

How To Draw a Mandala

First you will need a piece of paper and something to draw with, a pencil, pen or marker will work fine.

Start with a tiny circle in the center of your paper. Next, on the outside of this circle, draw a ring of shapes, like the petals of a flower. You can have an even number or an odd number of petals, whichever fits around your inner circle comfortably.

Now for the next row, use the top center of the first row of petals as the starting point for your next row of petals. Your goal is to make each row of petals uniform, which means the same height and size.

If one of your petals is smaller than the others in that row, here is a trick to correct that. You can draw a line on the *outside of the small petal* in that ring and a line of the *inside of the larger petals*, so they all look more uniform.

It's ok if they are not perfect! Remember this is supposed to be fun and relaxing!

Rotate your paper as you draw, so that your hand stays relaxed and can make that repetitive mark easier. Each time you make a new row, the petals become a little larger.

You can use geometric shapes as your design, such as triangles or diamond shapes. Or you can use organic shapes, so that your design resembles something you might find in nature, like a flower.

You can continue adding rows of petals until your mandala is as large as you would like to make it. Stop as you near the edge of your paper.

Now it's time for the fun part! You get to fill the spaces of your petals with designs that you like!

I like filling my petals with line designs, but you can use hearts or circles or whatever you like.

This is where your mind gets to relax because as your hand creates that repetitive design, your mind doesn't even have to think about it.

Continue with that repeated design throughout the entire row of petals. As you finish a row, you can change the design for another row. You can make them as complex or simple as you wish. You don't have to fill every row with designs. Sometimes it is nice to leave a row of petals empty of designs.

If you want, you can add spirals or other shapes outside of your last row of petals. Just make sure to continue the same design throughout the entire circle.

If you have colored pencils or markers, you can add color to your design, but it is also still beautiful with no color.

Have fun making your mandala!