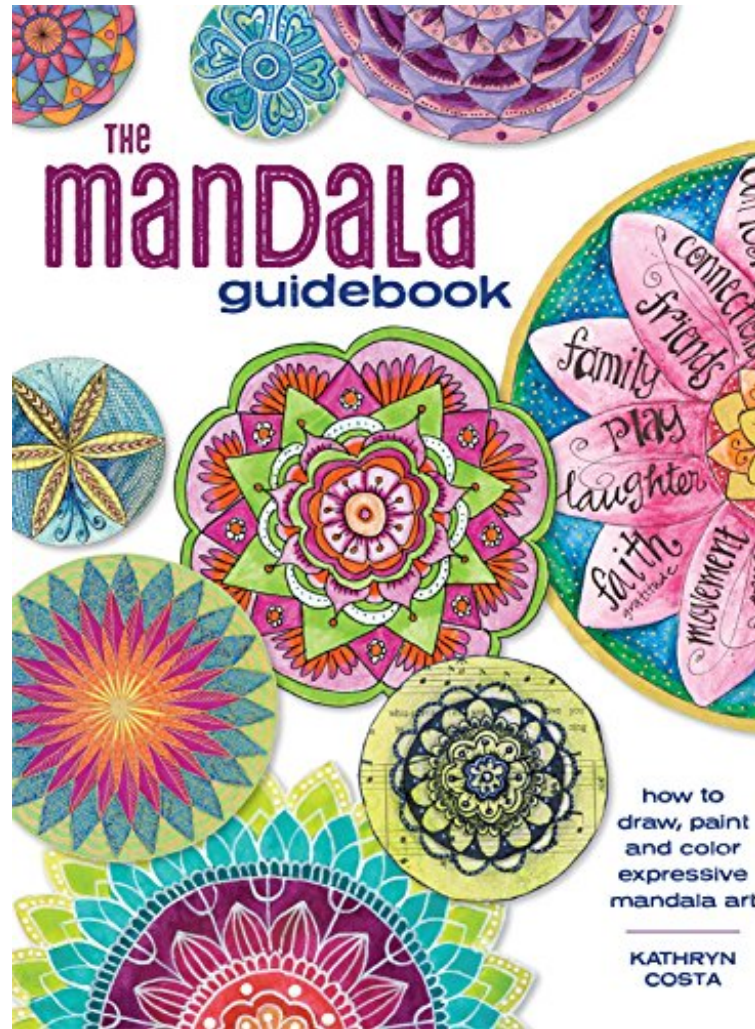


The Mandala Guidebook: How to Draw, Paint and Color Expressive Mandala Art

Kathryn Costa

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Kathryn Costa : The Mandala Guidebook: How to Draw, Paint and Color Expressive Mandala Art before purchasing it in order to gage whether or not it would be worth my time, and all praised The Mandala Guidebook: How to Draw, Paint and Color Expressive Mandala Art:

45 of 45 people found the following review helpful. Finally!By Susan B.I have been obsessed with mandalas for awhile. I've drawn my own, but really wanted more instruction. I've bought three books and was extremely disappointed in all of them. For one thing, all were too complex and dense. One was not actually about drawing mandalas at all. One had really confusing instructions so I couldn't proceed after a certain point. And the third was all about theory and psychology. I wanted clear instructions on how to DRAW mandalas.I stumbled onto Kathryn's 100Mandala website and was blown away by her YouTube videos. They made the process so simple. For the first

time, I was able to understand Sacred Geometry mandalas, like the Seed of Life. Kathryn's new book seemed expensive, so I postponed purchasing it. But after going through her whole site and looking inside the book on , I took the plunge. It was worth every penny! This is a gorgeous book, packed full of practical information on HOW to draw mandalas. Not theory, but practical, easy to understand instruction ... on all kinds of mandalas! This book is EXACTLY what I have been seeking. Kathryn has a great gift as a teacher. She knows how to simplify complex material, such as math concepts, for creating certain types of mandalas. In this book, she teaches how to create a variety of mandalas and spiritual symbols step-by-step. Attached is my first attempt after reading the beginning instructions for a freehand mandala. [UPDATE: I am adding a second mandala I drew last night based on the instructions in Chapter 2. Note that I don't think I have ever gone this far in a How To art book. But following the instructions (and following the encouragement of Kathryn to add my own ideas) is making my heart sing!] I really love that she keeps it simple with just enough detailed explanation. If you want to learn how to draw mandalas, you won't find a better book than this. In fact, I usually prefer videos, but these instructions and pictures are really clear. 100% Recommended! 1 of 1 people found the following review helpful. A wonderful and insightful book! By a2readerbeader All you have to do is look at the beautiful and colorful cover of this book to know that there are even more treasures inside! One of the key words is "guidebook," and that's what this book is, a guide to creating mandalas of all kinds. I have been making mandalas for a long time and I learned several new techniques, especially collage mandalas, that really stimulated me. I like that the steps to making mandalas are very clear and straightforward. Most of all, I liked that color was used in such an expressive way (also one of the key words in the title). Color soars in this book, both subtle and bold, and you just want to look at all the beautiful ways it is used, how it is interpreted, and how you can add it to your mandalas to give them special meaning. This book will deepen your mandala practice and beckon you to spend time enjoying all that it offers. 0 of 0 people found the following review helpful. This book is a work of art in itself. By CAROL M Being a member of the 100 Mandalas' community, this was an eagerly awaited book for me last year. When my first copy arrived, I was surprised at the beauty of this book with its many illustrations for creating Mandalas. The book is a work of art in itself. Kathryn takes us through the step by step process of creating many versions of the mandala, across various cultures and styles. There are no assumptions made that one can already draw, or understand how to use color. The essence of creating a Mandala is the beginning point, and Kathryn clearly shows us how to move through to its completion. This book continues to inspire me to take my Mandala practice to the next level, to challenge my skills, and this is generously illustrated with her inclusion of Mandalas by other artists. This is always the book I refer people to who are attracted to trying out their own interest in creating a Mandala for the first time, or who want to expand their creative skills into new directions..

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. Mandalas 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 Kathryn, creator of the "100 Mandalas Challenge," to create spontaneous and spirited mandala art:

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.