



# Creating Personal Mandalas: Story Circle Techniques in Watercolor and Mixed Media

*Cassia Cogger*

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# Creating Personal Mandalas: Story Circle Techniques in Watercolor and Mixed Media

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**Creating Personal Mandalas: Story Circle Techniques in Watercolor and Mixed Media** Cassia Cogger  
**Relax your spirit and reconnect to your authentic voice.**

Discover the simple magic and mystery that awaits you when you express yourself within the safe space of a circle. In *Creating Personal Mandalas*, you'll see how this most basic of shapes can open your heart and always leads you back to your center. In each of the 10 chapters, you'll explore two soul-expressing mandala exercises, facts and history on featured symbols, insights for using the confines of the circle for personal and visual storytelling, as well as inspiring art and reflections from contributing guest artists.

- 20 exploratory step-by-step mandala exercises--each an opportunity for new self-exploration, beginning with tips on establishing the right mindset
- Interesting facts about symbols and sacred geometry, including suggestions for using them in your mandala projects
- Practical art-making direction on the elements of design, watercolor tips, composition prompts, seeing color as a storytelling element and more

Use *Creating Personal Mandalas* to start expressing your life stories with the infinite possibilities of the circle.

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