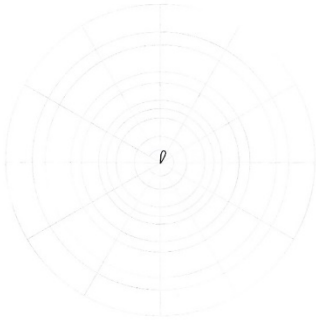


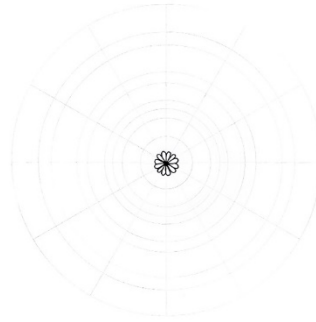
Mandala Meditative Drawing

Drawing a mandala, an intricate geometric circle representing the universe in Hindu and Buddhist symbolism, can seem very difficult. The intricate look of a mandala actually comes from simple, repetitive drawings and following a rhythm. Doing the same thing over and over, and advancing despite it, will help you relax and stay in the moment. Tune in to Channel 3 to listen to some music and follow the directions below to create your own mandala!

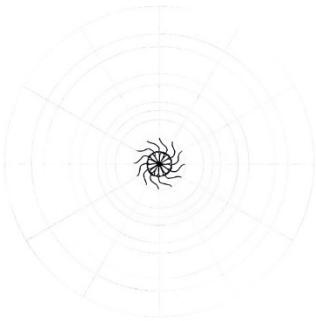
Step 1. On the reverse page, fill in the center and draw a shape in the first ring.



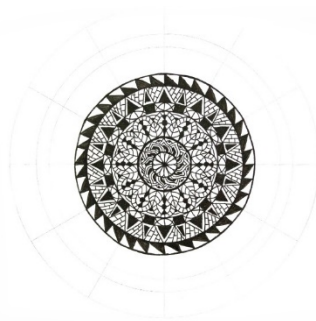
Step 2. Continue the shape around the first ring based on the rhythm of your music or your surroundings.



Step 3. Start a new ring with a different design.



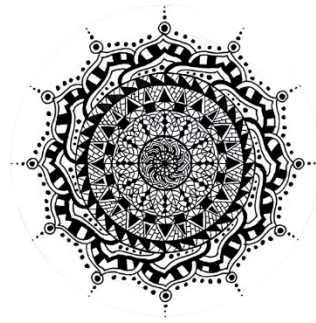
Step 4. Continue to add rings until you feel done.



Step 5. Add floral finishes to your mandala.



Step 6. Finish your mandala circle with dots and flourishes.



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