

Mandala Making Workshop with Jenn Todd Lavanish



Mandala Making Supply Suggestions

Mark Makers:

- permanent ink felt tip pen, black or colored
- pencil
- ball point pens, black or assorted colors
- colored markers
- gel pens, white or assorted colors
- colored pencils
- crayons
- paint pens
- felt tip pens
- watercolor paints or acrylic paints / brush

Surfaces:

- square paper, 3x3,4x4, 6x6, 8x8, etc.
- square canvas boards
- colored papers, white, black, gray, tan, cut to size
- card stock
- card stock circular paper coasters
- wood slice circles ornaments or wood circles

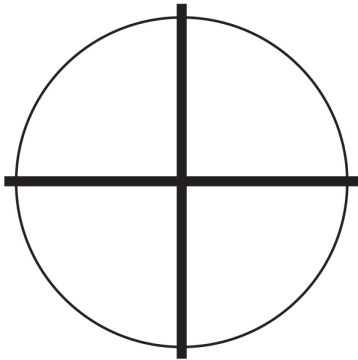
Tools:

- 12" ruler
- compass, radial or 360
- protractor
- templates
- assorted lids or circular templates
- shape templates, ie. drafting tools
- kneaded eraser
- mini brushes or nail art tools
- pencil sharpener

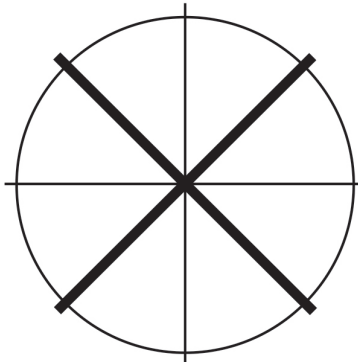
Jenn L. Todd Lavanish, aka "Just Jenn Todd"
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How to Draw a Mandala

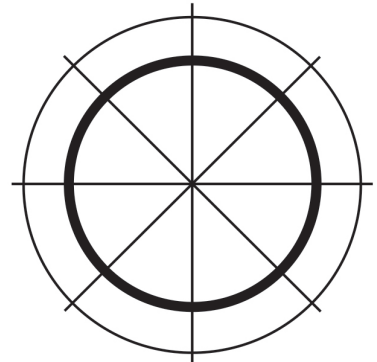
Draw all lines *lightly* and use them as guidelines. Repeat geometric and organic shapes to complete your design.



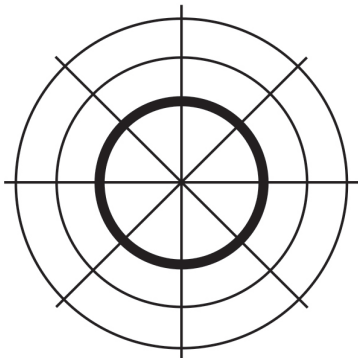
1. Draw a circle with a diameter of about 19 cm (7.5"). Use the tracer, a compass, or something round.
2. Divide the circle into 4 quadrants.



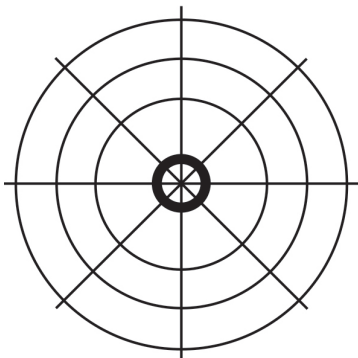
3. Divide each quadrant in half.



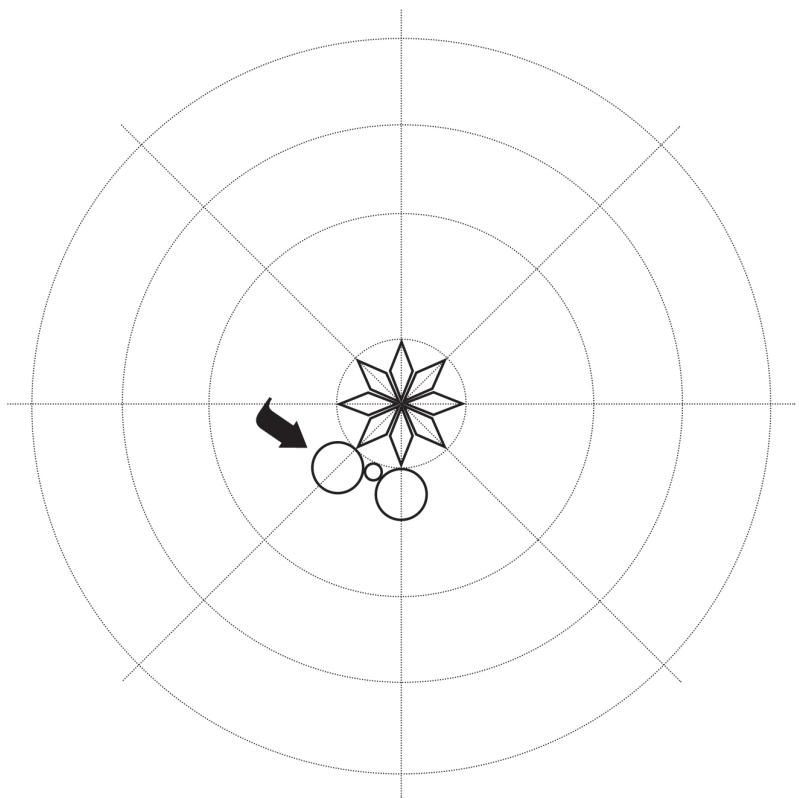
4. Draw a smaller circle inside the 1st circle. Make sure the centres line up.



5. Draw a smaller circle inside the 2nd circle. Make sure the centres line up.



6. Draw a very small circle inside the 3rd circle. Make sure the centres line up.



7. Mandala's are made of *repeated patterns*.

Use the guidelines to place organic and geometric shapes around the circle. Draw a shape on a guideline. Then repeat it in the same spot on each of the guidelines in that circle. Add other shapes around the circle until it is full. Erase the guidelines. Colour it with markers, watercolour pencils, or coloured pencils.

About Mandalas: Empower Your Life, Energize Your Space

Mandala means “circle” in Sanskrit. A circle is perfect with no beginning or end. It can represent God, the whole, the universe, the world, or the individual. It is a container that encompasses everything within it. Having worked with them over the course of fifteen years, I now think of mandalas as wheels rather than simply circles because a wheel turns, has motion, moves us forward, and so can mandalas.

The Five Components of a Mandala

There are five primary components of a mandala: symmetry, geometry, color, number, and intention. By becoming aware of these attributes and consciously combining them, we can use mandalas to not only transform and empower the spaces in which they are hung but the lives of those who view them as well.

Symmetry

Studies have shown that symmetry brings about feelings of balance, harmony, and peace. Symmetry is typically a mandala’s primary characteristic and the heart of each and every mandala I design.

Geometry

My mandalas always begin with a circle. Its form is the embodiment of perfection. It has been used throughout history as a symbol for God; the self; the passage of time; and more.

Likewise, other geometric symbols, shapes, and icons can be used to add further meaning to each mandala. Every symbol has a meaning or meanings, so I pay close attention to which symbols I add, especially if the mandala is going to be used for meditation or to help facilitate change.

About 90% of my mandalas are created through the use of fractal geometry. Fractal geometry is the geometry of nature. It’s found within us and all around us. It’s used to understand nature — the clouds and lightning, the formation of coastlines and mountain ranges, and the growth of bacteria and trees to name a few. I view fractals as a powerful expression of creation. Their repetitive and spiraling nature make them a natural fit for meditation and mandala design.

Color

Each individual color has a meaning or symbolism. By keeping this information in mind as I create a mandala, color and color combinations can be used to more quickly bring about healing, prosperity, transformation, and much, much more.

Number

The study of numbers, or numerology, plays an important part in empowering a mandala. Numbers, like colors, have various meanings and characteristics associated with them. By choosing a mandala that resonates with a specific number, you can more fully bring the characteristics of that number into your life. For instance, if you are looking to become more intuitive, you may want to work with a purple / violet mandala that has seven radiations (spokes) since both purple and the number seven work to increase intuition.

Intent

By setting a clear intention to use with the mandala you select or commission, you are choosing to activate it for a particular outcome. By doing so, your chosen mandala will forever act as a symbol of this intention and as a tool to help you achieve it.

These five components work in tandem to empower each mandala, thereby transforming both the spaces in which they are hung and those who view or work with them. This is why it is essential to choose a mandala that feels “right” for you.

Coloring the Mandala

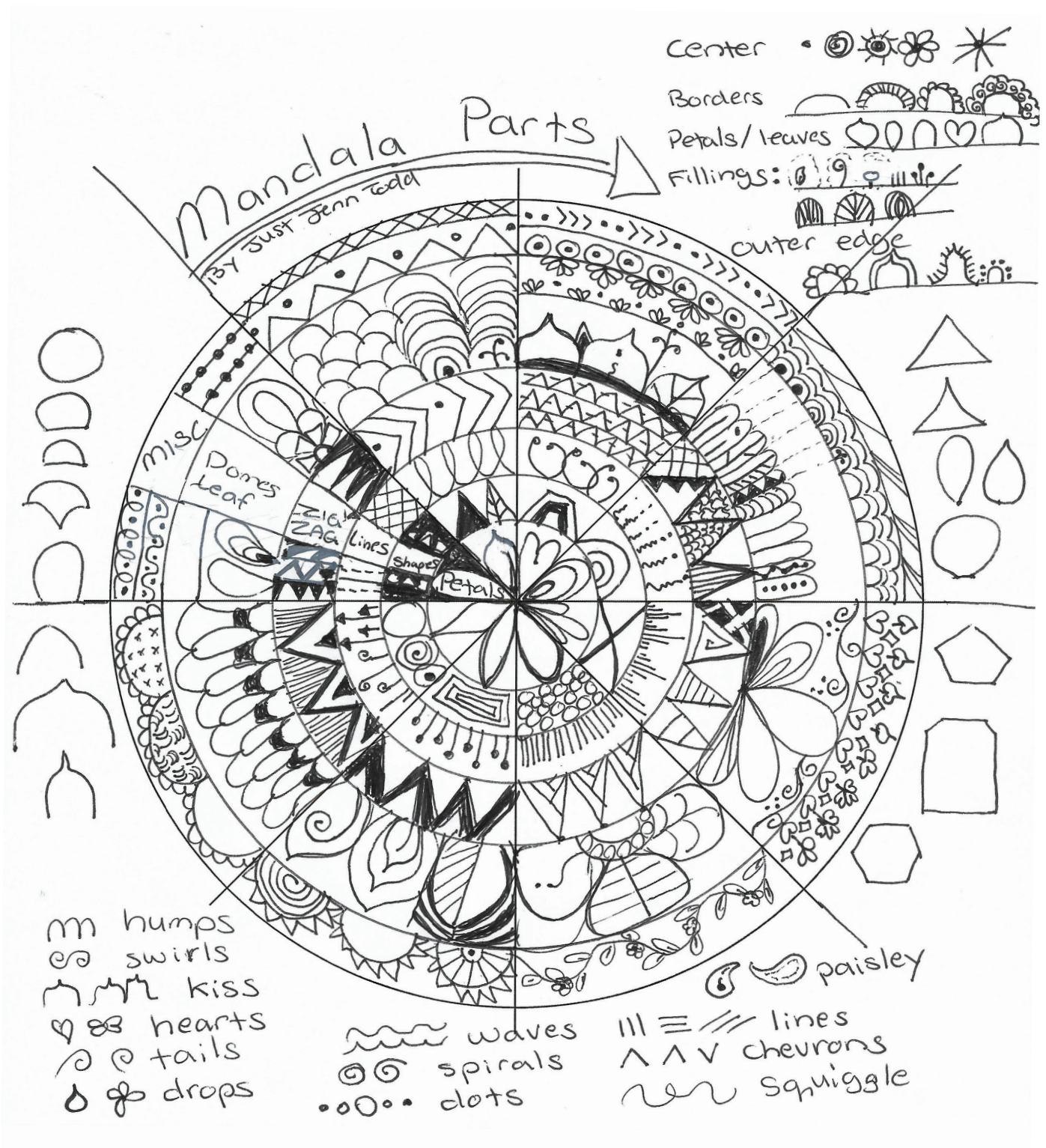
Lets first discuss the colors and their meaning. You may use certain colors to attract certain things into your life. Take a look at the table below for some color meanings. Some people draw the mandalas and do the coloring out of meditative purpose and then the intention and the colors are important. Others draw the mandalas out of creative interest and relaxation and then the colors do not take such big importance apart from personal preference or intuitive flow.

Colors and Meanings

Red	Strength, more energy and passion
Pink	Love, femininity and intuition
Orange	Creativity, self-awareness, intuition and transformation
Yellow	Wisdom, learning, laughter and happiness
Green	Physical healing , psychic ability, nature and caring
Blue	Emotional healing, inner peace and meditation
Purple	All things spiritual, for spiritual focus
Black	Deep thinking, mystery and individuality

The coloring of the mandalas is used as a healing tool and is associated with reducing stress and anxiety as well as combating depression while improving the immune system among other things. It also allows you express your creative side which often we are not able to do in our daily lives and stresses. To get started with the coloring of the mandala you can choose any medium such as colored pencils, crayons, pastels, chalks or paint - whichever suits you best. Find a peaceful space where you can relax and start the coloring working from the center outward, allowing any color that enters your mind without analyzing it too much or trying to match the colors. If you have an intention you want to meditate on you may want to look at the meaning of the colors from the table above. However, you should let your instincts guide you and the choice of color will follow naturally.

Mandala Parts



Symbolism



Water Droplets

Just as tears replenish your eyes, raindrops quench the dusty ground, making it possible for new growth to flourish. In the same manner, water rituals heal and cleanse the soul.



Eyes

These 'windows of the soul' convey emotion more powerfully than words. The ability to see extends past physical reality into the unconscious. Eyes in a mandala represent heightened perception.



Flowers & Leaves

Representing eternal rebirth, flowers form naturally in the shape of mandalas. Use them to signify personal growth and life energy.



Hands

Those who actively participate in life are called hands-on. The hand can express anger and compassion. It has the ability to hurt or to heal. The right hand is considered rational while the left hand is emo-



Spiral

This symbol of revitalizing life force expresses your growing knowledge. Let your creative spirit absorb new inspiration and express these insights with spiral shapes.



Heart

The heart is universally the symbol of love. It represents joy, happiness, rapture, contentment. Sometimes the heart often must remind the head to focus on that which is most important.



Lightning

Whether the bolt comes from Zeus or an exchange of energy between earth and sky, lightning is impressive in its power to dazzle and awe. Lightning is dynamic so use it to express sudden illumination, sparks of insight, or dramatic change in your life.



Rainbow

The phrase 'chasing rainbows' refers to impossible pursuits, and yet rainbows lure us with the promise of possibilities. Rainbows celebrate possibilities, so celebrate their appearance in your mandala and open your mind to the promise of beautiful things to come.



Square

The symbol of rational thought, this shape with equal sides and equal angles represents stability and can be considered the cornerstone of achievement.



Web

Spiders create a home by weaving and generating an amazing and fragile web. The beautiful web and the spider are associated with creation, life and creativity.



Tree

Trees represent growth and life-force. They protect animals from the elements and provide a sanctuary for birds. Trees cleanse our atmosphere and preserve our planet from drought.

If you feel disconnected, put down roots by adding a tree to your mandala.



Star

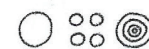
When Leonardo da Vinci drew his famous diagram of man, he discovered a 5 pointed star. Those with the tenacity to realize their dreams are often described as 'reaching for the stars'. Stars reflect determination, sense of purpose and self worth.



Triangle

The double triangle forming a 6-pointed star represents fulfillment and harmony. The upward triangle represents the fire of creative life force while the downward triangle symbolizes water and potential.

Because triangles rotate on a center point, they indicate change.



Circle of Protection

From the circle of a mother's protective embrace to round war shields, man has long associated safety with circles. Circular amulets guard man from disease and attack. Learning from herds of animals, nomadic groups arranged their camps in circles, placing the most vulnerable and valuable in the center.

The circle of a mandala is often considered to be a circle of protection, whether you are facing an external threat from natural disaster or an emotional threat such as fear of failure.

Some Jenn Todd Lavanish Doodle Ideas to Fill in a Mandala

- Floral shapes
- Heart shapes
- Swirls
- Circular shapes
- Squares/ Rectangles
- Triangles
- Lines
- Dots
- Angles
- Letters
- Diamond shapes
- Stars/ Moons
- Grids
- Leaf/ nature shapes
- Petals & drops