

Papaver rhoeas

corn poppy, *spn. amapola*

Mandala Meditation Templates



Laura Davies Art

£1.95

www.lauradaviesart.co.uk



get the
best



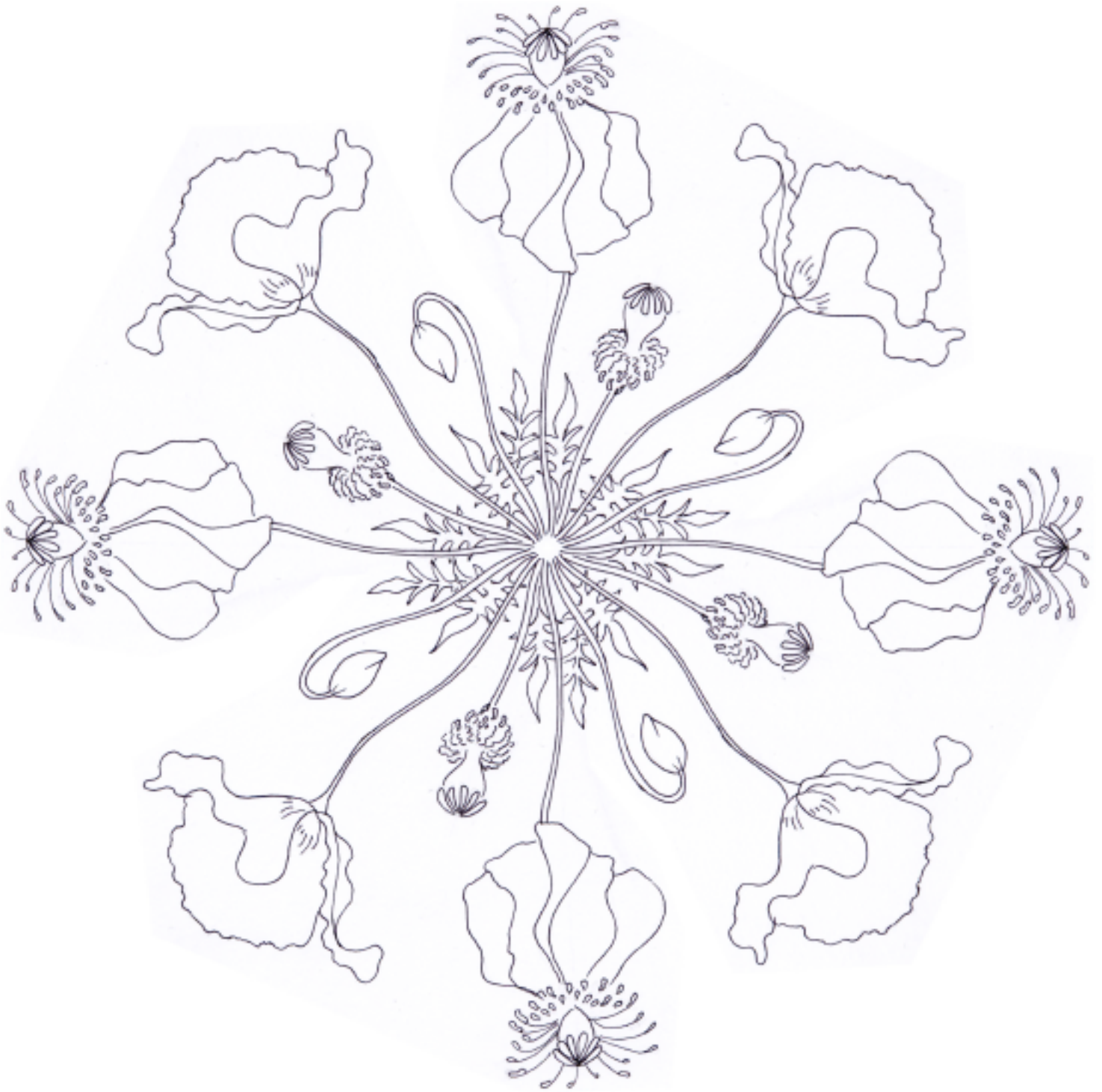
from your templates

1. There are three templates in this file - an A4 page with Latin and common names, plus a description of the flower. This can be coloured then framed. Next are two templates on an A4 page and finally an A5 greeting card template. Print this onto A4 card, colour, fold down the middle, sign the back and send to your loved ones.
2. 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 may 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. (The template above is watercolour on standard printer paper, I was careful not to water the paint too much.)
3. The stencils are A4 in size, but could be printed smaller or larger.
4. 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.
5. 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.

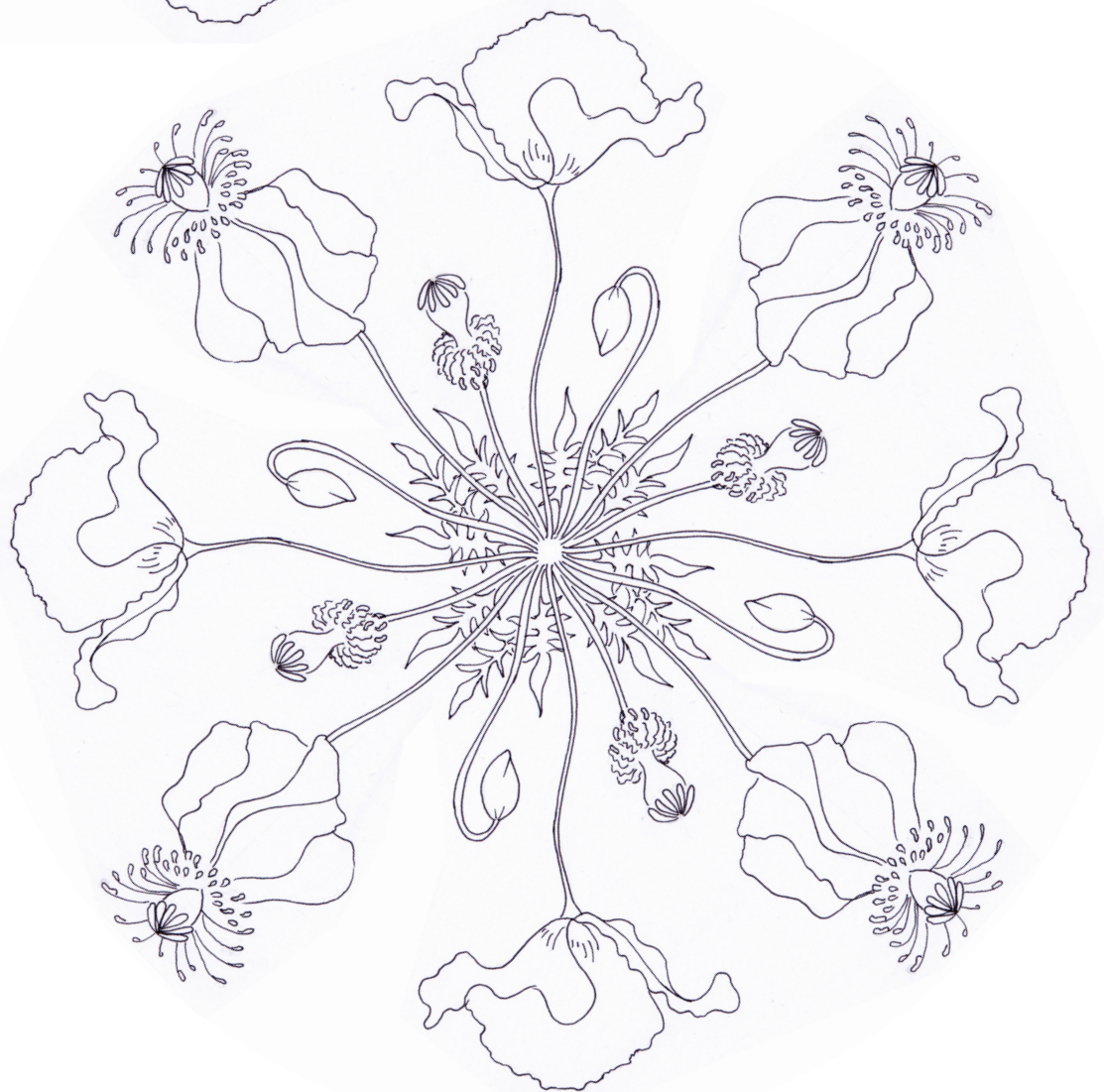
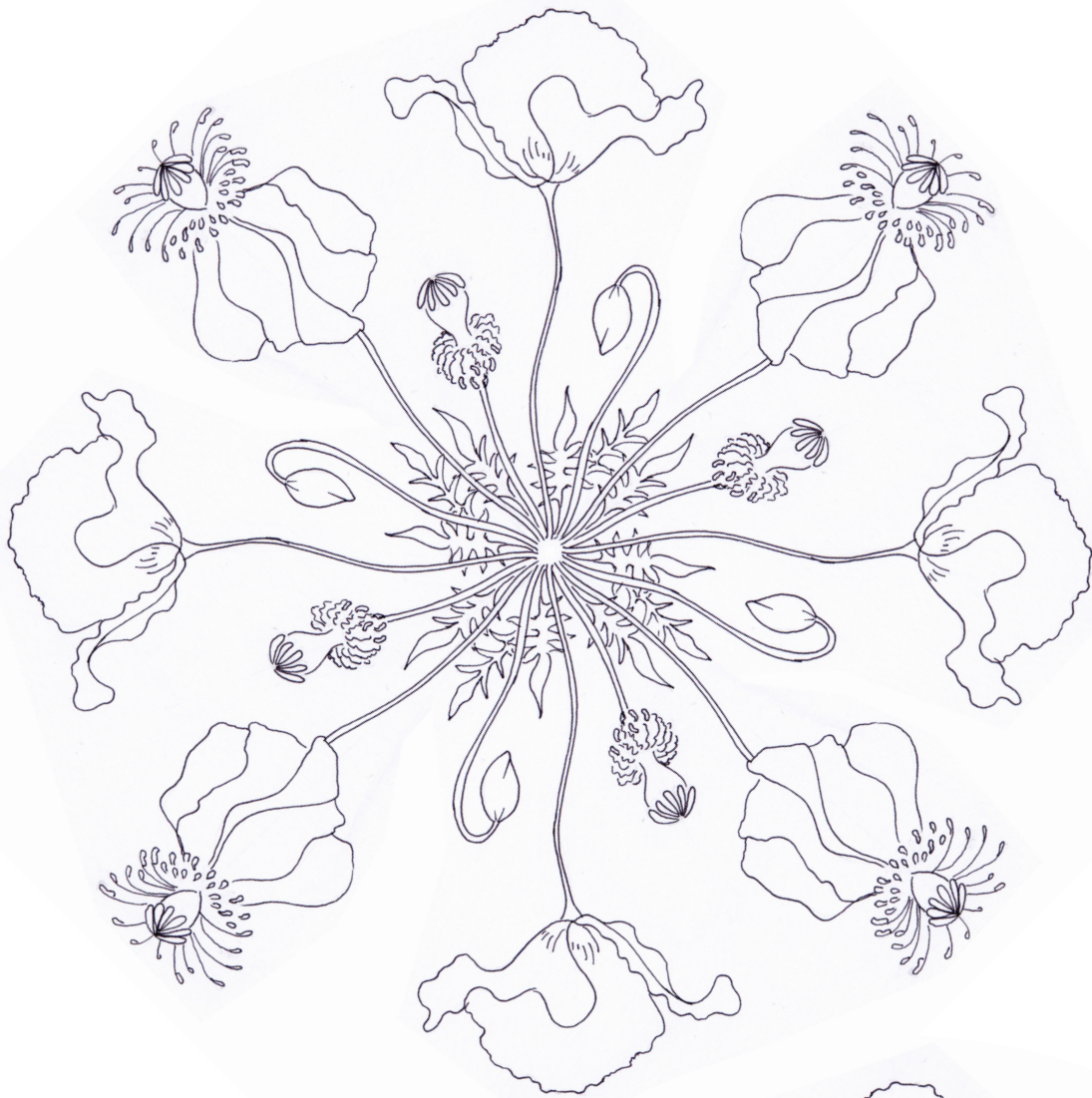
If you'd like to try your hand at making your own plant mandala drawings look out for the instruction tutorial coming soon.

Papaver rhoeas

corn poppy, *spn. amapola*



Flowers from late March - June on disturbed ground and roadsides. A much loved wild flower throughout most of Europe and North Africa, naturalised world-wide. Seeds are edible and the young leaves can be eaten raw or cooked like spinach. Can be mildly toxic to grazing animals if eaten in quantity. The petals were used to colour wine and medicine.



Hand painted for you by

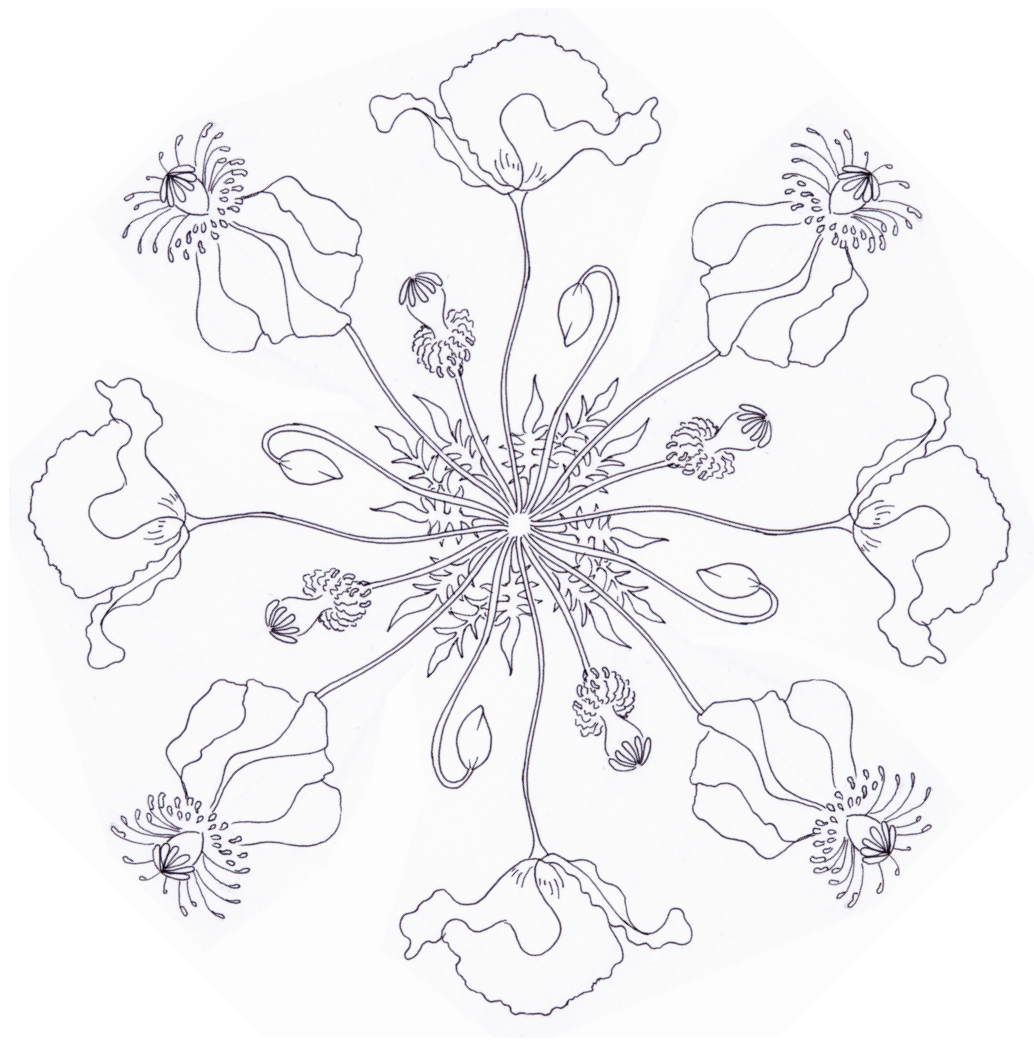
.....

Papaver rhoeas

corn poppy, spn. amapolas

Flowers from late March - June on disturbed ground and roadsides. A much loved wild flower throughout most of Europe and North Africa, naturalised world-wide. Seeds are edible and the young leaves can be eaten raw or cooked like spinach. Can be mildly toxic to grazing animals if eaten in quantity. The petals were used to colour wine and medicine.

original template by Laura at
© 2020 www.lauradaviesart.co.uk



Papaver rhoeas



Terms of use

1. These templates are 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 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 templates you agree to the terms above.

Laura Davies Art

www.lauradaviesart.co.uk