

Helping your children choose books they will love



Lovereading4kids.co.uk is a book website
created for parents and children to make
choosing books easy and fun

Opening extract from **Zen Doodle Mandala**

Written & Illustrated by
Carolyn Scrace

Published by
Salariya Book Company Ltd

All Text is Copyright © of the Author and/or Illustrator

Please print off and read at your leisure.



Published in Great Britain in MMXIV by
Book House, an imprint of
The Salariya Book Company Ltd
25 Marlborough Place, Brighton BN1 1UB
www.salariya.com
www.book-house.co.uk

PB ISBN-13: 978-1-909645-31-8

SALARIYA

© The Salariya Book Company Ltd MMXIV
All rights reserved. No part of this publication may be reproduced, stored in or introduced into a retrieval system or transmitted in any form, or by any means (electronic, mechanical, photocopying, recording or otherwise) without the written permission of the publisher. Any person who does any unauthorised act in relation to this publication may be liable to criminal prosecution and civil claims for damages.

135798642

A CIP catalogue record for this book is available
from the British Library.

Printed and bound in China.

This book is sold subject to the conditions that it shall not, by way of trade or otherwise, be lent, resold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without similar condition being imposed on the subsequent purchaser.

Visit our website at www.book-house.co.uk
or go to www.salariya.com for free electronic versions of:
You Wouldn't Want to be an Egyptian Mummy!
You Wouldn't Want to be a Roman Gladiator!
You Wouldn't Want to be a Polar Explorer!
You Wouldn't Want to sail on a 19th-Century Whaling Ship!

Visit
www.salariya.com
for our online catalogue and free
interactive web books.



Mandalas and meditation

The word *mandala* comes from the Sanscrit language and means 'sacred circle'. Circles have been used as potent symbols by many cultures throughout history. In general, a circle symbolises the cycle of life, wholeness, continuity and harmony. Combining Zen Doodling with mandalas creates powerful images which can be used to aid meditation and help individuals focus inwards.

Sand mandala

Mandalas date back to the 4th century when they were originally created for the Buddhist religion. They were often in the form of scrolls carried by travellers, thereby spreading their popularity. Buddhist monks famously construct exquisite mandalas out of millions of grains of coloured sand. Shortly after completion, the monks destroy the mandala to symbolise the impermanence of existence. They then disperse the sand in a river in order to symbolically share its blessing.



Meditation



- ❄ Find a quiet spot that is neither too hot nor too cold.
- ❄ Make sure you can sit comfortably, and place your mandala at eye level in a well-lit position.
- ❄ Close your eyes. Breathe deeply, slowly and evenly letting your whole body relax. Start to visualise the mandala; picture the centre and try to focus your own energy inwards to your heart. Keep still and breathe deeply until you are ready to open your eyes.
- ❄ Still breathing deeply, look at your mandala with your eyes slightly unfocused. Keep your gaze centred and try to see the entire image as a whole. Now start to explore the different parts of the mandala.
- ❄ Focus your eyes and begin to study the outer edges of the mandala, slowly working your way towards its centre. Feel the power at the core of the design, close your eyes and let the energy flow back and forth.
- ❄ If you feel tired at any point, stop the exercise, concentrate on your breathing and, when you are ready, slowly stand up.
- ❄ Try meditating for just two minutes. Gradually increase the time you devote to it - meditation works best if done on a daily basis.



Pens

Marker pens are ideal for filling in large areas of colour. Fine **technical pens** are great for adding delicate patterns.

Watercolour paints

Watercolour paints come in liquid form, in solid blocks or in tubes. Dilute the paint and use it to create washes to cover large areas with colour or to paint patterns.

Tools and materials

There are endless art materials that can be used for Zen Doodling. The basic tools are scraps of paper and a pencil. Use whatever you have to hand. The most important thing is to get started, have fun and enjoy the experience!

Felt-tip pens

Felt-tip pens come in a wide variety of colours and line widths. They are ideal for blocking in areas of colour.

Experiment!

Here are some suggestions of materials you may want to try, many of which have been used in this book. Experiment with different combinations and discover what works best for you.

Fineliner pens

Fineliner pens are ideal for colouring in intricate patterns. They come in a wide range of colours.

Watercolour paints

Notebook

For jotting down
ideas for patterns
and doodles!

Cartridge paper

Cartridge paper comes in different thicknesses (weights) and surfaces. Use thick cartridge paper for washes and smooth-textured paper for fine, detailed work. Some cartridge paper has a tendency to make felt-tip and fineliner pens bleed.

Gel pens

Metallic gel pens come in several colours including gold, silver and bronze. Use them to add richness to areas of detail. **White gel pens** look most effective when used on dark colours.

Bristol board

Both sides of **Bristol board** (or Bristol paper) can be worked on. It comes in various thicknesses (2-ply, 3-ply, etc.) and textures. Smooth is best for detailed work.

Pencils

Pencils vary from hard to soft and make a wide range of shades from grey to black. **Pencil crayons** produce subtle shades. Use them to fill in blocks of colour, layering different colours for added depth and richness.

Pencil crayons

Metallic gel pens

Pencils



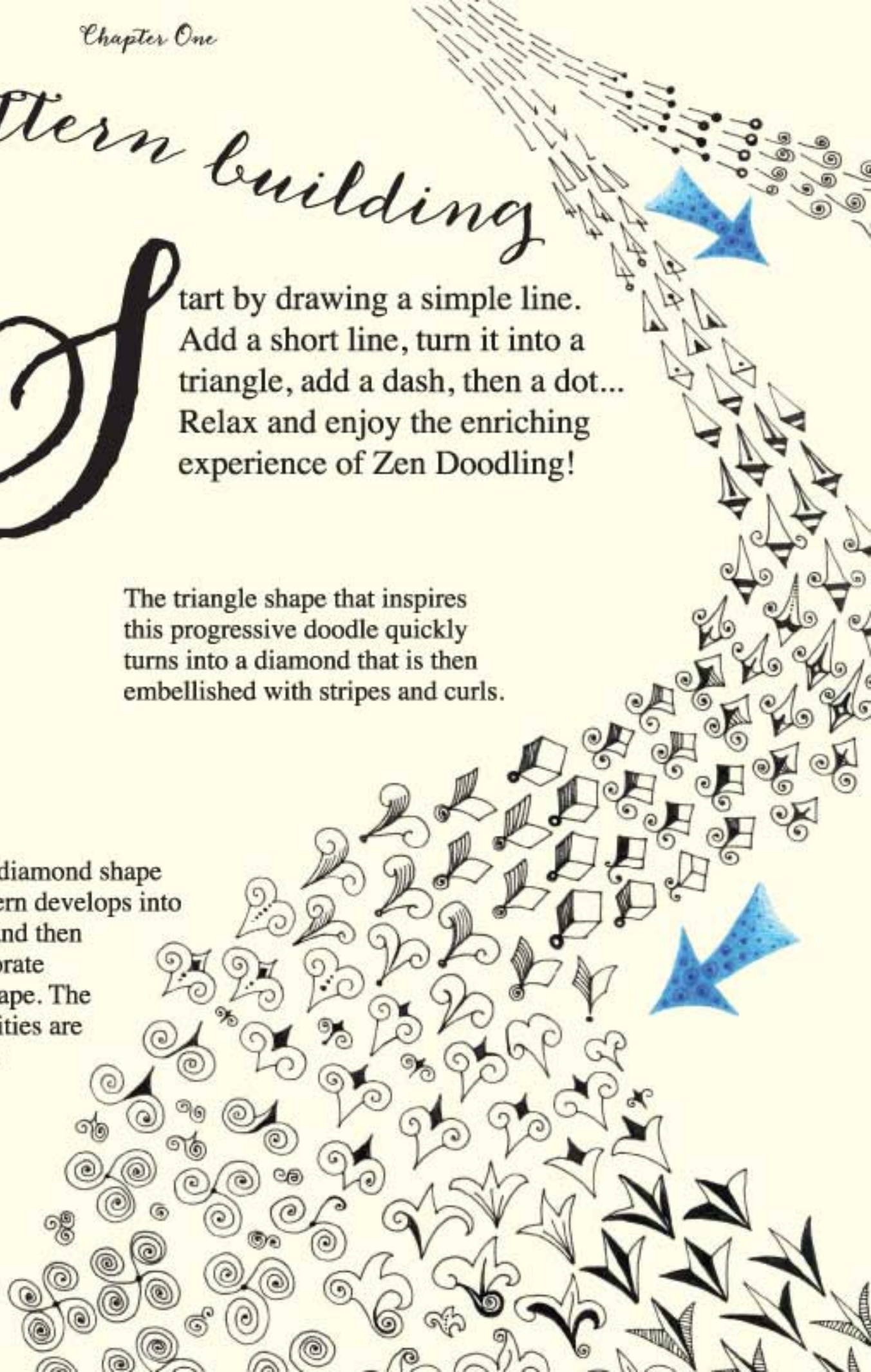
Pattern building

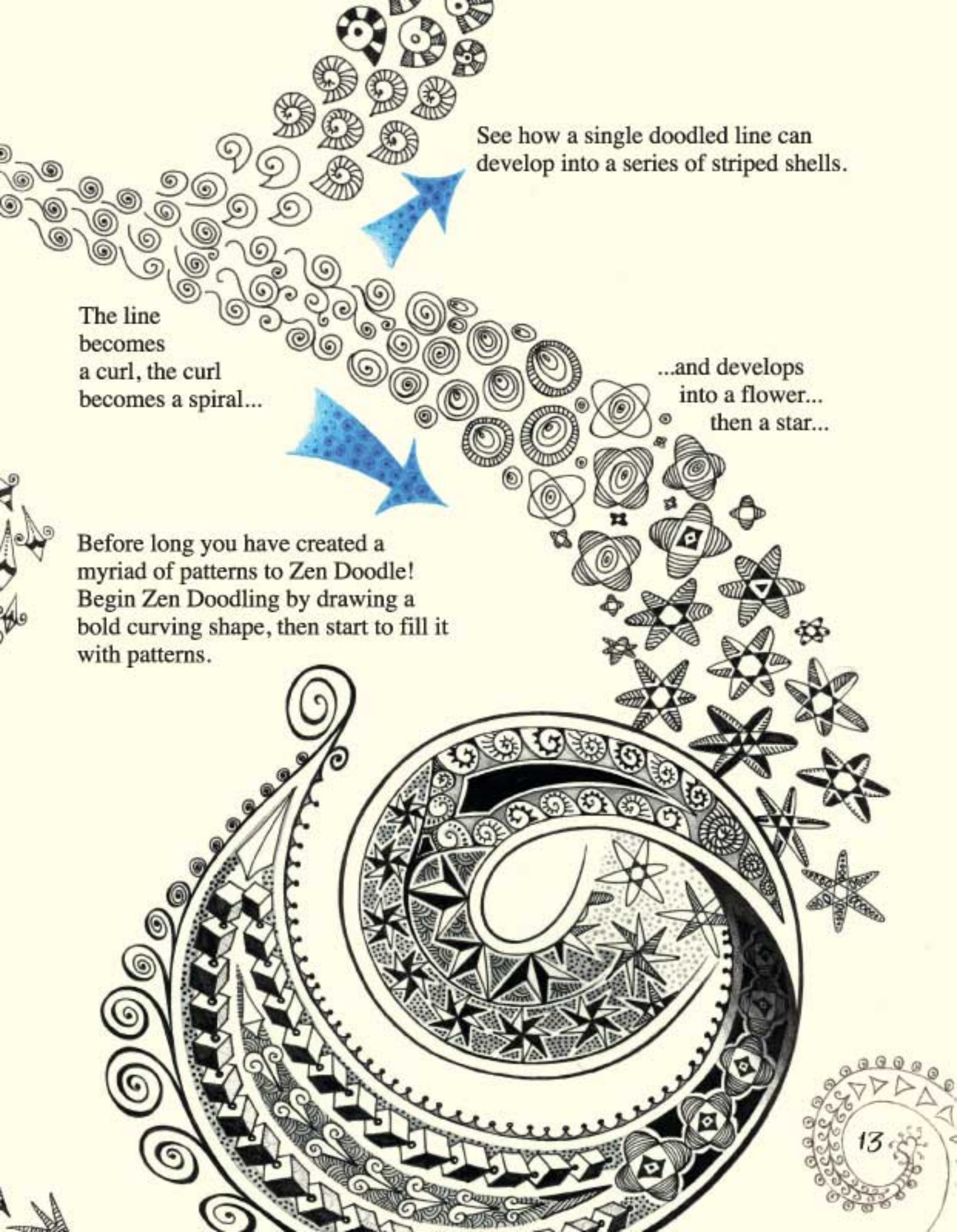


Start by drawing a simple line. Add a short line, turn it into a triangle, add a dash, then a dot... Relax and enjoy the enriching experience of Zen Doodling!

The triangle shape that inspires this progressive doodle quickly turns into a diamond that is then embellished with stripes and curls.

From a diamond shape the pattern develops into a cube and then an elaborate heart shape. The possibilities are endless!





See how a single doodled line can develop into a series of striped shells.

The line becomes a curl, the curl becomes a spiral...

...and develops into a flower... then a star...

Before long you have created a myriad of patterns to Zen Doodle! Begin Zen Doodling by drawing a bold curving shape, then start to fill it with patterns.