

Mandala Sand Art -

Mindful Ritual for Focus & Calm

How to create your own sand mandala at home

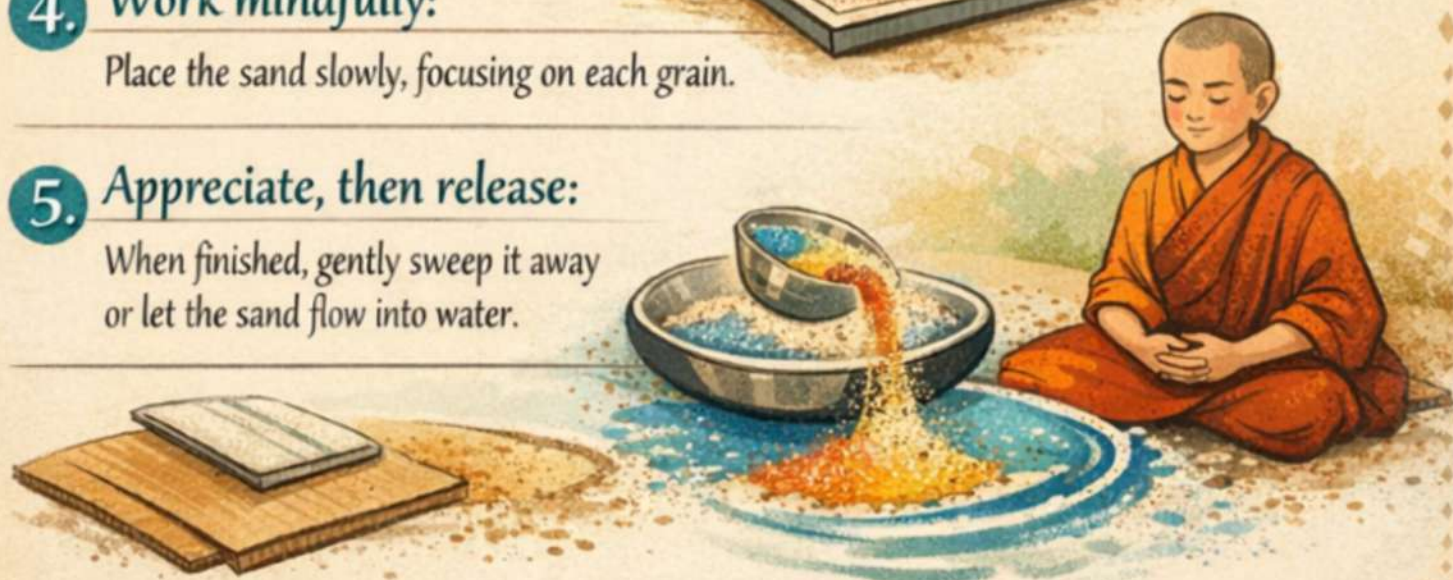
- 1. Prepare your base:**
Use a piece of cardboard, a shallow tray, or a wooden board.

- 2. Draw your design:**
Sketch a geometric pattern with a pencil or chalk.

- 3. Add sand carefully:**
Use colored sand (or dyed sugar or salt) and small tools to fill in the design.

- 4. Work mindfully:**
Place the sand slowly, focusing on each grain.

- 5. Appreciate, then release:**
When finished, gently sweep it away or let the sand flow into water.



Create, Meditate, & Let Go