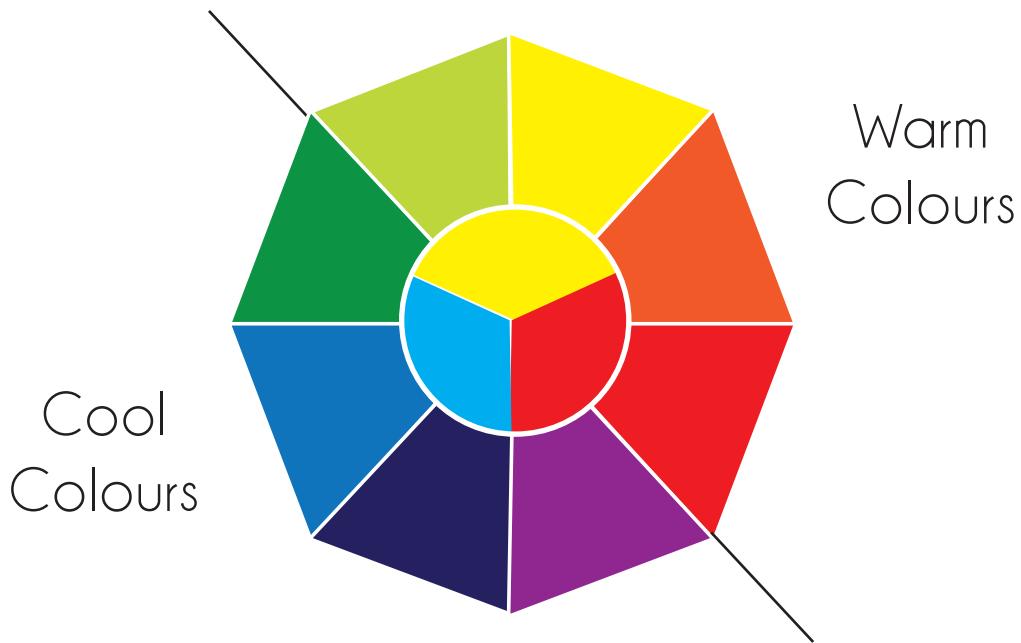




# Mandalas

A collection of mandala designs  
for your colouring enjoyment,  
mindfulness & relaxation.

# THE COLOUR WHEEL



## Primary Colours - Red, yellow and blue

In traditional color theory, primary colors are the 3 pigment colors that can not be mixed or formed by any combination of other colors.

All other colors are derived from these 3 hues.

## Secondary Colors - Green, orange and purple

These are the colors formed by mixing the primary colors.

## Tertiary Colors - Yellow-orange, red-orange, red-purple, blue-purple, blue-green & yellow-green

These are the colors formed by mixing a primary and a secondary color. That's why the hue is a two word name.

## COLOUR COMBINATIONS

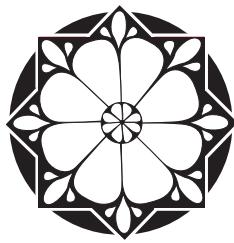
**Harmony** - defined as a pleasing arrangement of parts, whether it be music, poetry, color, or even an ice cream sundae. Harmony is something that is pleasing to the eye. It engages the viewer and it creates an inner sense of order, a balance in the visual experience.

**Analogous** - any three colors which are side by side on a color wheel, such as yellow-green, yellow, and yellow-orange.

**Complementary** - any two colors which are directly opposite each other, such as red and green and red-purple and yellow-green.

Opposing colors create maximum contrast and maximum stability.

**Split Complementary** - a variation of the complementary color scheme. In addition to the base color, it uses the two colors adjacent to its complement.



# INTRODUCTION

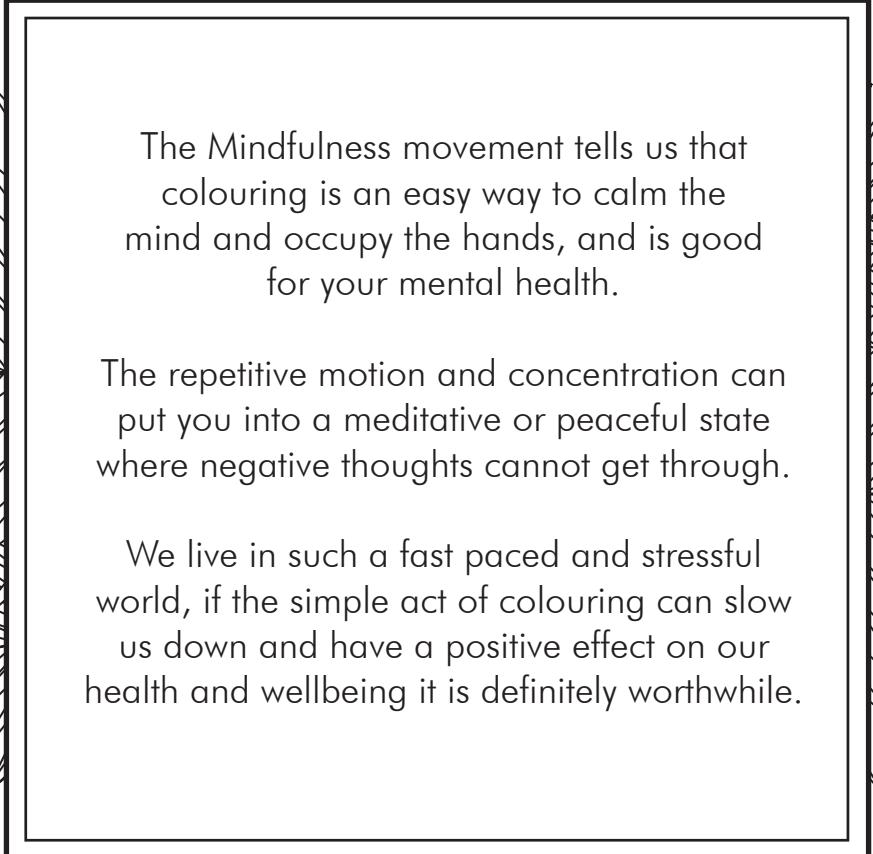
Whether you're a seasoned artist or just discovering colouring, this collection of 8 original and beautiful mandalas will have you feeling like a pro in no time!

Each one started life as a detailed hand-drawn sketch and was converted into a digital design upon completion. Shortly after I started designing this book, my sister-in-law Eleanor passed away. She had battled depression and other associated mental health issues for quite some time and tragically lost her battle in June 2015.

As a tribute to her, and to contribute in a small way to helping other people struggling with mental health issues; I've decided to donate \$3 from the sale of each colouring book to *beyondblue*. They do an incredible job educating and raising awareness, which really does help to reduce the impact of depression and anxiety in the community.

Colouring is a great way to relax and get back in touch with your thoughts. It can be as simple or as challenging as you choose and can be enjoyed anytime - whether you're having a good day or a bad day.

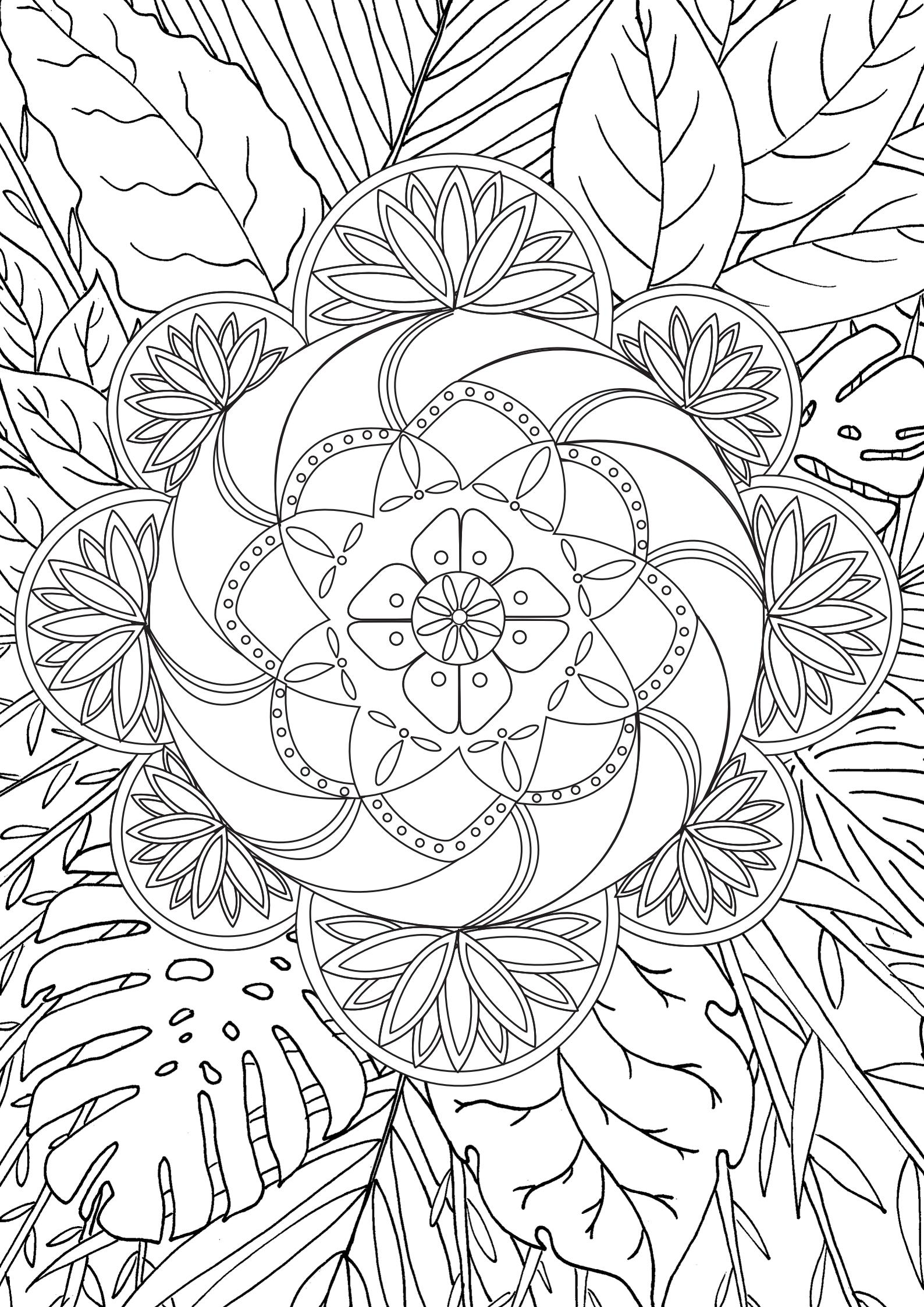
Be sure to read the hints and tips throughout the book, and if you're really proud of your efforts - I'd love you to share a pic on my facebook or instagram page!

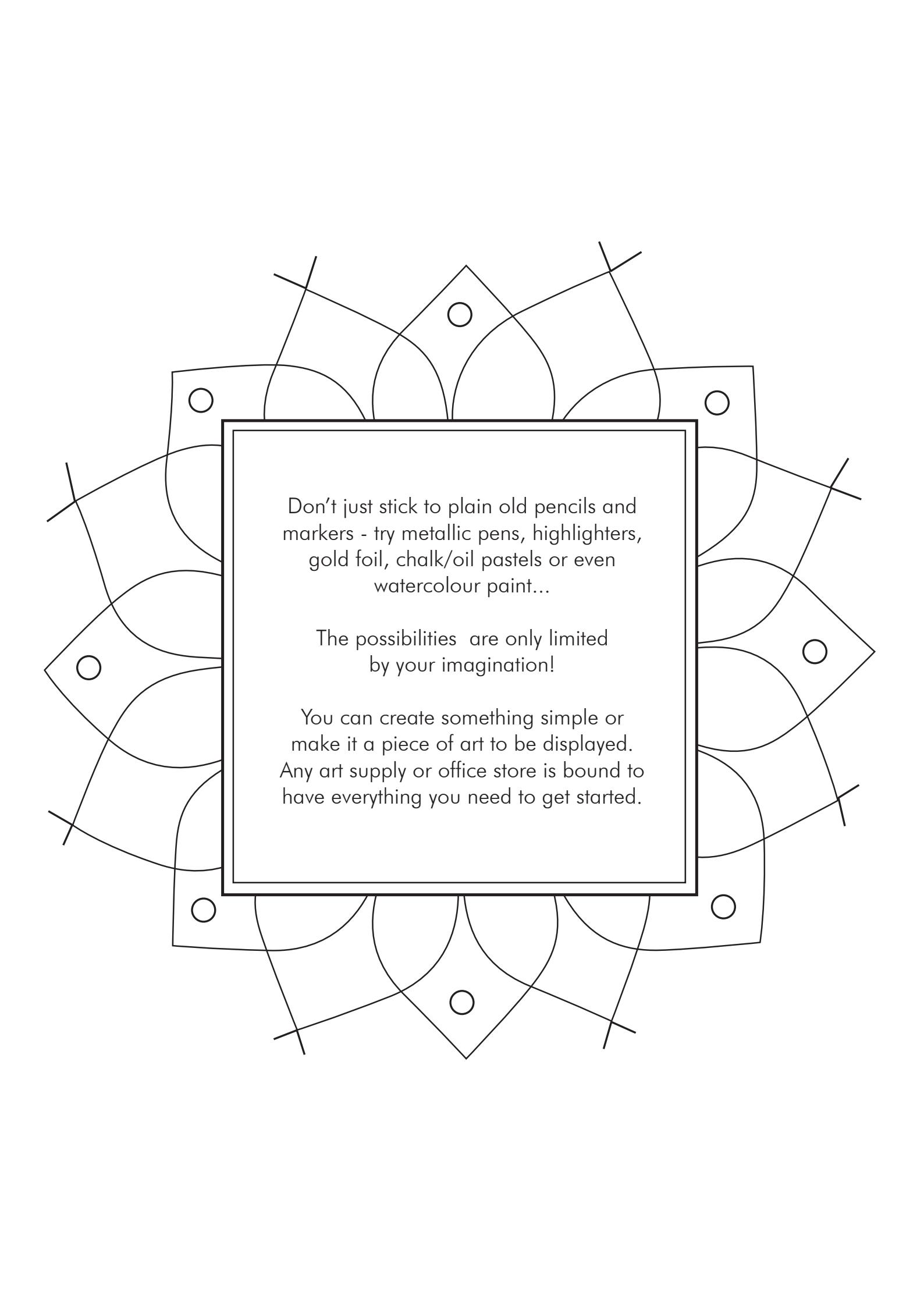


The Mindfulness movement tells us that colouring is an easy way to calm the mind and occupy the hands, and is good for your mental health.

The repetitive motion and concentration can put you into a meditative or peaceful state where negative thoughts cannot get through.

We live in such a fast paced and stressful world, if the simple act of colouring can slow us down and have a positive effect on our health and wellbeing it is definitely worthwhile.

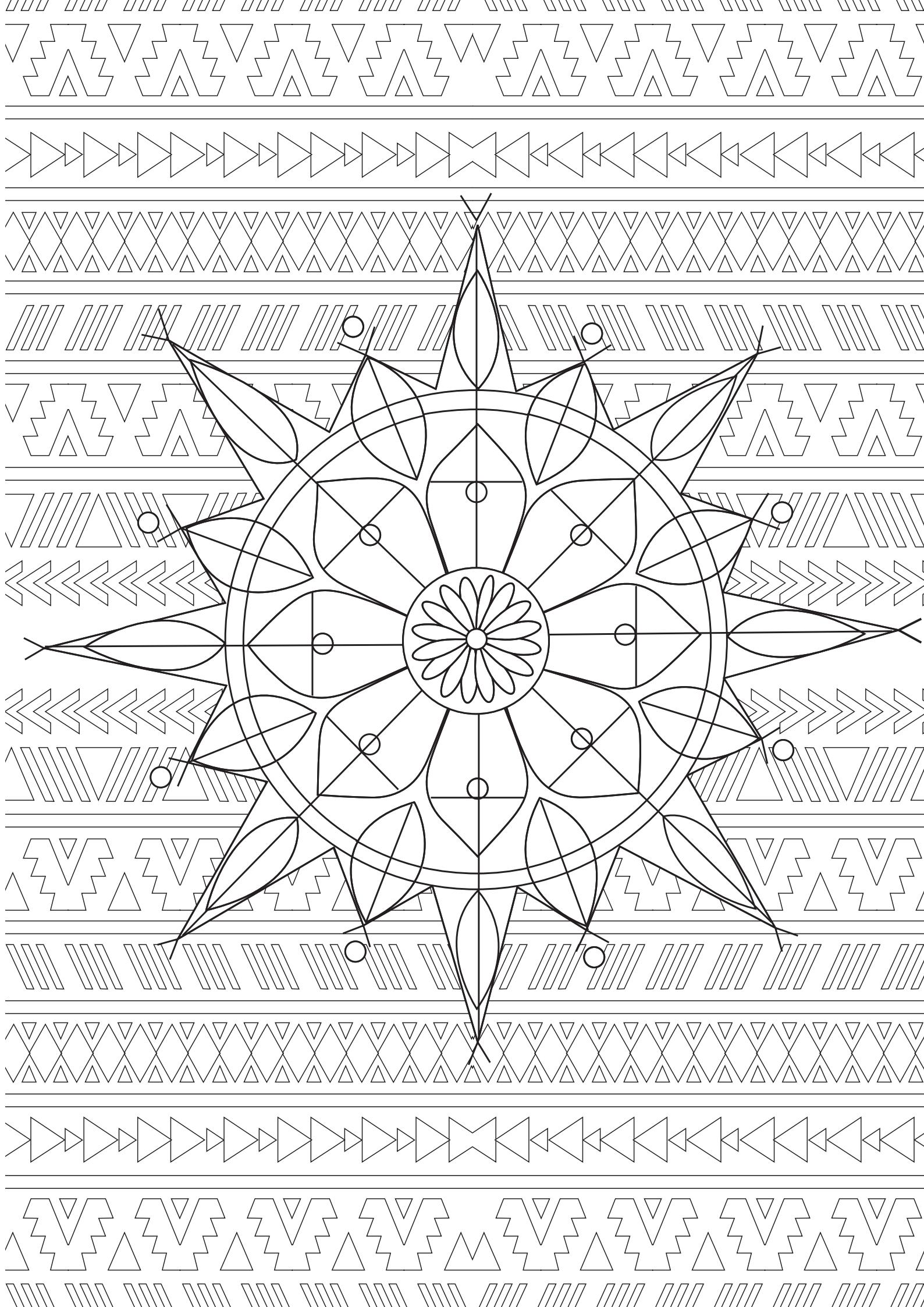


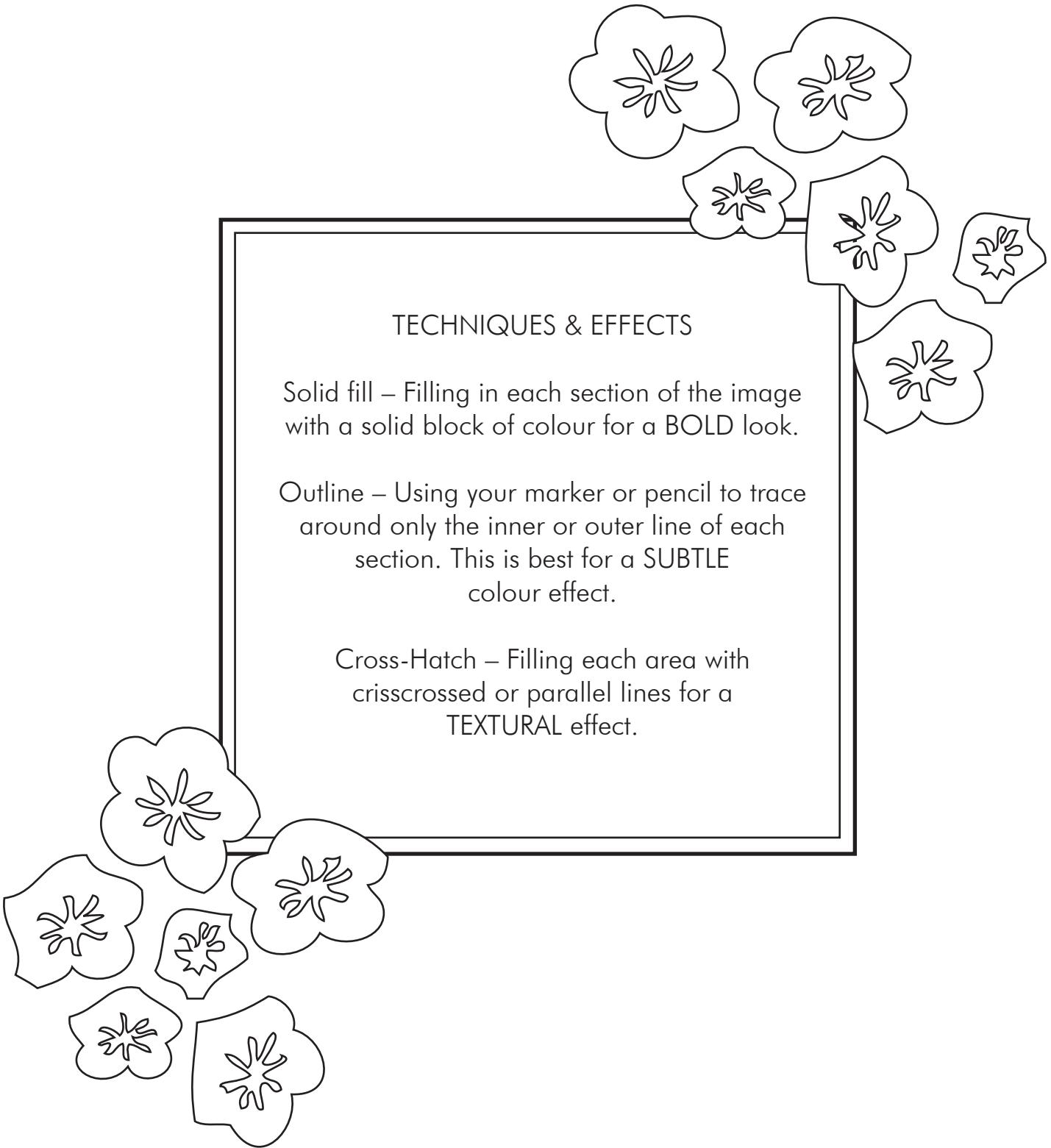


Don't just stick to plain old pencils and markers - try metallic pens, highlighters, gold foil, chalk/oil pastels or even watercolour paint...

The possibilities are only limited by your imagination!

You can create something simple or make it a piece of art to be displayed. Any art supply or office store is bound to have everything you need to get started.



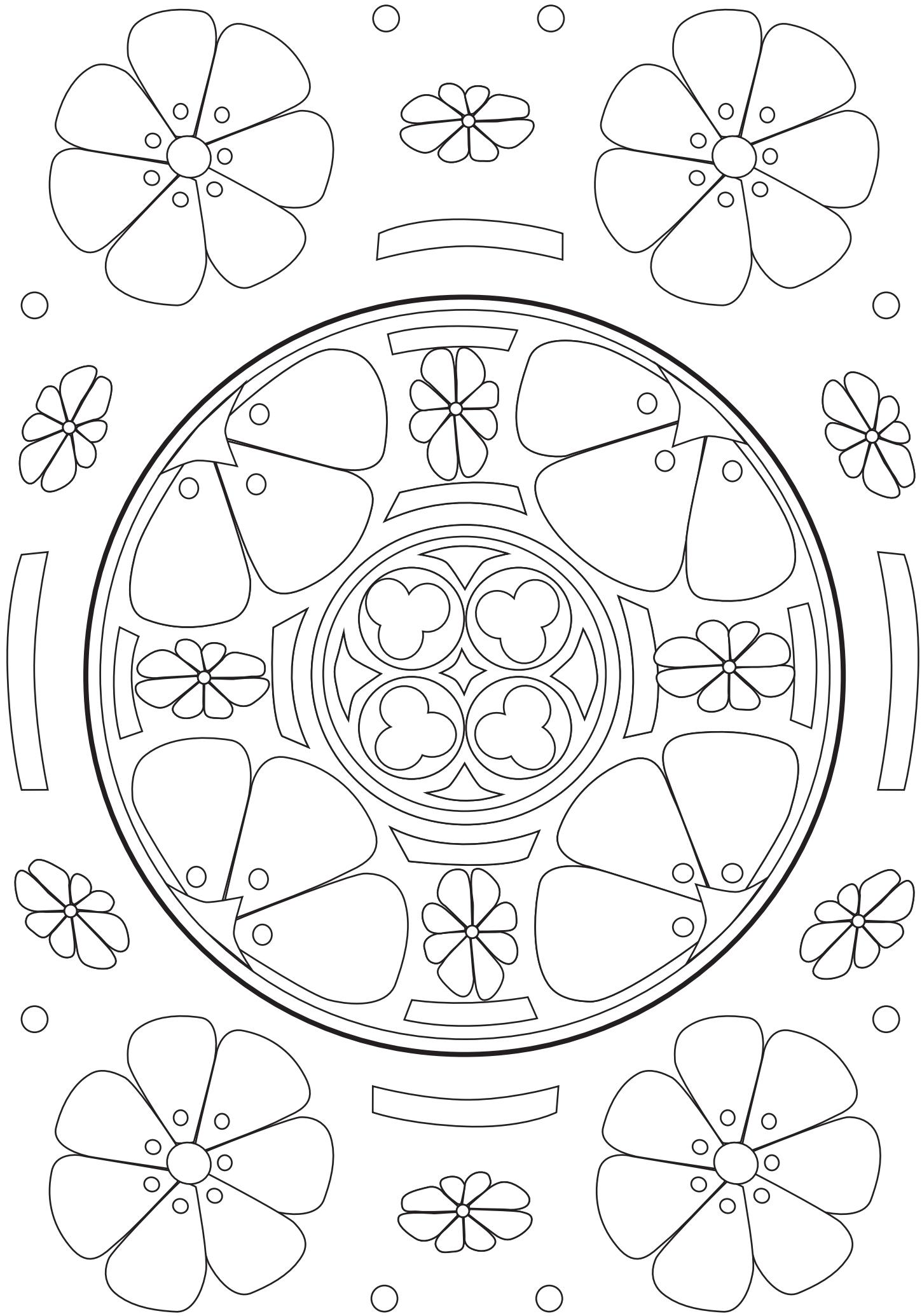


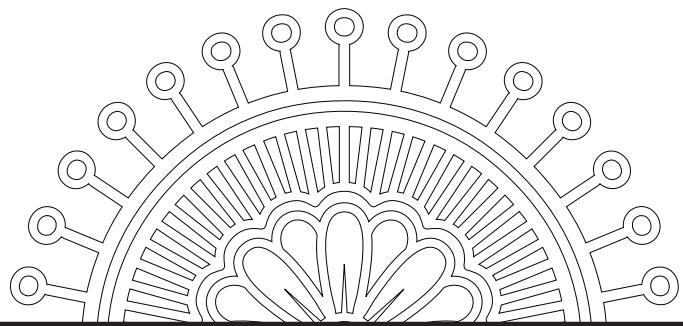
## TECHNIQUES & EFFECTS

Solid fill – Filling in each section of the image with a solid block of colour for a **BOLD** look.

Outline – Using your marker or pencil to trace around only the inner or outer line of each section. This is best for a **SUBTLE** colour effect.

Cross-Hatch – Filling each area with crisscrossed or parallel lines for a **TEXTURAL** effect.





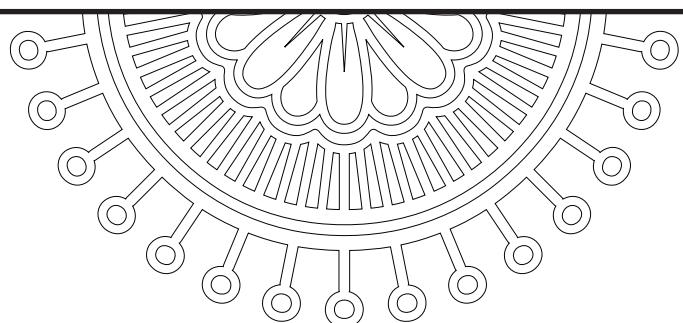
Stipple – The use of dots or small lines to build up colour or shadows.

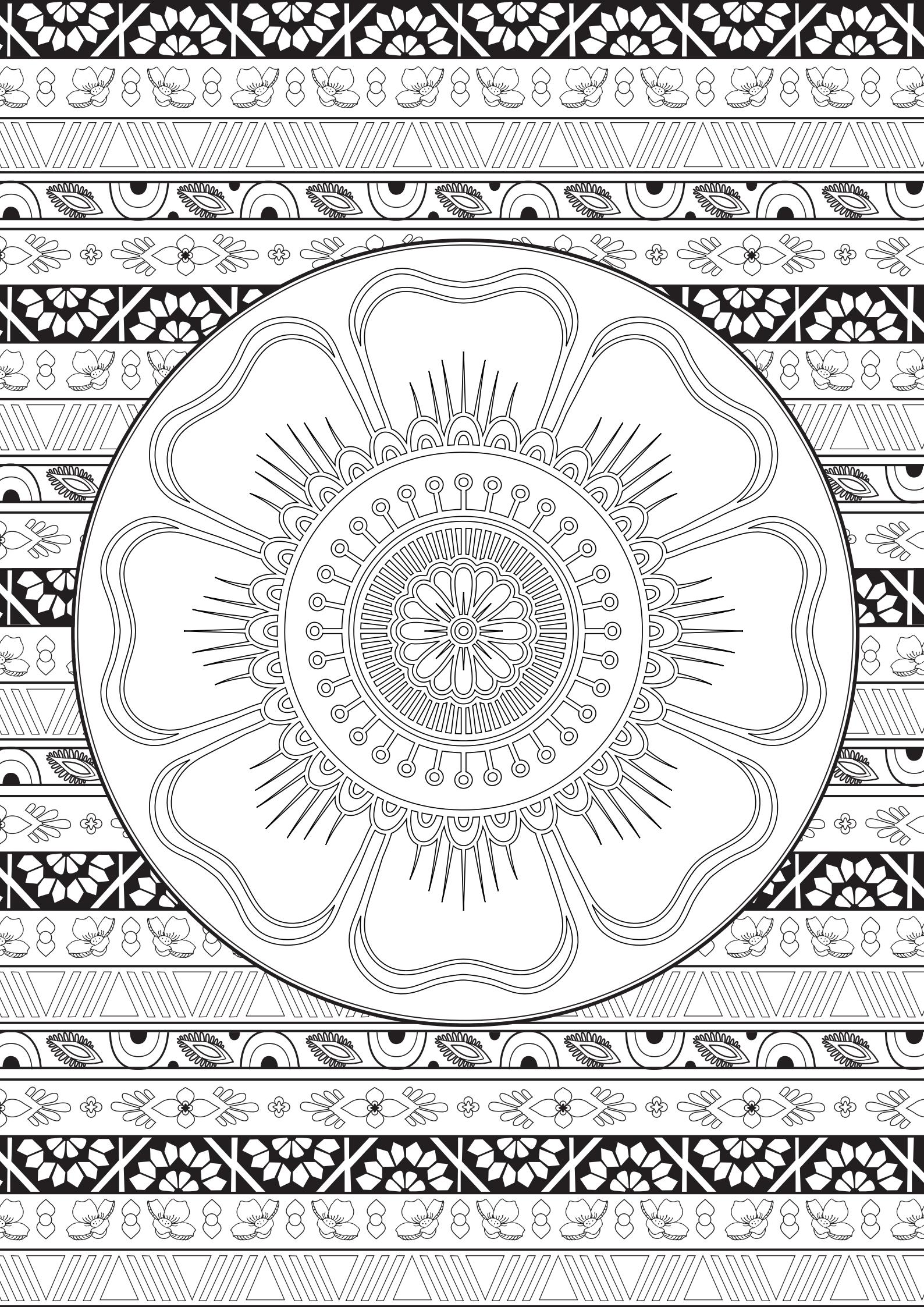
Gradient – Best suited to pencils, this technique uses variations in colour strength – from a bold to a pale shade, or from one colour to another.

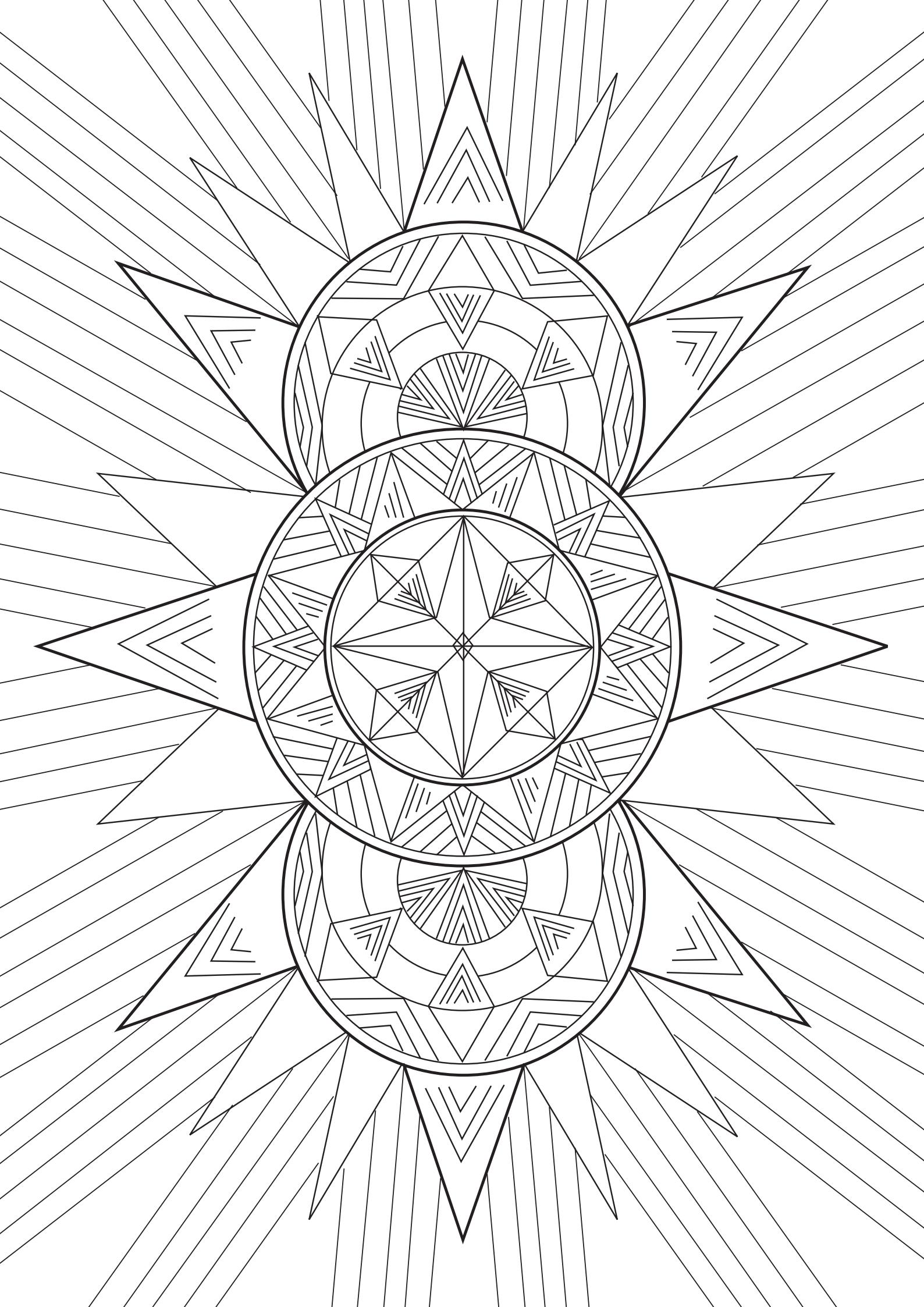
Pattern - You could use many different smaller patterns to decorate your mandala.

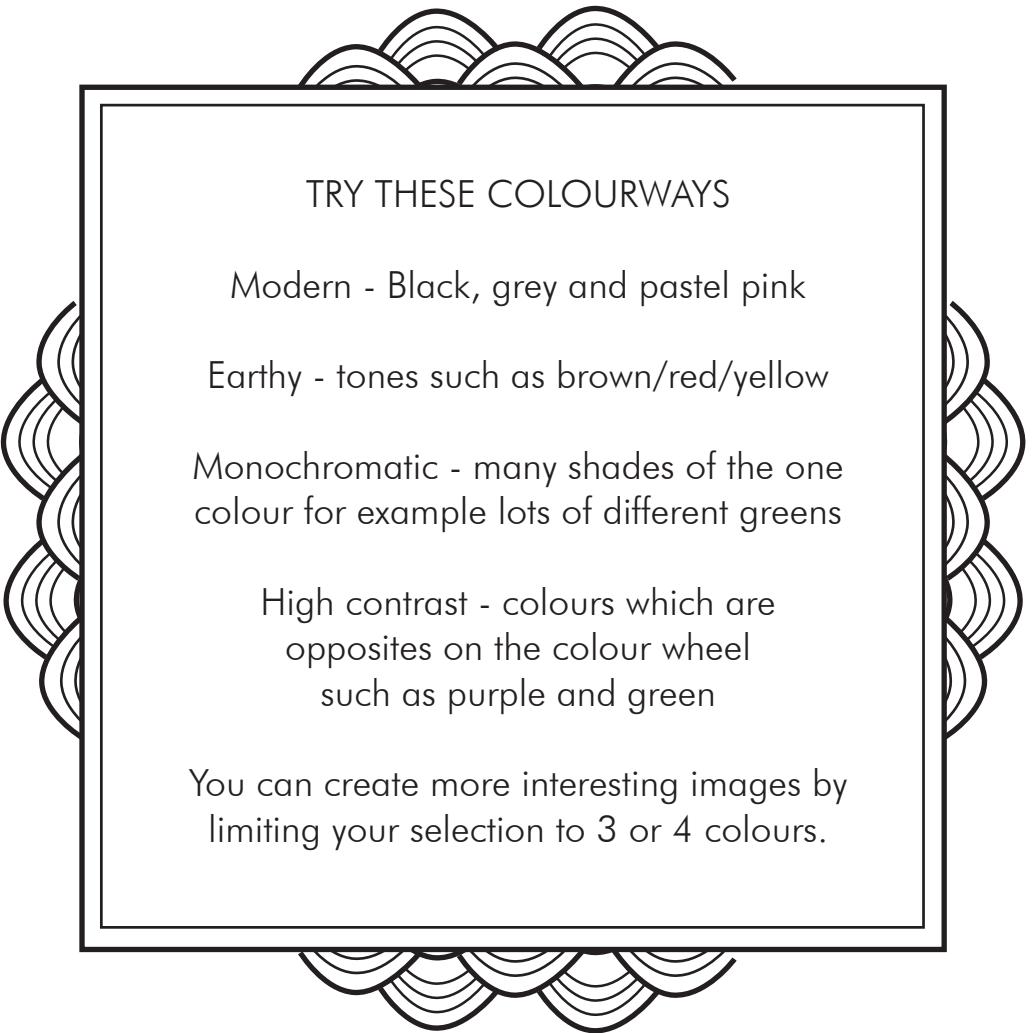
#### HAVE YOU HEARD OF ZENTANGLES?

They are another relaxing, and fun way to create beautiful images by drawing patterns within shapes or structures.









### TRY THESE COLOURWAYS

Modern - Black, grey and pastel pink

Earthy - tones such as brown/red/yellow

Monochromatic - many shades of the one colour for example lots of different greens

High contrast - colours which are opposites on the colour wheel such as purple and green

You can create more interesting images by limiting your selection to 3 or 4 colours.

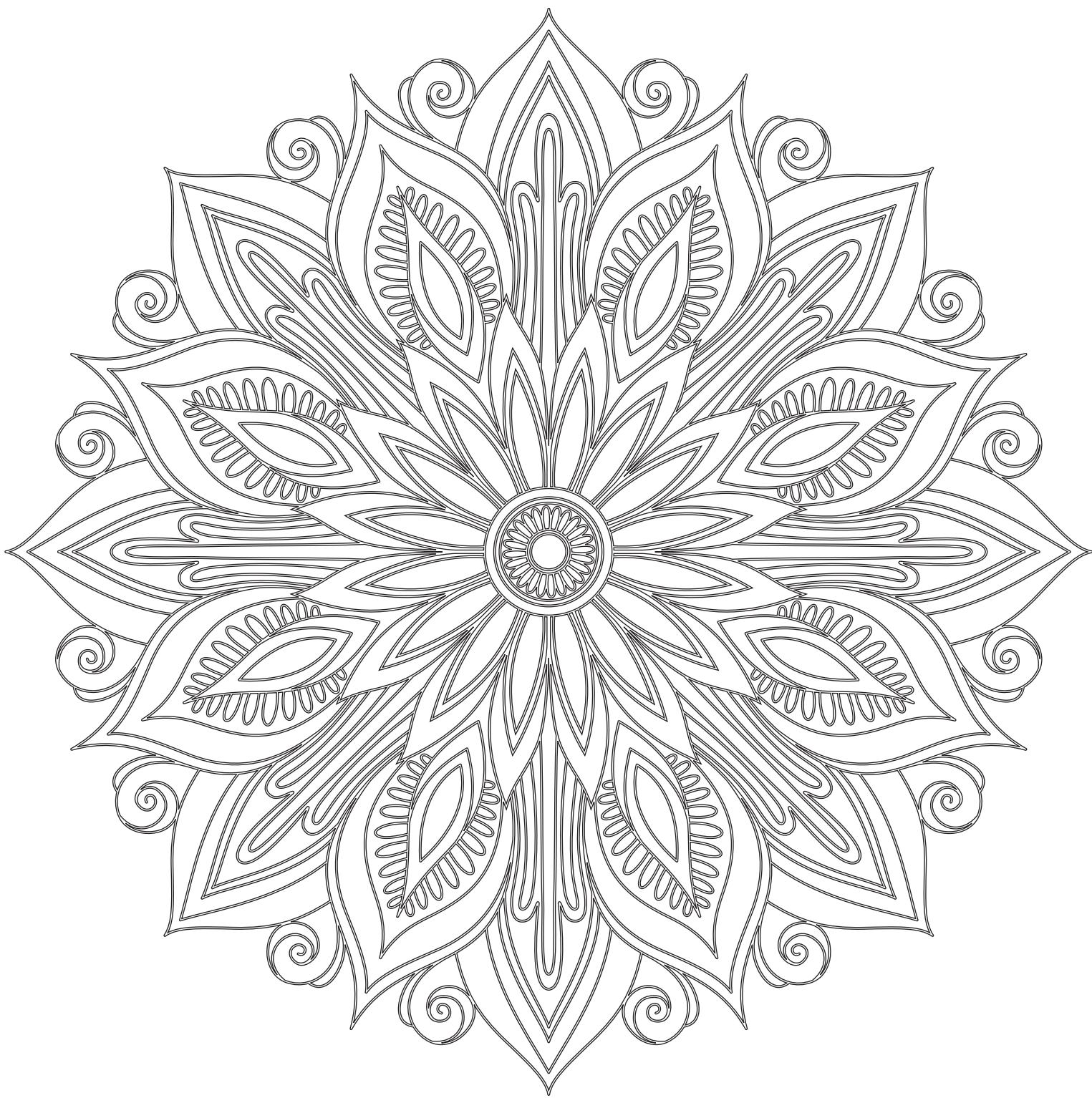


## WHEN DO YOU COLOUR?

I'm sure you know this already, but a colouring book is a great thing!

It's easy to tuck into almost any bag which means you can colour anywhere and anytime.

Some people prefer to wait until night time when it's quiet and the kids are in bed, others do it on trains, buses and planes to keep themselves occupied and to make the time go faster!

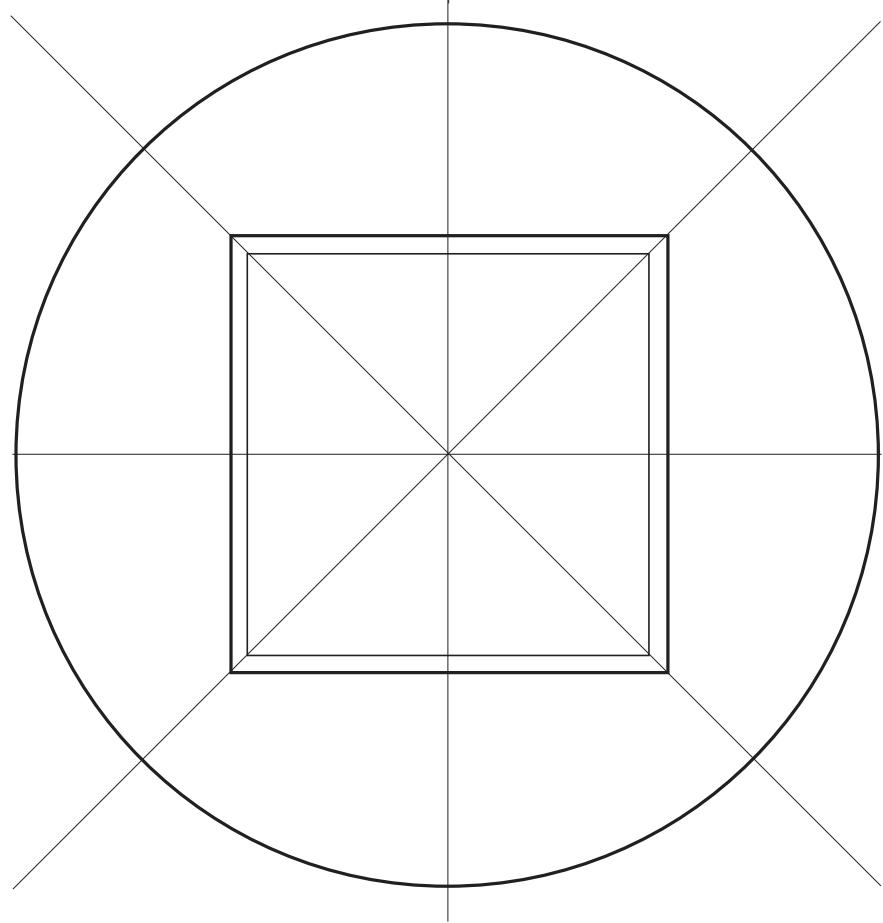
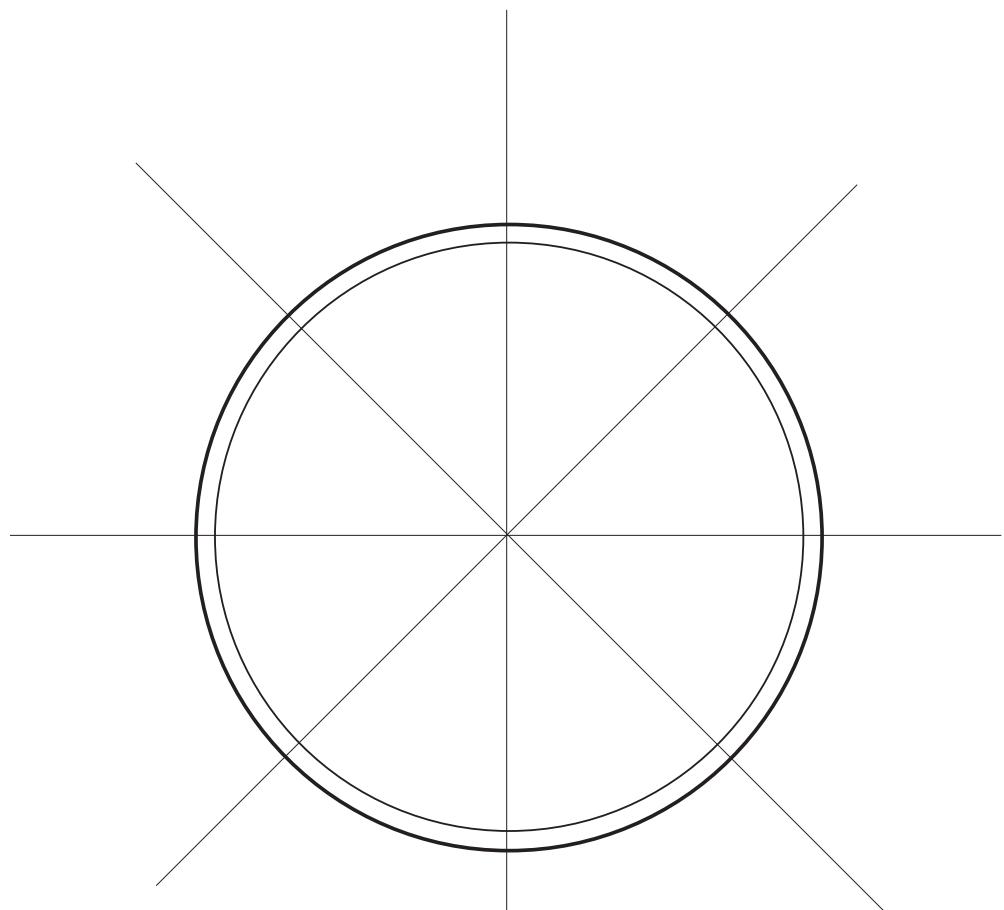


## DESIGN YOUR OWN MANDALA

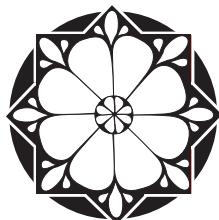
Creating your own Mandala is a fun and relaxing activity and a great way to make affordable art.

It's really easy to get started - all you need is a greylead pencil, eraser, compass and a short ruler.

I've added a few basic templates for you to try on the opposite page, and hope that you enjoy experimenting and being creative with these Mandalas.



# CREATING YOUR OWN MANDALAS



## THE BASE

### STEP 1.

Begin by using your compass to draw a circle,  
this will be the outside edge of your mandala.

Next, draw a circle (or two) in the middle of that circle.  
This will be the core of your mandala.

### STEP 2.

Using your ruler, draw some lines from the centre  
of the core mandala out to the edges of your page.

You can add as many or as few as you like,  
but keep them as symmetrical as you can.

## THE DETAILS

Now you have unlimited possibilities as to how to decorate your mandala!  
Try to begin without having a preconceived idea of how you want it to look.

The joy of making Mandalas is that their creation can be a very  
organic thing and can change depending on how you're feeling.  
If you're not sure where to start, have a look at the patterns in this book,  
or in a magazine. Find a section to start with and try to replicate  
a pattern or shape that you like within your mandala.

Colour is not necessary at this stage – just think in terms of black and white,  
or light and dark. Don't be afraid to try new things! You can easily erase it  
if you're not happy with how it's coming along.



THANKS FROM ME & EM

I would love to see your finished  
pieces on social media!

Make sure you tag your images on  
instagram @meandemandyou or  
facebook with Me & Em Graphic Design  
but remember - you must like the page  
first to be able to tag or post)

Best of luck...  
I can't wait to see your pictures!