

Mandala Workshop: Be Still

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Theme: "Be still and know that I am God. The Lord Almighty is with us always."

Psalms 46:10,11

Materials needed:

1. 9x12 watercolor paper
2. #2 pencil/eraser
3. Ruler
4. Compass
5. Protractor
6. Old cd
7. Black permanent ink pen (fine or ultra fine point)
8. Watercolor pencils (assorted colors)
9. Watercolor brushes (fine, medium, wider tips)
10. Water
11. Paper towels (absorbent)

Workshop Steps:

1. Sketching It Out
2. Adding Pen
3. Adding Watercolor Pencils
4. Adding Water To Make Watercolors

Resources:

1. Creating Mandalas for Insight, Healing, and Self-Expression by Suzanne Fincher
2. Mandala by Judith Cornell
3. The Red Book by Carl Jung
4. Natural Mandalas by Lisa Tenzin-Dolma