



camphill  
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trust

# Creating your own mandala

## HOW TO GUIDE

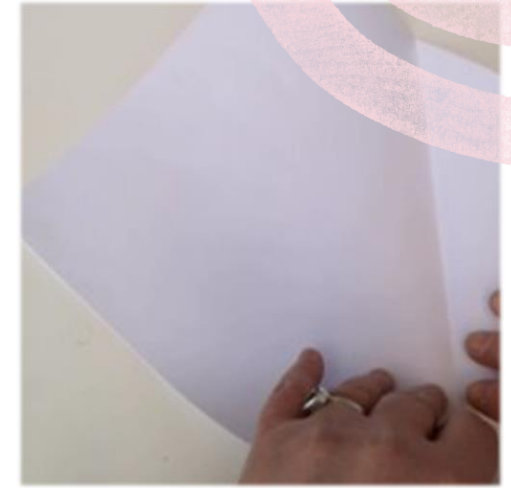
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**1. A4 paper, bowl, glass, pencil**



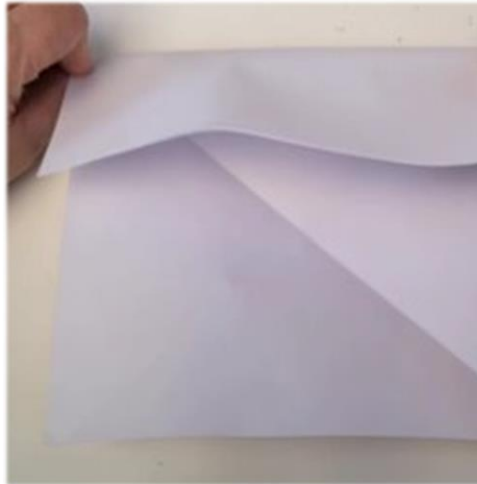
**2. Fold paper diagonally to make a square and crease**



**3. Fold the opposite side diagonally**



**4. Crease this side too**



**5. Fold over the top to meet the diagonal lines**



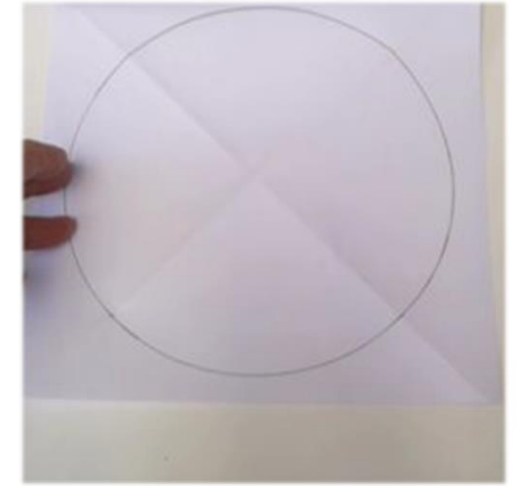
**6. Now you have a square and the folds show the middle**



**7. Place the bowl upside down in the centre of the paper**



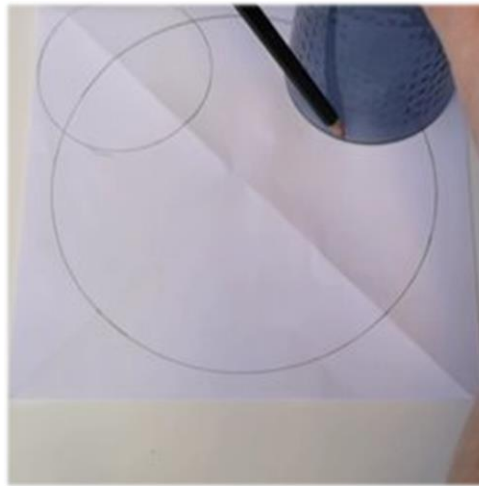
**8. Draw around the bowl**



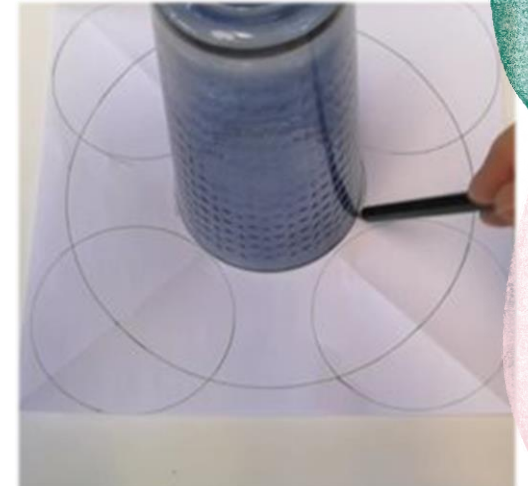
**9. To make the centre circle**



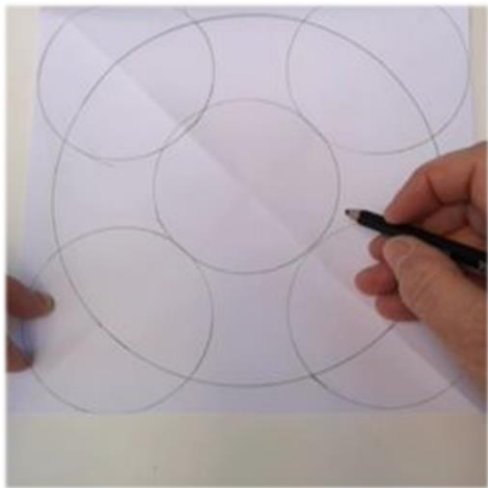
**10. Draw around the glass in the top left corner**



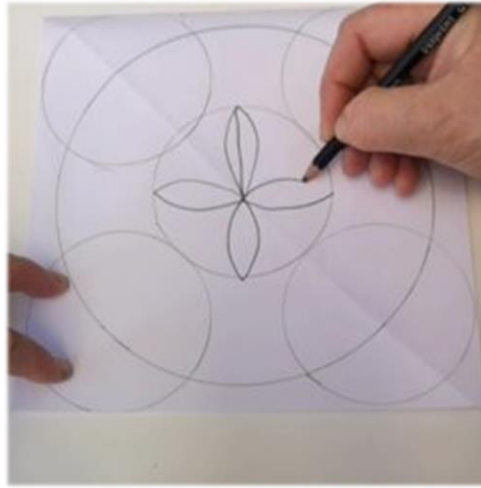
**11. Then the top right, bottom left and bottom right**



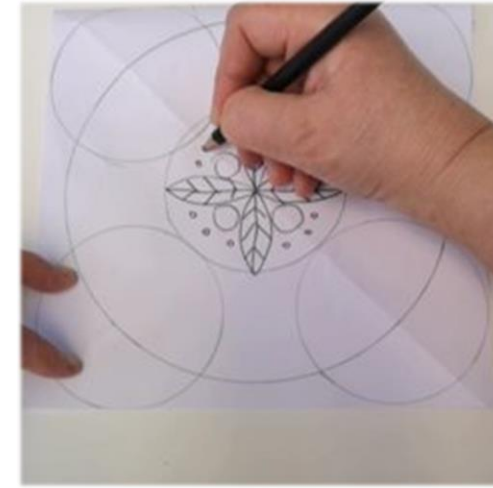
**12. Put a circle in the centre if you want to**



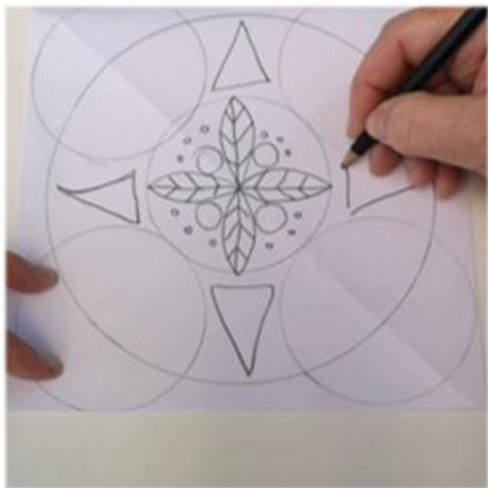
**13. Now you have all your circles in place**



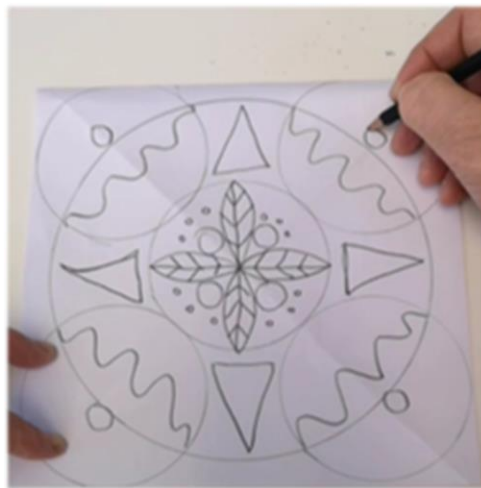
**14. Start to add your details**



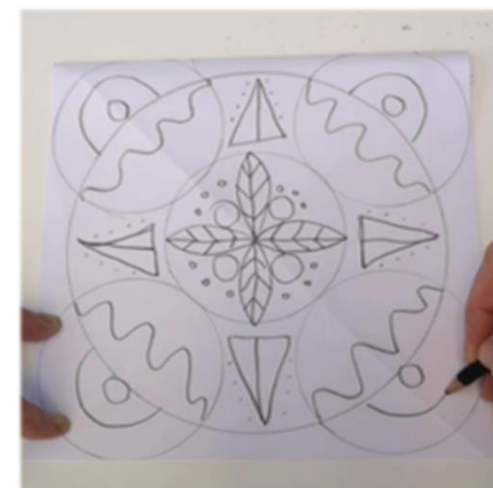
**15. Fill the centre**



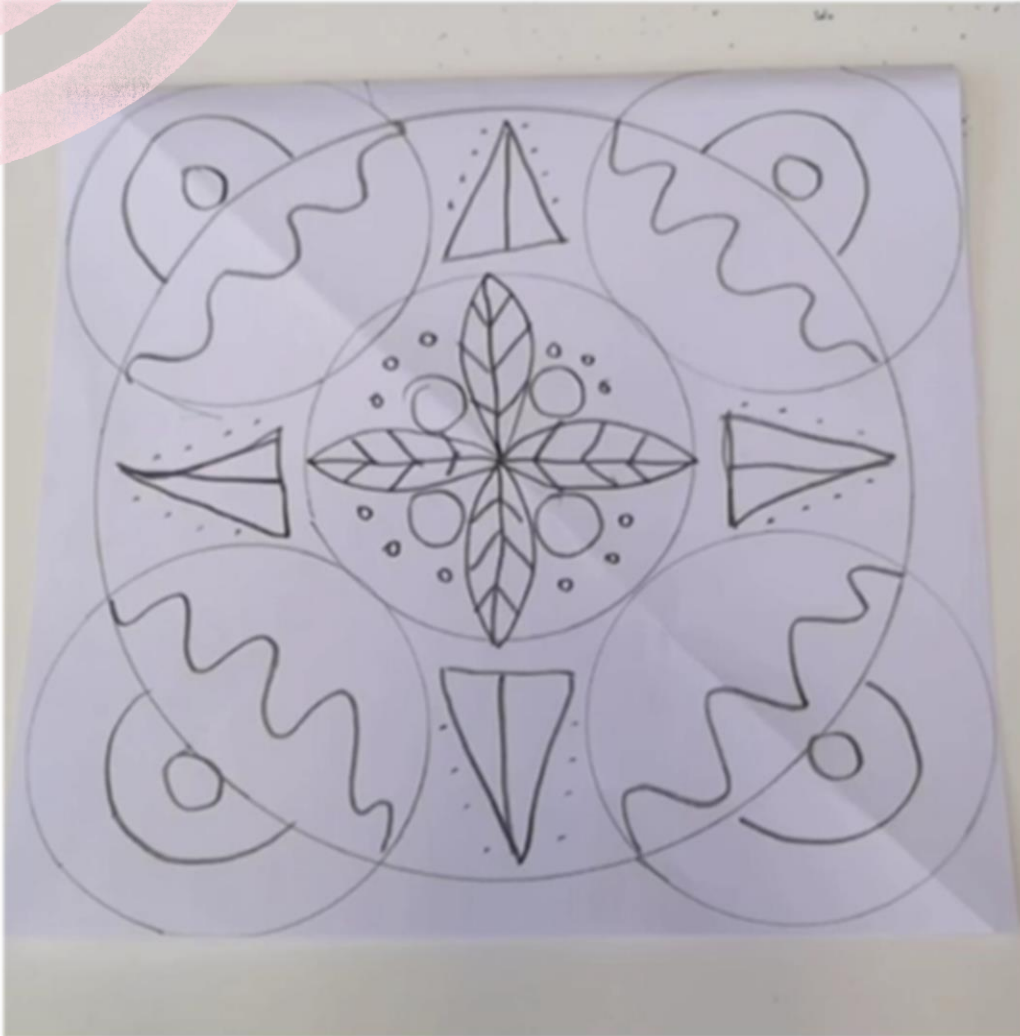
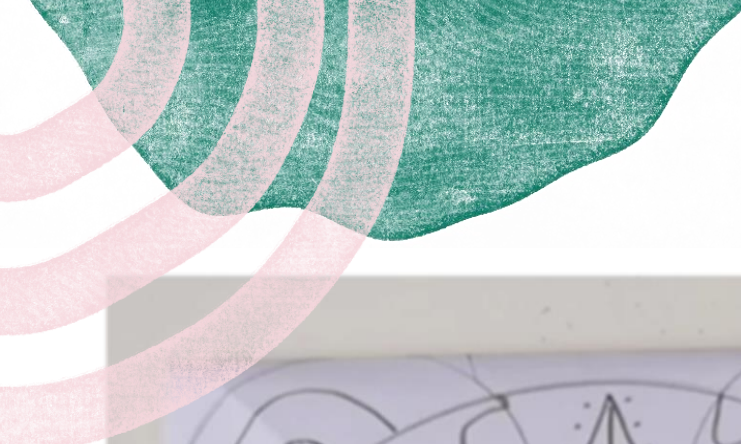
**16. Work to the outside with other**



**17. Out to the edges shapes**



**18. Its up to you when you think you are finished**



You can add as little or as much detail as you like to your mandala, it's your design.

Now you know how to draw out a mandala you can make many designs.

Please send photos or scans of your black and white drawings into us at

[sarah.fishburn@cvt.org.uk](mailto:sarah.fishburn@cvt.org.uk) or post a copy to **Sarah Fishburn, Botton Village, Danby, North Yorkshire, YS21 2NJ**

We can't wait to see what you create! We would like to put them on the website for people to download and colour. So, as well as creating something beautiful you are helping others to stay busy and creative as well.

We hope to create a colouring book from your images so please make sure when you send your image you put your name on so everyone will know that it's yours.

**Thanks for joining us and have fun!!!**