

The Mandala Guidebook: How to Draw, Paint and Color Expressive Mandala Art

By Kathryn Costa

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Relax, create and connect with mandala art!
Do you love coloring mandalas? You're not alone! Adult coloring books are gaining in popularity every day. Do you want to learn how to draw and color your own mandalas? In *The Mandala Guidebook*, Kathryn Costa shows you how with easy instructions perfect for the beginner. You'll find a wide range of projects, each with beautifully illustrated step-by-step instructions covering more design styles and artistic mediums than any other book out there.

Simply put, a mandala is a circle with a design in the center, but psychologists and spiritual leaders have used mandalas as a tool for self-reflection and self-exploration through the ages; they have intrigued cultures around the world, from Celtic spirals and Indian mehndi to medieval church labyrinths. And now it's your turn. If you can write the alphabet, you can create beautiful and expressive mandalas! Journey with "100 Mandalas Challenge" creator Kathryn Costa to create spontaneous and spirited mandala art:

- Enjoy prompts and questions to practice self-discovery, gratitude, relaxation, meditation and explore your unique talents and artistic path as you create
- Discover 24 demonstrations with clear step-by-step instructions to master the mechanics of making mandalas--both freehand and geometrically symmetrical designs
- Explore mixed media and textural painting techniques within the boundaries of a circle using everything from a simple pen and paper to watercolor, collage, acrylic and stamped Gelli plate
- Get pattern inspiration and discover how to play with color using common palettes from the world around you

Set your intention and learn how to use mandalas to solve problems, let go of fear, lean into love and gain clarity and insight as you create!

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Editorial Review

About the Author

Kathryn Costa is an artist, writer and educator whose passion can be summed up in three little words, "create and connect." Since she started blogging in 2008, Kathryn has inspired people from more than 90 countries with her personal stories and artwork. Kathryn's workshops have seek to help people to find clarity, let go of fear, embrace their dreams and explore their creativity. In October 2014, Kathryn decided to challenge herself to create 100 mandalas in 100 days and invited her friends online to join her. Within a year, the 100 Mandalas Challenge and Community has quickly grown to include thousands of mandala enthusiasts from all over the world. For more, visit 100mandalas.com. When Kathryn isn’t creating mandalas, she enjoys art journaling, collage, mixed media, photography and Ikebana (Japanese flower arranging). She lives in New England with her Brazilian husband Fernando.

Users Review

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Douglas Henry:

Do you certainly one of people who can't read enjoyable if the sentence chained from the straightway, hold on guys this aren't like that. This The Mandala Guidebook: How to Draw, Paint and Color Expressive Mandala Art book is readable by you who hate those perfect word style. You will find the facts here are arrange for enjoyable examining experience without leaving actually decrease the knowledge that want to deliver to you. The writer associated with The Mandala Guidebook: How to Draw, Paint and Color Expressive Mandala Art content conveys the idea easily to understand by many people. The printed and e-book are not different in the content material but it just different in the form of it. So , do you continue to thinking The Mandala Guidebook: How to Draw, Paint and Color Expressive Mandala Art is not loveable to be your top checklist reading book?

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Nancy Leto:

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Elaine Woodring:

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