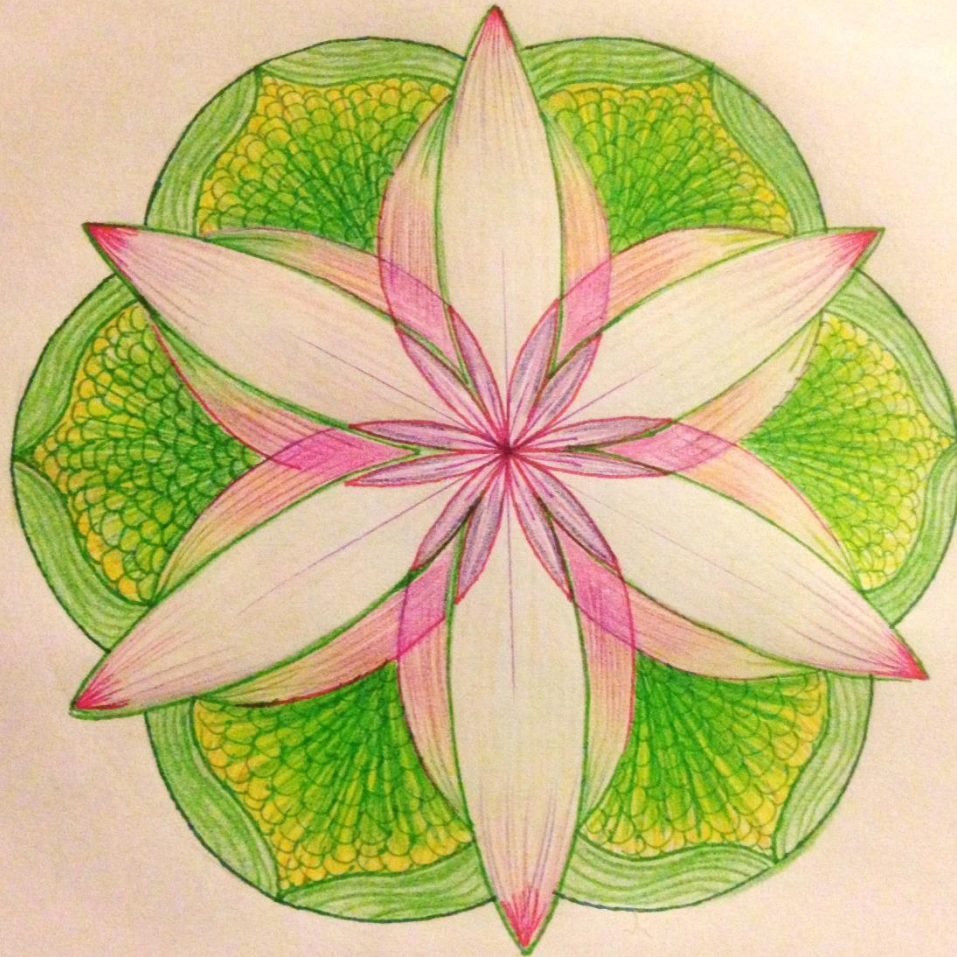


*“A mandala is a
psychological expression
of the totality of the self.”*

Carl Jung



Learn how to draw this compass mandala in 18 easy steps.

Einstein said "Creativity is a form of play.. It builds new worlds and constructs new realities. Creativity is our superpower."

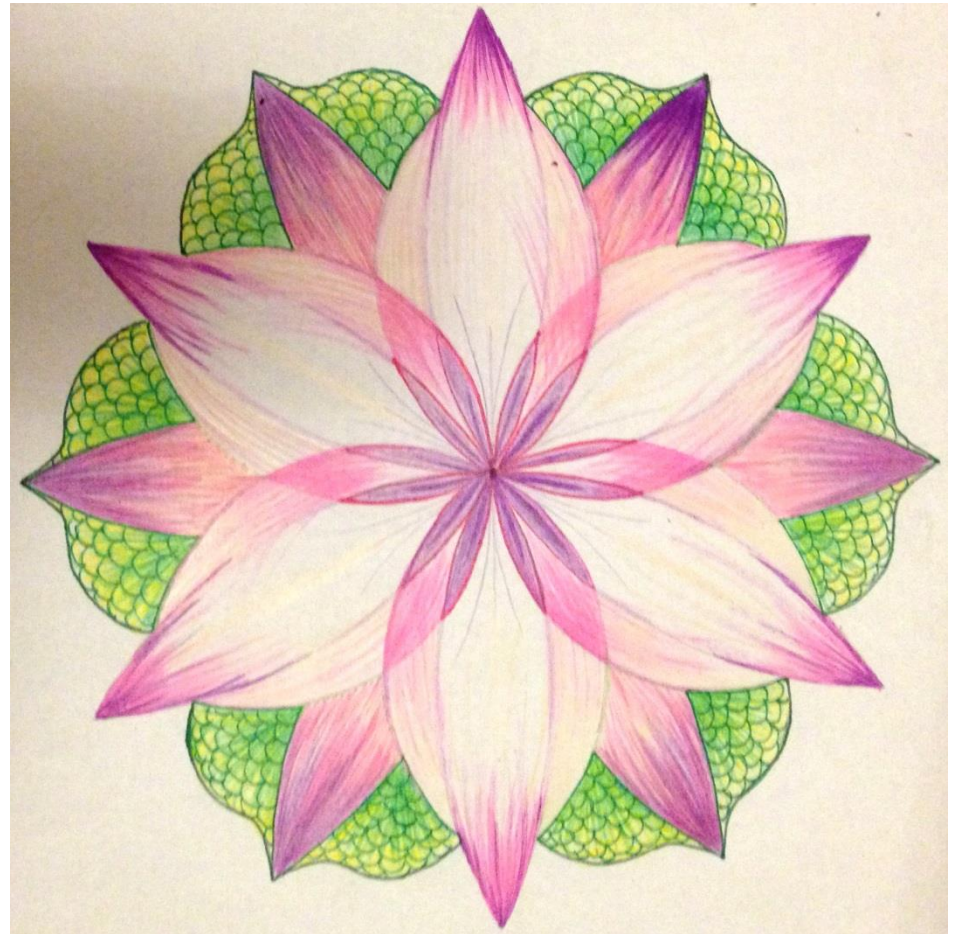
Let you Superpower shine!

Let Your Inner Artist out to Play!

Mandalas not only allow creativity and flow, they are also calming and satisfying to make. They develop a feeling of balance, focus your attention and help set worries aside. The result can brighten your wall or be made into a greeting card to spread the love.

The design was arrived at by making whimsical decisions as I went along, so feel free to do the same. (For example, there's 'Another Option' on the second last page that will yield 12 rather than 6 petals.) You could stop at Steps 4, 6, 8 or 10 and allow the colouring process to suggest your own unique pattern, rhythm or harmony. You might arrive at a map of the universe or a whacky molecule instead of a flower.

Go with the flow and enjoy whatever emerges! Bain sult as! Maria

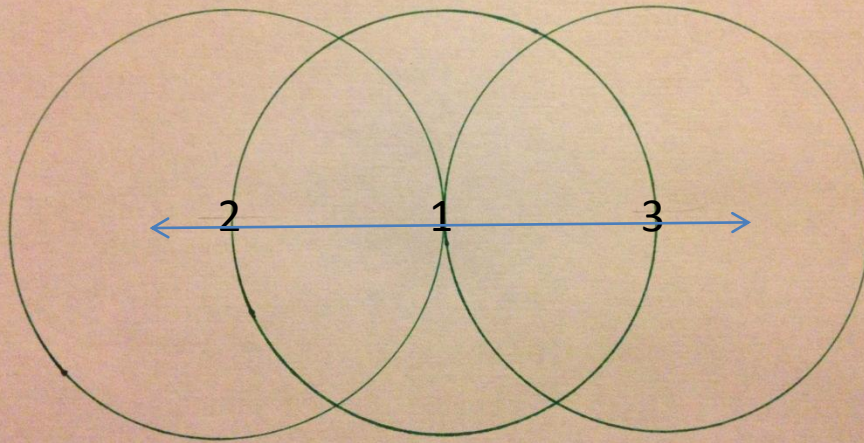


(You will need paper, a compass, a pencil, an eraser, a ruler, colouring pencils or markers, and maybe a fine-tip marker for outlining. *If you don't have a compass, skip ahead to the final pages for a work-around.*)

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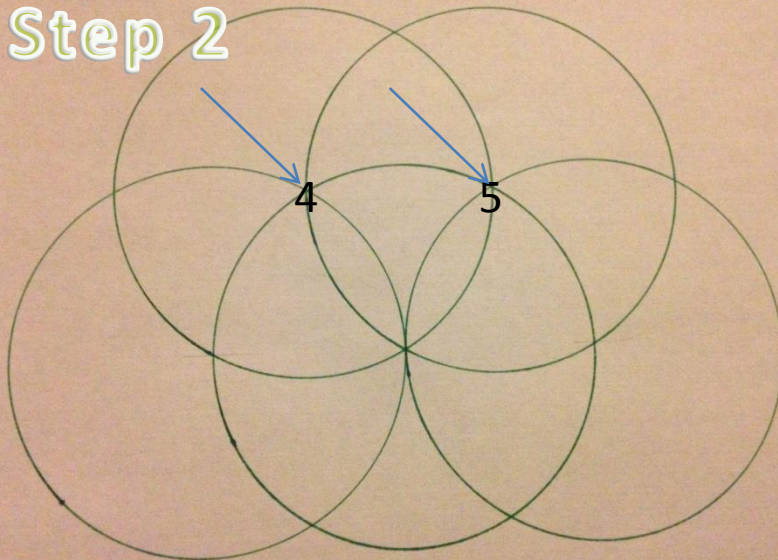


Step 1



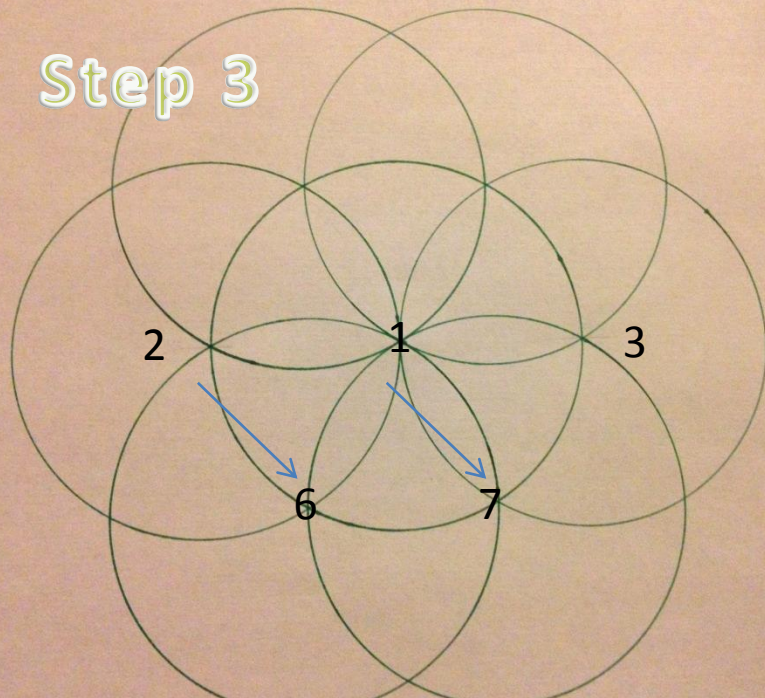
Start with a small circle in the centre of your paper (radius 4 or 5cm). Use a pencil because this first circle is purely for construction. Draw a line through the centre (see blue arrow) and use the two points where this line cuts the circumference of circle 1, as the centre points for the two next circles, one to the left (circle 2) and the second to the right (circle 3).

Step 2



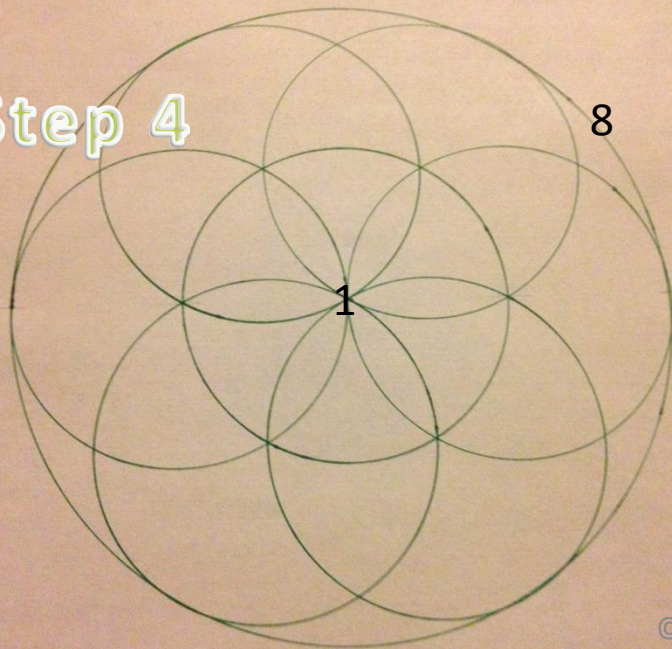
Don't change the radius and draw two more circles. The numbers 4 and 5 are placed over the centre points of both circles (see blue arrows). Centre 4 is created by an intersection of circles 2 & 1. Centre 5 is made by intersection of 1 & 3.

Step 3

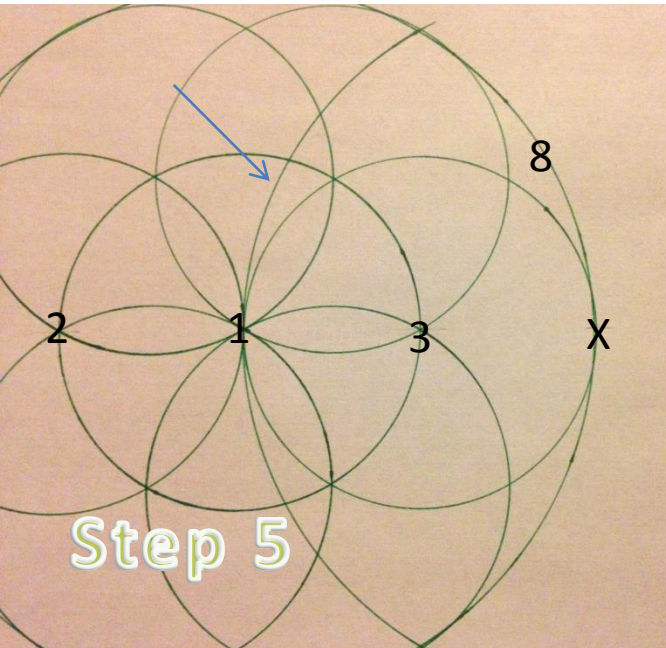


Keep your compass on the same radius and draw two more circles. The numbers 6 and 7 are placed over the centre points of both. (See blue arrows.) Centre 6 is created by the intersection of circles 2 & 1. Centre 5 is made by the intersection of 1 & 3.

Step 4

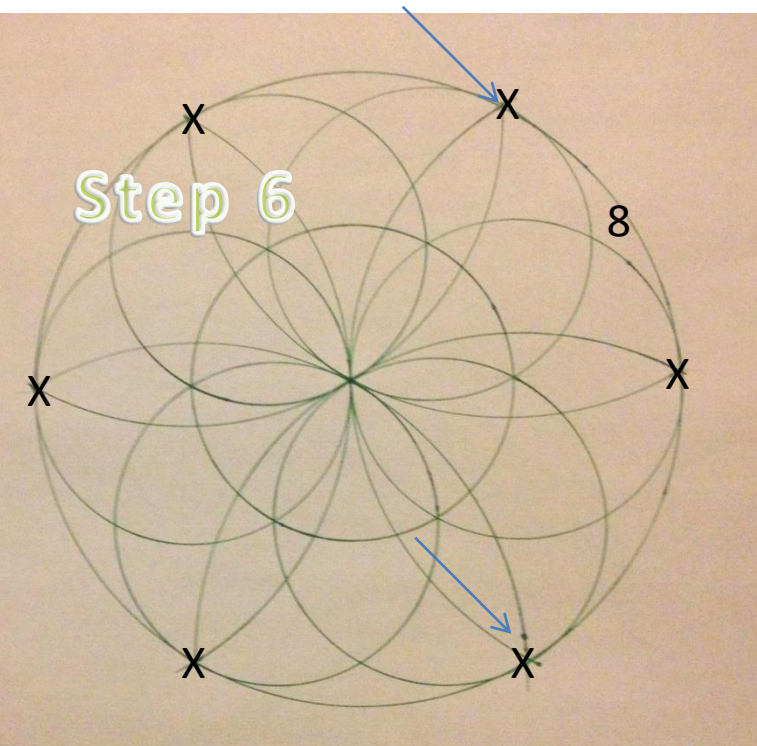


Circle 8 is the outer circle and is twice the radius of all the other circles. It shares the same centre as circle 1. (Note: You will use the same radius as circle 8 in steps 5, 6 & 8.) It's another guide circle so use a pencil.



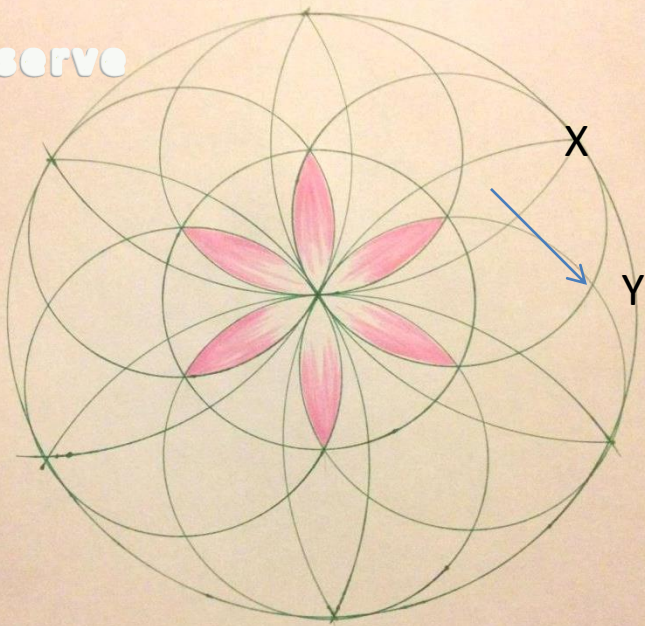
Go back to the first line you drew through the centre of circle 1 (see step 1), and elongate the line to cut the circumference of circle 8, to make point X.

With the compass at the same radius as the outer circle (circle 8) draw an arc (see blue arrow) that has point X for its centre. The arc cuts through the outer circle in two places.



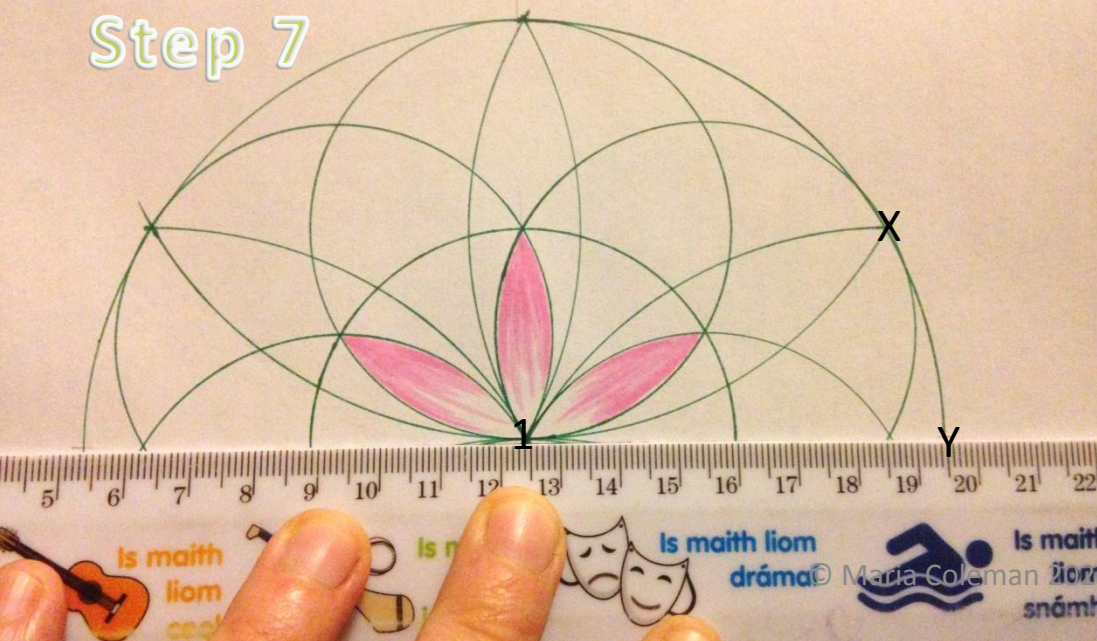
Notice these two intersections created by the first arc. (See blue arrows.) These in turn become points to place the nib of the compass and draw further arcs. Continue around the circle using the points where the arcs and outer circle intersect as new places to put the compass nib. After 6 arcs you will have a large flower with 6 narrow petals. (Let's call this the X Flower)

Observe



I jumped ahead to some colouring to make things easier to explain. (You can wait until later). Notice now there are two flowers with narrow petals. One is small (pink), one large (as per steps 5 & 6). Notice how both sets of petal-tips point towards point X. (The paper is rotated a little from previous step.) Can you spot another large flower with wider petals created by the intersections of the initial small circles? One of its petals ends just to the left of point Y. (See blue arrow.)

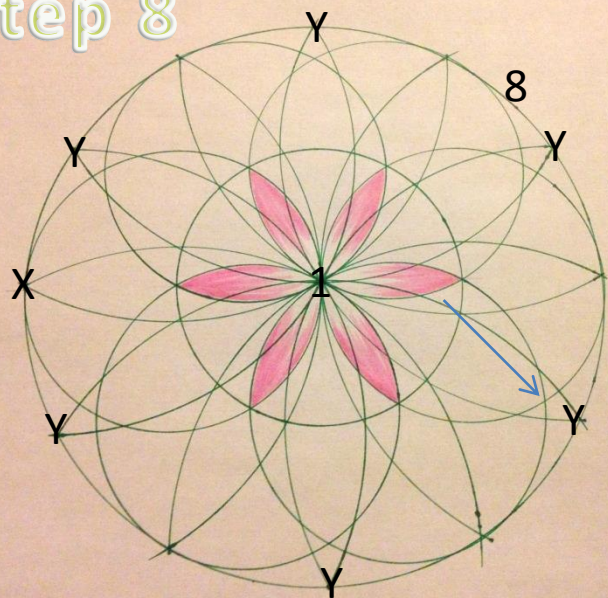
Step 7



Here, just draw a construction line that lines up the centre of circle 1 with two petal tips of this large, wide flower you just found. You will make the point Y. Double check that you see three full small (pink) petals over the top of your ruler.

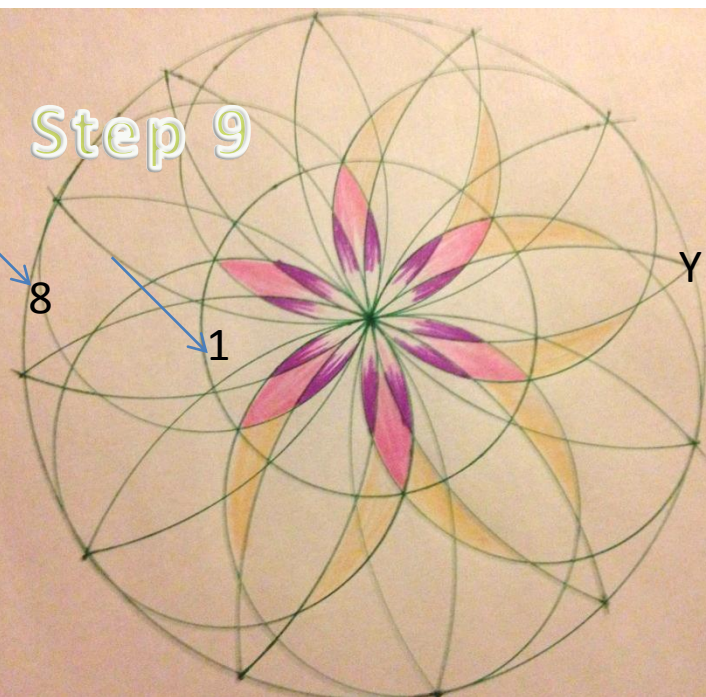


Step 8



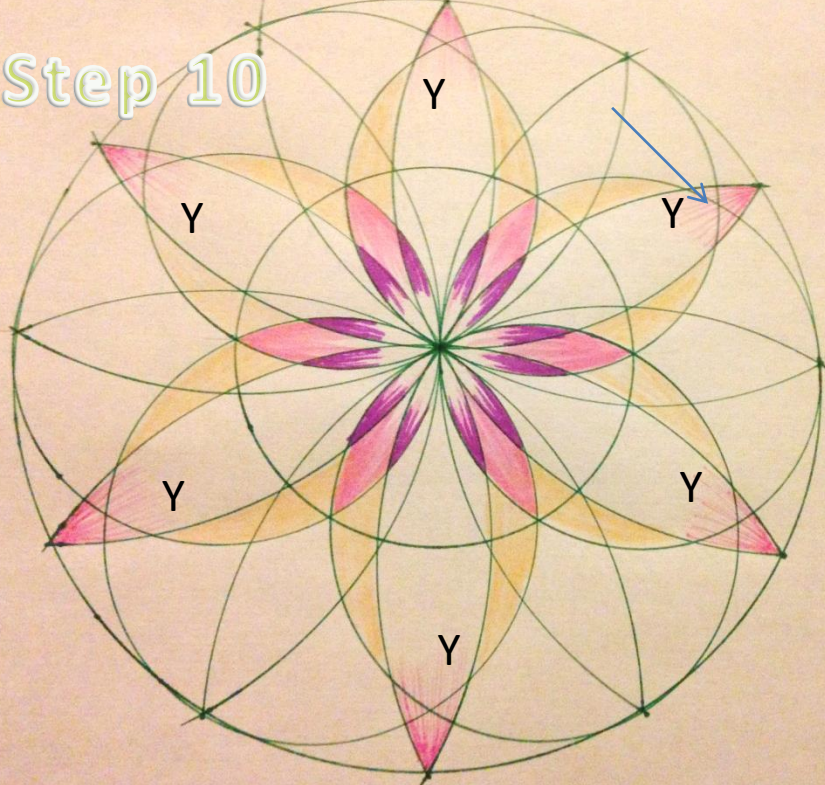
Once you have point Y, make sure your compass is set at the radius of the outer circle (circle 8) and proceed around the outer circle making arcs exactly as you did in Steps 5 & 6. Six arcs will produce another flower. Let's call it Flower Y. (Notice Flower Y lines up with the wide petal flower you observed earlier. See blue arrow.) Don't be daunted by all the construction lines. Colouring can begin soon.

Step 9



First, you might choose to erase some construction lines. These instructional drawings were made with pen for visibility, but ideally, before colouring, I would otherwise have removed both circles 1 & 8 (the inner and outer circles, see blue arrows), as well as any ruler lines or places where the arcs spill over.

Step 10



The tips of flower Y have intersecting lines you might also want to remove with an eraser. (See blue arrow.) In this design, flower Y is brought to the fore by highlighting the outer tips and also colouring the wider petals behind.

Notice how the pink/small flower at the centre has been coloured using intersecting construction lines (originally made by the small construction circles 2-7) to bring forward a smaller purple flower with 12 petals.

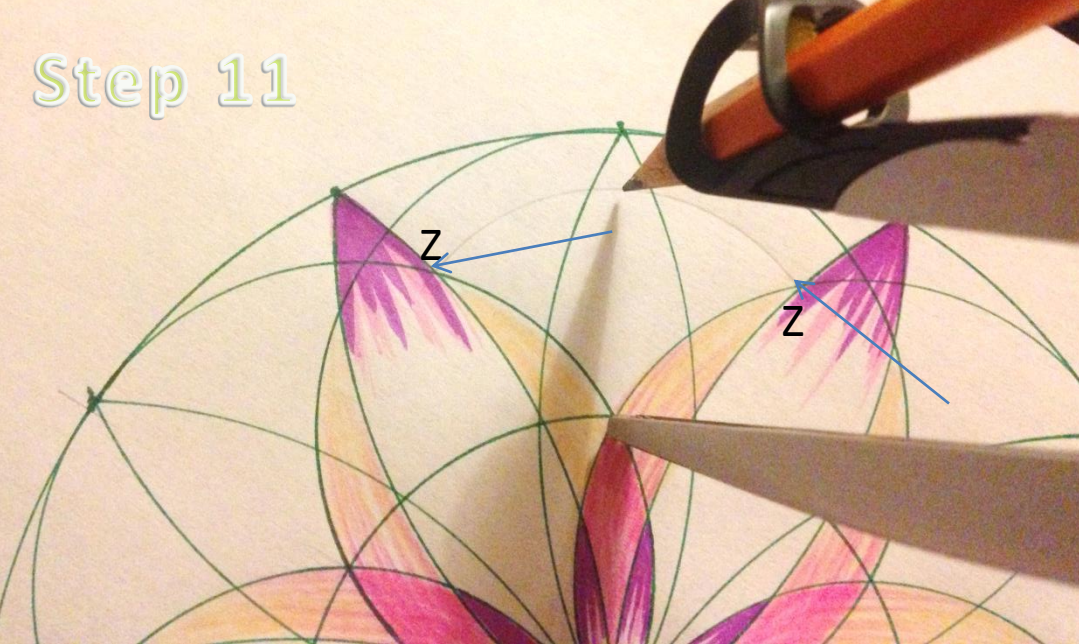
Step 11



Colouring time! Darker colours can be blended over lighter colours using feathering. (See blue arrow.)

This is one of the fun parts, precision is not needed, so don't over-think it and find your flow. Enjoy!

Step 11

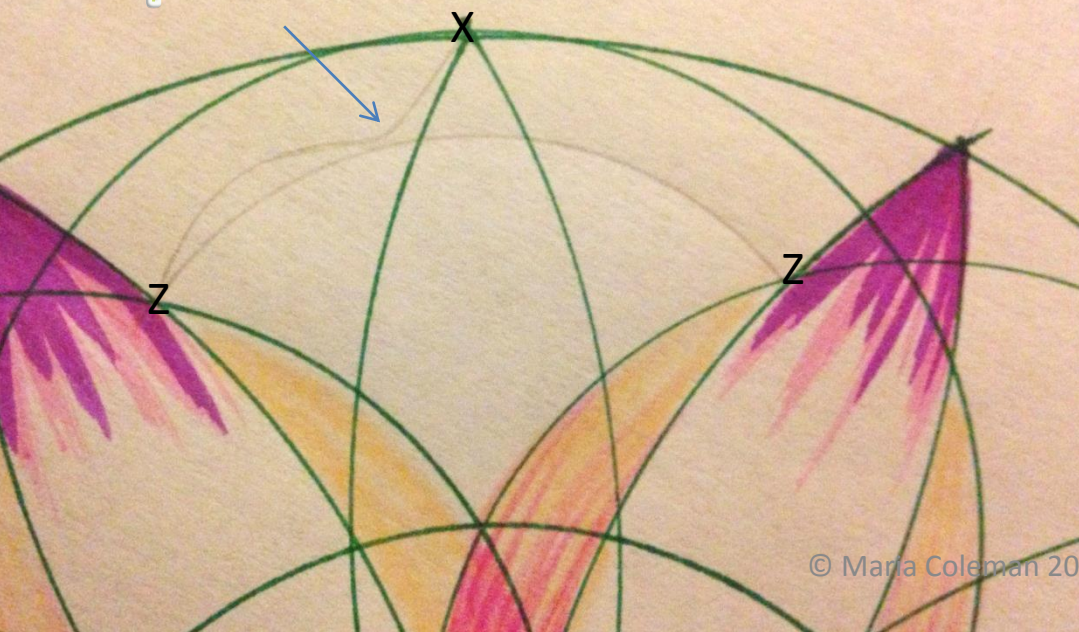


Using the tips of the small/pink flower as the centre point, and measuring a radius that uses the point Z as a guide (see blue arrows), draw a short pencil arc to the next point Z. Continue all the way around the circle in this manner.

(See the second last page for another option for step 12, especially if 'freehand' is way outside your comfort zone.)

Using the points Z and X to guide you, as well as the arc from step 11, here is an opportunity for a little 'freehand'. Make a reverse S- shape on the right (see blue arrow) and repeat it in mirror-image on the other side, to create a very wide petal with a nib shape at its tip.

Step 12

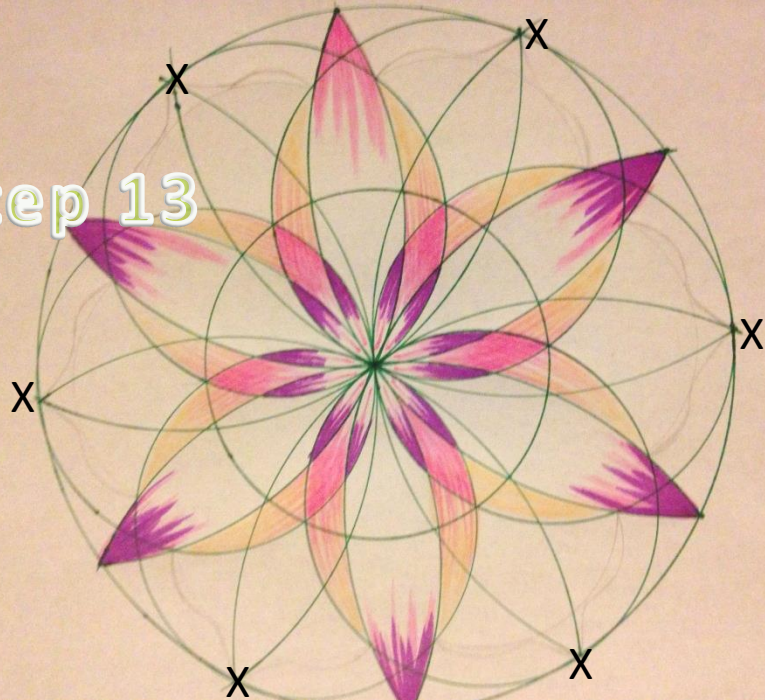


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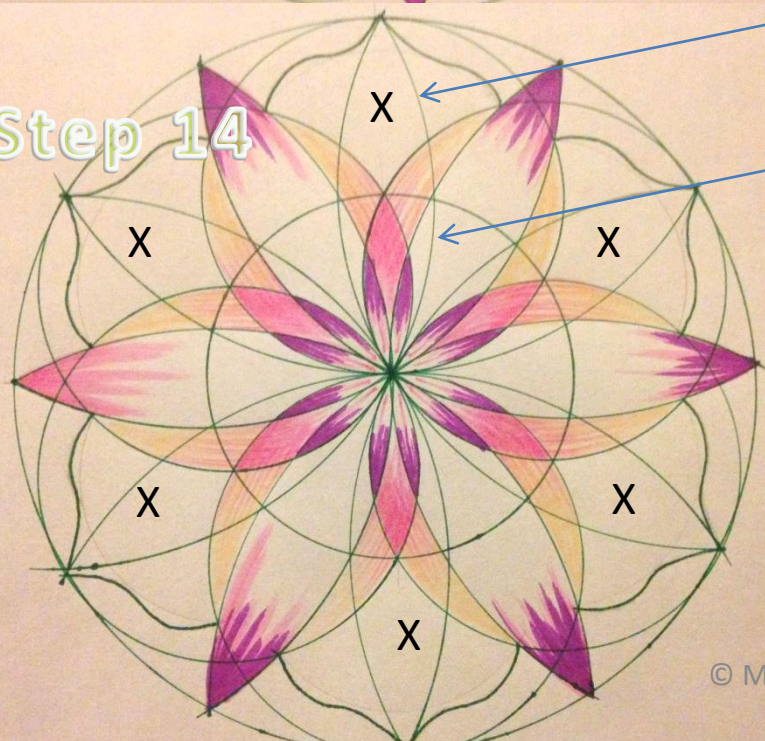
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Step 13



Using the arcs and freehand elements from steps 11 & 12, continue all the way around the circle, shaping wider petals around Flower X. Trust yourself here and 'Go with the Flow.'

Step 14



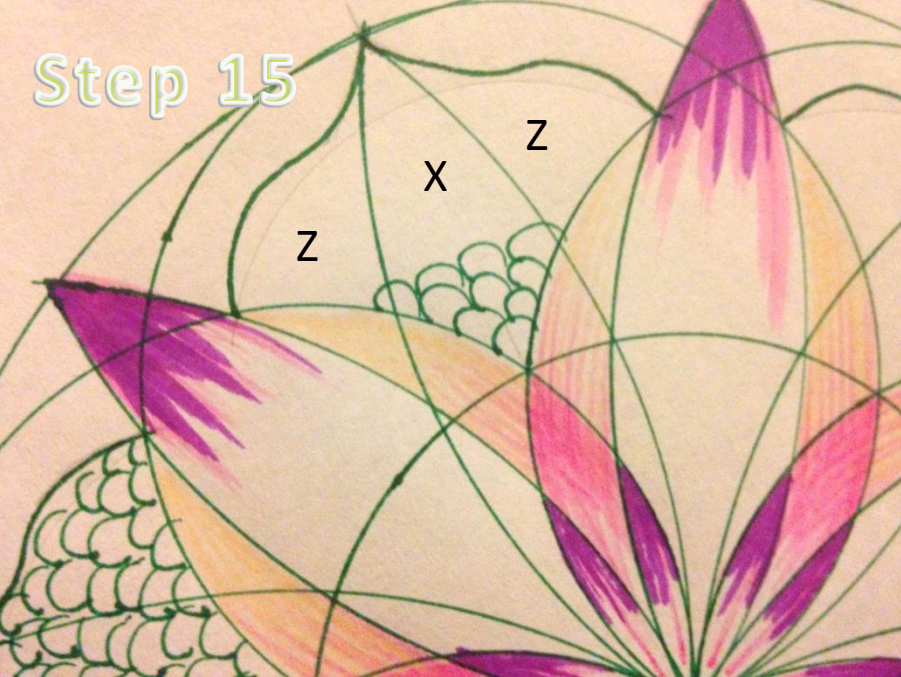
Now that you trust yourself and your hand is steady, go over your freehand elements with darker lines, removing any constructions lines with an eraser. (If you haven't already, look ahead now to the **other option** on the second last page. You can decide to remove or keep the narrower inside petals of Flower X at this point. See blue arrows.)

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Step 15



More freehand here, but there's no need to be precise. I used upside-down U shapes as a texture element all the way through the new wider petals of Flower X. Choose whether to ignore the narrow petal lines, and work over them as I did, (look ahead to the second last page for example) or choose the **other option** that only places the texture in the zones marked Z.

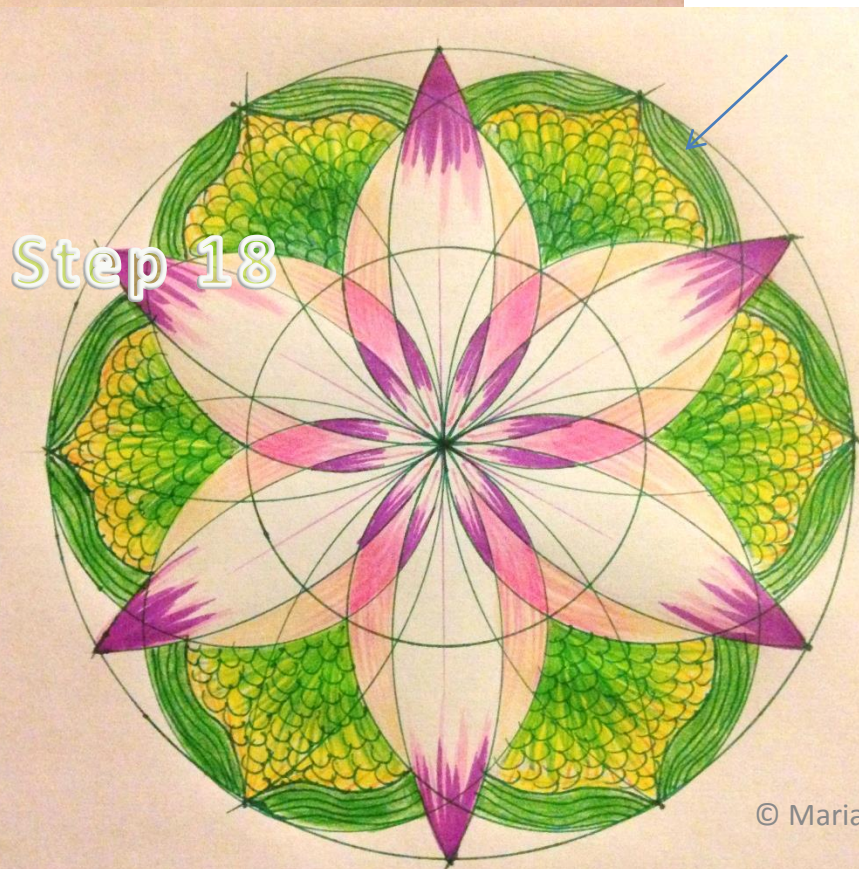
When colouring these petals/leaves start with a lighter colour and feather the darker shades on top. Choose your own approach. Enjoy!

Step 16





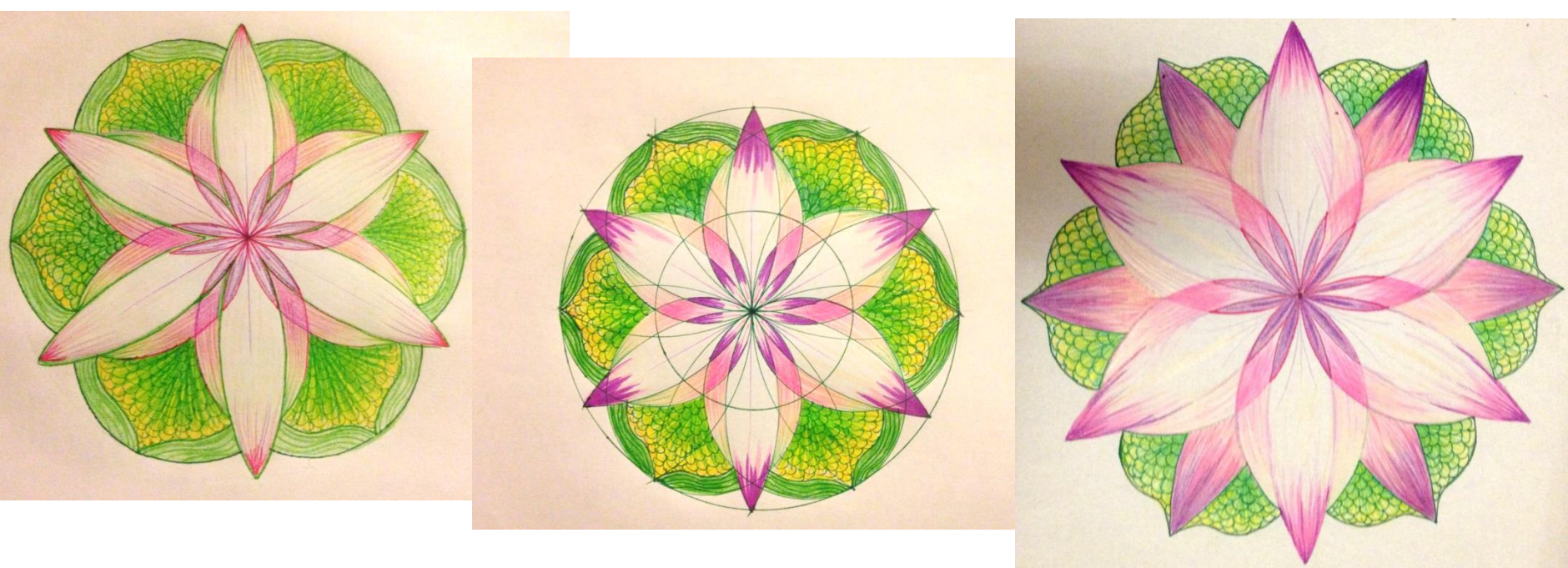
You are into the final flourishes now. On a whim, I decided to frame the petals/leaves of Flower X by putting freehand wavy lines inside the outlines created by construction circles 2-7 (see blue arrow.) Improvise here, no need to be precise, and repeat your idea either all the way around the mandala, or alternate on every second or third petal/leaf of Flower X .



Finally I coloured the background of these freehand wavy lines that frame the leaf elements. Play around now with outlines, colouring etc. and erase any stray construction lines. Cut around the mandala and re-mount it on different coloured paper if you wish.

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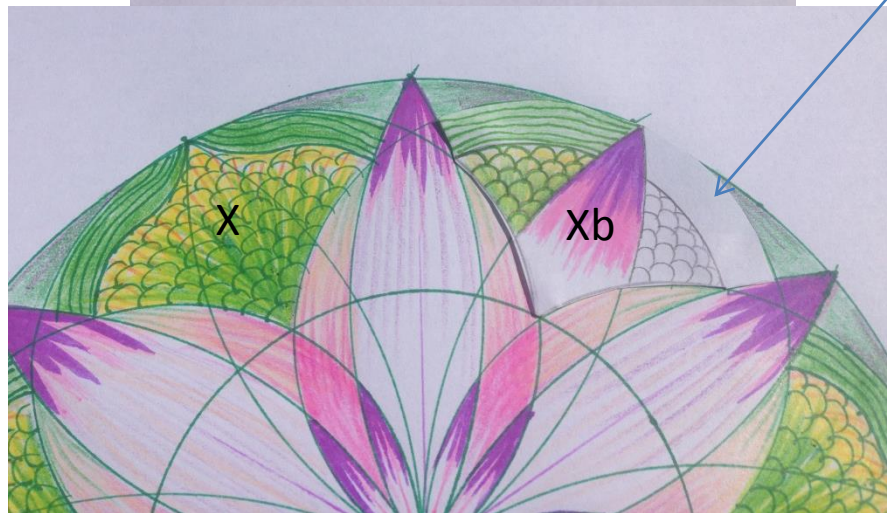
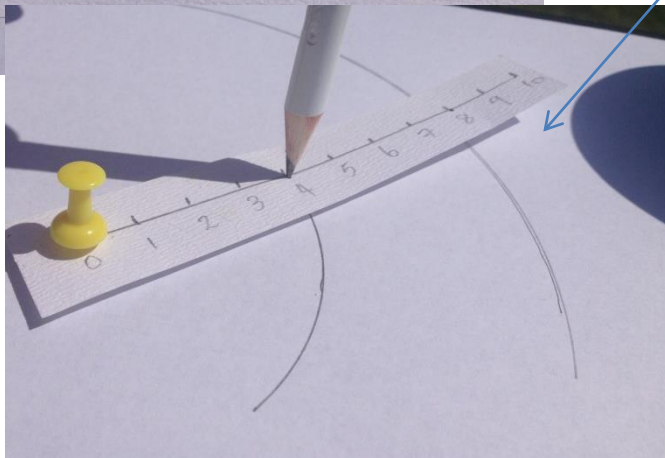
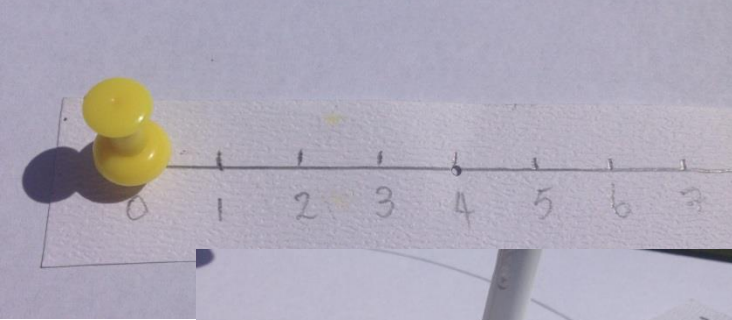


Three versions of the same design, where the first version had more construction lines removed, and the second version used markers instead of colouring pencils for colouring and outlining. The third version treats Flower X differently (See the 'Other Option' on next page). Message my Facebook page (@comhcheol) or Twitter account (@donegalyoga) to share your masterpieces. I'd love to see them.

Le ghrá, Maria

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'Work-Arounds'

Improvise your own compass. Use a strip of paper and mark out maybe 1-10cm. Punch holes at the 0 point and also where ever you wish to set your radius (here 4cm & 8cm). Put your pencil nib through the hole. The paper 'compass' will rotate around the 0 point as if it were the nib of a regular compass.

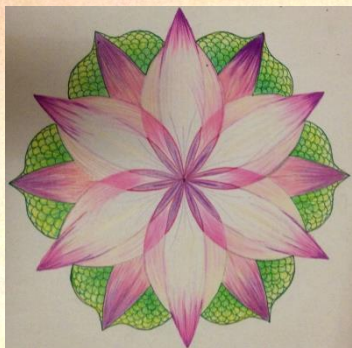
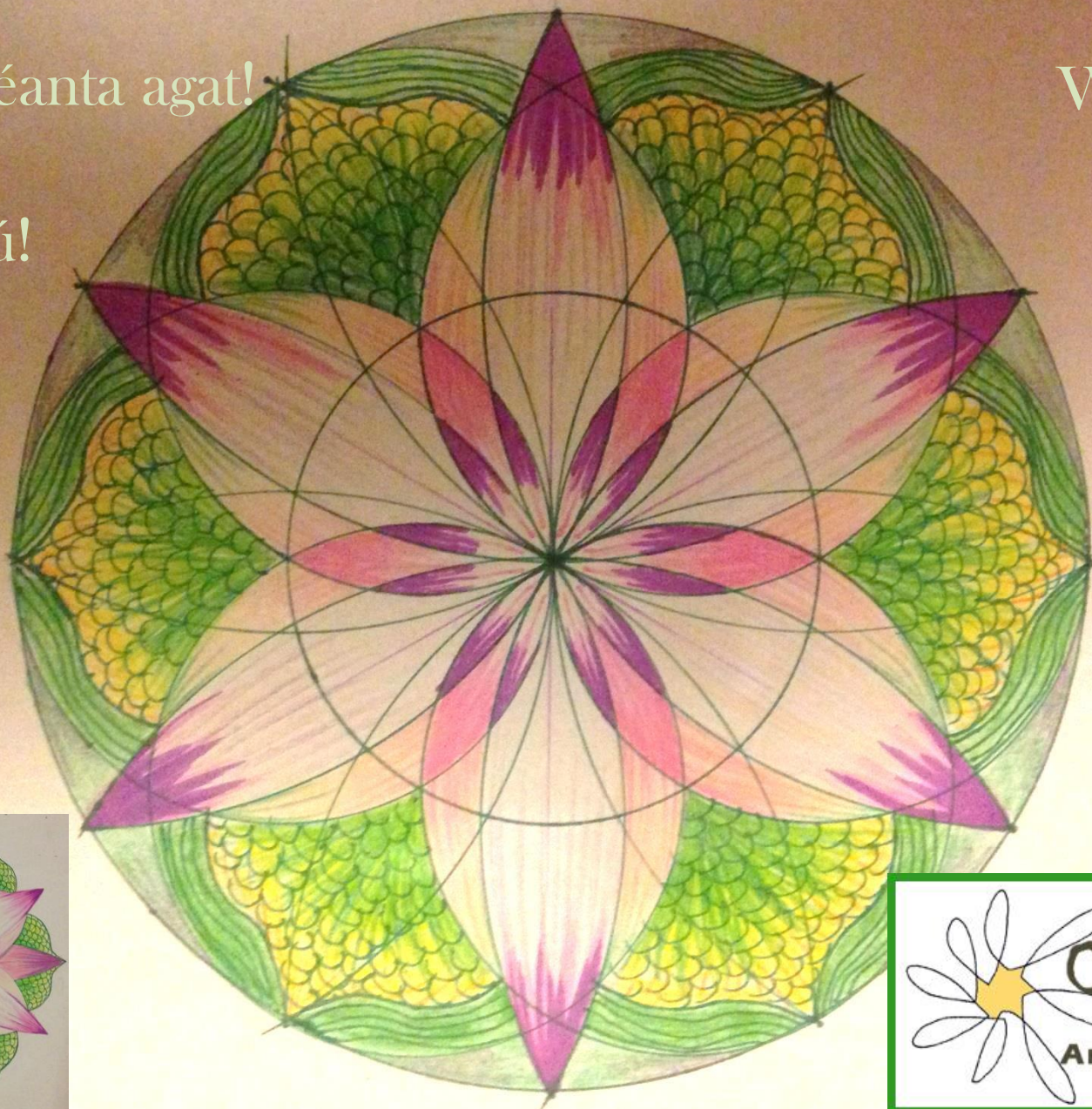
Here's **Another Option** instead of the 'freehand' wider petals/leaves at **step 12**. If you don't want to make Flower X into wide leaves, you might wish to apply option Xb all the way around your mandala instead. (See version 3 on previous page. It uses a treatment similar to the option labelled Xb.)

Sár jab déanta agat!

Well done!

Maith thú!

Fair play!



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