

## PRAYING WITH MANDALAS

- Set up a comfortable area to work. You may wish to light a candle or play some quiet music.
- Use whatever medium you're comfortable working with—whether it's watercolor paint, colored pencils, markers, or even crayons. You can use any type of paper, but if you think you might want to keep or display your artwork you will probably want to use a good quality, heavier art paper.
- Sit quietly for several moments, inviting God to be a part of the process as you create your mandala.
- The simplest way to use a mandala is to color in pre-designed patterns. Just do a Google search for "printable mandala" to download and print.
- If you choose to create your own mandala rather than one that's already printed, draw a circle on the paper and then draw a pattern inside the circle – a geometrical design, or a spiral starting at the center of the circle, or symbols with religious meaning, etc. Or you could draw in a spontaneous way, like doodling. Use whatever patterns, shapes, symbols, etc., express what you are feeling.
- Color in your mandala, using whatever colors you feel moved to use.
- When you have finished your mandala, spend some time reflecting on it.
- As you end your time, give thanks to God for this time of creativity and prayer.