



CLASS EIGHT: FOLLOWING YOUR CURIOSITIES

There are multitudes of ways to expand upon what you have learned. All of the practices can be interwoven. Throw caution to the wind and follow your curiosities.

Here are some ideas to get you started.

- Black and white mandalas can be created in a black paper journal
- Create your mandalas in a sketch book (white paper)
- Cut your black and white mandalas out and tape them in your sketchbook journal
- Use large sheets of paper
- Add a band of words around a radiating mandala

- Add a band of graphite around a colorful mandala
- Add a band of words to a black and white mandala
- Experiment with paints and pastels
- Watercolor a background before you begin a mandala
- Purchase some new supplies - brush pens, metallic pens and pencils

I hope you will continue to explore this ancient practice that I've have revamped for modern times. Please keep in touch. Continue to post your discoveries on our social media. Your creations encourage and inspire other.

Thank you and congratulations for taking time out of your full, rich life for Creating Brave.

I hope that you will continue your Mindful Mandala practice. I'd like to leave you with a few of my favorite quotes to inspire your journey.

"Your vision will become clear only when you can look into your own heart. Who looks outside dreams, who looks inside awakes."

- Carl Jung

"The aim of art is to represent not the outward appearance of things, but their inward significance."

- Aristotle

"What art offers is space- a certain breathing room for the spirit."

- John Updike

RESPONDING to this week's lessons

It's time to pull out your sketchbook journal and your favorite thing to write with.

I suggest putting the date and the name of the lesson at the top of you journal entry.

Lesson #1

How did it feel to combine your practices?

Which were your favorite ones to combine?

What new materials did you experiment with?