

**Mandala Journaling with Donna Bearden**  
**Monday, September 21st from 3-4pm EDT**

A lot of good things come in fours. Four directions, four winds, four phases of the moon, four seasons, four elements (earth, air, fire, water). The number four represents stability, order, a strong foundation. Join us for a mandala drawing meditation on the number four.

In this session, Donna Bearden will work with you to create a four-sided mandala using a compass. As we're using mandalas as a form of journaling – or to embellish our journals - this will be an opportunity to choose and play with whichever of the four concepts appeal to you, adding some words, phrases or additional artwork. Are you drawn to the seasons? The moon? The elements? A four-leaf clover for good luck? Or how about the 4-H clover standing for head, heart, hands, and health?



Most of the **supplies** you need are things you already have: a pencil, a good eraser, a black ink pen, and colored pencils, markers, or crayons. Drawing paper can be copy paper or sketch pad – your choice. You will need a compass to create these mandalas. Please invest in a good one. The cheap ones tend to spread as you use them and can be quite frustrating! Compasses are available at office supply stores and craft stores for about \$10.

Even if you have never drawn mandalas before, come join us. You will receive step-by-step instructions and, in an e-mailed handout, several additional examples to whet your appetite for this artform.



Donna Bearden is a mandala artist and writer. She's worked as a writer/editor in human service organizations related to education, health, psychology, and aging. With a bachelor's degree in journalism and a doctorate in psychology, her interest has always been in the stories underneath the stories: what motivates us, how do we learn, what unconscious assumptions keep us stuck. She has journaled since high school, experimenting with many different approaches, learning something new from each one. Her new book - *Finding More Me: Journaling to Go Soul Deep* - is scheduled to be released June 24. She lives in Loveland, Colorado, with her husband, and enjoys hiking, photography, and creating mandala art.