



# Mandala Art Kit

A Mandala is a geometric design of spiritual significance representing the universe, and is derived from the Sanskrit word meaning "completion" or "essence". In practice, a Mandala is used to teach meditative focus and attention, while establishing a sacred space for disconnecting from the external and reuniting with inner truth and wisdom. As you gradually color your Mandala, your energy also untangles. Each moment of coloring gradually becomes a reminder of the sacredness of everything within the universe, including yourself.

## How To Complete a Mandala:

1. Set up in a comfortable, well-lit space. Feel free to listen to a playlist or in silence, but resist a full on conversation.
2. You can create a symmetrical pattern of consistent colors or not. Regardless of the patterns create, your Mandala will come together spectacularly in the end.
3. Traditionally, a Mandala is filled from the center point outward. The first dot represents the "seed" of intention, dedication, or focus.
4. Take time to fill in the negative spaces of the Mandala's design. You need only a light touch and a focused mind.
5. Consider outlining the Mandala's lines with a fine tip black marker or pen. For a stained glass effect, keep it unlined.
6. Marvel at your wondrous creation!









