



CLASS SIX: WORD MANDALAS AND PRESERVING YOUR MANDALAS

This week we learn the art of the Word Mandala. Spend the week exploring the word mandala and what it has to offer. Once you get comfortable with this practice, add color to your mandalas either with your watercolor pencils or your color pencils. Try a few of these, a bit larger, in your sketchbook journal.

Instruction Review - Word Mandala

1. Decide which drawing tool you are going to use
2. Draw a circle on your white index card
3. Mark the center of the circle with a dot
4. Draw four circles around the center dot
5. Take a few deep cleansing breaths and begin
6. Write whatever comes into your mind
7. Do not judge
8. Start at the center of the circle and make your letters stretch from the bottom line of the circular band to the line at the top of the band
9. Turn your mandala as you write
10. If you need a starting point start with a phrase like one of the following
11. I am willing to let go of ...
12. In my life I want more ...
13. I am unsure of ...
14. My gifts to offer the world are ...
15. I am angry about ...
16. I feel ...
17. At the bottom of your index card, draw a horizontal band. This will be the place where you record the theme or the title of your word mandala.
18. Add your watercolor pencils. Be sure to use a light touch when using your color so that you do not lose the words.