



Painted Mandala Stones

Loosely translated from Sanskrit to mean "circle," a mandala is far more than a simple shape. It represents wholeness, and can be seen as a model for the organizational structure of life itself—a cosmic diagram that reminds us of our relation to the infinite, the world that extends both beyond and within our bodies and minds. They were produced in Tibet, India, Nepal, China, Japan, Bhutan, and Indonesia and date from the 4th century to present. Now they are created throughout the world. Describing both material and non-material realities, the mandala appears in all aspects of life: the celestial circles we call earth, sun, and moon, as well as conceptual circles of friends, family, and community. Source: asiasociety.org/exploring-mandala & www.mandalaproject.org

The design of a Mandala usually has a central point and gravitates outward in a geometric pattern, so no matter how you turn the pattern it always looks the same. Making a mandala lets you relax, mediate or pray, by making repetitive motions to relax the brain. Source: www.diymandalastones.com

Getting Started

For this project we will use acrylic paint, round brushes, and water on smooth stones to create a Mandala.

The key to creating smooth dots is the consistency of the paint. Put a small amount of paint onto your palette and thin it with a few drops of water. If the paint is too thick or pasty, you need to *add more water*. Test: Let some paint drop on a piece of paper. The paint should be liquid enough to form a rounded shape on its own. If the paint is too thick, it is very hard to draw fine details or steady lines.

Painting a Basic Mandala

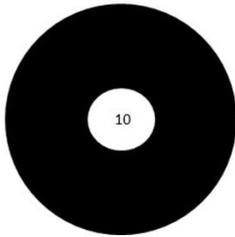
Note: You can create any pattern you choose. This is just an example.

1. To enhance the colors of the Mandala pattern use a **dark color** to paint a rounded shape. Take your time with the shape and try to make it as evenly as possible. Leave a bit of space to the sides of the stone, because the Mandala itself will be larger than the dark undercoat.
2. You start this type of Mandala pattern always in the center. Wait until the dark color has dried sufficiently and paint a big, dot exactly in the **center**.
3. Now you start with the first row. Circle the big dot with a lot of small dots. The pattern will look prettiest if all the dots of one row are the **same size and are evenly placed**.
4. Start the second row of dots with the **lightest color** if you are creating a gradient. Place the dots between the dots of the previous row. Leave a small gap between all the dots of one row.
5. The dots should get **bigger** with each row. If you are making a gradient pattern, the dots should get darker with each row. The gaps between the dots should also get slightly bigger with each row.
6. Paint the dots of the second last row **close to the edge** of your undercoat. Paint the dots of your last row **halfway across** the edge of your dark undercoat.
7. Now you can fill in the little gaps between the bigger dots with **small, white dots**. (Skip the first and the last row.) Use your **smallest paintbrush**.
****See the final pattern at the top of this sheet for a visual of Steps 7-9****
8. To enhance the **gradient effect** and to add some depth to the pattern, paint smaller dots on the colored dots of each row.
9. You can **add little details** to the edge of your pattern. The easiest way to do that is a straight line of different sized dots. Start with a bigger one followed by three smaller ones. Keep an eye on the center of your pattern and imagine a straight line to the edge. Follow the line when you add small details to avoid wonky shapes.



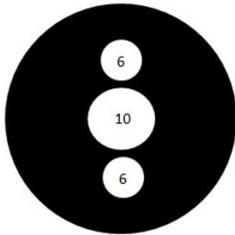
How to make an even Mandala

This **Four Point Anchor System** is the base of most mandalas to ensure uniformity and evenness.

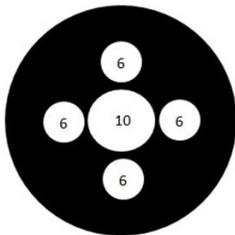


1. Add a dot to the middle of your stone. (#10 dot used)

This is your centre dot.

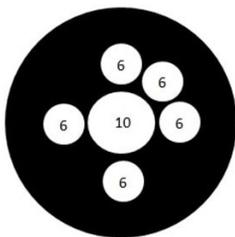


2. Add a dot directly above and directly below your centre dot. (#6 dot used)

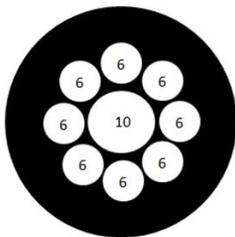


3. Add a dot directly to the left and right of your centre dot. (#6 dot used)

This 'four point anchor' is the base of your mandala.



4. Look at the space in between two anchors. How many can it fit? In this example, #6 will only fit once. Ensure the dot is directly in the middle of the anchors

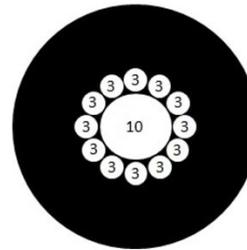


5. Continue to place the dots between the anchor points as per step 4.

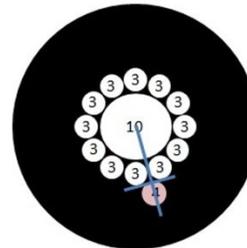
This is your first layer, and the base of all the layers.

For more mandala dotting tips and to buy your mandala dotting tools visit www.diymandalastones.com

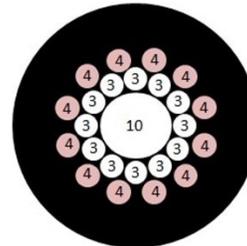
How to make a basic Mandala



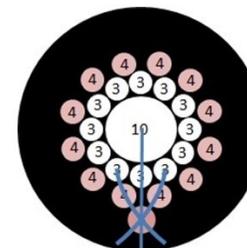
1. Add the first layer via the **Four Point Anchor System**. (#10 and #3 dot used)



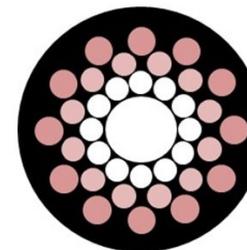
2. Second layer:
 - Use a dotter one size bigger (#4 dot used)
 - Place the dot between the first layer of dots. Make sure it is lined up with the centre point of the Mandala.



3. Continue to add all the dots in the second layer.



4. Third Layer:
 - Use a dotter one size bigger (#5 dot used)
 - Place the dot between the second layer of dots. Make sure it is lined up with the centre point of the Mandala.
 - You will notice that a curved pattern is occurring. Make sure you line up the curves too.



5. Continue each layer, with each dot size getting one size bigger.

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Source: www.diymandalastones.com/step-by-step-instructions.html



