



@lamusciclub



This music-guided coloring book is a creation of the Interdisciplinary Service Project Incubator (ISPI) hosted by the Los Angeles Music and Science (LA MuSci) Club in partnership with students at California State University, Los Angeles.

We would like to sincerely thank everyone who contributed to this project, especially collaborating student artists. We also appreciate Associated Students, Inc. for fully funding this project.

Hope H. and Audrey Z.



“The perfect way to meditate, relax, and colorfully express myself, all along with the flow of rhythmic music”

Table of Contents

1. **Cat Cake** by Lillian L.
2. **Falling Roses** by Hope H. (IG: @hope.h.art)
3. **Winging It Part 1** by C.N. and **Blooming Dreams**
4. **Learn to Create your own Mandala**
5. **Try the Zentangle Method**
6. **Frost and Traje de Luces** by Pauline (IG: @kuromilee)
7. **Springtime Music**
8. **Winging It** by C. N.
9. **Healthy Choices**



Music

Saman, Volume 1

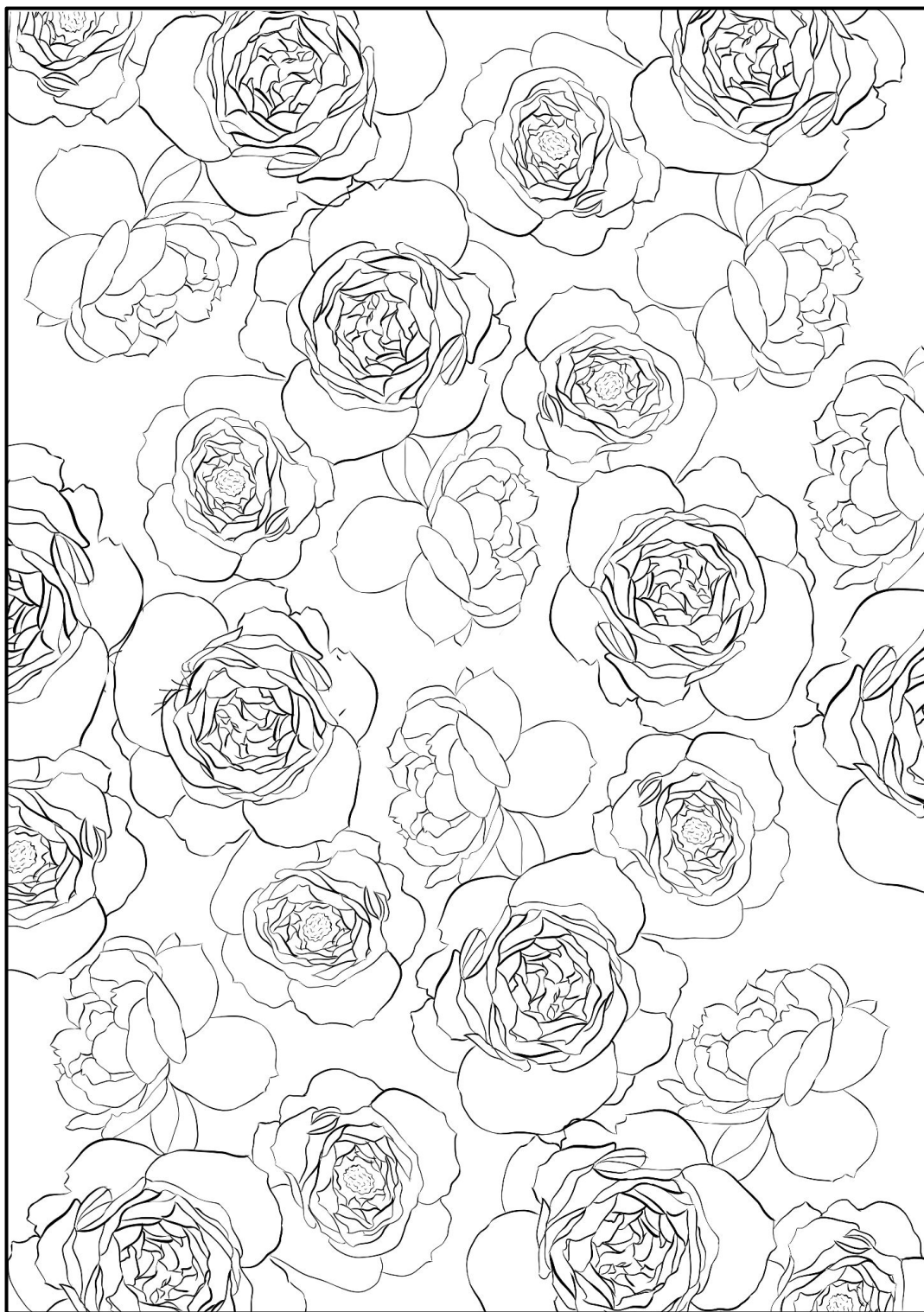
(feat. harp: Audrey Z.)

1. **Starry Starry Night**
2. **Comfort Care**
3. **Trance**
4. **Firecracker**
5. **Home is Yesterday**
6. **Music Box Song**
7. **Musicophilia**

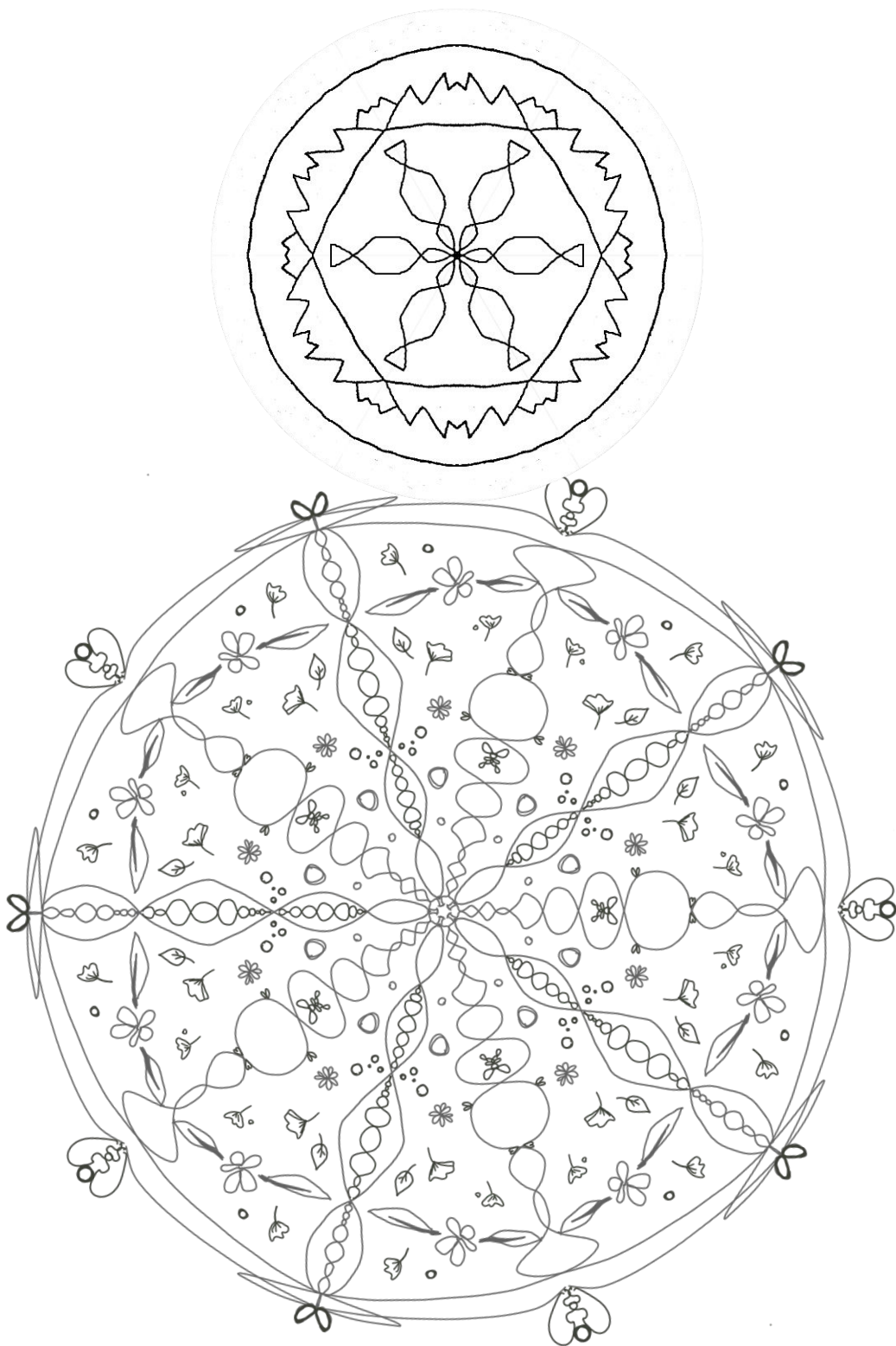
To access music, go to
<https://www.youtube.com/@sleepsound5219>



Title: Cat Cake **Artist:** Lillian L.



Title: Falling Roses **Artist:** Hope H. **Instagram:** @hope.h.art



Top: Winging It Part 1 (Artist: C.N.) **Bottom:** Blooming Dreams

Create your own Mandala

Step 1: Choose a center point and lightly draw as many lines as you want that go through the center. These will act as your guides.

Step 2 (V1): Draw a design that fills up a section

Step 2 (V2): Repeat a single element of your design in all sections

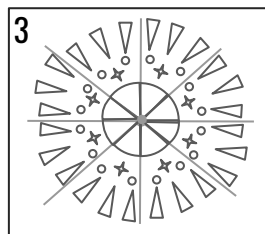
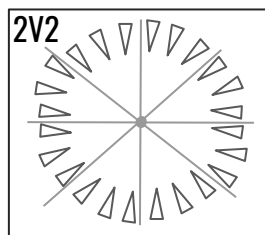
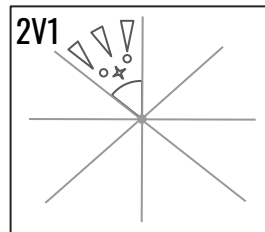
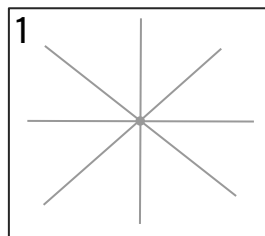
Step 3: Repeat Step 2 (either version) until you have a completed mandala. Have fun and don't worry too much about making mistakes. :)

Optional: Trace with pen or a marker

Alternative: Digital Mandala

Use a drawing app/software with a symmetry feature (ie. Ibis Paint for phones/tablets or Krita for laptops/computers) or a mandala making website <https://mandalamaker.online/>

If you use a digital form, it is recommended to print your mandalas before coloring.



Try the Zentangle™ Method

Step 1: Draw an outline of any shape (doesn't have to be perfect). This will be your 'tile'.

Step 2: Draw some 'strings' (faint lines) that divide up your tile. Can be straight or curvy. Be creative!

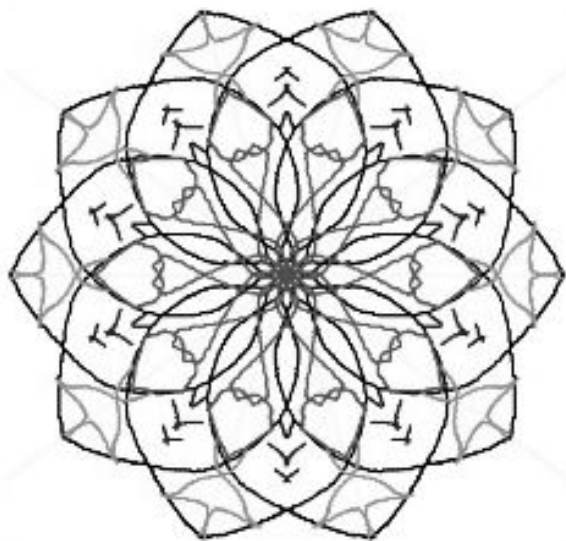
Step 3: Draw your 'tangles.' These are repeated patterns that fill up the spaces on your tile. Officially defined as *"a predefined sequence of simple strokes that make up a pattern."*

Only the very basic instructions are listed in this guide. For more detailed instructions and more information, visit <https://zentangle.com/pages/get-started>.

There are also many examples on the internet (Google Zentangle).

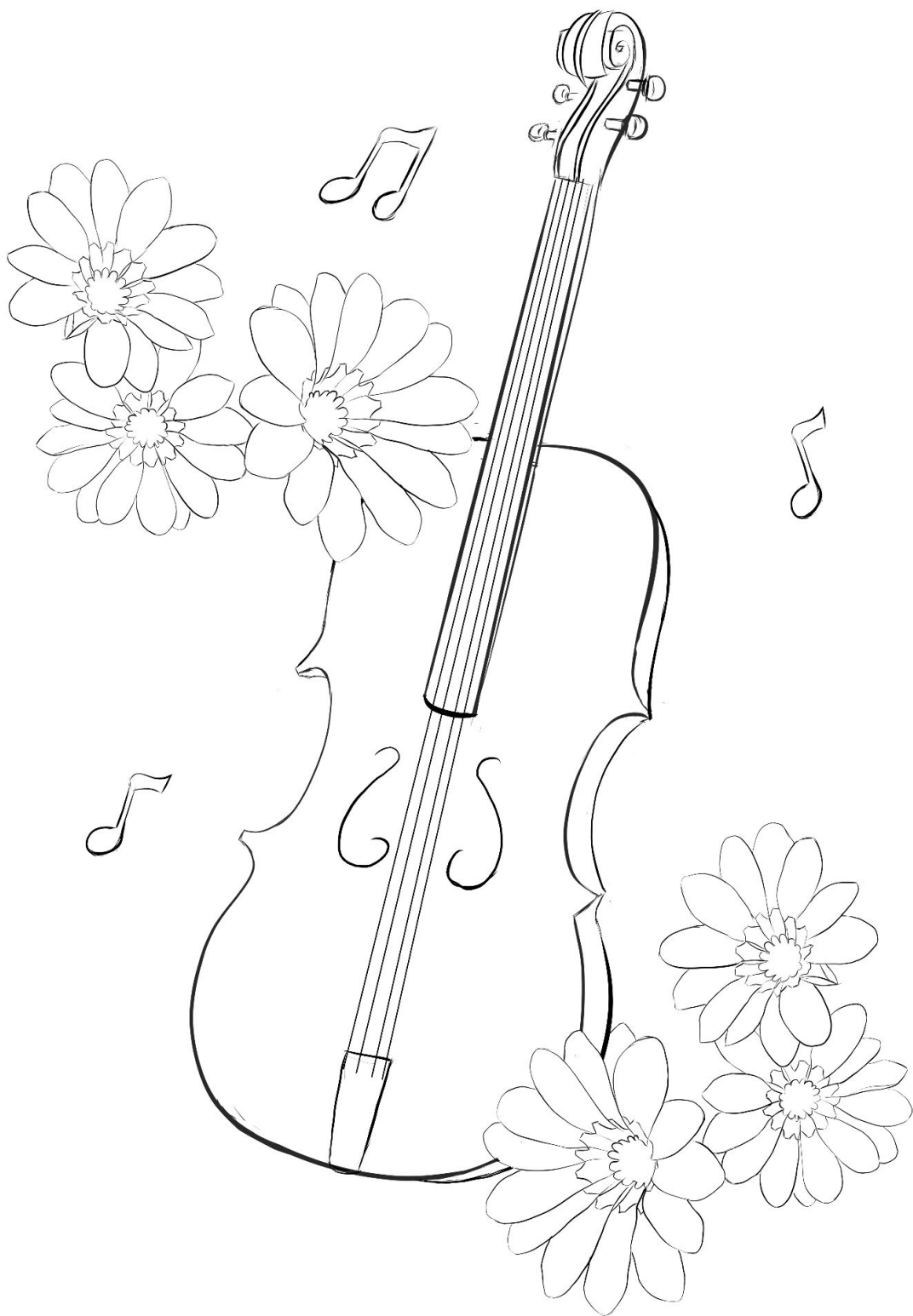
Try Creating Your Own Mandala or Zentangle

Mandala: Frost

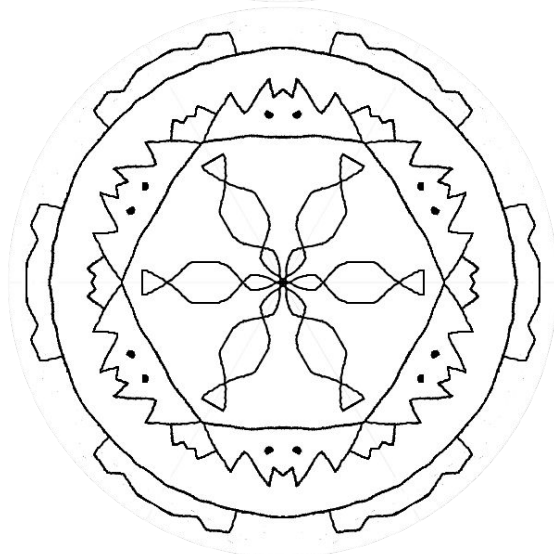
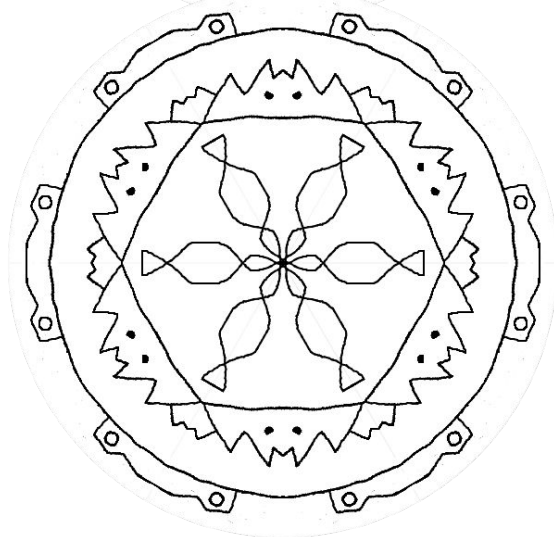
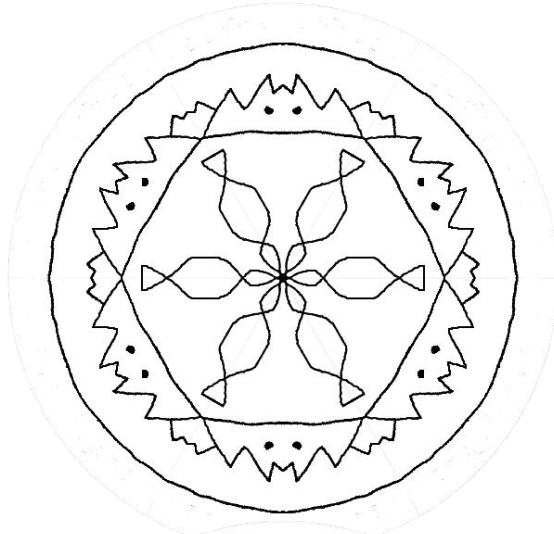


Title: Traje de Luces
Artist Instagram: @kuromilee





Title: Springtime Music



Title: Winging It by C. N.

Healthy Choices

