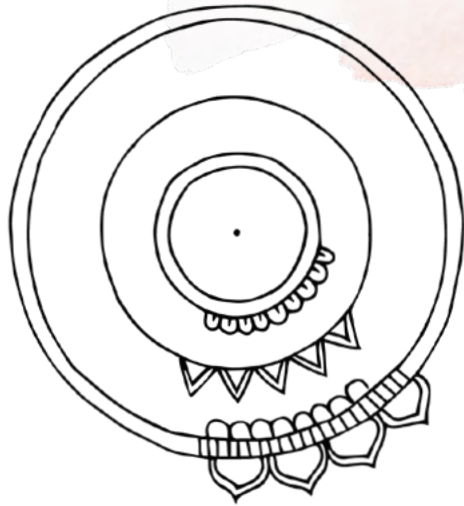
Big love and hugs
Moni

p.s you are welcome to print out the completed Mandalas created specifically for this Mandala Tutorial book and colour them in or add your own touches to them!

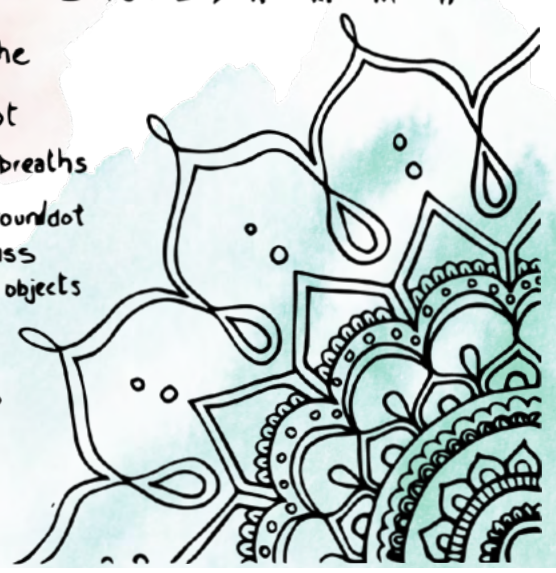
Mandala Shapes & Patterns



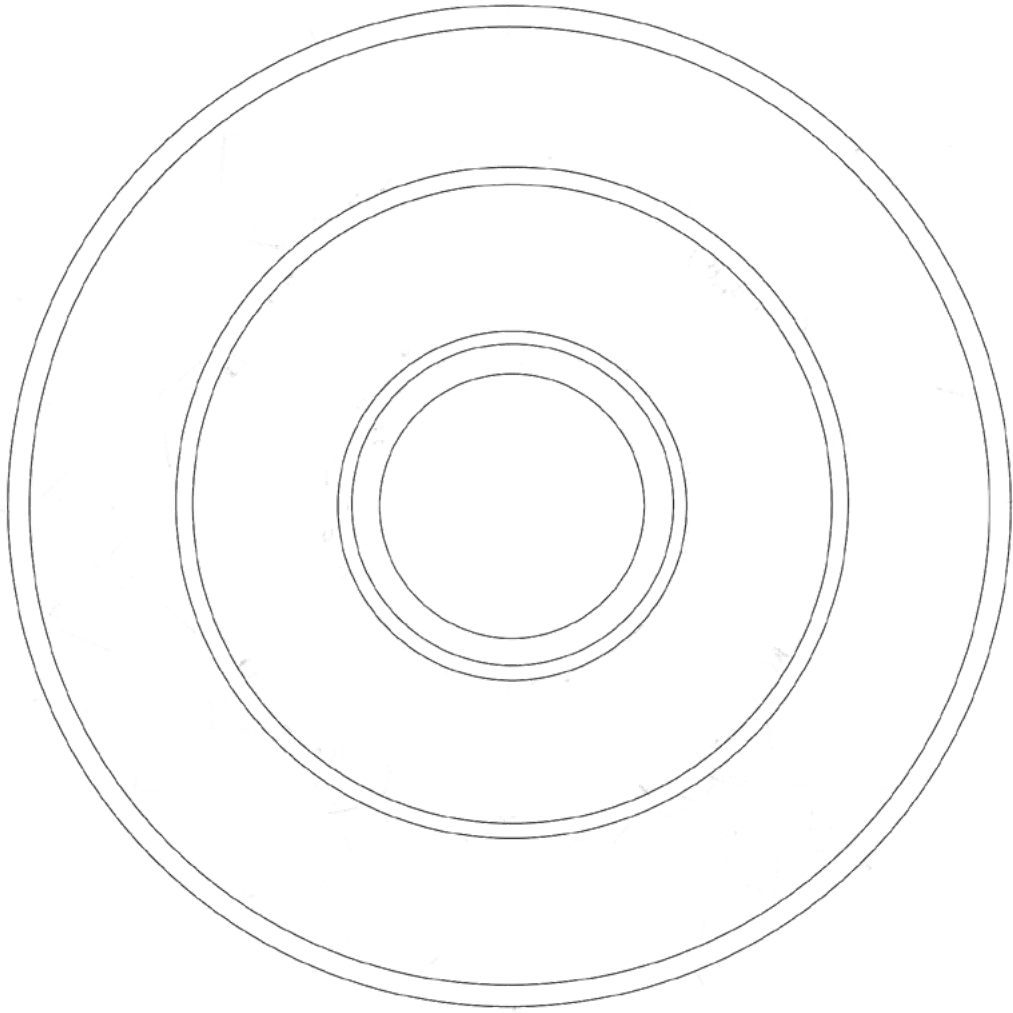
from little things
Big things
grow ♡



1. RELAX & Breathe
2. Start with a dot
3. Take a few deep breaths
4. add circles around dot with a compass or use round objects
5. Relax & leave all judgements
6. add shapes & patterns



Mandala Template



*I hope you enjoyed this
Mindfulness Mandala Tutorial:*
A step by step guide to Drawing a Mandala!



Hi I'm Moni and I love creating tools, like workbooks and planners to help us heal and live everyday with more flow and ease.

My main passions are Chakras, Mindfulness, the Moon and all things Celestial & have lots of FREE offerings available to download; like the monthly publication like the "[Yearly Lunar Conjuring Workbook](#)" designed to "Conjure Your Wildest Dreams Into Reality" using the Lunar cycle and New & Full Moon Mandalas, when you sign up for my newsletter "Lunar Rhythms".



Available in my shop:

Chakras, Mandalas & Crystal Grids: A 77 page ebook to help balance your energy!

Learn all about our 7 main Chakras and our Endocrine system. Also featured is a guide to Crystal Grids and how to use them. Bonus features are: Beautifully designed Poster style Chakra information sheets, Chakra Affirmations as well as exclusively hand drawn & designed Chakra Mandalas to colour in for every single Chakra!

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PRINTED VERSION



2023 Astro & Luna Planner - available for both Northern & Southern Hemisphere's. Printed & Digital versions (Digital version only available through my website). Click the pictures to purchase or have a look.

Live with flow & in tune with the natural cycles of your body & cosmos, whilst working on your dreams & goals. *Includes daily Moon phases, journalling prompts, dates & times for major Moon phases & places for intention setting, trackers, daily gratitude, Astrology, Mandalas & more!*

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Mindfulness

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