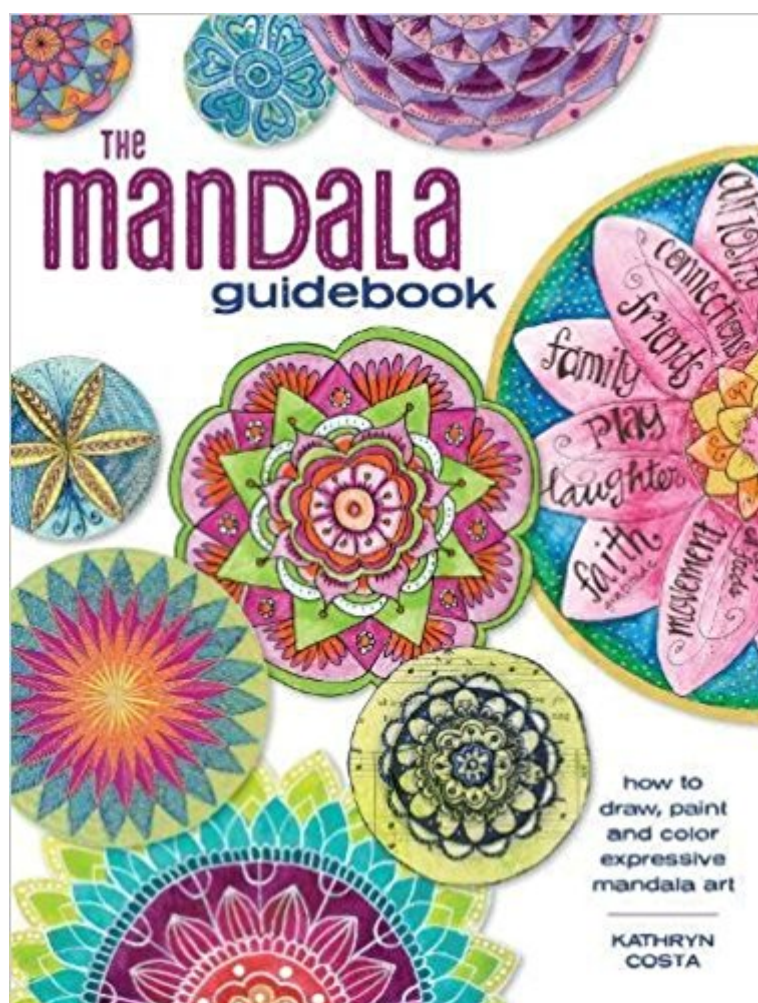


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The Mandala Guidebook: How To Draw, Paint And Color Expressive Mandala Art



Synopsis

Relax, create and connect with mandala art! Do you love coloring mandalas? You're not alone! Adult coloring books are gaining in popularity every day. Do you want to learn how to draw and color your own mandalas? In *The Mandala Guidebook*, Kathryn Costa shows you how with easy instructions perfect for the beginner. You'll find a wide range of projects, each with beautifully illustrated step-by-step instructions covering more design styles and artistic mediums than any other book out there. Simply put, a mandala is a circle with a design in the center, but psychologists and spiritual leaders have used mandalas as a tool for self-reflection and self-exploration through the ages; they have intrigued cultures around the world, from Celtic spirals and Indian mehndi to medieval church labyrinths. And now it's your turn. If you can write the alphabet, you can create beautiful and expressive mandalas! Journey with "100 Mandalas Challenge" creator Kathryn Costa to create spontaneous and spirited mandala art: Enjoy prompts and questions to practice self-discovery, gratitude, relaxation, meditation and explore your unique talents and artistic path as you create. Discover 24 demonstrations with clear step-by-step instructions to master the mechanics of making mandalas--both freehand and geometrically symmetrical designs. Explore mixed media and textural painting techniques within the boundaries of a circle using everything from a simple pen and paper to watercolor, collage, acrylic and stamped Gelli plate. Get pattern inspiration and discover how to play with color using common palettes from the world around you. Set your intention and learn how to use mandalas to solve problems, let go of fear, lean into love and gain clarity and insight as you create!

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Customer Reviews

Kathryn Costa is an artist, writer and educator whose passion can be summed up in three little words, "create and connect." Since she started blogging in 2008, Kathryn has inspired people from more than 90 countries with her personal stories and artwork. Kathryn's workshops have seek to help people to find clarity, let go of fear, embrace their dreams and explore their creativity. In October 2014, Kathryn decided to challenge herself to create 100 mandalas in 100 days and invited her friends online to join her. Within a year, the 100 Mandalas Challenge and Community has quickly grown to include thousands of mandala enthusiasts from all over the world. For more, visit 100mandalas.com. When Kathryn isn't creating mandalas, she enjoys art journaling, collage, mixed media, photography and Ikebana (Japanese flower arranging). She lives in New England with her Brazilian husband Fernando.

I have been obsessed with mandalas for awhile. I've drawn my own, but really wanted more instruction. I've bought three books and was extremely disappointed in all of them. For one thing, all were too complex and dense. One was not actually about drawing mandalas at all. One had really confusing instructions so I couldn't proceed after a certain point. And the third was all about theory and psychology. I wanted clear instructions on how to DRAW mandalas. I stumbled onto Kathryn's 100Mandala website and was blown away by her YouTube videos. They made the process so simple. For the first time, I was able to understand Sacred Geometry mandalas, like the Seed of Life. Kathryn's new book seemed expensive, so I postponed purchasing it. But after going through her whole site and looking inside the book on , I took the plunge. It was worth every penny! This is a gorgeous book, packed full of practical information on HOW to draw mandalas. Not theory, but practical, easy to understand instruction ... on all kinds of mandalas! This book is EXACTLY what I have been seeking. Kathryn has a great gift as a teacher. She knows how to simplify complex material, such as math concepts, for creating certain types of mandalas. In this book, she teaches how to create a variety of mandalas and spiritual symbols step-by-step. Attached is my first attempt after reading the beginning instructions for a freehand mandala. [UPDATE: I am adding a second mandala I drew last night based on the instructions in Chapter 2. Note that I don't think I have ever gone this far in a How To art book. But following the instructions (and following the encouragement of Kathryn to add my own ideas) is making my heart sing!] I really love that she keeps it simple with just enough detailed explanation. If you want to learn how to draw mandalas, you won't find a better book than this. In fact, I usually prefer videos, but these instructions and pictures are really clear. 100% Recommended!

Kathryn's calming voice comes through in this book as she gently walks you step by step through the process of creating a mandala. Using simple tools we all used in grade school and probably haven't touched since. Kathryn teaches how to use a compass and a protractor in a few easy steps. Her unique way she shows how to do the basics but in a way that allows you to make it your own style. Once you make a few mandalas, it is hard to stop, more and more ideas start flowing. Color combos, techniques, collage, gratitude ideas, the examples and prompts keep the creative juices flowing. Yet, my favorite part that I am learning from the book is how this form of self-expression can bring healing as she shares how to gently uncover our own stories within the mandalas. Here is one of the mandalas I created using this book.

I just love this book. It's worth much more than what it's priced at. So often I have bought an instructive book that covers only a handful of projects, often at a price much higher than this book. Kathryn has packed her book with very clear illustrated step by step instructions that makes it so easy to create professional mandalas from your first attempt. The book itself is jammed with full color pictures of finished mandalas--I tried to count how many several times but always lose count, my guess there are at least 200 done by Kathryn plus many done by other various artists. There are enough ideas here to keep me occupied for over a year. You are guided how to select and use art supplies, how to draw mandalas both by the free hand method and by using a grid, how to draw the much sought sacred geometry mandalas and Celtic spirals, as well as a labyrinth. It covers all the different shapes, patterns, fillers and embellishments used in traditional, modern and Mehndi mandalas as well as how to use mandalas for healing and self-expression. It includes the benefits of mandalas, how to interpret your mandalas and color interpretation. Kathryn has covered multiple types of mixed media, showing how to use each one to create very unique mandalas and also how to make mixed media mats to frame your work. I would rate this as my best book purchase of the past several years.

You will treasure this book. Kathryn's inspires me to actually create - not only mandalas - but in other areas of my life. Her section on found inspiration teaches me to see the world through an artist's eyes. Her description of a variety of tools and techniques inspires me to try new media, and to use the ones I already have more effectively. I thought I knew how to use colored pencils until I read her book! The use of patterns, textures and collage inspire me to play! And she gives the most simplistic yet thorough explanation of color I've seen. A variety of international themes are woven

into the book including celtic spirals and mehndi-inspired symbols. There is a grace and spirituality to Kathryn's approach, perfectly suited to this sacred art form.

There are a lot of mandala books on the market right now - most are coloring books or instructions for how to draw a simple mandala that is more like a zentangle project. Nothing wrong with that - but there is so much more to mandala making. I've been drawing mandalas for about 8 years now and this is the first book that delves into a variety of ways of creating mandalas along with the artistic, geometric, historical and spiritual information that helps the user move more deeply into mandala making as a meaningful pursuit. Costa moves step by step (using very clear instructions, diagrams and photographs) through the basic geometry of simple and complex mandalas, then gives the reader ideas for a variety of types of mandalas including Celtic designs, Mendhi mandalas, and mandalas for healing and self-expression. Plus - the book is just plain beautiful! Printed on thick, glossy paper, with full color artwork on nearly every page, it just makes the user feel good to open. Even though I consider myself an experienced mandala artist, I plan to work my way through the book with a beginner's mind and heart.

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