



The Mandala and More Handbook: Draw, Doodle, and Discover

Cher Kaufmann

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Learn the secrets to drawing mandalas and more like a pro?and unlock the hidden creative potential in all areas of your life

Using 9 specialized tools outlined in the book, the MINDala method teaches readers how to activate their best drawing experience while letting the mind relax and unwind in the process. In these pages, first time artists will find themselves easily creating beautiful images, while more experienced doodlers can expand their artistic talents. Easy pattern building, where to get inspiration, and how to look for it in an average day will inspire and delight artists of all ages. Using patterns inspired by nature, etchings, petroglyphs, pottery, sculptures, and textiles, readers can unlock their own creativity, line by line, loop by loop and dot by dot.

Find out:

- What your doodles mean
- The most basic shape in doodling
- Tips and tricks on choose the best materials for drawing
- The 9 secret tools to uncover your best drawing experience
- How to build patterns
- The secret of outlining

Soon, you'll find that what begins as "just a drawing" can inspire something unexpected in other parts of your life. Everything is connected. When drawing, the thinking brain (left side) becomes busy with drawing a pattern: the action of drawing is creating focus, stimulating brain function, and helping with memory as it repeats patterns in the art. At the same time, the creative or intuitive side (right side) is engaged in creative problem solving, opening the intuitive side of the brain and activating more abstract processing. This merging of the logical left and creative right brains can have surprising results?making this the perfect book for anyone looking to break the stress cycle, unblock their creativity, help overcome an emotional or physical stressor in their life, or simply learn the joyful process of creating something for the fun of it.

130 illustrations

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