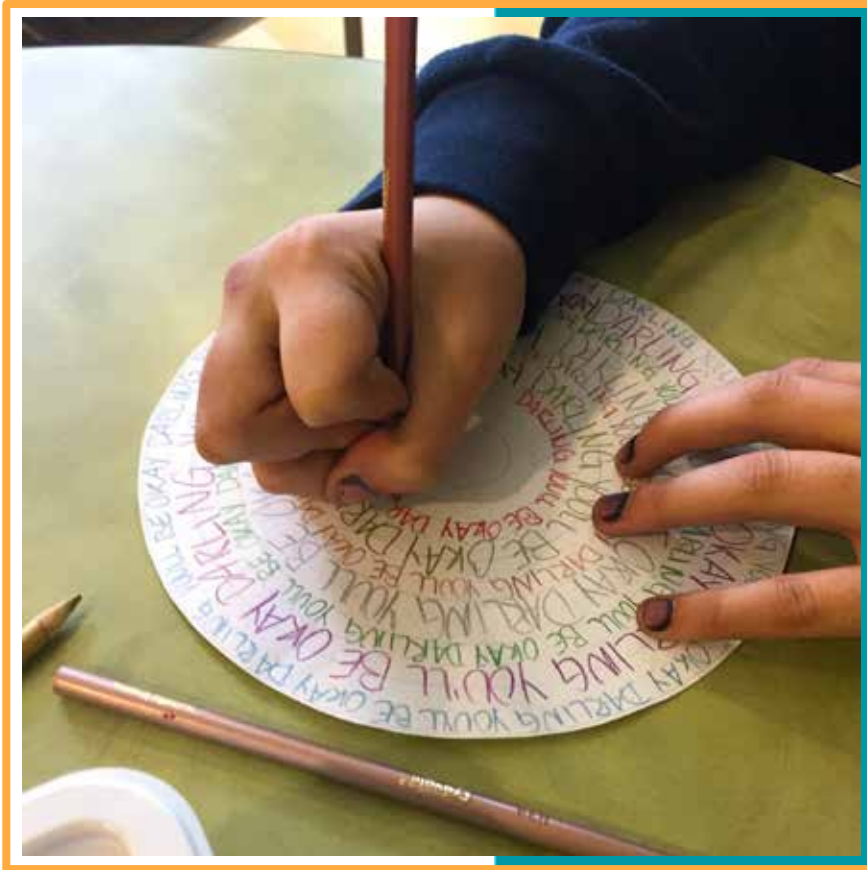


Mandala Mantras





What you'll need:

- ❑ Paper
- ❑ Writing utensils (pen or pencil, markers, colored pencils all work great!)
- ❑ Circular objects of various sizes for tracing (cups, caps, coins, bowls - whatever you can find).

The Project

In this project, we will be making **Mandala Mantras**. We'll do this by choosing a mantra and writing it repeatedly around a circle until the circle is completely filled.

Mandala is a Sanskrit word meaning "circle." Often used as a practice in meditation, mandalas are a visual art form which allows individuals to explore the self through the centering nature of circles.

A **mantra** is a word or phrase repeated to aid concentration in meditation. Mantras can represent things you are looking for (such as "peace") or can be reminders (such as "I am brave"). For this project, you can use multiple words or phrases if you'd like.

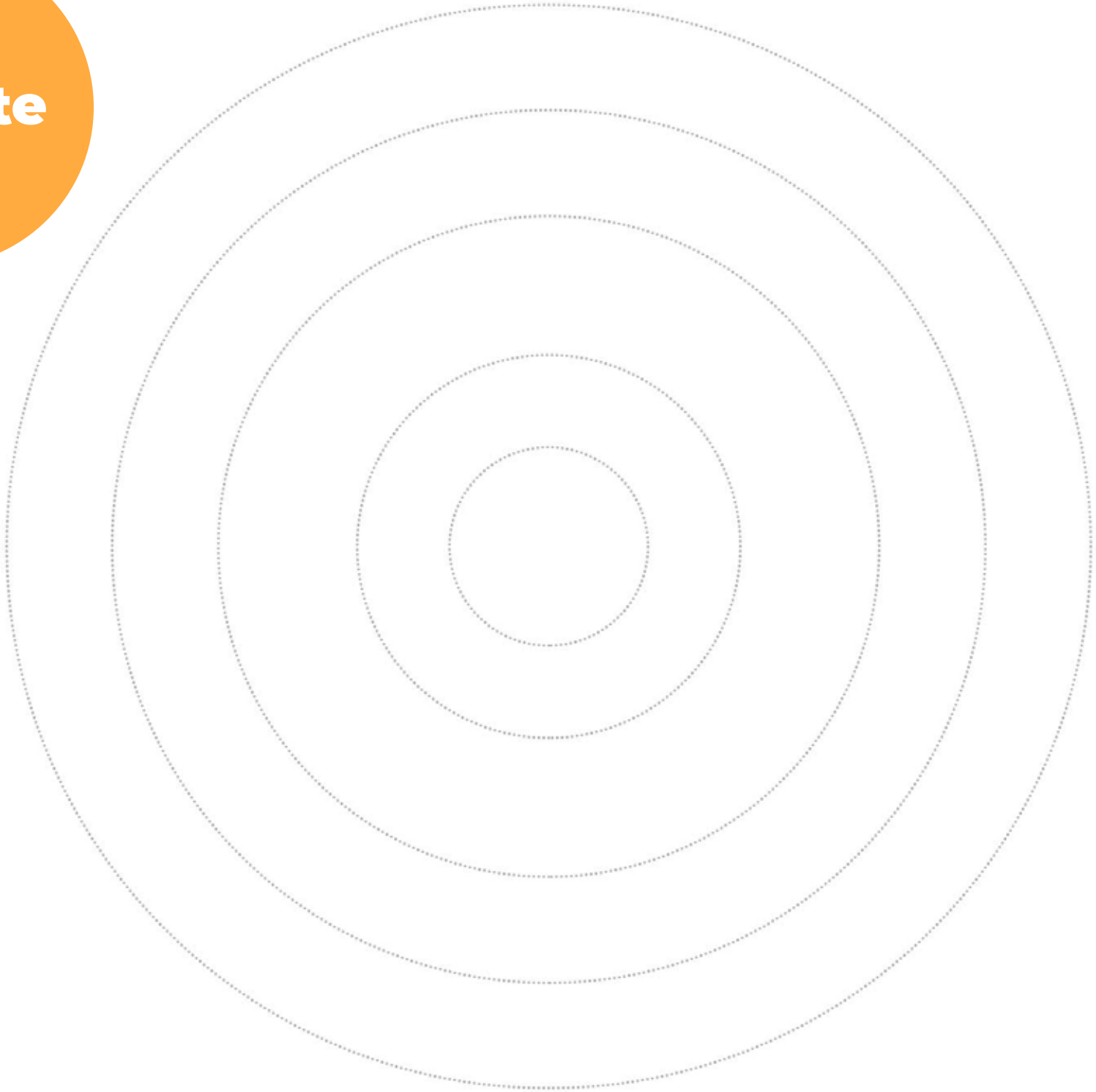
Step 1

Step 1 is to **draw or trace a series of circles** onto your page. You can make the lines light or dark. Feel free to print and use the template on the next page if you'd like!

While drawing your circles, **begin to think of your mantra**. Remember, this can be a *word*, a *phrase*, or a *combination*. Consider these questions to help you come up with your mantra:

- What is something you are looking for or need more of right now?
- What would be something helpful to remember to give you strength or comfort in this moment?
- What is something that inspires you or brings you joy?

template



Step 2



Starting from the center, begin writing your mantra over in repeating lines around the circle. Play with the sizes of writing, colors, upper and lowercase letters to create different effects!

Step 3

Once you finish a line, move outward to the next and pick up where you left off. Feel free to add in imagery if you feel inspired.

You'll make mistakes, and that's okay! Making mistakes is part of the process.





Keep going until you finish your mandala!

Mandalas are often used as a tool for meditation, and meditating on your mantra can help bring peace or manifest what you're looking for right now.

Congrats!



You've completed your project! Find more creative content here:

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