



Mandala Maker

Rae Kelly

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The practice of creating mandalas has been used often throughout history, in many different cultures, as a method of organization, representation of spiritual and religious elements, or as a meditative practice. In addition, modern psychologists, such as Carl Jung, have been proponents of mandala drawing practices as a way to analyze one's emotional state, to calm and focus the mind, and to bring oneself into a mental state of peaceful, meditative tranquility. In addition, the form of a mandala is universally appealing as an artistic creation, showcasing an appealing balance of proportion, linework, and color, which can transform the feel of nearly any space it occupies and add a beautiful aesthetic to your surroundings. By using this guide, you will be able to create your very own mandala artwork, which can be used for a variety of purposes, whether artistic, psychological, or purely for leisurely enjoyment. In addition, there is information on various mathematical aspects that have been designated for each grid, as well as a writing space for each section, which you can use as a journal, for describing your emotions as you create, or for psychological analysis, whether personal or professional. If you wish to take your creations further, into a more professional artistic field, this guide will also help you understand the process for initiating your own mandala creations, which you can continue to produce and evolve in a creative format, whether you are a professional artist or a casual one. Let your mind and spirit flow free into the creation of mandalas!

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