

***Mixed Media Mandala* inspired by Fabiana Nakano**



**Visual Art Concepts:**

- Radial Balance / Radial Symmetry
- Mixed Media
- Collage

**Materials:**

- construction paper or thin cardboard 9"x 12" base
- choice of the following - watercolors, markers, colored pencils
- scraps of various papers, magazine images
- scissors, glue

**Artist Inspiration:**

[Fabiana Nakano](#)

"My art is an expression of my feelings for that moment.

Most of the time I hope to bring to viewers beauty of life, nature and dreams. I look for something that makes me surprised or brings out a feeling of strangeness or enigma in me, like the mystery of life."

Born in 1979, Brazilian artist Fabiana Nakano is self-taught. She creates small sketches in her notebook, chooses some colors and starts in the center. She completely surrenders herself while painting her mandalas.

Fabiana receives her inspiration from nature and to female energies. She continually learns new techniques and experiments using acrylic, spray and marker



pens on paper, canvas, wood and walls. Fabiana's contemporary mandalas bring to mind cosmic-like blossoms and a floral radial symmetry. Her mandalas draw in and please the eye.

### **STEPS**

- 1.** First think of a theme for your mandala. Mandalas are circular designs that are popular right now (coloring books, wall hangings, bed coverings & pillows, etc.). Mandalas symbolize the idea that life is never ending, and everything is connected. The mandala can also represent the artist's inspiration from their journey.
- 2.** For your mandala collage, prepare items in sets of four. For example - 4 hearts cut from construction paper, 4 images of the same picture, 4 shapes cut from old wrapping paper, etc.
- 3.** Choose one image or design for your center. In the example, the center is watercolor with a photo on top.
- 4.** Use the paper / thin cardboard to cut a circle approx. 9" diameter. You can use a compass or trace around a bowl upside-down on the paper. Cut out this circle.
- 5.** Radial symmetry design elements spread out from a center point, with details flowing into one another for interest. The visual weight of materials is obtained by the even spreading out from the center.  
Lay your items out evenly from your center (for example at 12:00, 3:00, 6:00, 9:00). Arrange and rearrange until your mandala looks right to you and items are evenly placed surrounding the center.
- 6.** Empty spaces can be designed with watercolor, colored pencil or marker. Take a picture to remember your placement and remove items for gluing. Glue items back in place in layers.
- 7.** Look closely at your beautiful mandala and think about how it reflects connections in your life. Display and share!

### **Resources:**

- <https://www.buddhistdoor.net/features/fabiana-nakano-expressing-self-and-universe-through-a-contemporary-mandala>