Your First

Smartphone Mandala

FREE GUIDE & LOTUS MANDALA

A Fun New Way to Create with Your Phone!

No drawing skills.
No special tools.
Just a little tap and color!















Discover the Joy of Smartphone Mandala Art!

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Let's Begin!

7 Days of Creative Play

No pressure. You can't do it "wrong".

This is a 7-day guide, but you can go at your own pace. There's no need to do it every day.

Today is **Day 1.** → Tomorrow can be **a break.** → Maybe **Day 2** after 3 days.

That's perfectly OK!

This isn't a 7-day assignment.
It's 7 days of possibilities.

Using 7 different mandalas, you'll explore **7 simple and playful ways** to work with colors on your smartphone.

The fun is not about finishing perfectly, but about discovering that

"There are so many ways to play!"



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Before You Play

There Are Almost No Rules.

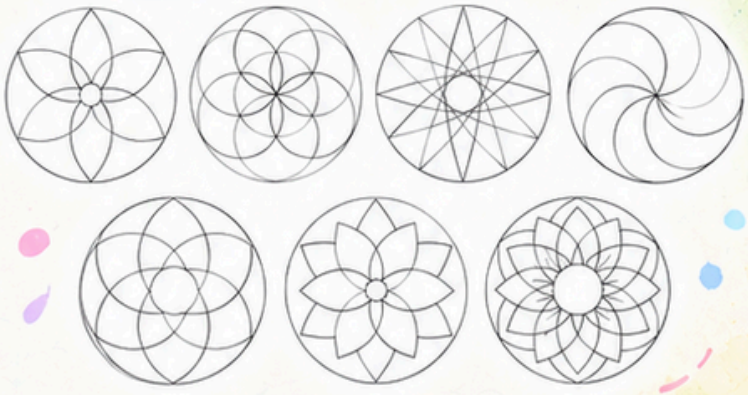
All you need is just this.



- A smartphone or tablet
- Mandala images (included in this guide)
- A coloring app such as ibisPaint (free to use)

Use ibisPaint or your favorite coloring app!

You'll explore these 7 mandalas!



And here are 3 things to keep in mind.

1 You don't have to finish it.

It's perfectly fine to stop anytime.



Even a little color is OK!

2 It doesn't have to be perfect.

Even if you color outside the lines, choose unexpected colors, or make "mistakes," it's all part of the fun.



You can always undo and try again!

3 Try just a little something new.

For example:
"Let's try this color today."
"Let's color just this part."
That's enough to make it a special experience.

Now, let's play!

Which mandala will you start with today?

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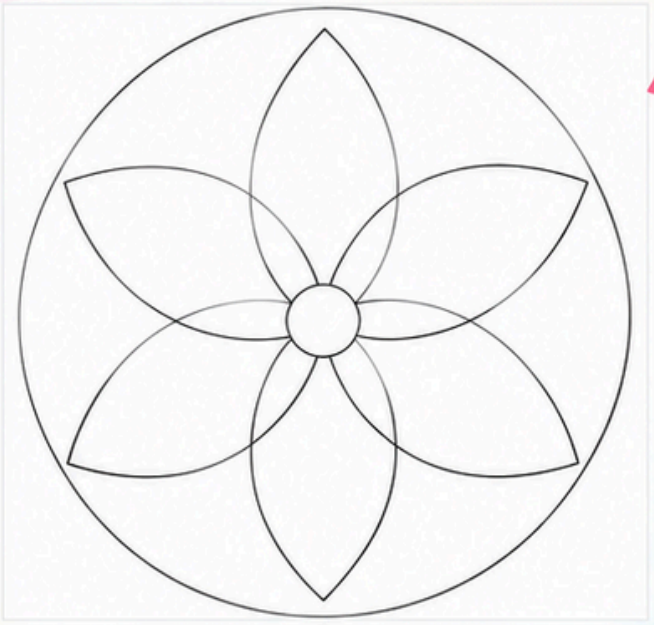
Day 1 Play with One Color

Start with something simple.

First, let's enjoy it easily!

Here's the mandala for today.



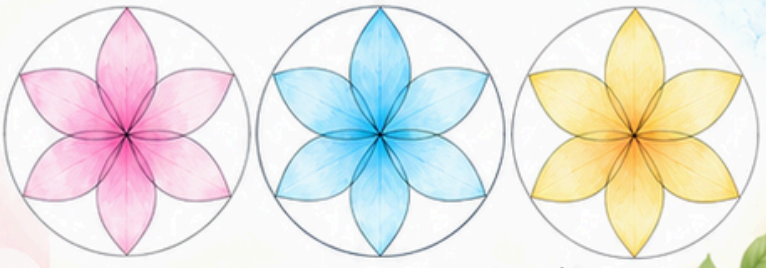
For your first day, choose just **one color** that you like.

It can be blue.
It can be pink.
It can be yellow.
Or any color you feel like.

Place your color wherever you like on the mandala.
You don't have to fill in everything.
It's perfectly fine.

- Only the center.
- Just one petal.
- Only the outer area.

Start wherever you feel like.

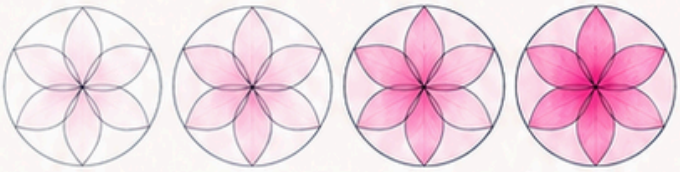


For example, it can look like this...
Any color is OK!

Try Playing a Bit

Even with the **same color**,
you can make it look very different.

Make it darker, or lighter.
That's all it takes to see
a new side of the same color.
It's a small discovery, but it's meaningful.





Today's Little Play

Where will you place your one color today?

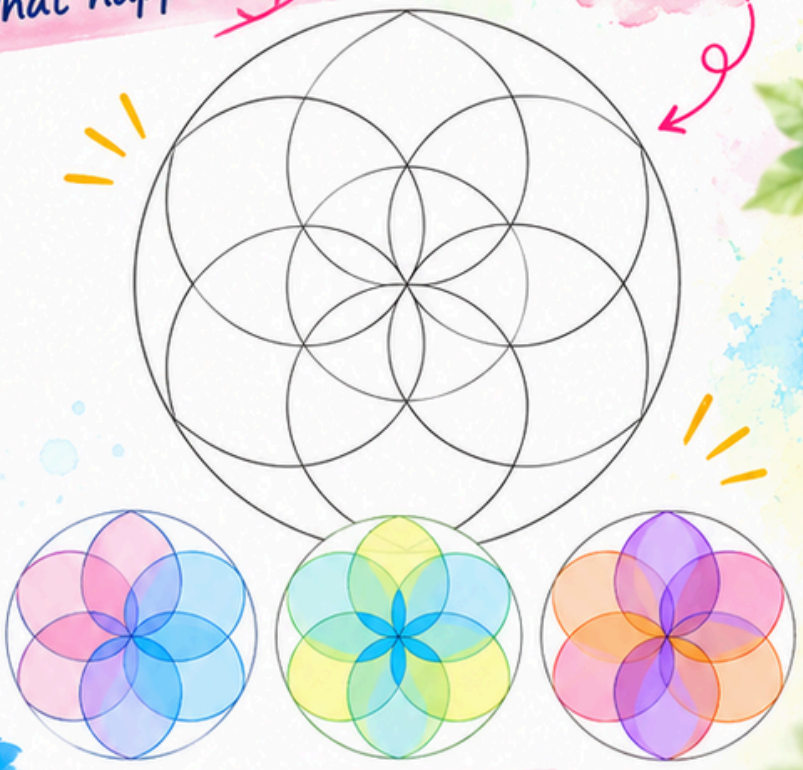
Day 2

Play with Two Colors and Overlaps

When shapes overlap, new patterns appear!

Let's see what happens!

Here's the mandala for today.



Today, choose **two colors** you like.

When you look closely at this mandala, you'll see many circles overlapping, and new shapes are created in the spaces where they intersect.

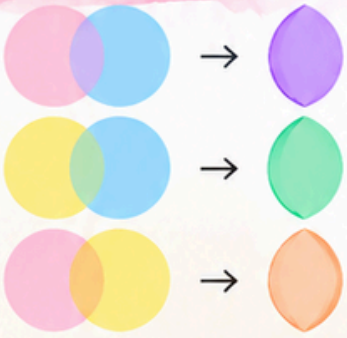
Start with one color.
Then add another color.
Place the colors wherever you like.

What does "overlap" mean?

Look at the areas where circles overlap. Those are the interesting parts. Try coloring those overlapping areas differently.

You might be surprised—
"Ah! A new shape appears!"
You may find patterns you didn't notice before.

Overlaps create new shapes and colors!



Pink and blue overlap to create purple.

Yellow and blue overlap to create green.

Pink and yellow overlap to create orange.

Today's Little Play

Instead of staying within the lines,
find the beauty in the overlaps.



Day 3

Create a Rhythm with Color

As you add colors,
a new pattern will appear.

Here's
the mandala
for today.

Let's make a pattern!

Today, let's play by making
a **simple rule** for coloring.

For example,

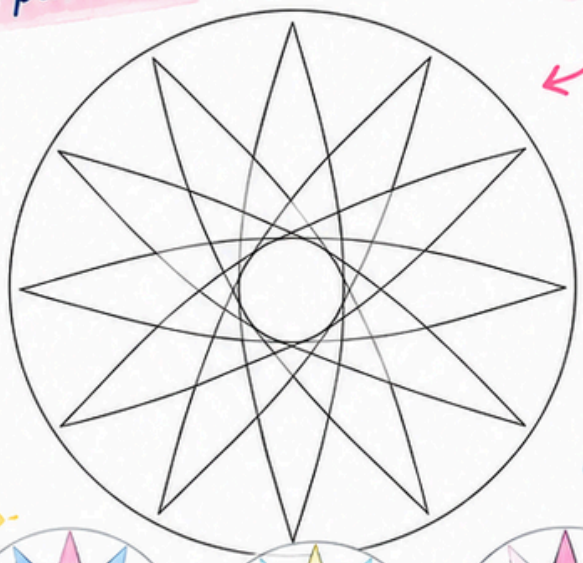


Change the color a little each time.

You can also use 3 colors, such as:



That's perfectly fine!



Color creates rhythm.

Just like there's rhythm in music,
you can create rhythm with colors.
It doesn't have to be perfectly even.
If you feel like it, change the color
in the middle.

"Let's try a different color this time!"

You might be surprised
by the new pattern that appears.



Even with the same pattern,
the order of colors changes the impression.



2 colors
create a rhythm

3 colors
create a rhythm

Use your favorite
colors freely

Today's Little Play

Place colors one by one and see what happens.

Step back a little from the screen
and see—what kind of pattern do you notice?



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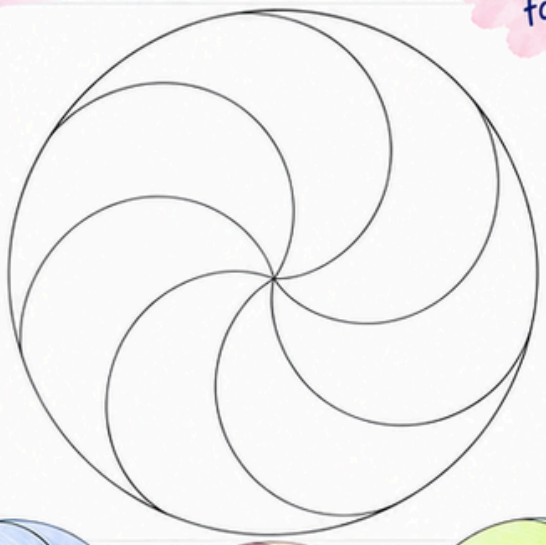
Day 4

Let the Colors Flow in Circles

As you go around in circles, what kind of colors will be born?

Let's enjoy the flow!

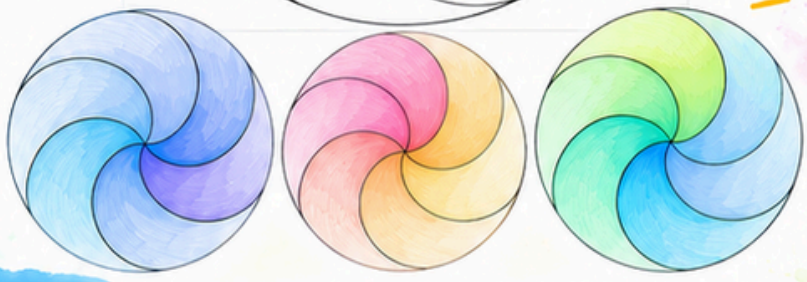
Here's the mandala for today.



Today's mandala doesn't have sharp corners—it flows in circles.
Can you see the swirling motion?

Let's place colors while feeling the shape's "flow."

Start from the center and move outward.
Gently, in a circle.
Or, you can start from the outside and move toward the center.
Both ways are perfectly fine!



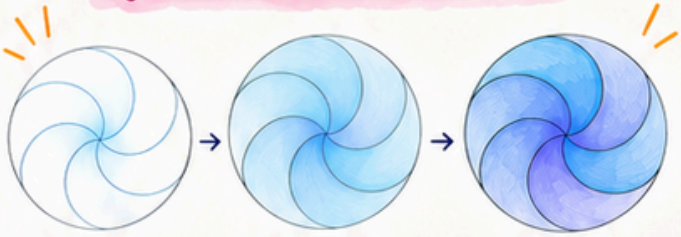
Try Changing the Same Color Little by Little.

For example, if you start with blue, you can try:

- Light blue
- A little darker blue
- Even deeper blue

As you follow the flow, change the color gradually. You don't have to fill it all in.
It's perfectly fine to color just 2–3 sections.

Even with the same color, you can create different looks.



Today's Little Play

From the center?
Or from the outside?

Follow the flow in your favorite direction.



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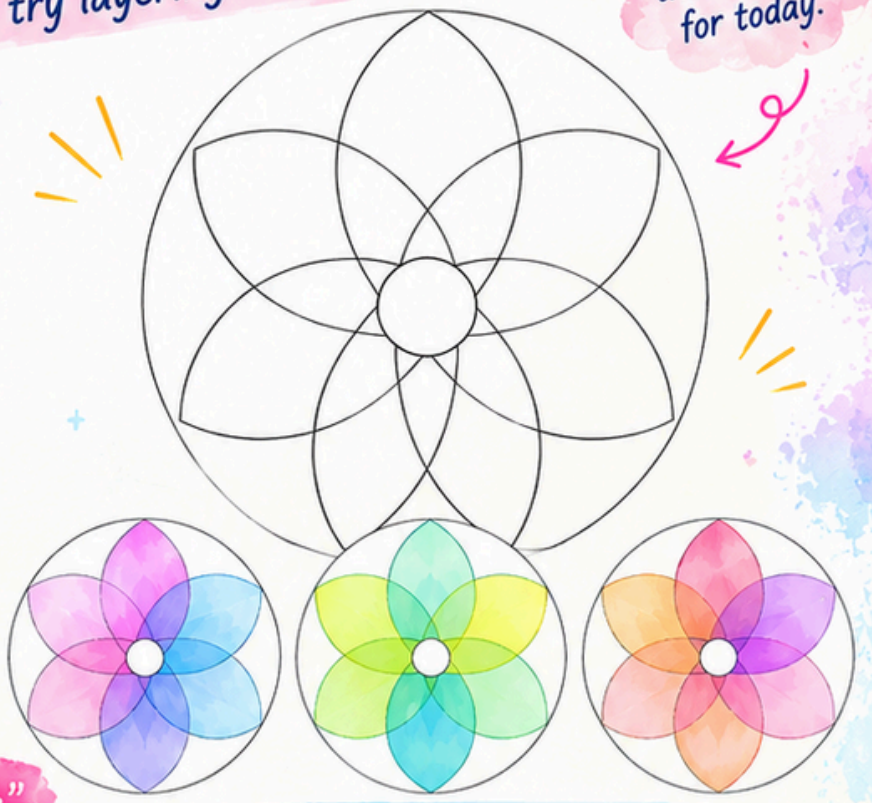
Day 5 Play with Transparency

When you layer colors, a new color will appear!

Let's try layering colors!

Here's the mandala for today.



Today, let's try a digital coloring activity using a special technique called "transparency."

Use a brush with **transparency** (a low opacity) and place colors gradually.

Then, color over the top with a different color.

You will see that the color below shows through, and the colors look different depending on how they overlap.

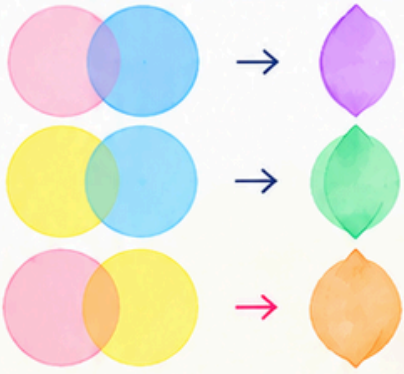
From "Coloring" to "Layering."

It's a little different from ordinary coloring on paper. You can create beautiful colors even if you don't try to stay inside the lines perfectly.

"What will happen if I layer these two colors?"

Try this small experiment and enjoy the discovery!

Layering colors creates new changes.



Pink and blue create a soft purple.

Yellow and blue create a fresh green.

Pink and yellow create a warm orange.

Today's Little Play

Let's "layer" colors rather than just "fill" them!

What kind of new colors can you find when you layer them?



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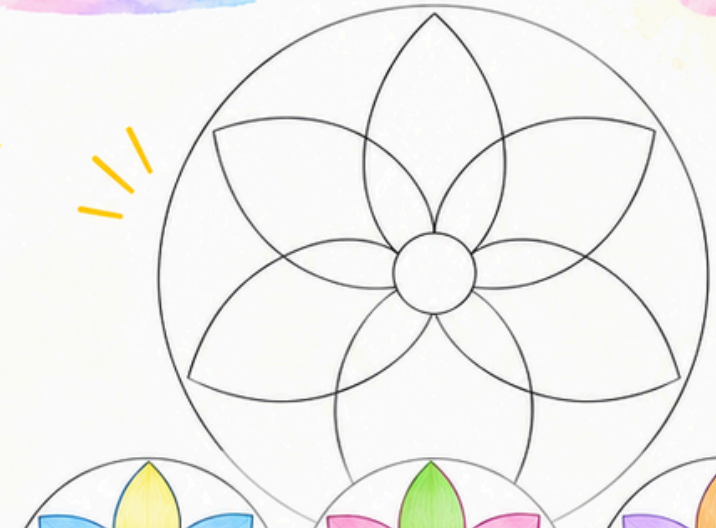
Day 6

Change Just One Color.

Just one color can completely change the impression!

Here's the mandala for today.

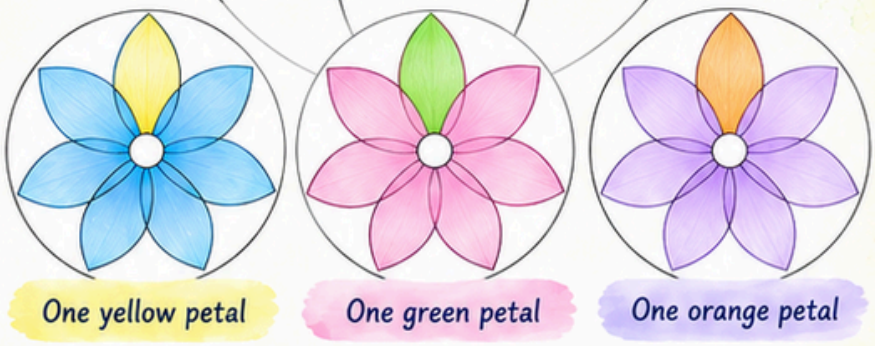


Today, let's try making a small change — just one color.

For example, color all the petals in blue tones.

But what if you change just one petal to yellow?

Or, color all the petals in pink, but change just one to green?



One yellow petal | One green petal | One orange petal

Where did you notice the change first?

Once you finish, step back a bit and look at your mandala. Where does your eye go first? You might be surprised to see that the one different color really stands out.

Just by changing one color, the whole image can feel different. That's the fun of this activity.

You can try many different combinations!



One pink petal looks fresh. | One blue petal looks calm. | One red petal looks lively.

Today's Little Play

Create just one "different" petal.

Where does your eye go first?
How does it feel?



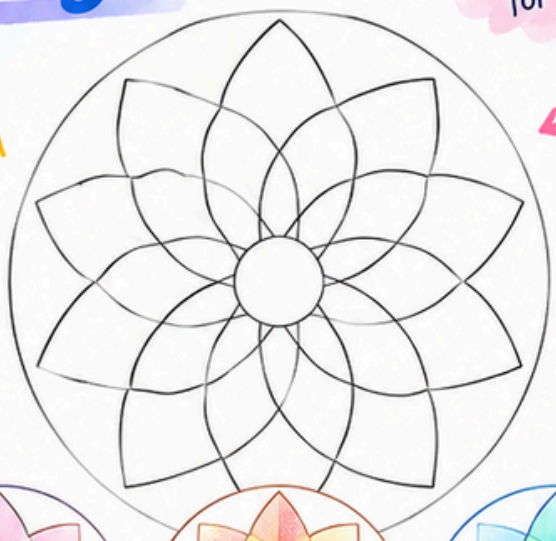
Day 7 Today, Let's Play Freely.

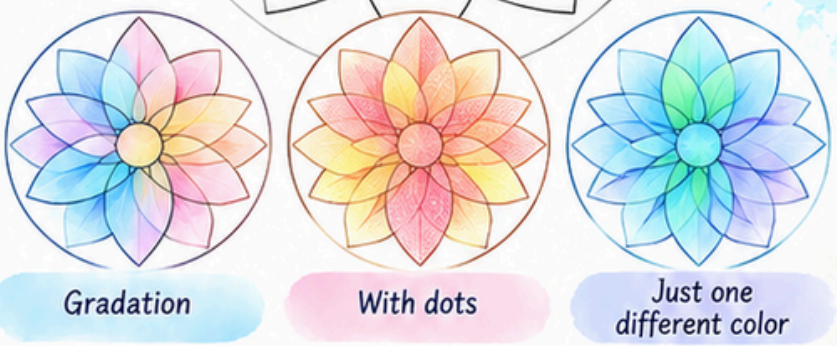
There's no right or wrong way — just enjoy creating your own mandala!

So far, we've tried many different ways to play.
One color. Two colors.
Overlapping shapes.
Rhythm. Deep and light tones.
Transparency. Just one different color.

Today, choose whatever you like and color freely.

Here's the mandala for today.





Gradation | With dots | Just one different color

Give priority to what you feel like doing.

Try adding dots.
Try a gradation.
Use your favorite colors.
Color only half.
Anything is fine.

If you think,
"Today, I want to go all out,"
you can color the whole mandala.
It's up to you!

Here are some ideas to try!



Use just your favorite color. | Color only half. | Try deep tones.

Today's Little Play

Try doing what you feel like doing.

This too is one complete mandala.



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The 7 Ways We Played

Even with the same pattern, there are so many different ways to play!



And now... this is the end!

You've played through all 7 days,
and that alone is wonderful.
There's no need to make your mandalas perfect. In fact, *the fun begins here.*

For example...

Day 1



This time, use two colors.

Day 2



Use transparent colors.

Day 3



Use only deep tones.

Day 4



Color from the opposite direction.

Day 5



Add dots.

Day 6



Try changing the colors each time.

Day 7



Use just one color.

You can also mix and match the ideas!
There are still so many ways to enjoy it.

Even with the same mandala, you can still keep playing.

- If you change the colors, it feels different.
- If you change the order, it feels different.
- If you change the intensity, it feels different.
- If you change the brush style, it feels different.

With the same pattern, simply changing one thing can create a completely different mandala.

Finally...

What Shall We Play With Today?

The time you create is a gentle gift to yourself.

With your smartphone, you can check the news, browse social media, watch videos, and so on.
Sometimes, the time you spend *"just looking"* keeps increasing without you realizing it.

But at those moments,
you can also turn your smartphone into *"a tool to create something for yourself."*

Today, you can try:
Just one color.
Just one flower petal.
Just three minutes.
That's more than enough.

Even just 3 minutes can help you feel refreshed.

You don't need to be a great artist to draw something beautiful.
These mandalas are not only about finishing a masterpiece—
they're about giving yourself a little time to say,
"Let me try this."

And so,
"What shall we play with today?"
These small moments of joy can gently add more color to your everyday life.

If these seven mandalas become a spark for you to discover that joy, we couldn't be happier.

Take It Slow and Enjoy at Your Own Pace.

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7 Days Mandala – A Mindful Coloring Journey

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