



CLASS FIVE: INDIVIDUAL HAND MANDALAS

Spend the week creating hand mandalas. Feel free to use any of the techniques you have learned thus far. You might try creating a hand mandala on white paper within your Sketchbook Journal using your graphite pencil or using the Radiating Mandala process.

Instruction Review

1. Using your white pencil and a compass, draw the largest circle that will fit on your black paper
2. Trace the outline of your hand within the circle
3. Use the Black and White Mandala techniques to fill in the space surrounding your hand's outline
4. Draw lines and shapes around the outline of your hand, shading the forms in as you go
5. Rotate your paper around as you work
6. Don't forget to Harvest Words as you go (Refer back to Class Three)
7. You might want to write the words within your mandala as well as in your sketchbook journal
8. When you are almost finished, add in some areas of colored pencil
9. Do your Word Harvest Practice in your sketchbook journal and then record it on the back of your mandala - Don't forget to date it

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 your journal entry.

Look at the hand mandalas that you created this week. Think of them as individual personalities. They are parts and pieces of who you are.

Ponder what the hand represents in each of your mandalas.

Consider what your Hand Mandalas say about you.

What do you wish to receive?

What do you want to give?

What do you have gratitude for?

What do you need to let go of?

What do you need to heal?