

2  
*Helichrysum stoechas*  
(curry plant, perpetual)

wild plant

## Mandala Meditation Templates



FREE Templates  
created by Laura at

Laura Davies Art

[www.lauradaviesart.co.uk](http://www.lauradaviesart.co.uk)



get the  
best



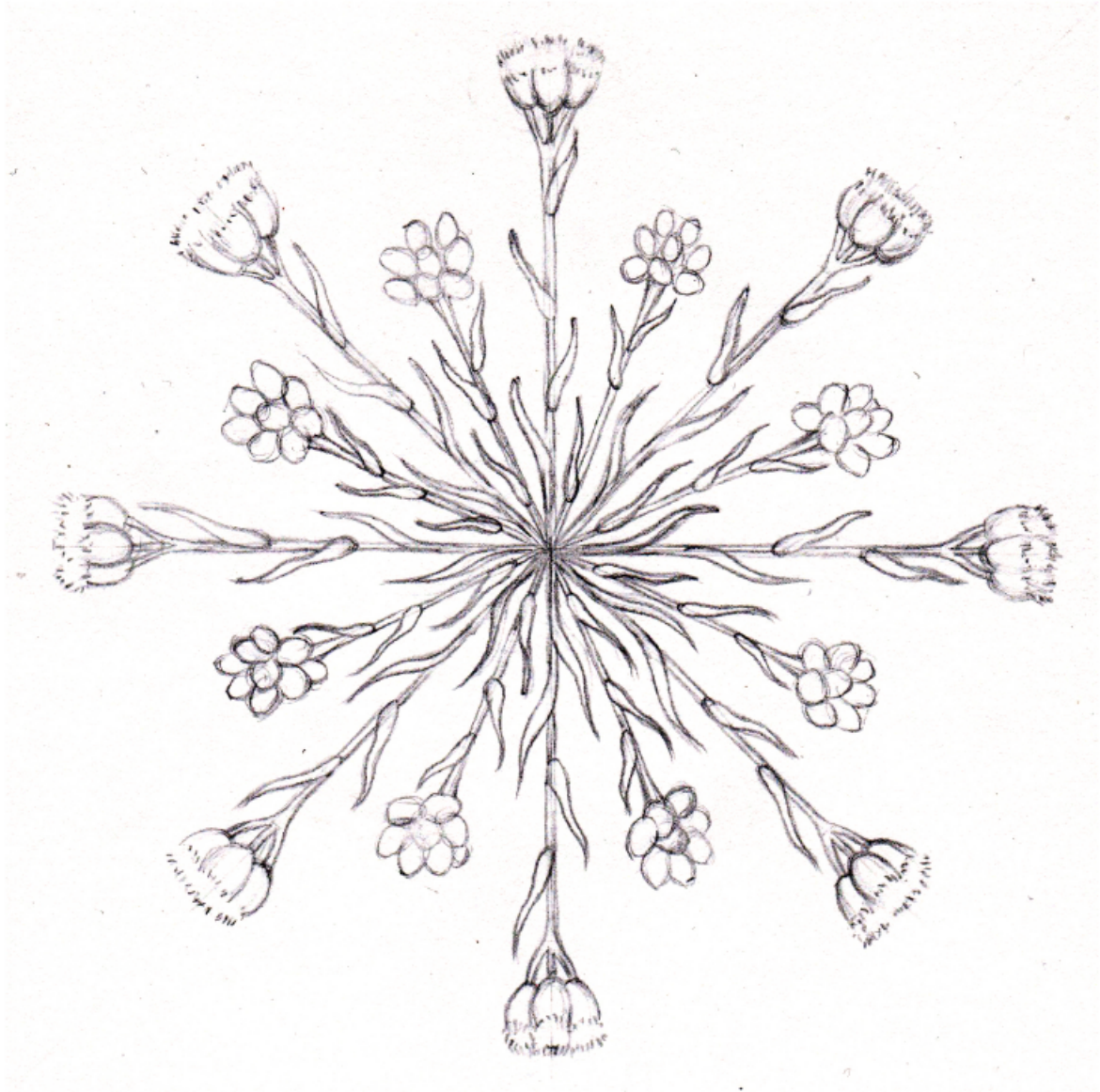
from your templates

1. The paints/colours you're using will suggest the best paper to print your stencils onto. Standard printer paper would be good enough for coloured pencils and felt pens. For paints you'll probably need a heavier weight paper, maybe even watercolour paper, to stop it buckling. My suggestion would be to start with the standard paper, or whatever you have, give it a try then go from there.
2. The stencils are A4 in size, but could be printed smaller or larger.
3. Colour - choose colours you adore, try different colourways or use the photos to copy the colours of nature. Try opposites, so where there's green paint red, or when yellow paint blue, there are no rules.
3. To get the most out of the meditative, calming nature of a mandala, work in a circle coloring the same element (or grouping) all the way around, turning the piece as you go, until you complete the circle. Then move onto the next element and do the same. You may need to let the paint dry so it doesn't smudge as you turn the work.
4. Painting slowly and with consideration will increase the calming effect.
5. These are hand drawn all the way around, not duplicated in Photoshop, so you'll see that each element is slightly different from the last. This is done so the final piece has a subtle difference which better reflects nature. Your hand painting will add to this quality too - embrace it.

*If you'd like to try your hand at making your own wild plant mandala drawings look out for the instruction tutorial coming soon.*

# *Helichrysum stoechas*

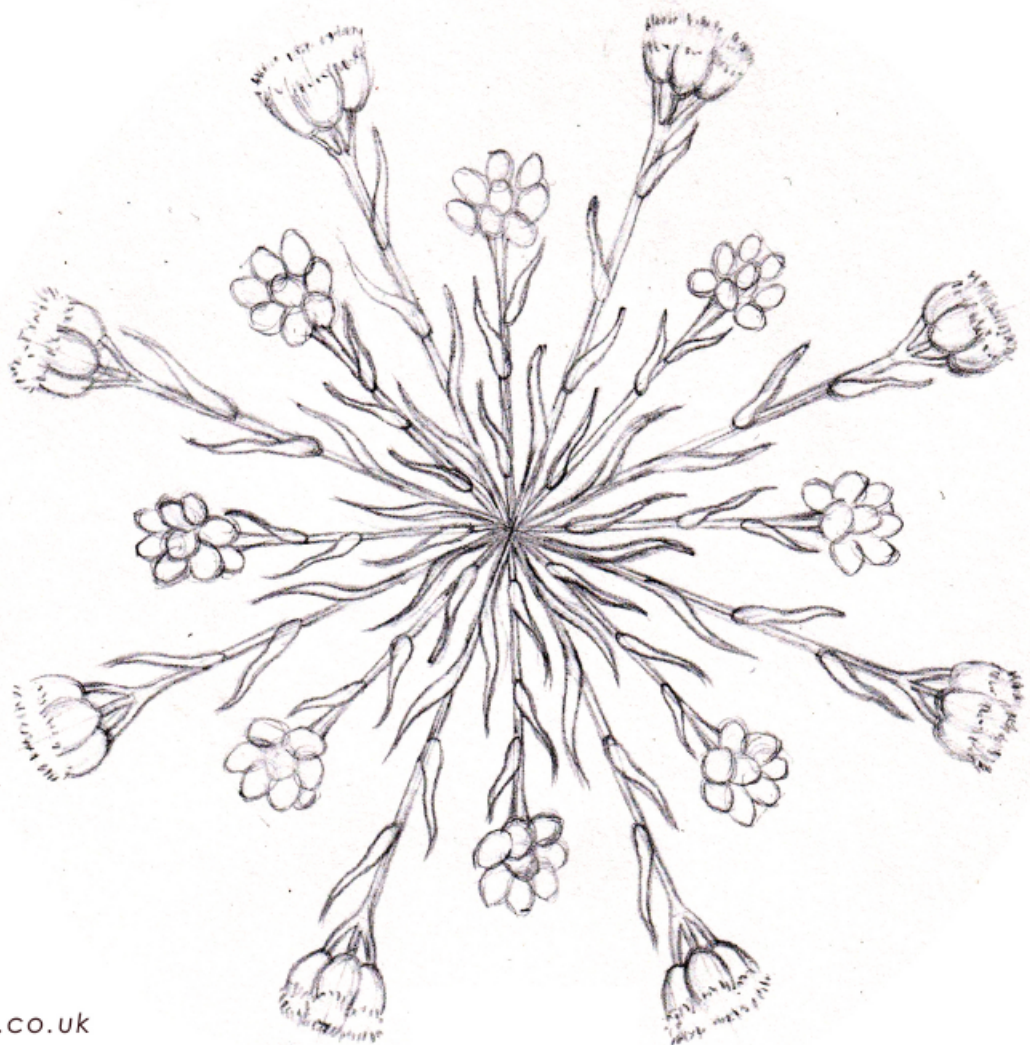
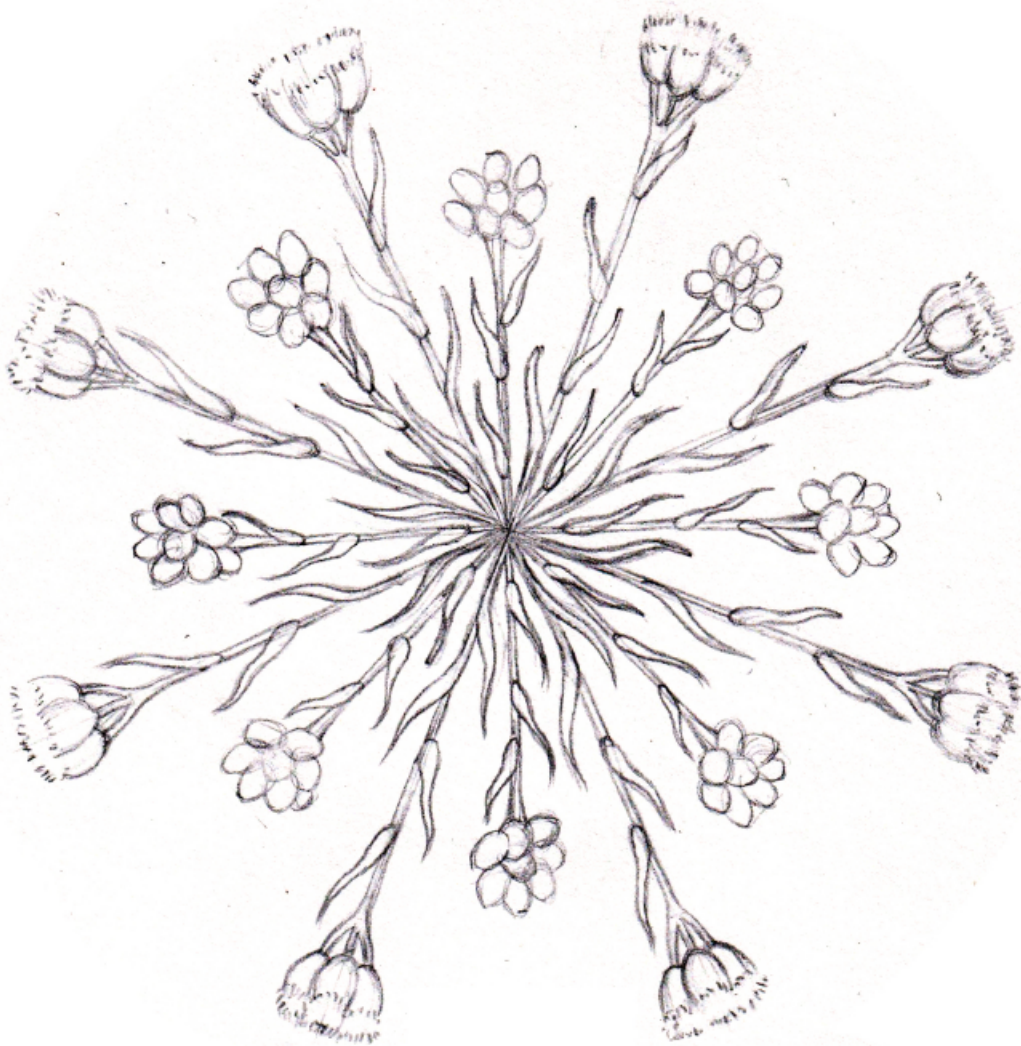
(curry plant, perpetua)



Distinguished by its curry-like smell when crushed, it grows to about 30cm tall and has silvery leaves and stems with bright yellow flowerheads.

The tiny flowers are actually hidden inside the yellow bracts which are everlasting and used in herbal teas for stomach-aches.

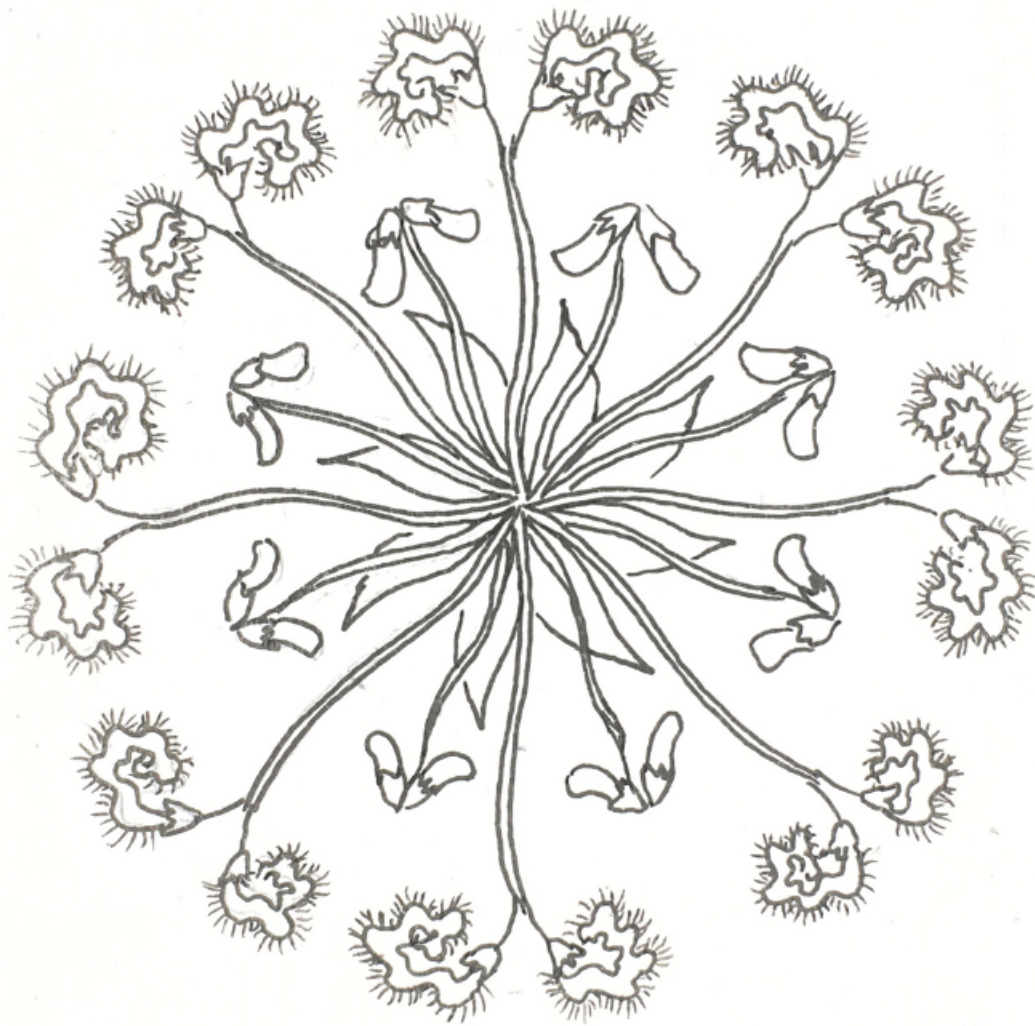






# *Scorpiurus muricatus*

(hierba de scorpion)

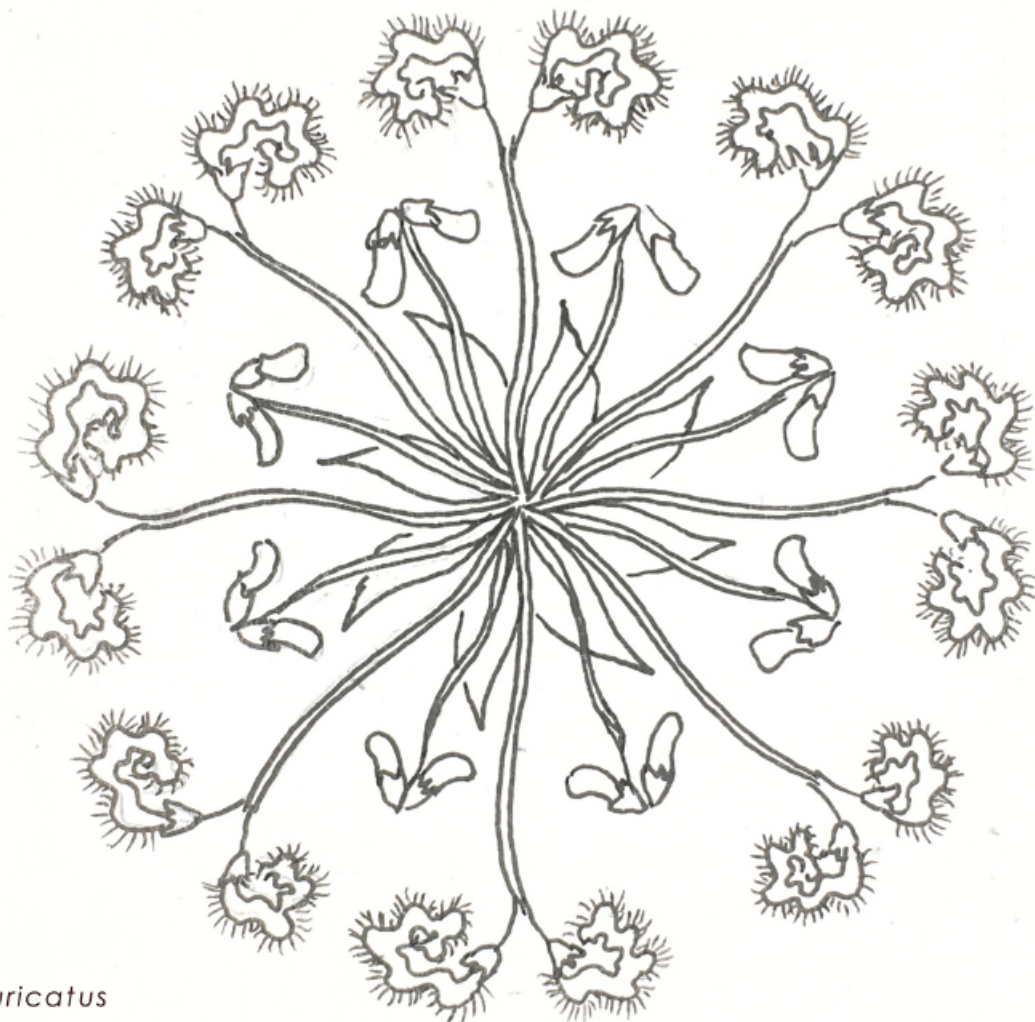
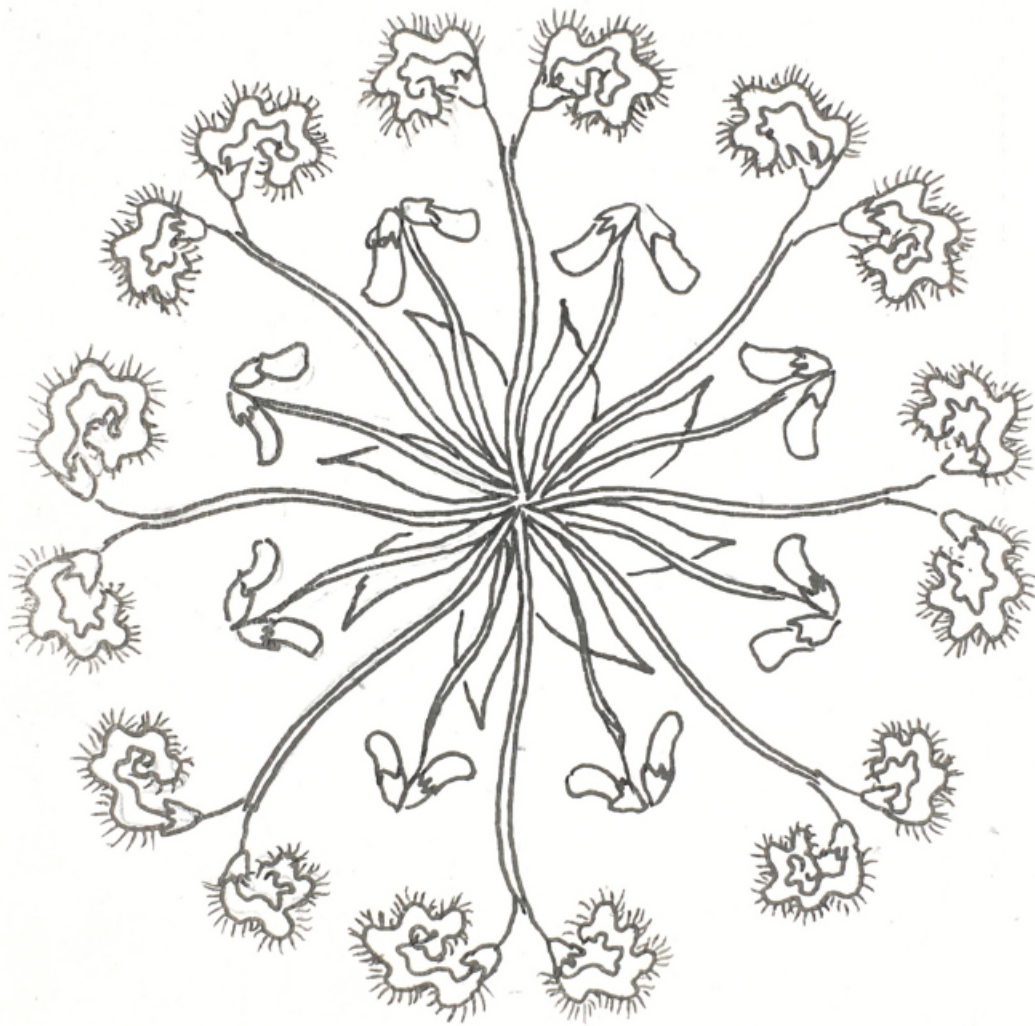


Called this because of the spiral fruits that curl like a scorpions tail.

The bright yellow tiny flowers are born on long stalks which can each have up to 5 flowers. These turn from yellow to a bright red as they are polinated and mature.

The young leaves can be eaten in salads or steamed like spinach









## Terms of use

1. These templates are free for your own personal use.
2. Please don't sell or market them as your own.
3. My name and logo must always stay with the templates.
4. For hand painting use only.
5. Having said that, you can paint these wild plant mandalas for gifts or for sale.
6. My name must be credited when selling them with a link to my web site.
7. I'd love to see photos of your painted mandalas, tag me on Facebook and Instagram @lauradaviesart
8. By accepting these free templates you agree to the terms above.

Laura Davies Art

created by Laura at  
[www.lauradaviesart.co.uk](http://www.lauradaviesart.co.uk)