

CREATE WEEK

DRAWING WITH INTENTION WITH ALISA RUZAVINA

Take a moment out of your day to focus your energy and connect with a helpful intention. In this exercise, we will use the ancient practice of drawing mandalas to spend a few mindful minutes focusing on how we want to feel.

Mandalas are a form of sacred art made from geometric patterns arranged around a central point. In Hindu and Buddhist traditions, they have long been used in meditation and rituals to help focus the mind and reflect on the beauty of life.

MATERIAL LIST

You will need

- Any white or lightly coloured paper. A4 is ideal, but any size will work. Even a scrap of paper is fine.
- 2–5 pens, markers, or pencils in different colours. If you only have one pen or pencil, that works perfectly too.



STEP 1

Set an intention

Find one emotional word that represents what you want to experience more of. Write your intention in the very centre of your page.

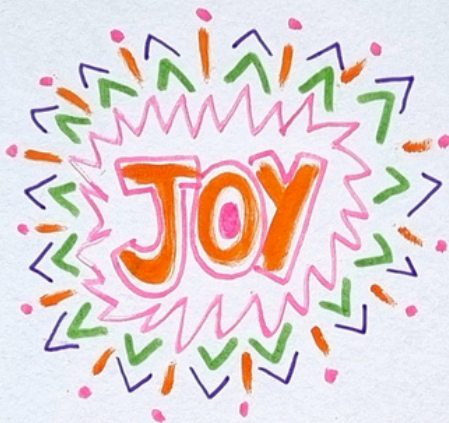


CREATE WEEK

STEP 2

Outline your word

You could frame it with a rectangle, squiggle, bubble or any other shape. Embellish this shape or keep it simple.



STEP 3

Start adding repetitive shapes around your word

We are beginning to build our mandala from inside out. Begin with shapes that feel familiar and easy to you. Change your colours when you like, repeat the same shapes or switch between shapes. You can use lines, dots, circles, wiggles, triangles, half-moons, arrows, leaf shapes, squares, or whatever you like.



STEP 4

Add repetitive shapes around the existing patterns one by one.

You can vary in between thinner and thicker lines. As you get into the drawing flow, try to keep your intention in mind – how does it make you feel? What simple lines, shapes and colours can best reflect this word?



STEP 5

You can draw geometric or abstract shapes, create small motifs, or mix the two. You can also add colour to shapes you have already drawn.

CREATE WEEK

STEP 6

Carry on with building layers that sit nicely on your previous drawings. Be mindful of your breathing while you draw. Breathe deeply in a pattern that feels right for you, or you can try breathing in on a count of 4 and breathing out on a count of 4.



STEP 7

Play around with different scale of your shapes – add lines that are bigger or smaller. You can always fill shapes with a pattern, such as stripes or dots.



STEP 8

If you like, you can write statements and affirmations that incorporate your intention.



STEP 9

Once you feel you are complete, hang this drawing somewhere visible as a reminder of how you want to feel.

CREATE WEEK

FINISHED WORK

If you have more time, you can continue with the mandala until the edges of the page. If you have even more time, you can create several different mandalas that focus on different intentions, and then stick them on a larger piece of paper and draw patterns that unite these into one big drawing.



ABOUT THE ARTIST

Alisa Ruzavina (she/her) is a socially engaged, ecology-tending artist and facilitator working across public art, installation, textiles, publication, and participatory practice. Her curiosity lies in creating playful conversations around ecological and social dreaming. Her work explores intercultural and interspecies exchange, nurturing a sense of belonging and helping communities connect more deeply to the places they inhabit. She particularly enjoys weaving collective experiences that invite the rewilding of the urban heart and mind.

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