

Dotting Mandala Eggs

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Materials:

- Egg (wooden, plastic or styrofoam eggs work)
- Ruler or straightedge
- White chalk pencil or soft lead pencil
- Dotting tools (commercial dotting tools, or skewers, toothpicks, pencils and Q-tips are just a few of the possible tools for dotting)
- Soft, flat brush for painting the background coat
- Acrylic paint and gesso (You may need water or corn starch to adjust thickness.)
- Paper towels
- Hair dryer or heat gun (optional)
- Clear acrylic spray or medium (optional)
- Egg holder (optional)



Directions:

- Paint the egg with a coat of gesso and let it dry. Apply a dark color basecoat of acrylic paint (usually black) using a soft, flat brush.
- Once the base coat has dried, use a white chalk pencil to lightly draw a simple grid on the egg to help you center the pattern. You can use a ruler, rubber band, a commercial template or a cut-paper template to draw the grid. Wipe off the excess pencil or chalk.
- Mix acrylic paint to the correct consistency (thick, but no stiff peaks). Create the color tints.

- Begin dotting the design. To make perfect dots, use a light touch.
- Big and small dots add interest. Using color gradations does as well.
- Try “walking the dots” and “over-dotting”. Use enough paint so the

paint is slightly mounded on the egg, but not enough that it drips.

- Make corrections immediately while the paint is wet. Use a damp paper towel or Q-tip to remove the mistake.
- Use a hair dryer or heat gun to speed the drying process.
- Use damp paper towels to wipe away the guide lines and optionally, you can protect your work with a clear coat.

The act of applying the dots is calming and meditative. Don't fret about imperfections. They will look lovely even if they are not perfect. Mandalas started off as spiritual symbols in Buddhism and Hinduism, but as they infiltrated other cultures, “mandala” became a general term for geometrical patterns. They are mostly circular (The word *Mandal* means circle in Sanskrit.) but can be other shapes. They are commonly used as painting exercises meant for relaxation and/or reflection. Mandalas are centered on the creative process, not the final product. Happiness is a journey, not a destination.

