

Mandala: Circles of Wholeness Basic Workshop

Preparing Black Square Papers for Mandalas

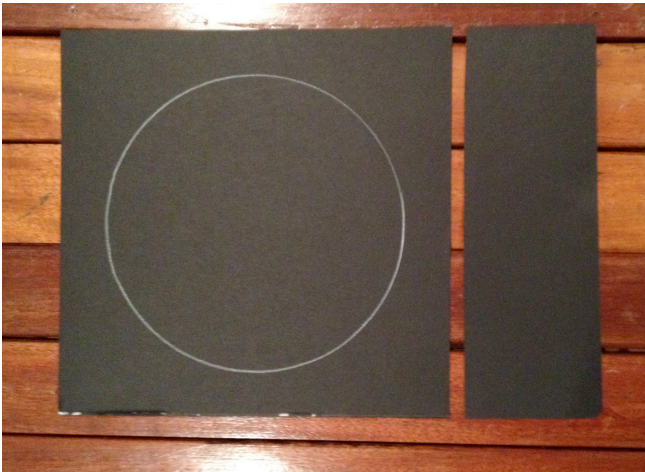
Here are the dimensions for the black paper squares you will need to create mandalas. This shows how to cut them from the 9"x 12" sheets of the Artagain Pad.

Session 1: Inner Light Mandala

9"x9" + leftover strip

The strip will be used for the Scale of Light Exercise.

You can draw a circle with the white pencil centered on the black square paper using the circle stencil that comes in the Mandala Healing Kit to draw the circle on the square. You can also draw the circle using a saucer or round bowl to fit the square leaving some empty space around it.



Session 2: Wholeness Mandala

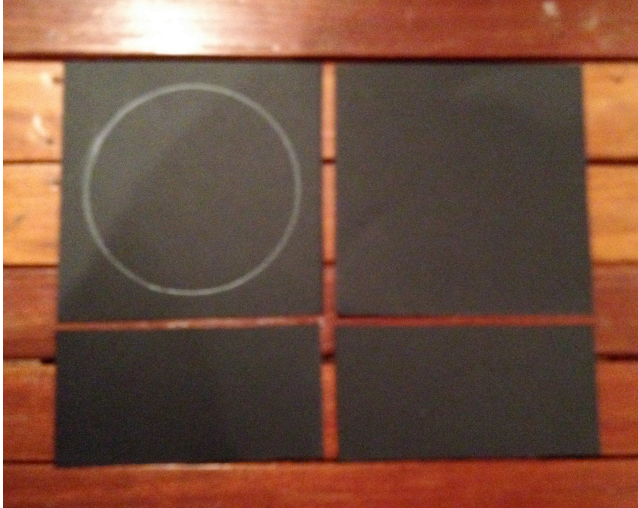
9"x9" + leftover strip

Do the same as for Session 1.

Use the leftover strip for Rainbow Spectrum practice.

Session 3: Spiritual Quality Intention Mandalas

Depending on how much time you wish to take to create these mandalas, you can use 6"x 6" paper (Cut 2 squares and 2 leftover strips from 1 sheet)



OR

4.5" x 4.5" ((Cut 4 squares and 2 leftover strips from 1 sheet)
or tiny mandalas cutting the leftover strips in half.

