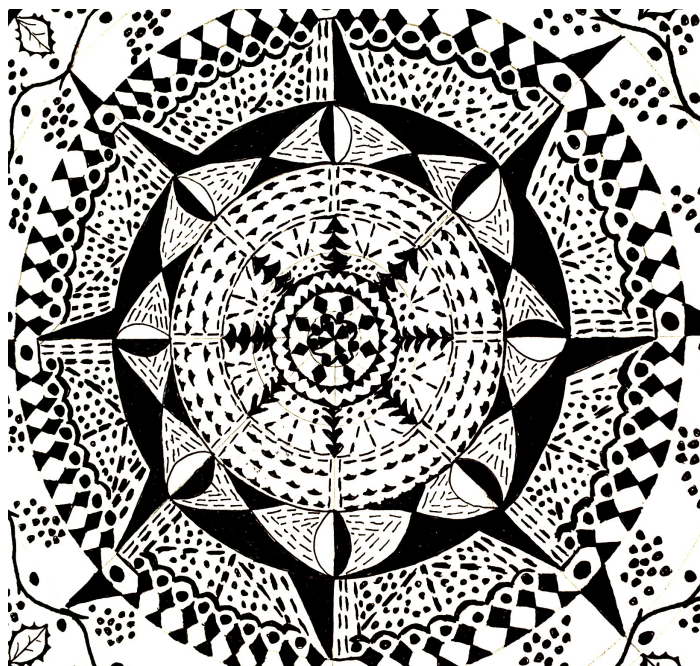


Mandala Workshop



Mandala detail by Tina Grant

So what is a mandala?

The word mandala is Sanskrit for circle. A mandala is a pattern of symbols arranged in concentric circles. Historically they have been used as spiritual guides, mind maps, as representations of the cosmos or heaven or God and as a form of meditation. I like to think of them as a kind of unconscious self-portrait.

They are relaxing to do, each is unique and there is no such thing as a mistake.

In this workshop we will be using automatic drawing techniques to uncover symbols of the subconscious to use as a starting point to create our own mandalas.

What you will need?

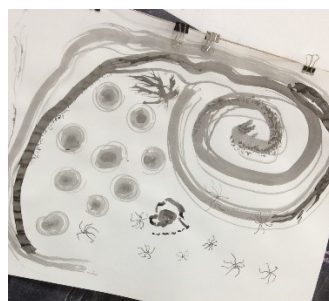
- Paper
- Black ink/paint
- Brush or Pen or Homemade drawing tool
- Pencil
- Compass (optional)
- Ruler
- Black fineline pen

Step 1

First we are going to make some marks. You can use a brush and ink or paint or even make your own tool to work with out of a sharpened stick or by tying different materials to the end of a stick.

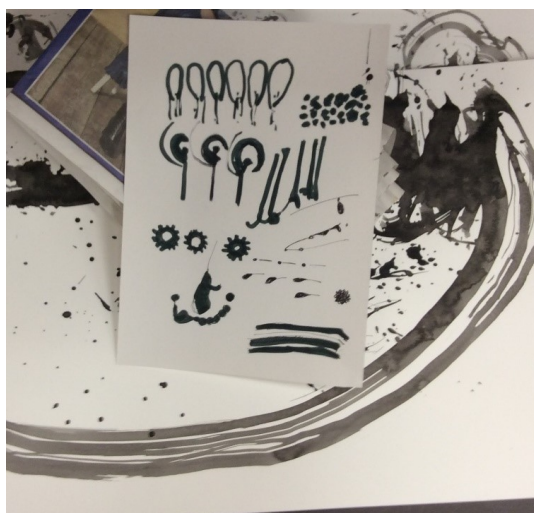
Make a series of marks on paper whilst allowing your thoughts to wander. The marks can be anything but try and experiment with different types of mark and whilst thinking of different things.

You can create as many of these abstract paintings as you like.



Step 2

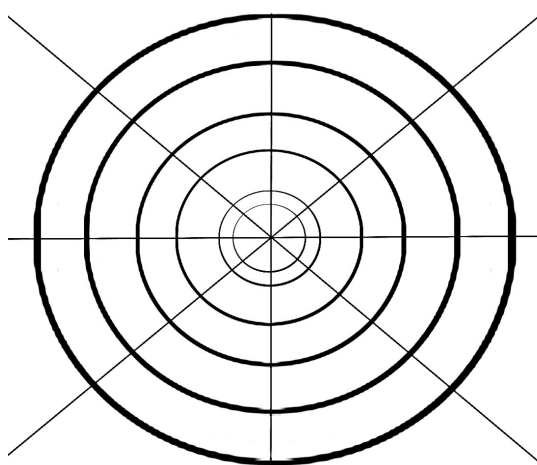
Have a look at your paintings and identify some symbols in them you would like to use in your mandala.



Step 3

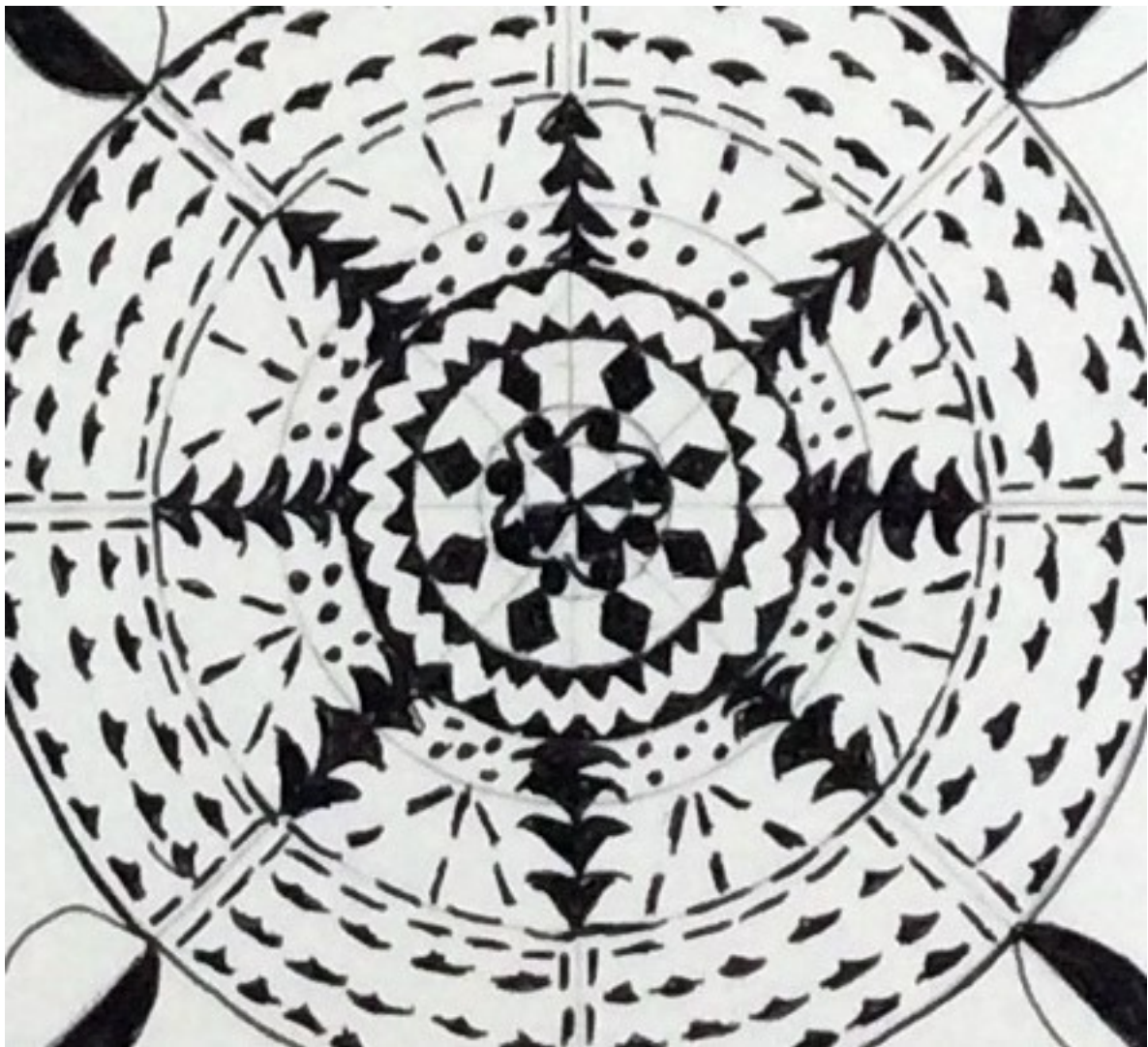
Now let's create the structure of your mandala. Draw out concentric rings onto a square piece of paper. You can have as many or as few rings as you like and they can be all different sizes.

Now divide your rings into equal sections. This will help keep your patterns uniform.



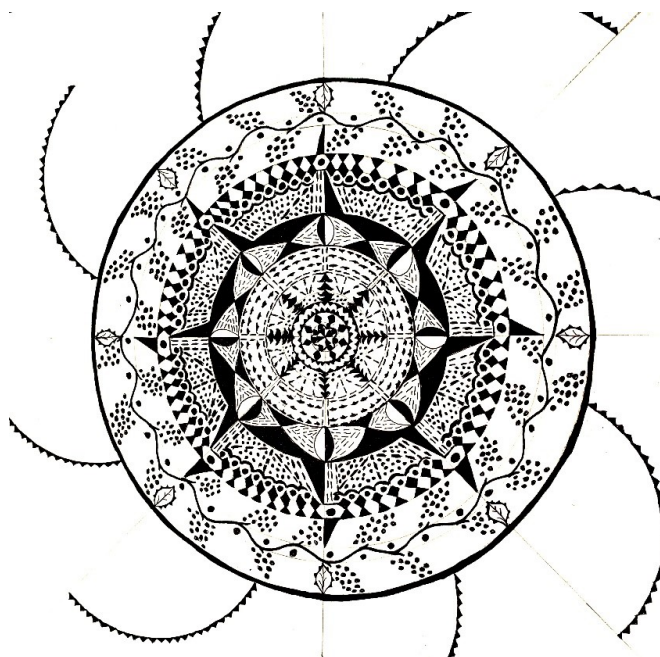
Step 4

Starting in the middle fill each circle with a pattern of your choice. You can use some of the symbols you created earlier, add more as you go and even add figurative designs. Anything is ok as long as you fill the circle with the pattern and your mandala can go on as long as you have paper left!



Manylion mandala gan Tina Grant

And here it is! A unique insight into your subconscious!



Mandala by Tina Grant

Tips

- Remember the relationship between the black marks and the paper changes with each ring. Sometimes the black is background and sometimes the white.
- Why not try one with colour? How does this change the dynamic?
- A mandala does not have to be drawn. Could you take your design and rework it through a different material? Mosaic?
- Stitch? Collage?
- Could you make a mandala with different themes? The story of your life? Nature? The sea?

When you have finished why not post an image of your work in your window including @glynnvivianlearning and #GlynnVivianAtHome #museumsathome and tell us all about it.