

## Create your own Mandala

**Draw one shape in a ring around your center point.** This could mean a ring of flower petals, a ring of triangles, or something else. The shapes should touch the first concentric circle that you penciled in around the center. This will make sure that they are all the same size

**Continue drawing concentric rings of shapes.** Experiment with different kinds of shapes.

**Let loose and relax.** As you build your mandala out from the center, try not to think or worry too hard about what you're doing, and get into a calm, creative flow. There is no such thing as a mistake in a mandala, there is just the unexpected.

