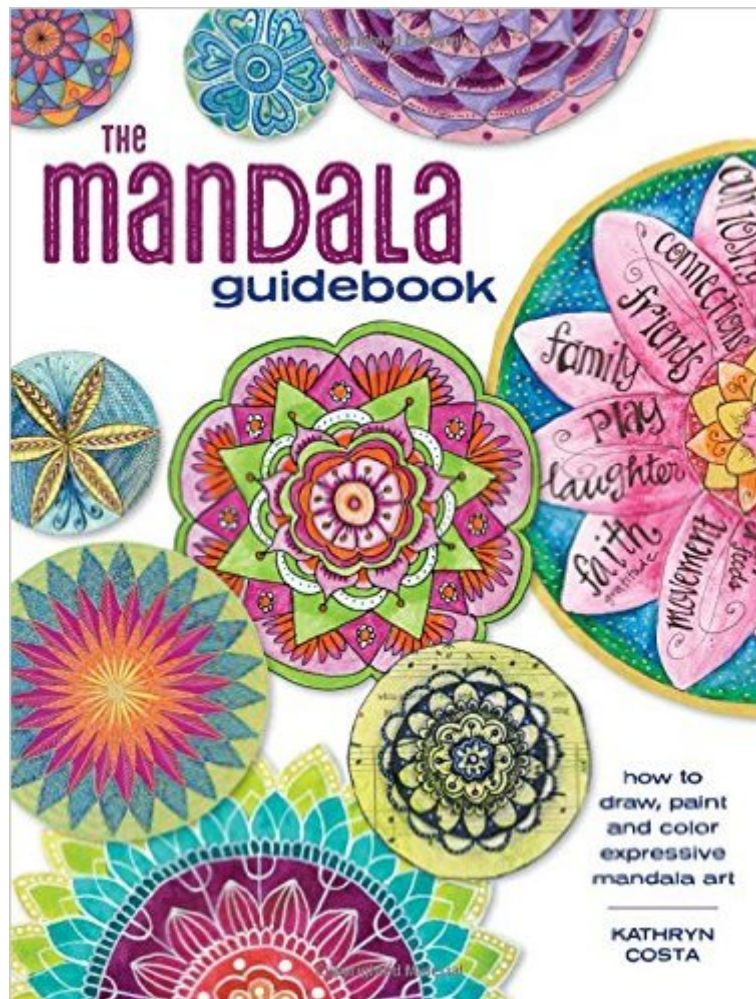


The book was found

# 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!

## Book Information

Paperback: 144 pages

Publisher: North Light Books (June 2, 2016)

Language: English

ISBN-10: 1440344205

ISBN-13: 978-1440344206

Product Dimensions: 8.2 x 0.4 x 10.9 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (38 customer reviews)

Best Sellers Rank: #37,924 in Books (See Top 100 in Books) #19 in Books > Arts & Photography > Other Media > Mixed Media #21 in Books > Arts & Photography > Drawing > Pen & Ink

## Customer Reviews

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!

[Download to continue reading...](#)

The Mandala Guidebook: How to Draw, Paint and Color Expressive Mandala Art Acrylic:

Landscapes: Learn to paint landscapes in acrylic step by step (How to Draw & Paint) Draw Every Day, Draw Every Way (Guided Sketchbook): Sketch, Paint, and Doodle Through One Creative Year Acrylic Painting: Learn How to Easily Paint Beginners Techniques with Acrylic Paint. Discover the Art of Acrylic Painting (Acrylic Painting, acrylic painting techniques, acrylic painting books) Adult Coloring Books: Animal Mandala Designs and Stress Relieving Patterns for Anger Release, Adult Relaxation, and Zen (Mandala Animals) (Volume 2) Adult Coloring Books: Animal Mandala Designs and Stress Relieving Patterns for Anger Release, Adult Relaxation, and Zen (Mandala Animals) (Volume 1) Mandala Coloring Book: 100+ Unique Mandala Designs and Stress Relieving Patterns for Adult Relaxation, Meditation, and Happiness (Magnificent Mandalas) (Volume 1) Bold Expressive Painting: Painting Techniques for Still Lifes, Florals and Landscapes in Mixed Media How to Spray Paint: Learn how to Spray Paint like a Pro The Mandala Coloring Book, Volume II: Relax, Calm Your Mind, and Find Peace with 100 Mandala Coloring Pages Mandala Wisdom: An Adult Coloring Book: 50 Stress Relief Mandala Designs Inspired by Nature, 50 quotes of perennial

knowledge from humanity's ... Gift For Friends and Family,For All Holidays The Conductor's Challenge: Finding Expressive Meaning In The Score Drawing: 48 Incredible Tips on Drawing for Beginners. Teach Yourself How to Draw Cartoons With This Drawing for Beginners Book (how to draw, drawing, things to draw) Vive Le Color! Mandala (Adult Coloring Book): Color In; De-stress (72 Tear-out Pages) How To Color Adult Coloring Books - Adult Coloring 101: Learn Easy Tips Today. How To Color For Adults, How To Color With Colored Pencils, Step By Step ... How To Color With Colored Pencils And More) Mindful Mandalas: A Mandala Coloring Book: A Unique & Uplifting Mandalas Adult Coloring Book For Men Women Teens Children & Seniors Featuring ... Relaxation Stress Relief & Art Color Therapy) A Snarky Mandala Coloring Book: Mandalas? Meh.: A Unique Funny Adult Coloring Book For Men & Women Featuring Mindfulness Mandalas & Easy To Complex ... Stress Relief & Art Color Therapy) (Volume 1) A Snarky Mandala Coloring Book: More Mandalas?!? Ugh.: A Unique Funny Adult Coloring Book For Men & Women Featuring Mindfulness Mandalas & Easy To ... Stress Relief & Art Color Therapy) (Volume 2) Master Mandalas: A Mandala Coloring Book: A Unique Mindfulness Workbook & Zen Adult Coloring Book For Men Women Teens Children & Seniors Featuring ... Relaxation Stress Relief & Art Color Therapy) How to Draw People: Learn How to Draw Portraits and Human Figures

[Dmca](#)