

# Make Your Own Mandala

You can make a mandala of your own with colored sand or by drawing with markers, colored pencils, crayons, or oil pastels.

## You need:

- piece of circular cardboard or foam core covered with blue or red paper or painted colored sand (can be bought inexpensively at craft stores)
- two narrow paper cones with openings of about 1/8 of an inch at the narrow end (make the cones from 8-1/2- by 11-inch paper)
- chalk
- string
- ruler

1. Begin by making the grid on the cardboard or foam core. It is easiest to draw with the chalk using a ruler as a guide. Make two lines, one horizontal and one vertical, in the center of the cardboard. Through the point where they intersect, draw two diagonal lines. This is the framework of the mandala. The point where all four lines intersect is the center.

2. Tie a piece of string around the chalk. Holding the string at the center point, use the chalk to make a large circle. Make another circle about an inch smaller. This is the outer circle of the mandala. You can add more circles if you have room. Make a square in the center. Surround it

by a larger square. At the center of each side of the outer square, make a T-shape to form the entrance of the palace. Make one or more circles in the center of the square.

4. You can carefully work out the design on paper before you start using the sand, or you can work spontaneously. Apply the sand with the narrow paper cone that you have made. Hold the cone at a 45-degree angle to the paper. Tap the side of the cone with another cone to make the sand come out. You might want to practice on a separate piece of paper first. It is not difficult once you get the hang of it. Start at the center of the mandala and work your

way out. Add designs to the basic framework.

5. When your mandala is complete, take time to honor it, then dismantle it along the original lines, sweep the sand into a container, and pour it into a river, stream, or pond. If you do not live near water, adapt the process by pouring the sand into a basin of water and then pouring it into the ground.

**Caution:** Do not pour the sand down your sink!

Acting spontaneously (SPONTANEOUSLY) is acting without much planning.



Press one funnel on another to ensure a steady stream of sand.

