

# **Henna, The Joyous Body Art**



**Catherine Cartwright-Jones**

Henna, the Joyous Body Art: Pattern Book # 1  
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Printed in the United States of America

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Library of Congress Cataloging in Publication Data

Cartwright-Jones, Catherine.  
Henna, the Joyous Body Art: Pattern Book #1

1) Henna 2) Body Art

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**Pattern List:****Cultural and Ethnic Patterns:**

1. The Double Spiral
2. The Triple Spiral
3. Celtic patterns I
4. Celtic patterns II
5. The Celtic Cross
6. Thistle and Shamrock Patterns
7. Nordic Patterns
8. Gothic Patterns
9. Gothic Patterns II
10. Pentagram Patterns
11. Green Man Patterns
12. Goddess Patterns
13. Phoenix Patterns
14. Ankh Patterns
15. Ancient Symbols of Life
16. Chang: Buddha's Knot
17. Asian Dragons I
18. Asian Dragons II
19. European Dragons
20. Warrior Patterns
21. Men's Patterns
22. Knot Patterns
23. Kali Patterns
24. Moko Patterns
25. Rune Patterns
26. Jewish Patterns
27. Rom (Gypsy) Patterns
28. Winter Holiday Patterns
29. Paisley Patterns

**Nature Patterns:**

30. Moon Patterns
31. Moon and Star
32. Sun Patterns
33. Star Patterns
34. Water Patterns
35. Grape Patterns
36. Plant Patterns
37. Flower Patterns
38. Rose Patterns
39. Scorpion Patterns
40. Hare Patterns
41. Henna Patterns
42. Ivy Patterns
43. Islamic Flowers
44. Butterfly Patterns
45. Fish Patterns
46. Cat Patterns
47. Lotus Patterns

**Well Being of Body, Mind and Spirit Patterns:**

48. Good Luck Patterns

49. Love Patterns
50. Fertility Patterns
51. Wealth Patterns
52. Healing Patterns
53. Pregnancy Patterns I
54. Pregnancy Patterns II
55. Joy and Happiness Patterns
56. Sacred Sounds, Sacred Shapes
57. Infinite Joy Patterns
58. Patterns to Avert Evil

**Body Part Patterns:**

59. Toe Patterns
60. Finger Patterns I
61. Finger Patterns II
62. Sole and Ankle Patterns
63. Tummy and Navel Patterns
64. Ring and Cuff Patterns
65. Nipple Patterns
66. Leg Patterns
67. Upper and Lower Back Patterns
- 68 - 76. Arm and Leg Bands

**Henna Patterns by Country:**

77. Ancient Egyptian Patterns I
78. New Kingdom Egyptian Patterns II
79. Nigerian Patterns
80. Arabic Patterns from the 18<sup>th</sup> c. CE
81. Syrian Patterns
82. Armenian Patterns
83. Bedouin Patterns
84. Somalian Patterns
85. Amazigh (Berber) Patterns
86. Palestinian Patterns
87. Medieval Middle Eastern Patterns
88. Moorish Spanish Patterns
89. Anatolian Patterns
90. Indian Ritual Patterns I
91. Indian Ritual Patterns II
92. Indian Ritual Patterns III
93. Rajasthani Patterns I
94. Rajasthani Patterns II
95. Rajasthani Patterns III
96. Minoan Patterns
97. Mycenaean Patterns
98. Moroccan Patterns
99. Tunisian Patterns

**Henna; the Joyous Body Art: Pattern Book #1**

Henna is a harmless plant dye that stains the skin a beautiful red-brown color, similar to the color of blood. The metaphor of henna for blood, and the life force associated with blood, has been important to the traditions of henna since the earliest times.

Women used henna to celebrate life, love and fertility as early as 7000 BCE, in the eastern Mediterranean. Henna has been a continuous tradition since then, its use spreading out over 9000 years, over 50 countries, and by 6 different religions. All of the countries, through all of the centuries, have had local henna traditions, though most of them are still similar to the earliest Neolithic women's fertility celebrations. Within each tribe, country or civilization, the henna reflected the arts and societies of their time, and women's life within that culture. This pattern book is intended to reflect some of that diversity.

Henna use has spread with marriages, wars, conquest, religious crusade and economic venture throughout the centuries. As the women in each country embraced henna, they adapted it to their own aesthetics and needs. Henna now enters Western contemporary cultures, and it is being adapted again into new aesthetics and it addresses new needs. Catherine Cartwright-Jones created these henna patterns from traditional and historic arts for use by contemporary henna artists, to express the diversity of henna patterns and traditions through all the centuries.

### **A word about "Black Henna"**

Please use only safe, traditional henna in your henna, and appreciate its natural beautiful red-brown colors!

There is no such thing as natural "black henna", no matter what the package says. Though there are some "black henna" products that are mostly harmless, the fast staining black hennas often contain PPD, p-phenylenediamine, a common black dye, frequently found in hair dye. PPD is banned from use on skin in many countries, because it is so dangerous and can cause such severe reactions. These reactions include blistering and open lesions, which may lead to permanent scarring! PPD can cause the onset of asthma, which is a chronic life-threatening disease. The henna artist, even more than the client, will be at risk due to exposure from PPD. PPD is associated with liver and bladder complications, including renal failure and bladder cancer in the most severe cases.

Use safe, natural, henna in a safe recipe. To get the best results, go to these websites: <http://mehandi.com> and <http://www.hennapage.com>  
these sites have excellent information for henna artists!

# Yin-Yang and the Double Spiral

symbols of balance and duality in many cultures



Yin-Yang  
with trigrams



Japan



China



Norse



Book of  
Kells,  
Ireland



Book of Lindisfarne, Ireland



Morocco



Malta, 3000 BCE

Catherine Cartwright Jones © 2000

## The Triple Spiral

The triple spiral is found in many countries, often symbolizing the three-fold form of a deity.



Tomoe, Japan



Book of Kells,  
Ireland



Ardagh Chalice,  
Ireland



Medieval abbey  
Val Meriel, Seine-et-Oise,  
France



Detail from a gilt cross  
Ireland, 7th c.

Catherine Cartwright Jones © 2000

# Celtic Patterns adapted for henna



Book of Kells



Desborough Mirror



Book of Kells



Wadsworth



Battersea Shield



Perthshire



Witham Shield

Catherine Cartwright Jones © 2000

# Celtic Patterns adapted for feet and legs from medieval Pictish art.



Catherine Cartwright Jones © 2000

## The Celtic Cross



Catherine Cartwright Jones © 2000

## Thistles and Shamrocks

The thistle is the emblem of Scotland. In antiquity, it was used to dispel demons and reverse evil omens.

The shamrock is the symbol of Ireland, and was revered by the Druids and St. Patrick as a symbol of trinity.



Catherine Cartwright-Jones © 2000

# Norse and Viking Art

adapted for henna artists



Gotland, 500 CE



Oseburg, 800 CE



Hon,  
Norway



Ingelinge Howe



Serpent encircling  
the world  
Gotland, 500 CE



Serpent from Öland, 600 CE



Larbro Stora Hammars, Gotland



Gotland, 500 AD

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## "Gothic" Patterns for Henna



Evil auspices

*Malus Avibus*



Evil intent

*Malus Animus*



*Carpe Noctem!*

Seize the night!



*Magnum Fames*

A great evil

*Improbe amor,  
quid non mortalia  
spectora cogis!*

Wicked love, to what extremes  
you drive mortal hearts!

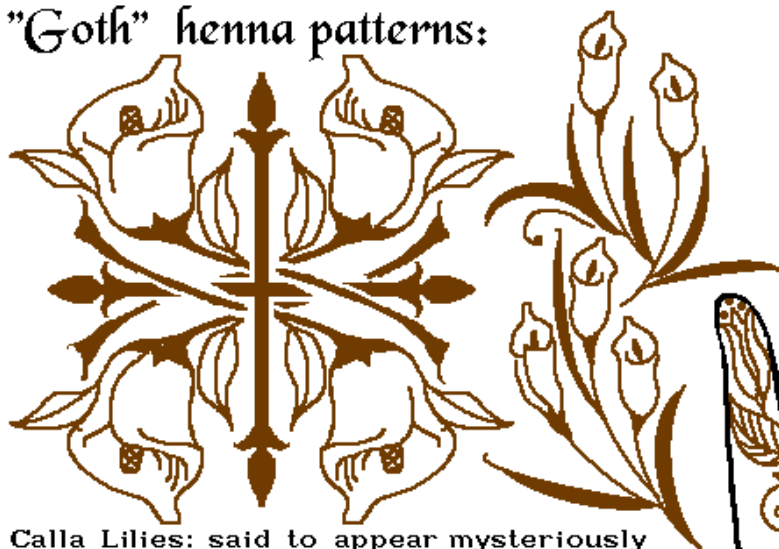


*Paete; non dolet!*

Don't worry;  
it doesn't hurt!

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## "Goth" henna patterns:



Calla Lilies: said to appear mysteriously just before death occurs



Deadly Nightshade: also called Atropa, after Atropos who cut the thread of life



"Xu" Egyptian spirit of the Dead



Thorns: a symbol of grief and tribulation



Skull and Calendulas: the Mexican Spirit of the Dead

Catherine Cartwright Jones © 2000

**Pentagrams:** an ancient symbol of life and an amulet of protection



Lilies: a symbol of mother's milk and abundance



Acanthus: rebirth



Artemisia: symbol of Artemis and Diana

Catherine Cartwright Jones © 2000



Willow: symbol of healing



Phases of the Moon



Ivy: symbol of Dionysus, Satyrs, and Thalia, the muse of comedy



Oak: symbol of strength

**The GreenMan** The God of vegetation, a personification of the earth bursting forth in greenery and fertility in the spring, has had many forms since the Bronze age. One of the oldest was Aliyan, a Canaanite god from 3000 BCE, for whom young women hennaed their hands as a part of fertility rites.



Catherine Cartwright Jones © 2000

## Goddess Patterns



Venus, as the eight-rayed star symbol of the Goddess Ishtar



The rose and the dove are symbols of Aphrodite.



Columbines symbolize Freya; her chariot was drawn by cats.



The moon and wormwood are symbols of Artemis.



The Tyet is a symbol of Isis, and was used as a protective amulet for women.



Lilies: according to myth, were formed from the Goddess Hera's milk.



Ravens symbolize Valkyries.

Catherine Cartwright Jones © 2000

The Phoenix is a symbol of goodness and benevolence in Asia, and was used by brides for their wedding day. It represents prosperity, beauty and abundant harvests.



Catherine Cartwright Jones © 2000

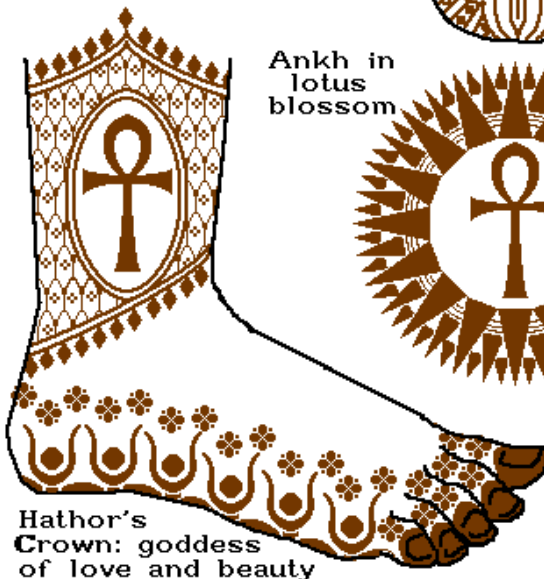
**Ankh;** The Ancient Egyption symbol of eternal life  
Patterns adapted from Egyptian art, 300 CE



Ankh with protecting cobras



Ankh with Grecian Spirals



Hathor's Crown: goddess of love and beauty

Anubis



Lotus



Ankh in lotus blossom



Cobras with Sun Disc: symbol of protection



Ankh with papyrus

Catherine Cartwright Jones © 2000

## Ancient Symbols of Life



Perpetual Renewal:  
lower Danube, 5000 BCE



Life Force:  
Italy, 6000 BCE



Eyes of the Goddess:  
Spain, 3000 BCE



Spirals: symbol of life force,  
Malta, 3000 BCE



Divine Eyes, source of life:  
Hagar Qim, 3000 BCE



Regeneration:  
Sicily, 3000 BCE



Ram's Horns: fertility  
and masculinity,  
Cyprus, 7th c. BCE



Symbol of Energy:  
Romania, 3800 BCE

Catherine Cartwright-Jones © 2000

**The Endless Knot, Chang:**  
 recieves and bestows abundance and  
 long life, and is a symbol of infinity  
 and eternity.



Chang and Flames



Chang and  
 Chrysanthemum



Chang and Hudie, Butterflies

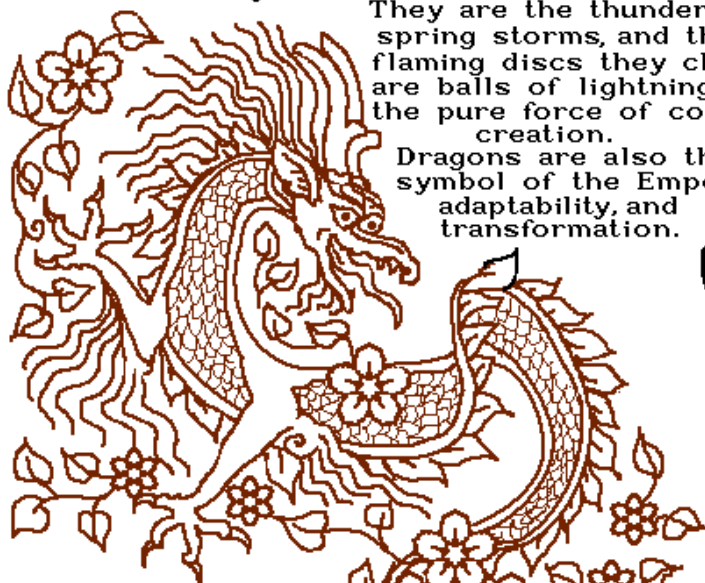
Catherine Cartwright Jones © 2000

## Asian Dragons

embody the creative, dynamic force in the universe.

They are the thunder of spring storms, and the flaming discs they chase are balls of lightning; the pure force of cosmic creation.

Dragons are also the symbol of the Emperor, adaptability, and transformation.



Dragon's head with flaming jewel



Catherine Cartwright Jones © 2000

Dragon with Flaming Jewel: symbol of rolling thunder and lightning, the force of creation.



## Asian Dragons



Dragon and Flowers: Uyghur influenced Song Dynasty, 1175 CE  
Catherine Cartwright Jones © 2000



Dragon and Flaming Jewel: Central Asia, 1200 CE

## Dragons and Wyverns

in Europe, are symbolic of the primeval chaos that must be controlled through vigilance, bravery, and nobility. Wyverns are the dragons with two legs and a forked tail.



# Symbols of Warriors

Catherine Cartwright Jones © 2000



Valknot: a symbol of Odin's warriors



Roman sword fitting, Syria



Battersea Shield: Celtic Britain



Boar: a symbol of fierceness and fearlessness from a stone carving found in Inverness, Scotland.



Quilin: the insignia of the Highest Military official, Imperial China



"Knives" from embroidery on a cavalry officer's robe, Nigeria



Swords: a Japanese crest

## Men's Patterns

Catherine Cartwright Jones © 2000



The King's Drum: Nigeria



Men's tattoo pattern:  
Maya 700 CE



Vajra:  
symbol of the  
thunderbolt and  
male energy,  
Tibet



Men's tribal pattern:  
Papua, New Guinea



Tiewaz:  
the rune of the  
spiritual warrior,  
Norse



India: Kundalini  
coiled around a  
lingam



Maketu: men's tattoo  
pattern, Maori



Patterns of the Universe from Vishnu's Footprints: India

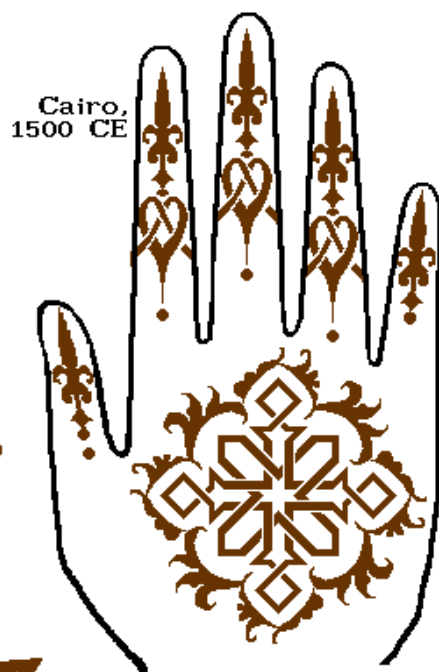
**K**nots: to restrain evil and  
bind promises



Turkistan



Medieval  
Russia



Cairo,  
1500 CE



Cordoba, 960 CE



Cairo,  
1325 CE



Tabriz,  
1307 CE



contemporary

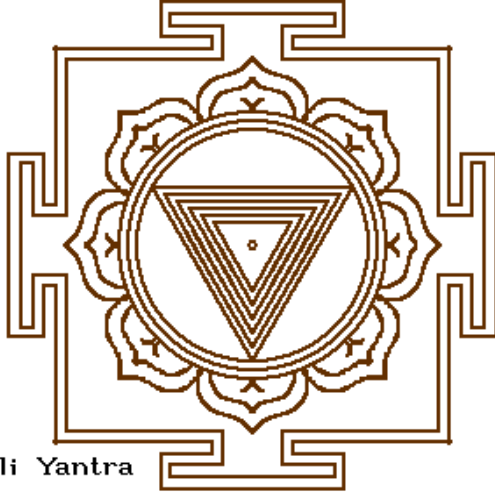


Assisi, 1250 CE



Medieval  
Russia

**Kali** These patterns are associated with the Hindu Goddess Kali, a loving and compassionate but terrifying deity who embodies the female force of creation, and is the bringer of life and death. She protects her devotees from fear, and gives them limitless peace.



Kali Yantra

This pattern is used to meditate upon the divine female energy.



Bhuvanesvari Yantra and Seven Flowers:

Symbol of the divine Mother and her favorite offering of seven flowers.



Kali as the New Moon with Sun as consort



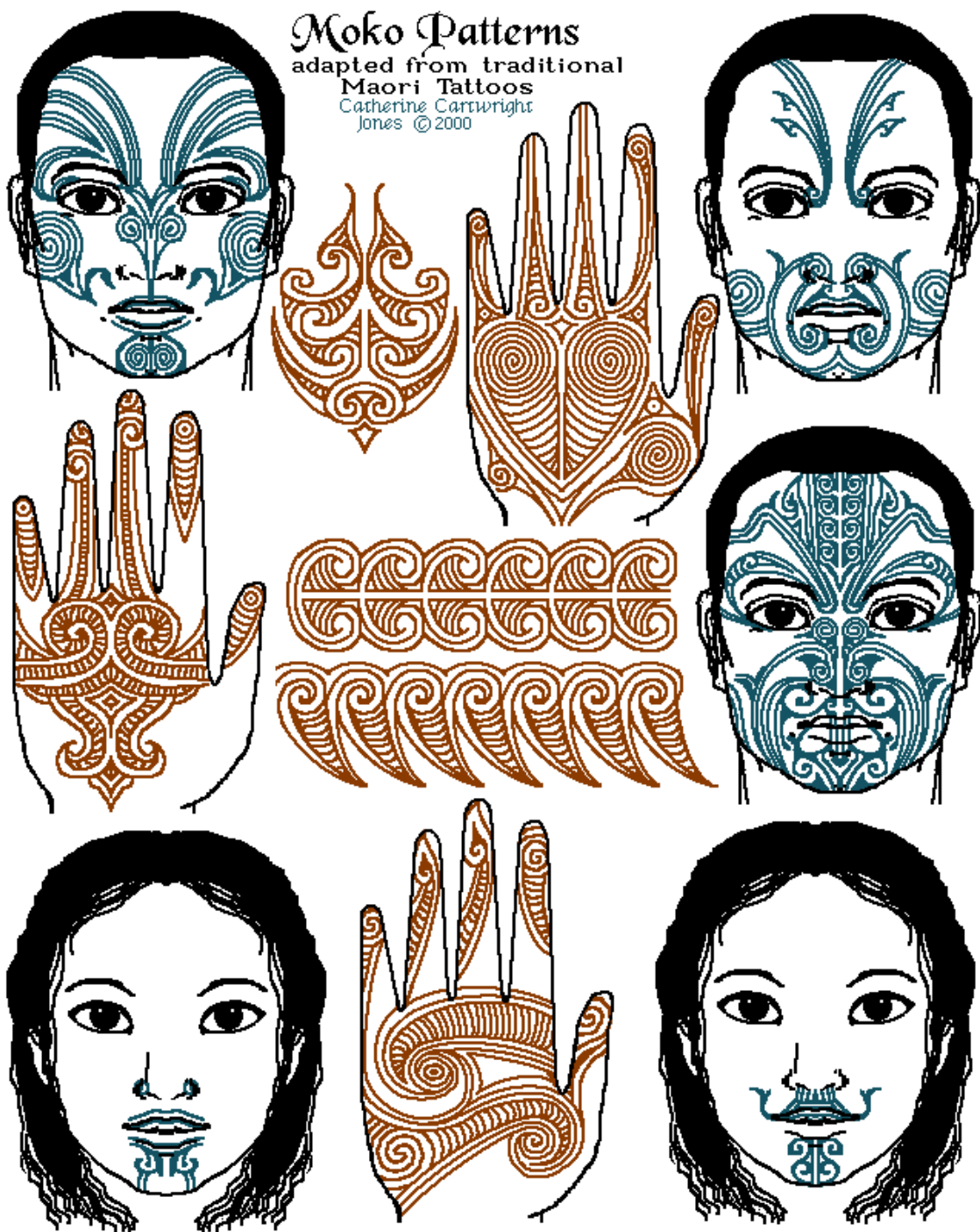
Eyes of Kali



Garland of Skulls: Kali's adornment

Catherine Cartwright Jones © 2000

**Moko Patterns**  
 adapted from traditional  
 Maori Tattoos  
 Catherine Cartwright  
 Jones © 2000



# Runes



Fehu: fulfillment



Berkana: rebirth



Wunjo: joy



Sowelu: wholeness



Inguz: new beginnings



Kano: opening



Gebo: partnership

Catherine Cartwright Jones © 2000

## Patterns from Jewish Art



Poland



Syria



Jerusalem



Jerusalem



Cairo



Askalon



Turkey

מזל טוב

Mazel Tov: a traditional wedding blessing



Jersualem



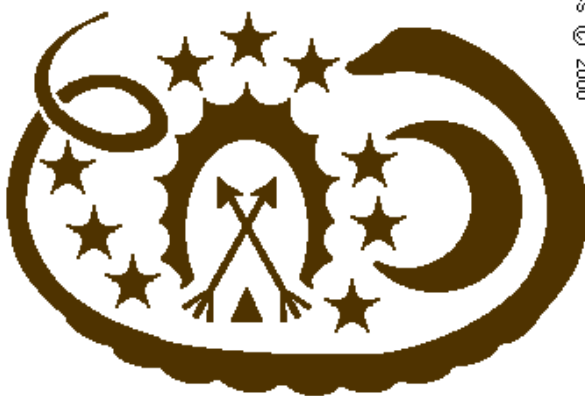
Catherine Cartwright Jones © 2000

**Rom (Gypsy) Patterns** adapted from  
amulets used to bring  
luck, comfort and endurance in adversity.



Rom bridal henna:  
Bulgaria

Catherine Cartwright Jones © 2000



## Henna Patterns for Winter Holidays



Catherine Cartwright Jones © 2000

**Paisley** patterns represent many different things in different cultures. They may be lotus pods, date pollen cones, flames, leaves, mangoes, or wasp stingers.



Leaf: India, 19th c.



Leaves: India, 20th c.



Lotus Pod and Pomegranate flowers: symbol of fertility, China, 11th c.



Wasp stinger: symbol of love's passion, India, 19th c.



Date pollen cone: symbol of fertility Arabia, 9th c.

Catherine Cartwright Jones © 2000



Mangoes: symbol of female beauty, India, 20th c.

## The Moon



The Sun and the Moon:  
Nepal



Moon and Star  
Kano: Nigeria



The Three-legged Lunar  
Toad that swallows the  
sun at an eclipse:  
symbol of the  
unattainable and great  
good luck, China



Lunar Cycle Glyph:  
Romania, 4400 BCE



The Moon Rabbit  
pounding the elixir  
of life: China



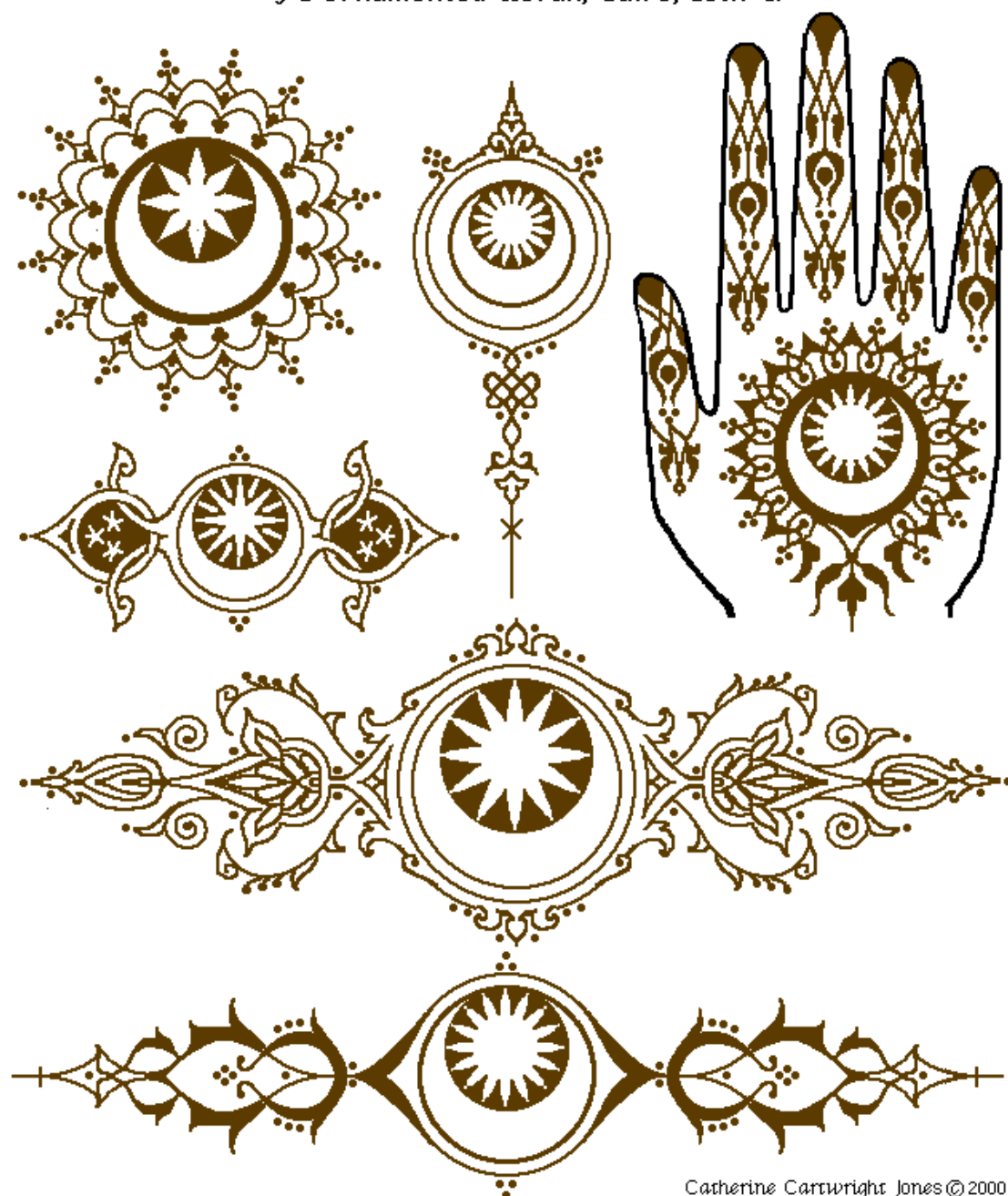
The Twins: Brother Sun  
and Sister Moon,  
Maya



Moon over Water:  
Japan

Catherine Cartwright Jones © 2000

*The Crescent Moon and Star* patterns adapted from  
Sultan El-Ghoury's ornamented Koran, Cairo, 16th c.



Catherine Cartwright Jones © 2000

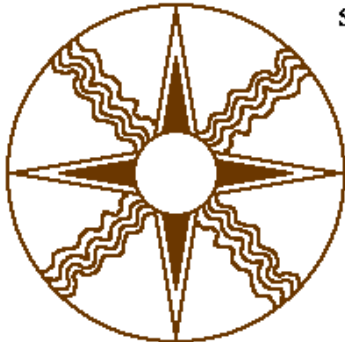
# The Sun



Kohistan,  
Pakistan



Surya: India, 1725 CE



Symbol of Sun God, Samas:  
Babylon, 870 BCE



Sun Wheel: India



Ksour Esaf,  
Tunisia

The Rising Sun: Japan



Solar Disk, Buzsak, Hungary



Sun disk from Benali  
caste Kutch, India,  
where the people believe  
they are descendants of Surya, the Sun God.

Catherine Cartwright-Jones © 2000

# Star Patterns

Catherine Cartwright Jones © 2000



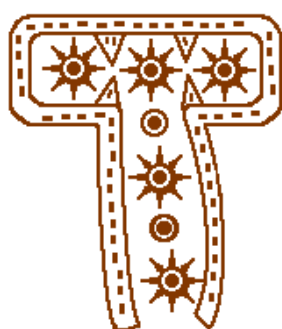
Orvieto, Italy, 1300 CE



Palermo: 1132 CE



Kosovo, Yugoslavia



Orion  
"Three Fisherman  
in a Canoe":  
Arnhem Land, Australia



Dakota  
Sioux



Sicily, 1100 CE



Bennu, the Morning Star, "Sigi Tolo"  
herald of Rā,  
the Egyptian Sun God



"Sigi Tolo"  
Sirius:  
Dogon, Mali



Sauk

## Symbols of Water



Olokun:  
water  
goddess,  
Nigeria



Mermaid



Pondweed:  
the spirit  
of water,  
Asia



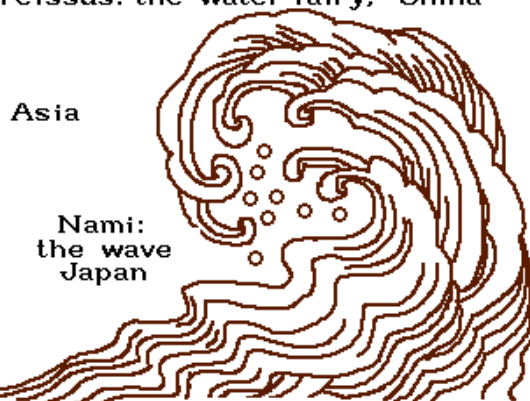
Apsara: the lotus pond spirit,  
India



Narcissus: the water fairy, China



The Sacred Vase:  
holds the water of life, Asia

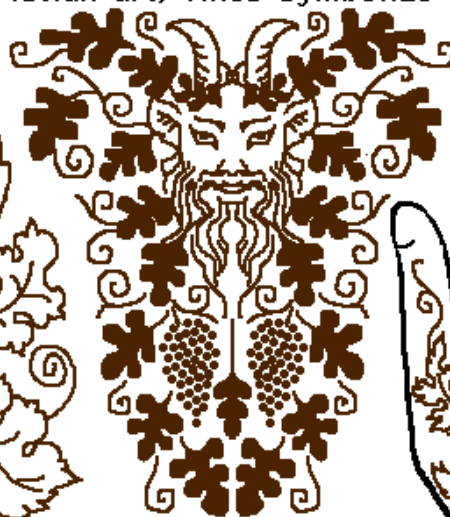


Nami:  
the wave  
Japan

**Grapevines** in the Greek and Roman world, represented Dionysus and Bacchus, and merriment. In Christian art, vines symbolize Divine protection.



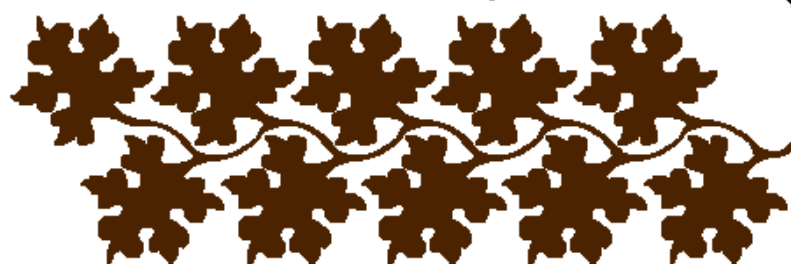
Coptic, 400 CE



Italy, 1700 CE



France, 1450 CE



Egypto-Roman, 300 CE



Lebanon, 150 CE

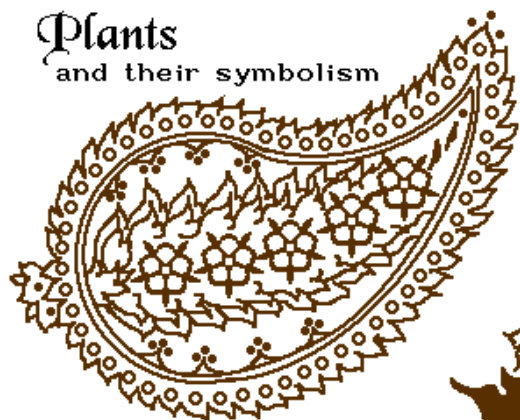


Byzantium, 550 CE

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## Plants

and their symbolism



Date pollen cone:  
symbol of fertility and  
wealth, Assyria



Gourd: symbol of mystery, medicine  
and magic,  
China



Rice:  
symbol of  
prosperity, Asia



Bamboo: symbol of  
longevity, Asia



Kalpa Vriksha:  
wish-fulfilling vines,  
Tibet



Thorns: symbol of  
self sacrifice and suffering

Catherine Cartwright Jones © 2000

## Flowers and their symbolism



**Chrysanthemum:**  
symbol of gentility,  
nobility, and longevity

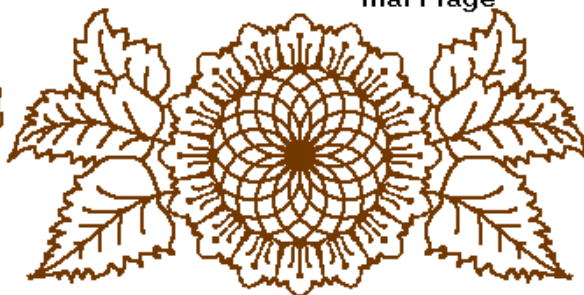
**Orchid:** symbol of  
sincere friendship  
and peacefulness



**Pinks:** a symbol of  
marriage



**Peony:** a symbol of  
abundance and honor



**Sunflower:** "As it turns to the sun,  
so my heart turns to my beloved."



**Daisies:** symbol of innocence and simplicity © 2000 Catherine Cartwright Jones

**Roses** symbolized victorious love to the Romans. Dionysian festival participants wore rose garlands to avert drunkenness. However, in the Middle Ages, only virgins were permitted to wear rose garlands. Five petaled roses are symbolic of secrets.



Turkey,  
16th c.



England, 19th c.



Syria, 16th c.

Catherine Cartwright Jones © 2000



Egypt, 17th c.



India, 19th c.



Irish Rose

**Scorpions** are symbols of passionate love, and talismans against a husband's waning interest. They date back to the Bronze Age, in the Middle East when the scorpion was a symbol of the goddess Asherah.



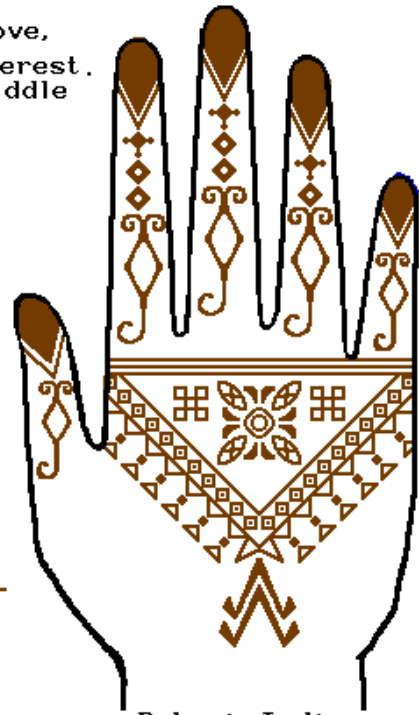
Karakecli,  
Anatolia



Yuncu Yoruk,  
Baliskir, Anatolia



Tunisia



Rabari, India



Saurashtra,  
India



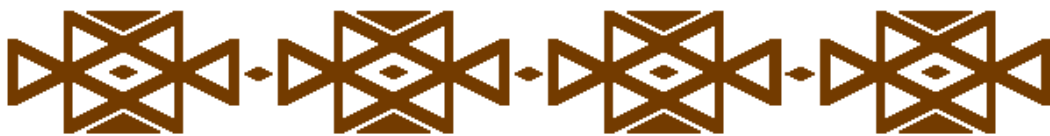
Tunis



Kurd



Jaisalmer, India



Oudref, Tunisia



Scorpion Stings, Tunisia

Catherine Cartwright Jones © 2000

**Rabbits and Hares** were symbols of sexual delight and were often courting gifts from the ardent admirer to the beloved from 500 BCE to 1500 CE in the Mediterranean countries and the Middle East.



"Madly in love"  
"haiman", Arabic,  
Persia, 13th c.



Umayyad Caliphate,  
Granada, Spain, 9th c.



Kashan, Persia, 13th c.



Syria, 14th c.



Persia, 12th c.



Kashan, Persia, 13th c.



Coptic Egypt, 6th c.

Catherine Cartwright Jones © 2000

Patterns derived from the Henna plant  
and "henna" in other languages



Ivy is a symbol of true love and friendship. Its vigor was a symbol of enjoying life, and adorned Satyrs. It was entwined with vine leaves on the staff of Dionysus, God of ecstasy. It was also considered to inspire profound thoughts.



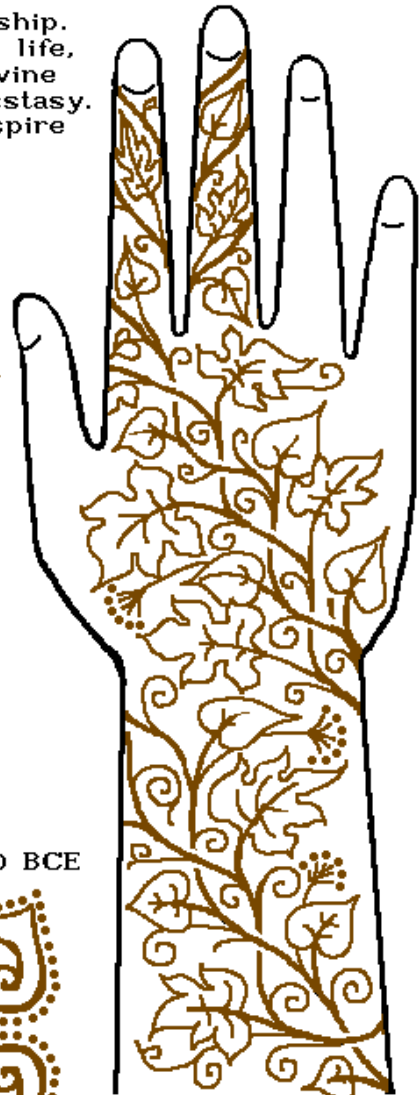
Knossos,  
1500 BCE



Greece, 500 BCE



Italy, 370 BCE



Intertwined grape  
and ivy: symbol of  
Dionysus



Mycenae, 1600 BCE



Greece, 1500 BCE

Catherine Cartwright Jones © 2000

## Flower Patterns from the

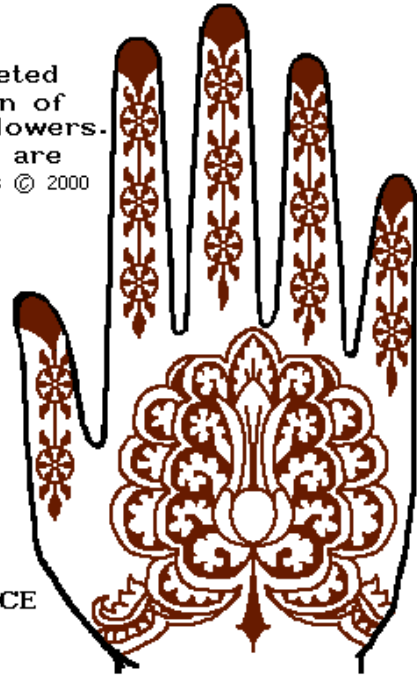
**Islamic World** Islam may be interpreted to forbid the depiction of people and animals but to permit art with flowers. Some of the most beautiful flowers in art are from the Islamic world. Catherine Cartwright Jones © 2000



Turkoman, 1473 CE



Allahabad, 1610 CE



Bursa, Turkey, 1600 CE



Isfahan, 1600 CE



Pakistan, 1500 CE



Turkey, 1600 CE

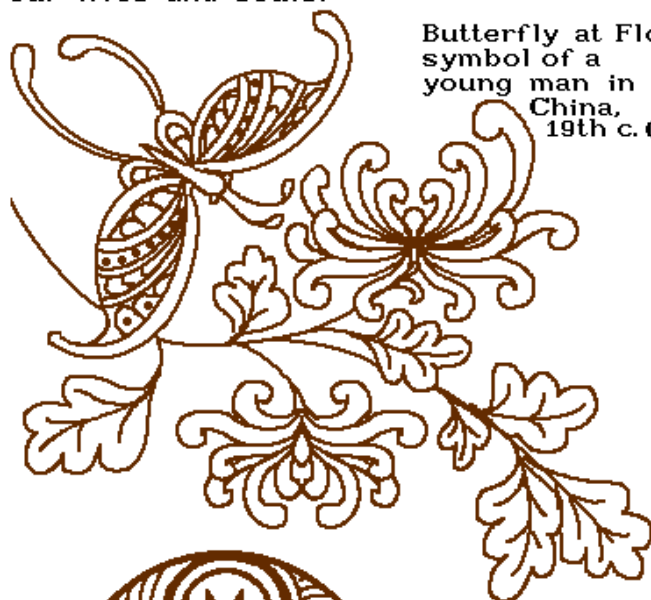


Slovakia



Turkey, 1500 CE

**Butterflies;** in some cultures, butterflies symbolize beauty or metamorphosis, and in others, the transitory nature of happiness. It is also a metaphor for the transformations of our lives and souls.



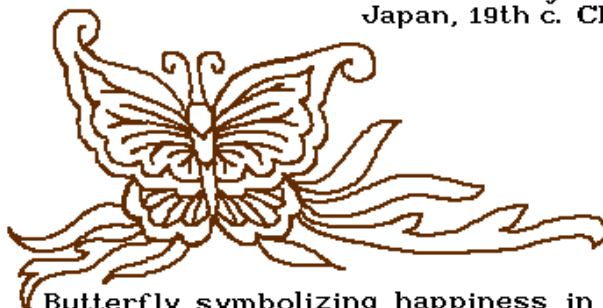
Butterfly at Flower:  
symbol of a  
young man in love,  
China,  
19th c. CE



Butterfly symbolizing  
feminine beauty:  
Japan, 19th c. CE



Spiral of Butterflies:  
Renewal of Life,  
Thessaly, 5000 BCE



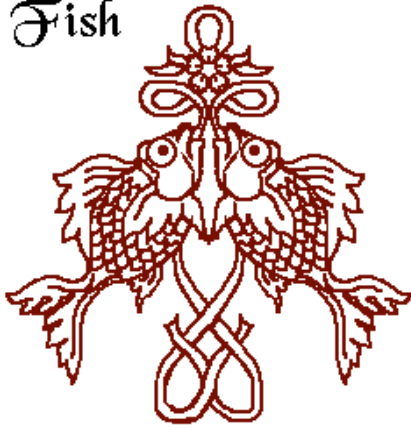
Butterfly symbolizing happiness in  
marriage: China, 19th c. CE



Butterflies: transformation, Mycenae, 15th c. BCE

Catherine Cartwright Jones © 2000

# Fish



Pairs of fish are symbols of marriage, the joys of conjugal sexuality, and charms against evil: Asia



Fish are symbols of women's beauty and sexuality: India



The carp is a symbol of strength and courage: Asia



Persia, 17th c.



Fish were a symbol of joyous sex: Medieval Persia

Catherine Cartwright Jones © 2000

# Cats



Cats were believed to be able to dispel evil spirits: Asia



Cats, being nocturnal, were associated with the moon and symbolized lunar goddesses, like Diana and Artemis.



Cats, willows, and the triple moon were symbols of Hecate.



Cats were beloved as pets and revered as Goddesses: Ancient Egypt



Mither'o'Mawkins, the Goddess of Witches: Scotland



Cats are regarded as a symbol of luck, as they were believed to have nine lives. Catherine Cartwright Jones © 2000

**Lotus;** a symbol of purity and nobility



"OM": a symbol of peace and enlightenment, Tibet



Lotus with Conch: the blessedness of turning to the right, Nepal, 1400 CE



Yamantaka Mandala  
Lotus, Jewels  
and Cosmic Fire:  
symbol of divine  
creative force,  
Tibet, 1300 CE



Chakra: used to create sacred space, Nepal



Central Asia, 1250 CE



Lotus: symbol of ultimate mystery, detail from Kesi Mandala, 1300 CE



Lotus petal border from Throne of Vajrabhairava: Tibetan Thangka, 1400 CE

Catherine Cartwright Jones © 2000

## Good Luck Patterns



"Yu Long"  
the fish dragon:  
the carp ascending  
a waterfall is a symbol  
of passing examinations,  
China



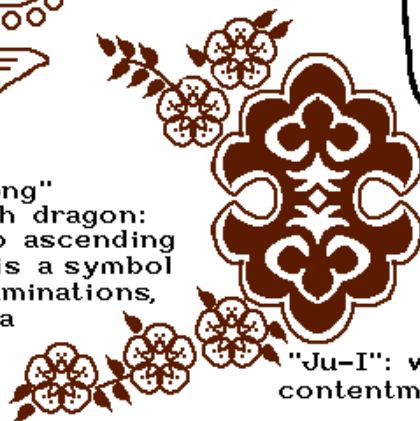
Peepal or  
Paan leaf:  
Pakistan  
and India



"Ji" and "red bat":  
good luck and  
happiness: China



Tjet: blood of  
Isis, a woman's  
good luck  
amulet,  
Ancient Egypt



"Ju-I": wishes fulfilled,  
contentment, prosperity,  
China



Bakan Gizo: the rainbow, brings good  
fortune, Nigeria



Good Luck Patterns:  
Morocco

Catherine Cartwright Jones © 2000

# Eternal Love

White Carnations:  
symbol of undying  
love



"My Heart" (qalbi, Arabic):  
a term of endearment



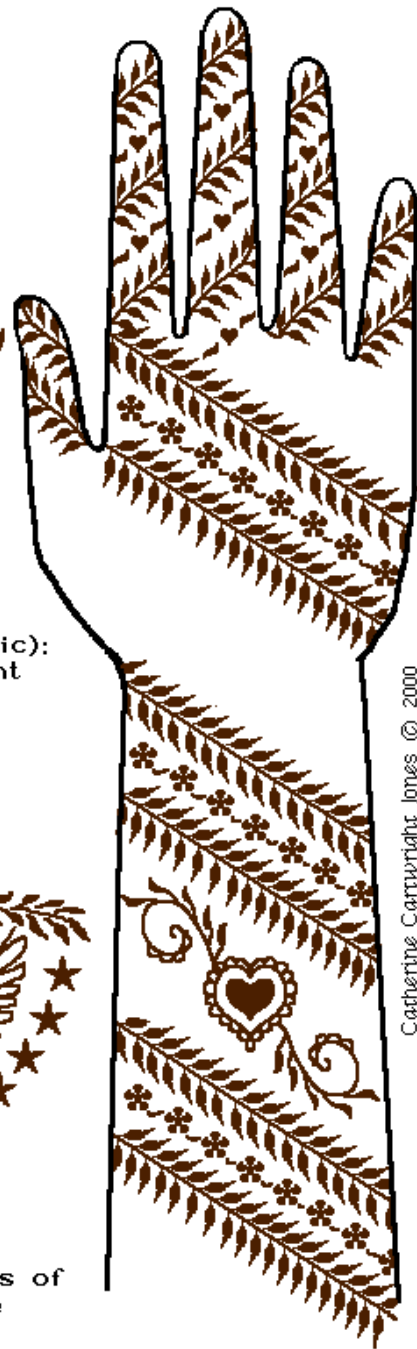
White Rose:  
eternal love



Turtledoves,  
Myrtle and  
Stars: symbols of  
eternal love



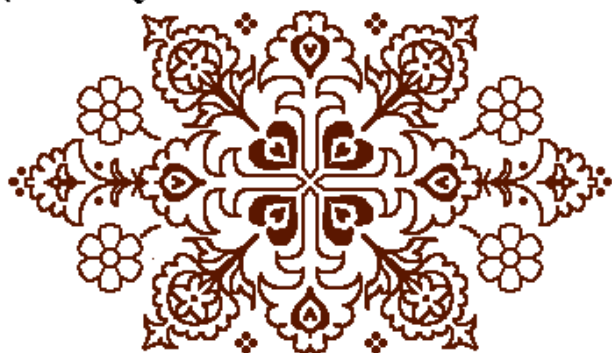
Love, Love (hub; Arabic):  
as twin doves, symbol of  
eternal love and devotion in marriage



Myrtle Garland:  
symbol of eternal love

Catherine Cartwright Jones © 2000

## Pomegranates; a symbol of fertility in many countries



Pomegranate and carnations as a cruciform tree of life symbolizing fertility, luck and growth: Uzbek Lakai



Pomegranate full of seeds symbolizing pregnancy: Kashan, Persia



Pomegranate symbolizing fertility: Balkans



Scroll of pomegranates symbolizing a large family: Syria



Pomegranate blossoms and babies: China

Catherine Cartwright Jones © 2000

## Wealth



Three legged toad and coins:  
symbol of incredible good fortune  
and wealth.



Ankh, Ut'a, Senb:  
"Life, wealth, health",  
an ancient Egyptian  
blessing



Bianfu:  
Bat, Coins and Citron: wealth



Fou Shou:  
Buddha's Hand Citron: an Asian symbol  
of wealth and divine  
protection.



Ju-i: a charm for wealth



Qian:  
a charm for wealth



Seven Cherries: a Santerian charm to bring wealth

Catherine Cartwright Jones © 2000

## Patterns for Healing © 2000 Catherine Cartwright Jones



The Staff of Asclepius is the symbol of the Greek God of healing.



The Sumerian God of healing, Ningizzida, was symbolized by two intertwined serpents.



Poppies have been symbolic of calming and relief from pain since 2000 BCE.



Sage, cedar bundles, and feathers are used by Native Americans to assist in healing and purifying.



Elecampne was used to cure many diseases, ease digestion, and bring mirth.

## Pregnancy Patterns



Hippo pattern from 4th millenium BCE Egypt:  
the hippopotamus Goddess Taweret protected women during childbirth. An amulet with her image was hung on a woman's bed during childbirth, and Taweret was the patron of midwives.



Taweret



Tyet

The Tyet is a symbol of Isis, particularly the vulva of Isis, and was used as a protective amulet for women.



Bes, the lion-faced dancing dwarf, was a special god for children, protecting them at birth and dancing for them to make them laugh and smile. Bes

Catherine Cartwright Jones © 2000

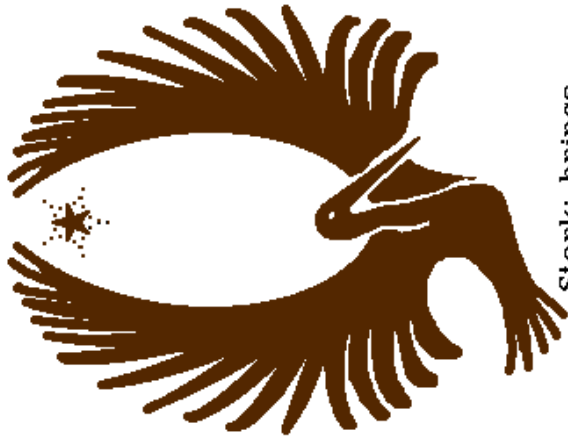
# Patterns for Pregnant Bellies



Oak: strength and endurance



Guardian Angel



Stork: brings new souls from heaven for birth



Hares and Willow: symbols of easy childbirth and healing



Lilies: symbol of abundant milk

Catherine Cartwright-Jones © 2000

# Joy and Happiness symbols from traditional Asian art.



Xi with butterfly:  
Joy



Bat and Shou:  
happiness and  
long life



Shuang Xi:  
Double Happiness,  
and Butterflies:  
wedded bliss



Xi with Five Bats: Joy:  
symbolize the five blessings  
health, wealth, long life,  
virtue, and a natural death



The Cloud:  
peace and  
good fortune



Long Life  
and Joy:  
butterfly  
and bat



"Three Plenties" the peach, citron, and pomegranate:  
symbolizing long life, happiness, and many children.

Catherine Cartwright Jones © 2000

## Sacred Sounds and Symbols



Om:  
the root syllable of  
origin and dissolution



Hrim:  
sound of the unity  
of male and female  
principles



Klim: the sound of  
ultimate surrender  
to eternal love



Om



Nava-Yoni in the cosmic waters:  
creation of the universe by union  
of male and female principles

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Om Mani Padme Hum:  
Hail to the Jewel in the Lotus



Hum:  
the syllable in which  
resides the highest  
force of enlightenment

**Wan** ; variations of this figure symbolize health, and good luck in many countries. In China and India, it is a symbol of the heart of Buddha, and ten thousand joys.



Wan - Hudie: 5 butterflies symbolize joy, China



Manji: Japan



Auspicious wedding pattern: India



Narcissus and symbol of joy: good fortune and prosperity



Catherine Cartwright Jones © 2000

## Tribal Patterns to Avert Evil

In North Africa and the Middle East, henna patterns keep women safe from malevolent spirits.



Women's traditional patterns for protection from evil: Tunisia



Fish and Hand: patterns to avert evil, Tunisia



Protection from the Evil Eye: Beit Dajan



Pattern to Avert the Evil Eye: Anti-Atlas



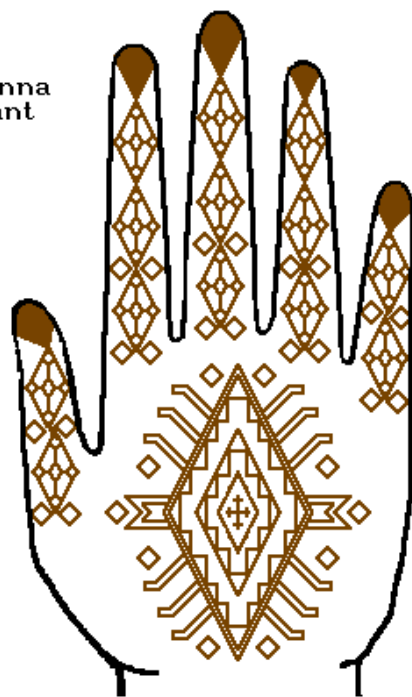
Khamsa: Morocco



Khamsa: Morocco



Suns and Cocks, to drive away the evil spirits of the night: Tunisia



Pattern to Avert Evil: Turkistan

Catherine Cartwright-Jones ©2000

## Toe Patterns from traditional sources



Arabia,  
16th c.



Afghanistan,  
19th c.



Bedouin,  
Hamama tribe  
19th c.



Tassoufra,  
Sahara, 19th c.



Tuareg,  
19th c.



Turkey,  
16th c.



Anatolia,  
18th c.

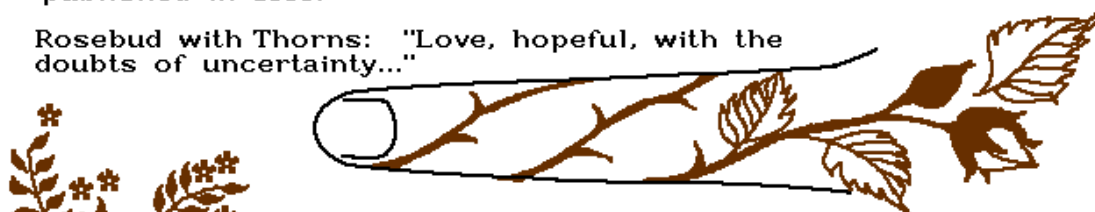


Yemen,  
17th c.

Catherine Cartwright Jones © 2000

**Patterns for Fingers** ©2000 Catherine Cartwright Jones  
 Flowers were used to communicate secret messages between lovers in the 18th and 19th centuries. These meanings are from "Blumensprache" by G.W. Gessman, published in 1899.

Rosebud with Thorns: "Love, hopeful, with the doubts of uncertainty..."



Thyme: "Unity of souls is the greatest good."



White Rose: "Its pale petals signify the joy of love eternal and pure."



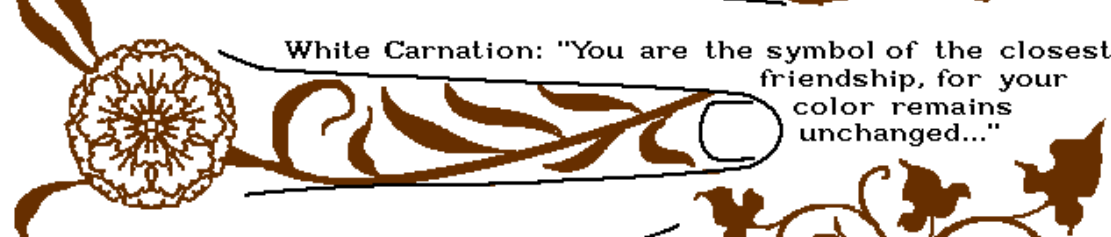
Clover: Fortune smiles upon me only when I can share it with you!"



Red Rose: "This is the pledge of love and fidelity."



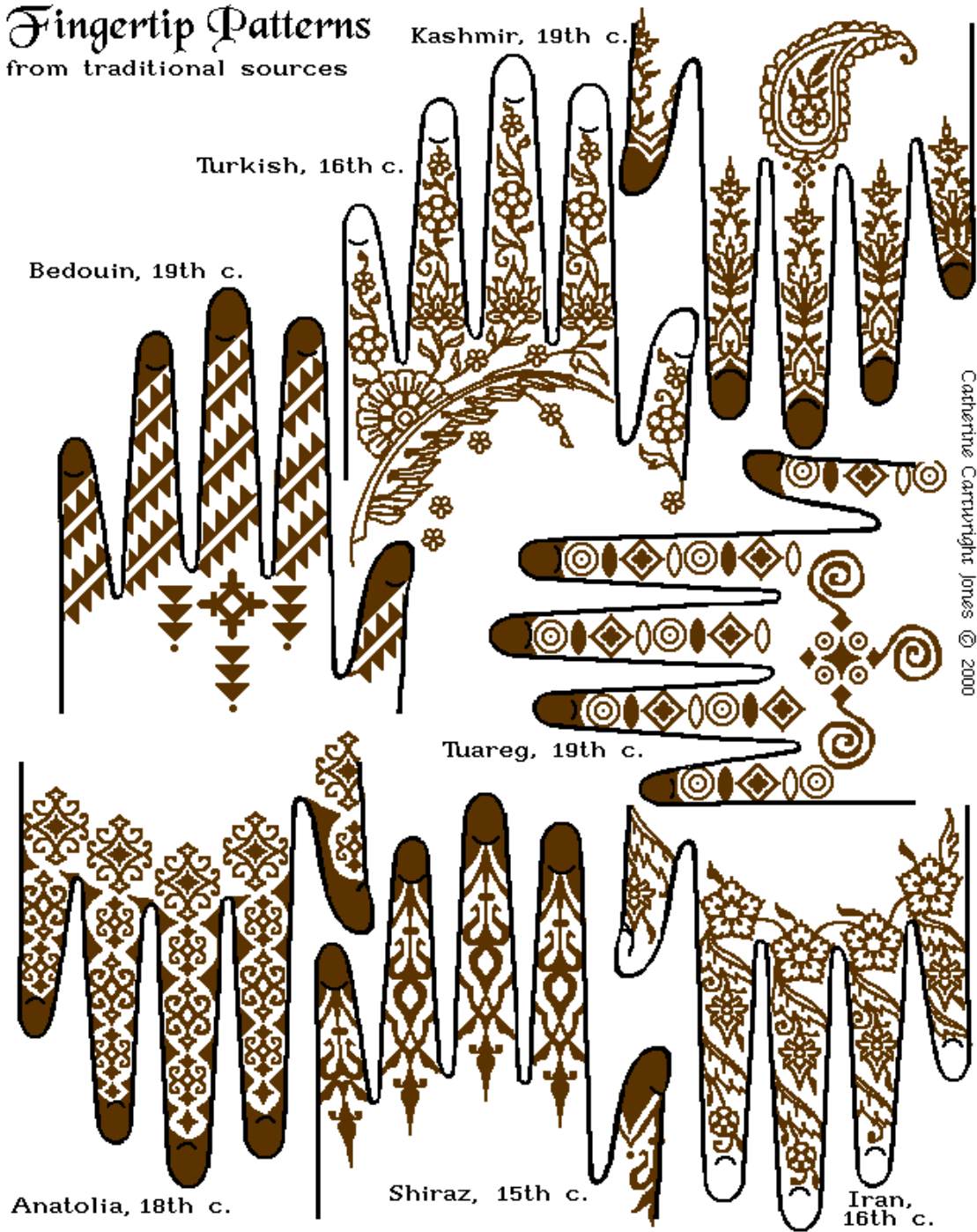
White Carnation: "You are the symbol of the closest friendship, for your color remains unchanged..."



Vine: "Move closer, remain true to me."



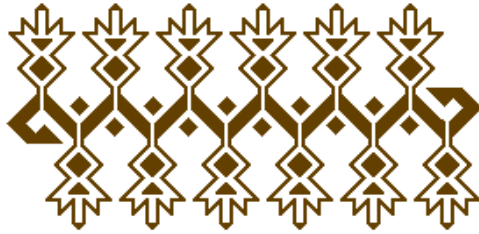
# Fingertip Patterns from traditional sources



# Sole and Ankle Patterns from traditional sources



Abbasid, Mesopotamia, 9th c.



Bedouin, 19th c.



Tuareg,  
19th c.



Bedouin,  
19th c.



Turkish,  
16th c.



Kashan, Persia,  
1204 AD



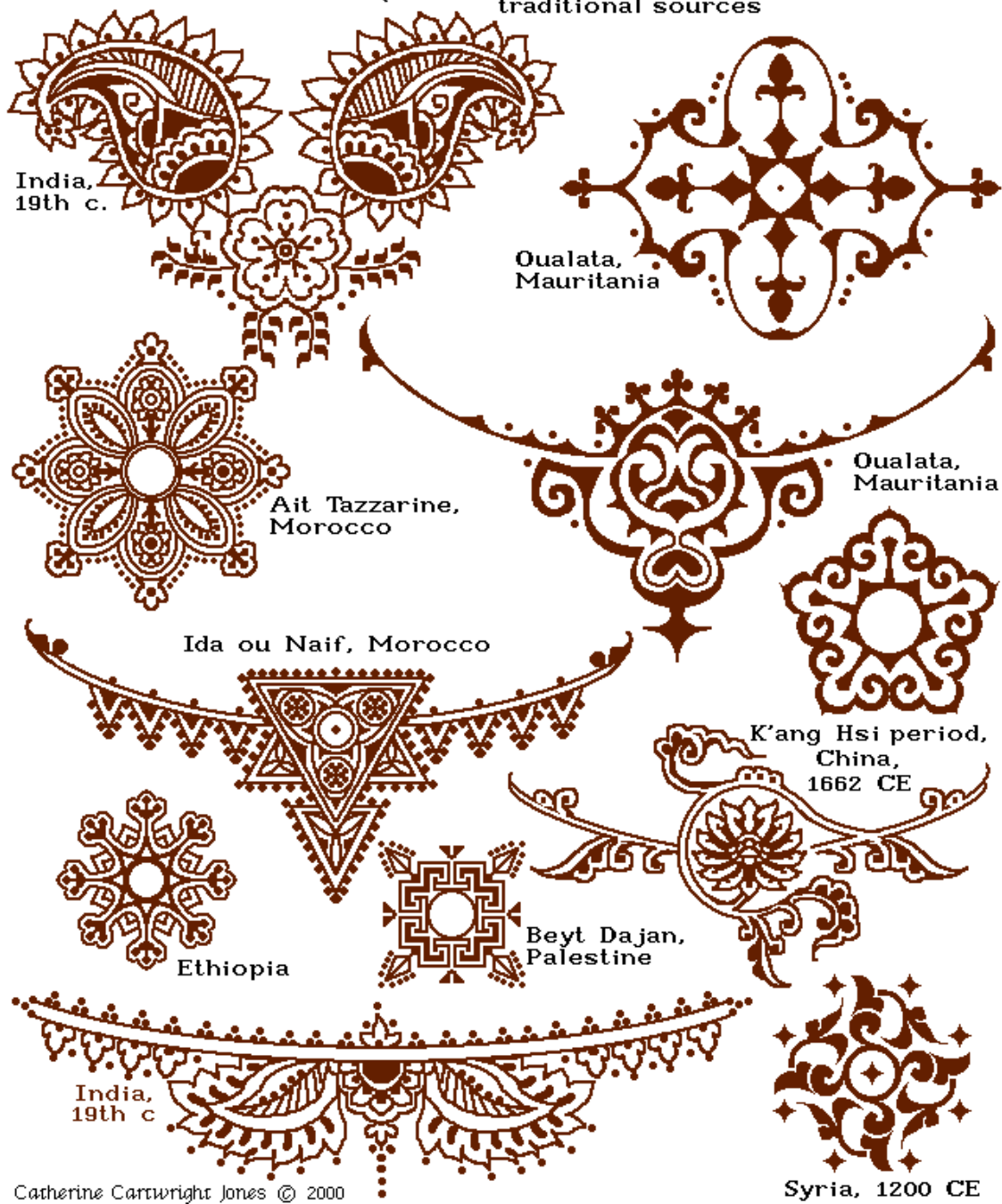
Protective Pattern:  
Sahara, 19th c.



Persia, 12th c.

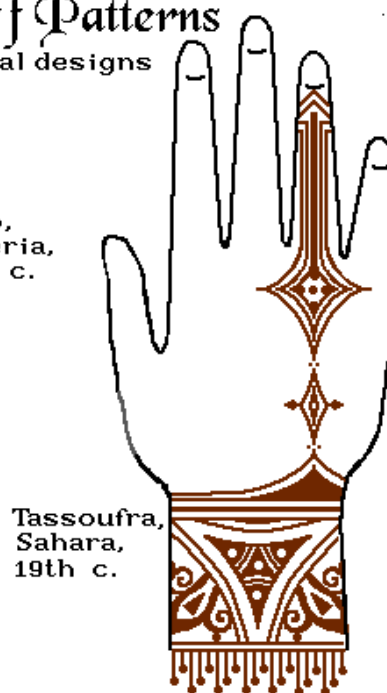
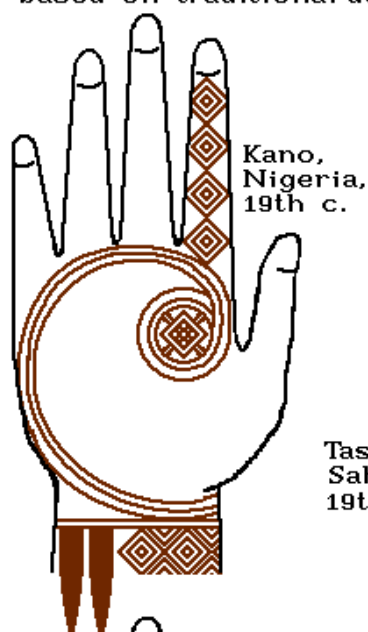
Catherine Cartwright Jones © 2000

## Bikini and Navel Patterns adapted from traditional sources

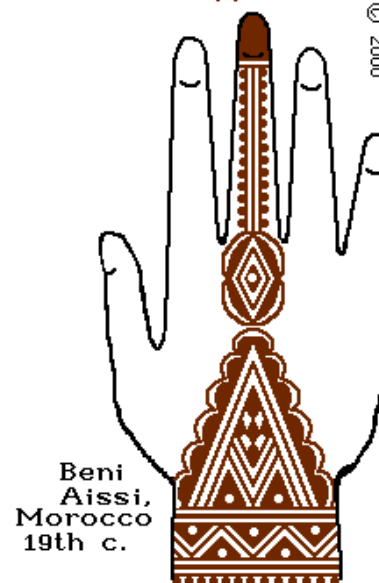
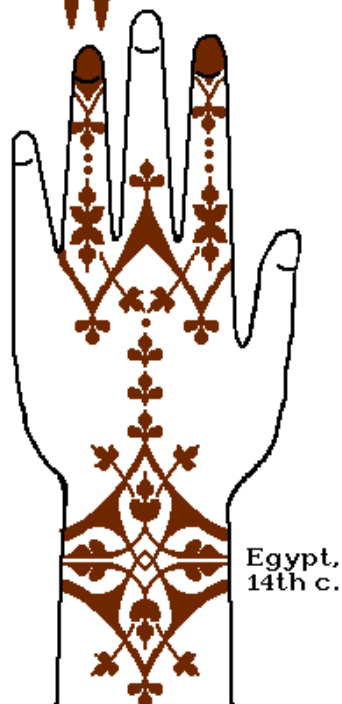


# Ring and Cuff Patterns

based on traditional designs



Catherine Cartwright Jones © 2000



## Patterns to fit around Nipples



Lilies: a symbol of purity, the Madonna, and the breast milk of the Goddess Hera.



Ankh and Lilies: symbols of life, Egypt



Doves: a symbol of Venus, love, and tenderness.



Butterflies: an Asian symbol of feminine beauty and a happy marriage.



Tree of Life: Turkistan



Unicorn and white rose: Medieval symbol of purity and virginity.



Pattern from Sutton Hoo, Suffolk, England, 7th century CE



Symbol of milk-filled breasts of a Goddess, Bükk culture, Hungary, 6000 BCE

Catherine Cartwright Jones © 2000

## Henna Patterns for Legs



Vajra and Cosmic Fire:  
symbol of thunder and  
spiritual force, Tibet



Rain Bird:  
Acoma Pueblo



Sun and  
Moon:  
Nepal

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## Upper and Lower Back Patterns



Cypress Tree: Zoroastrian symbol of immortality: Iran



Coptic, 6th c.



Samarkand, 18th c.



Turkistan, 18th c.



Turkey, 16th c.



Arabia, 14th c.



Java, 19th c.

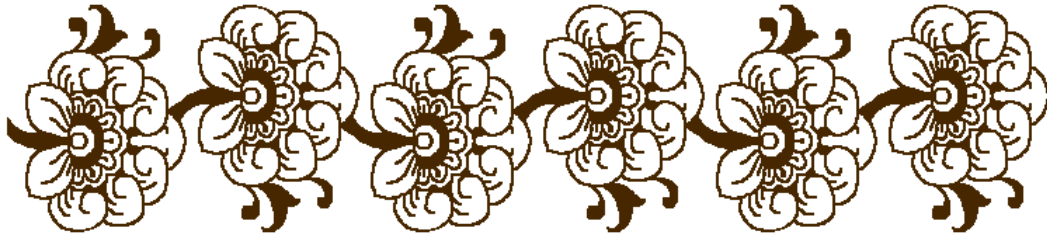


Catherine Cartwright Jones © 2000

Persia, 12th c.



Turkey, 15th c.



Persia, 12th c.



Persia, 13th c.



Tunisia, 11th c.



Egypt, 9th c.



Catherine Cartwright Jones © 2000

Catherine Cartwright Jones © 2000

Durva Grass, a symbol of long life from India



Acacia, a symbol of victory over death

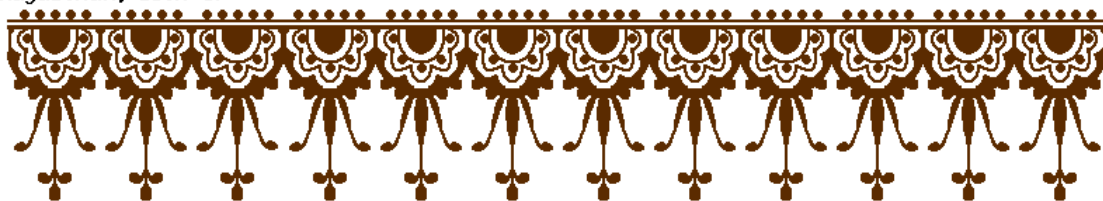
Catherine Cartwright Jones © 2000



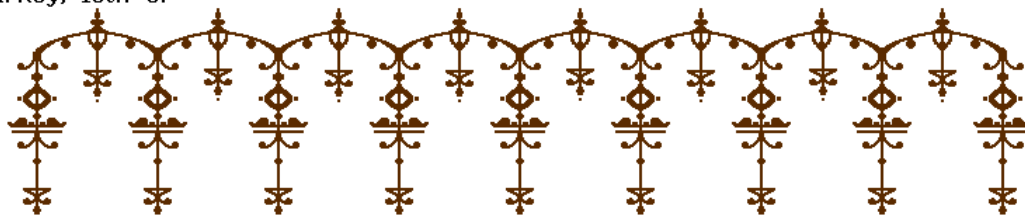
Crabapple, a symbol of rigor that preserves virtue and chastises evil



Rajasthan, 19th c.



Turkey, 16th c.



Bali, 19th c.

Catherine Cartwright Jones © 2000



Carnation, a symbol of love and good luck



Cedar, a symbol of strength that can withstand any misfortune



Ivy, symbol of true love and friendship

Catherine Cartwright Jones © 2000



Damascus, Syria, 15th c.



Sri Lanka, 18th c.



Sri Lanka, 18th c.

Catherine Cartwright Jones © 2000



Oak, a symbol of endurance



Rose, a symbol of victorious love

Catherine Cartwright Jones © 2000



Thorns within flames, a symbol of holy fire that does not consume what it engulfs



Laurel, a symbol of victory



Narcissus, a symbol of happiness and good fortune



Plum blossoms, a symbol of happiness and sexual pleasure

Catherine Cartwright Jones © 2000



Coptic, 6th c.



Israel, 8th c.



Catherine Cartwright Jones © 2000

Iran, 17th c.



Afghanistan, 18th c.



Damascus, Syria, 15th c.



Tuareg, 19th c.

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Pattern to Avert Evil, Algeria



Pomegranate: symbol of fertility, Kish, Persia, 5th c.



Sathya: a pattern for well being and luck, Rajasthan

Catherine Cartwright Jones © 2000



Pear Blossom, symbol of wisdom and benevolence, China



Magnolia, symbol of feminine sweetness and beauty, China



Peach Blossom, a charm against evil, China

Catherine Cartwright Jones © 2000



Bride's Good Luck Pattern, Amazigh



Women's Good Luck Pattern, El Milia, Algeria



Sun and Sathya Good Luck Pattern, Rajasthan

Catherine Cartwright Jones © 2000



Good Luck Pattern, Tuareg



Pattern Symbolizing the Ability to Face Difficulty, Ghana



Pattern Symbolizing Valour and Courage, Ghana

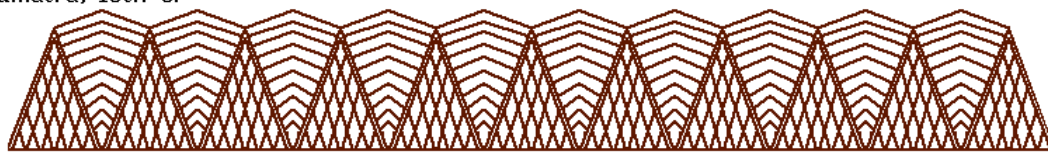
Catherine Cartwright Jones © 2000



India, 19th c.



Sumatra, 19th c.



Turkey, 15th c.



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Peony: symbol of riches, honor, love, and affection



Pomegranate Blossoms: symbol of fertility



Bamboo: symbol of longevity



Catherine Cartwright Jones © 2000

## Patterns from Ancient Egypt



"Behold thy soul is a living star"  
Egyptian Book of the Dead



Sun with the eye of Horus



Ankh, the  
symbol of  
Life



Stars and Lotus blossoms



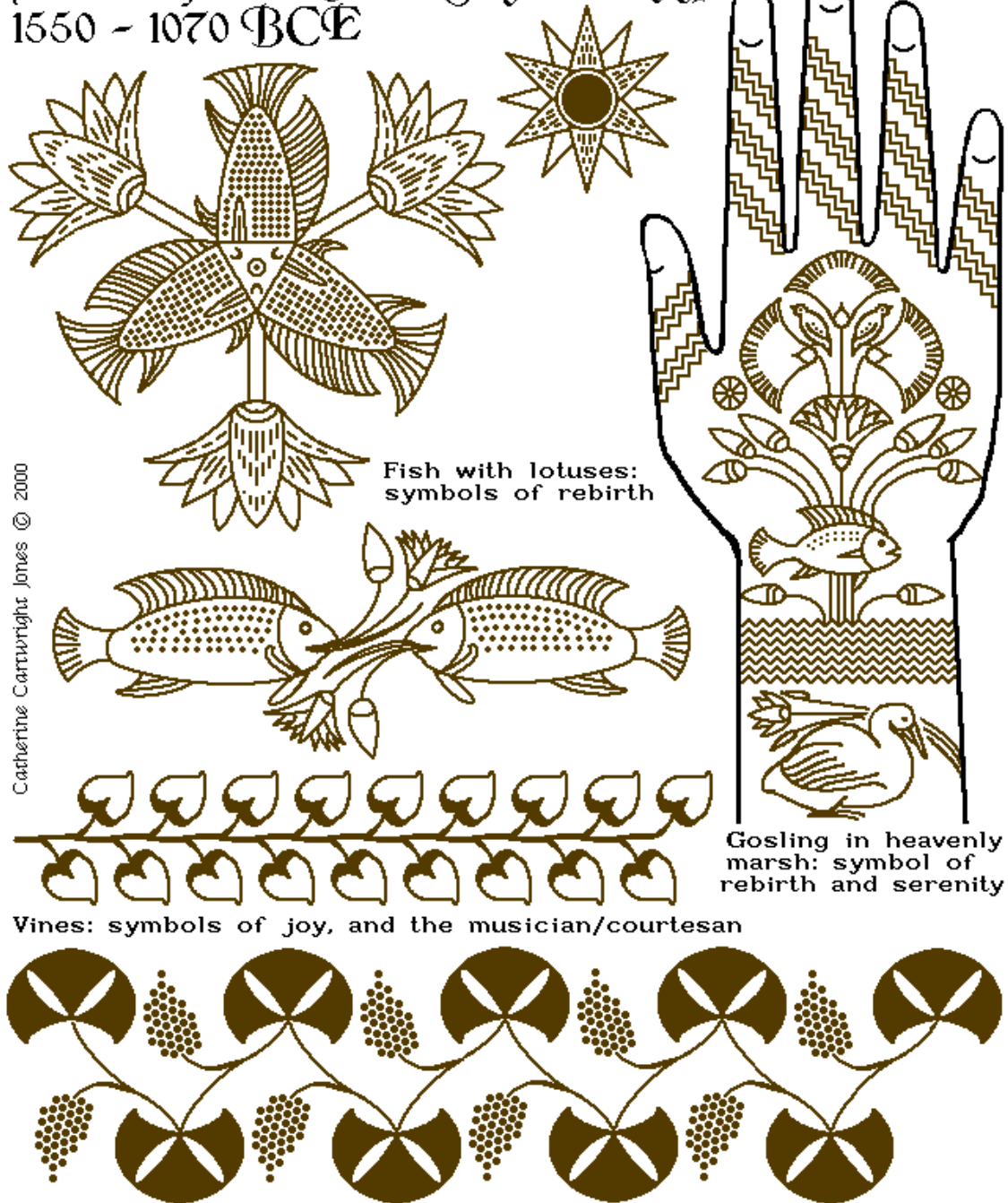
Lotus Blossoms,  
symbol of rebirth



Isis

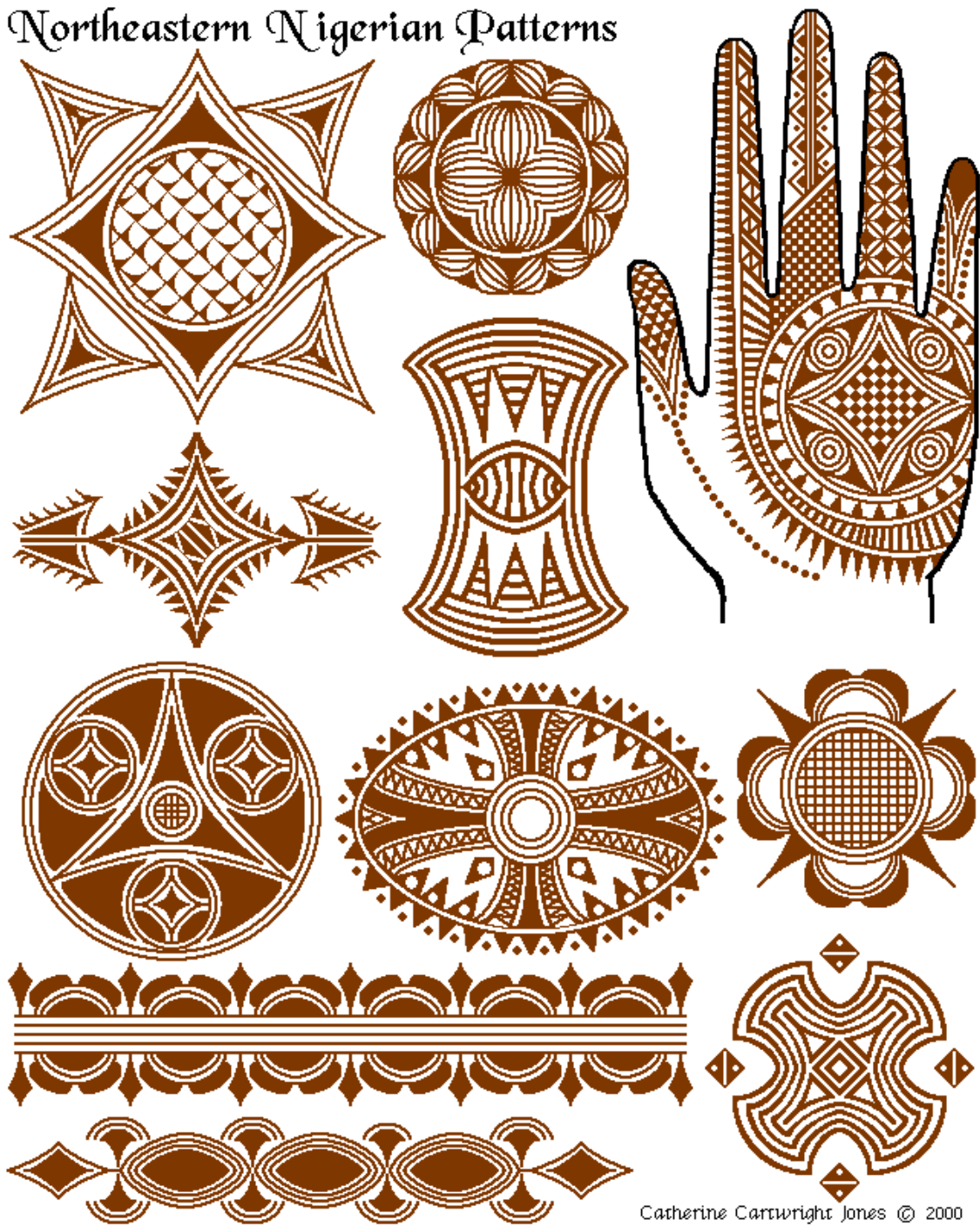
Catherine Cartwright Jones © 2000

# Patterns from New Kingdom Egypt 1550 - 1070 BCE



Catherine Cartwright Jones © 2000

## Northeastern Nigerian Patterns



Catherine Cartwright Jones © 2000

## Patterns from Arabic Art, Cairo, 18th century



Catherine Cartwright Jones ©2000

# Patterns from Syrian Art, 14th c.



Peacefulness,  
tranquility;  
Arabic: "had"



Bliss,  
rapture,  
delight;  
Arabic: "gibta"



Wisdom;  
Arabic: "moro'a"



Happiness, especially after  
suffering; Arabic: "fur ja"



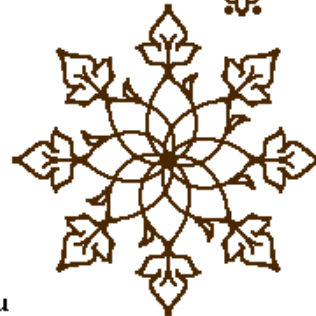
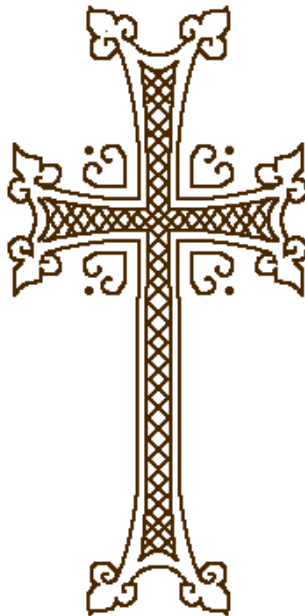
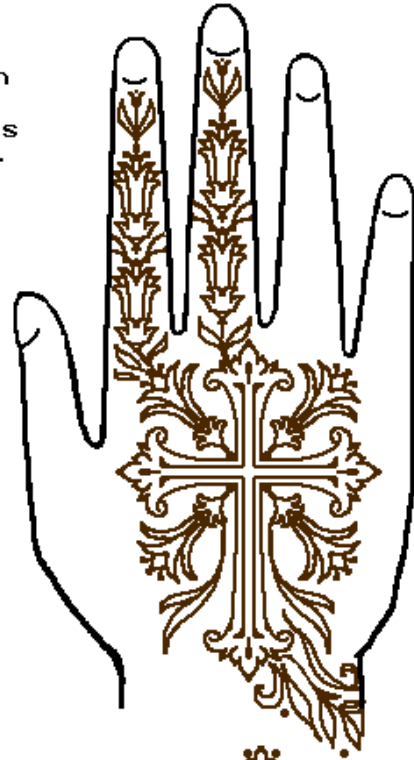
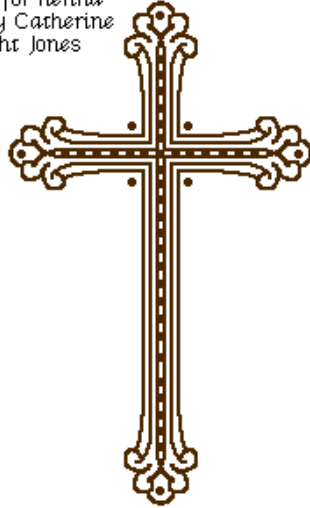
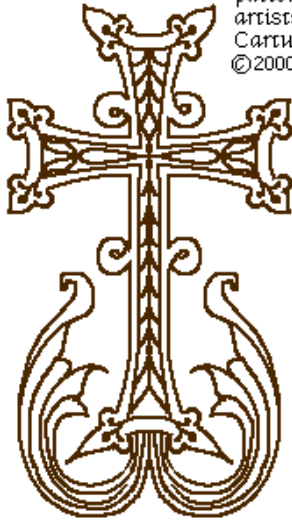
Catherine Cartwright Jones © 2000



## Armenian Patterns for Henna

In Armenia, men have a cross hennaed on their bicep, similar to Armenian priests' tattoos. These crosses and other patterns are adapted for henna from Armenian art.

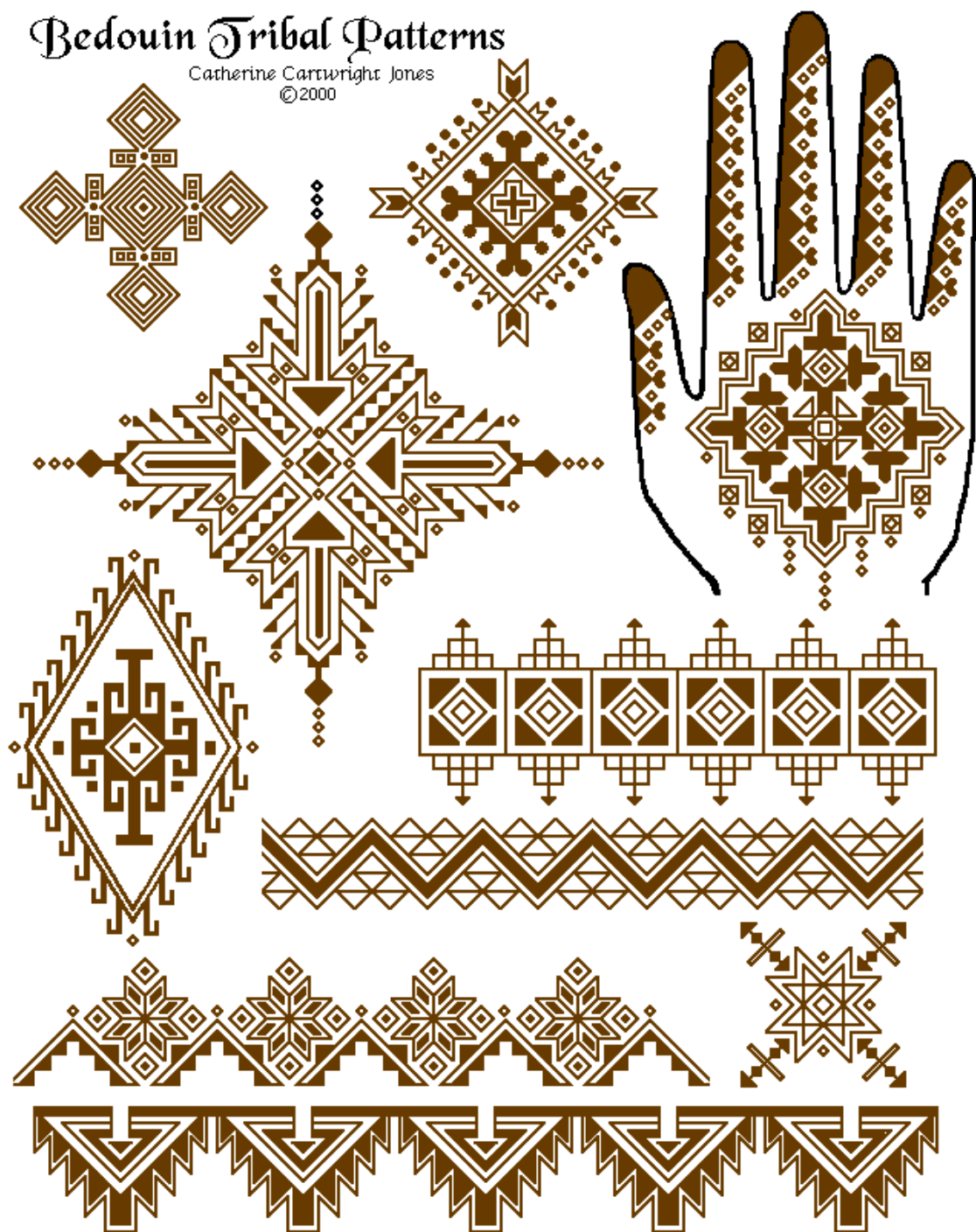
patterns for henna  
artists by Catherine  
Cartwright Jones  
©2000



Motifs from  
Geghard and Amaghu

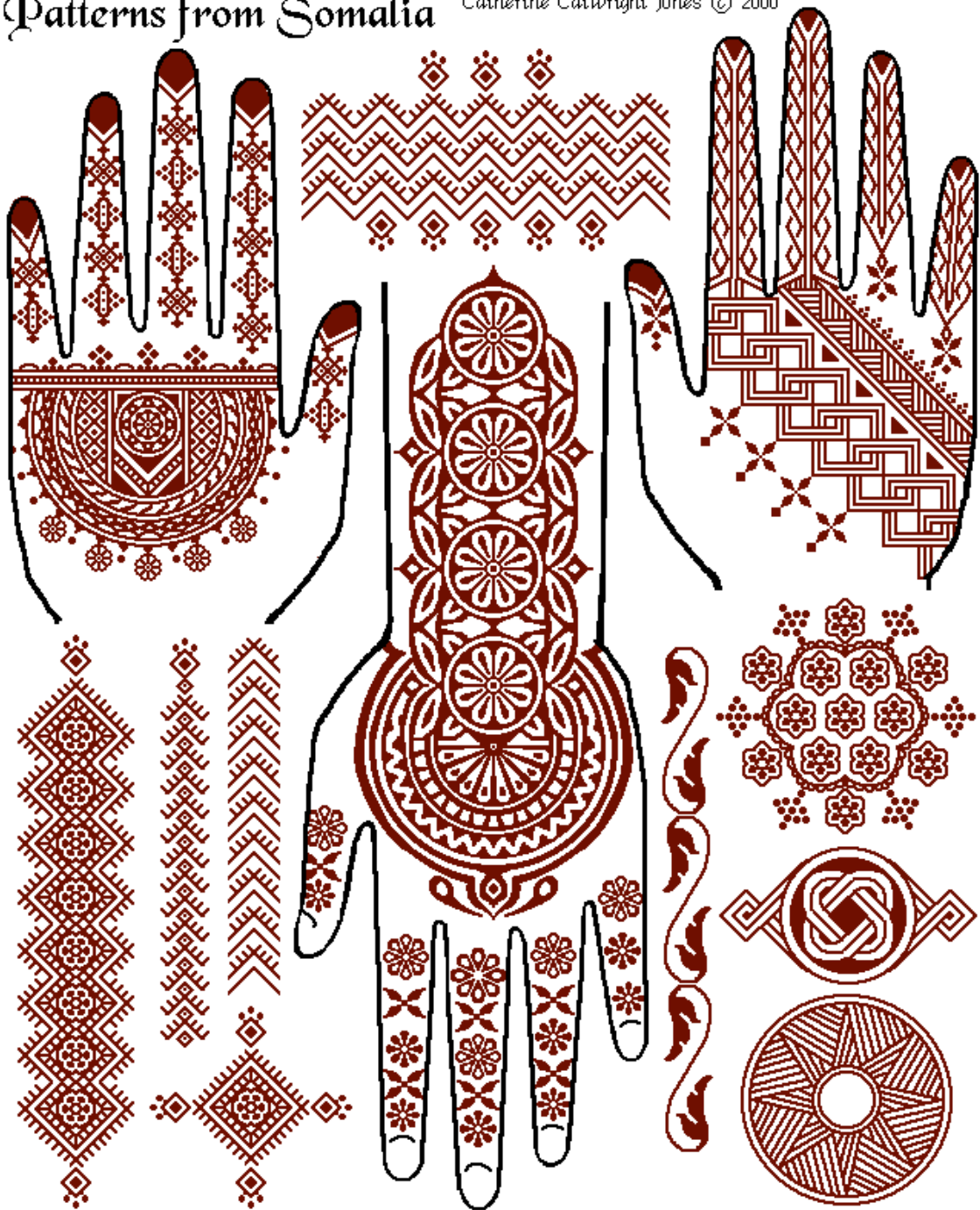
# Bedouin Tribal Patterns

Catherine Cartwright Jones  
©2000



# Patterns from Somalia

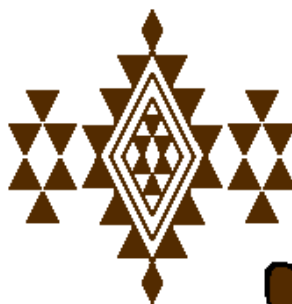
Catherine Cartwright Jones © 2000



## Amazigh (Berber) Patterns



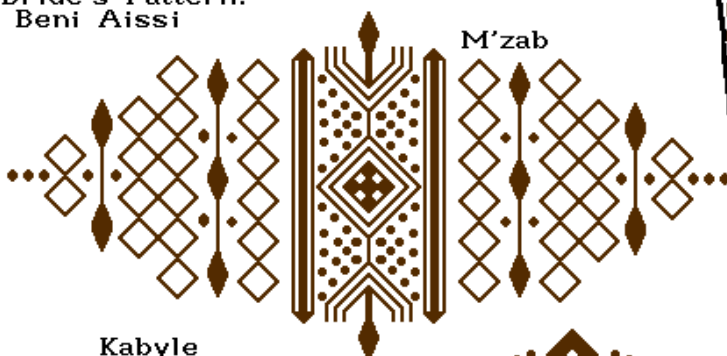
Bride's Pattern:  
Beni Aissi



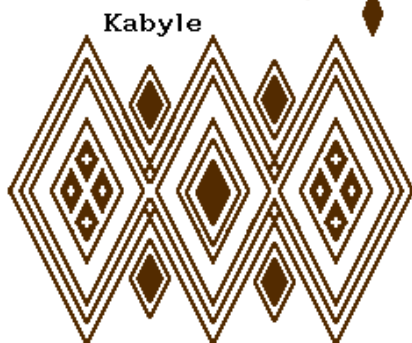
Pattern to Avert  
the Evil eye:  
M'zab



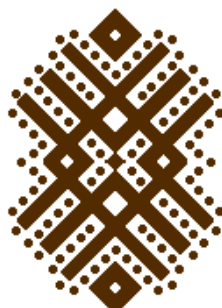
Bride's Pattern:  
Beni Aissi



M'zab



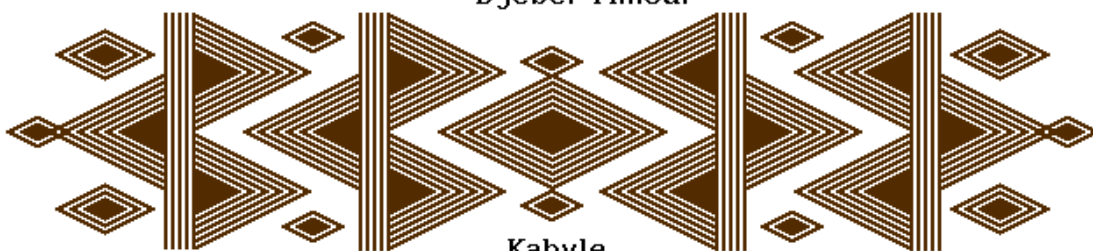
Kabyle



Diamond:  
Djebel Amour



Saleh



Kabyle

Catherine Cartwright-Jones  
© 2000

## Palestinian Patterns

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Moon with Feathers:  
Bir Seb'a



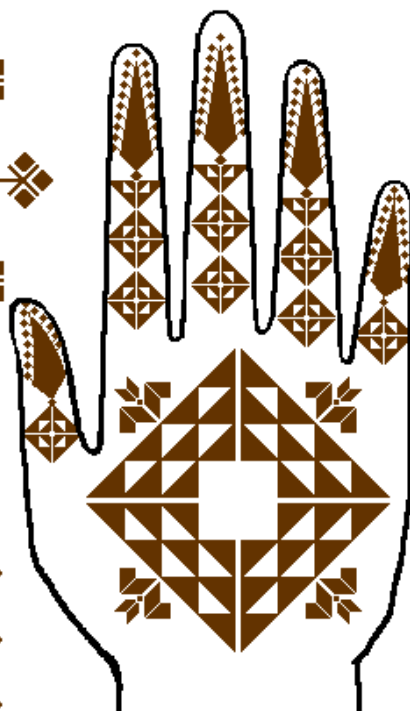
Foreign Moon:  
Ramallah



Moon: Nablus



Kohl Pot:  
Ramallah



Palestinian "night of the henna" celebration features hennaing the betrothed's initials on the center space in each other's palms. Other people at the party may also have their own beloved's initials hennaed to renew affection.  
Bir Seb'a



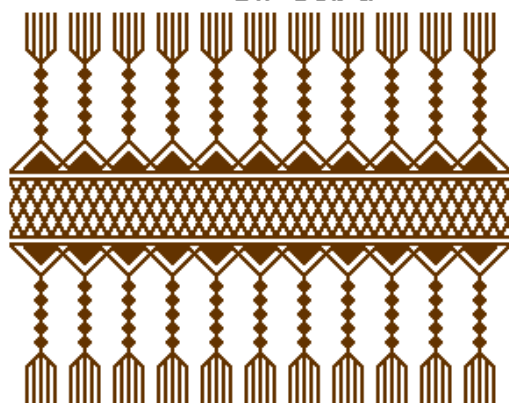
Feathers: Beyt Dajan



Combs: Gaza



Key of Hebron: Ramallah

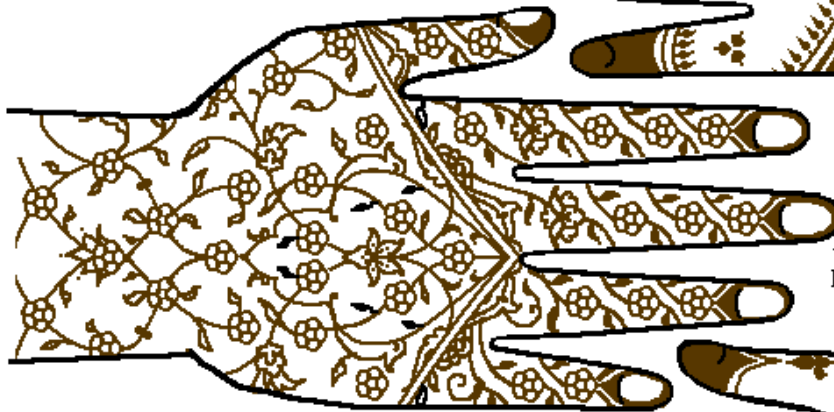


Cushions and Combs: Gaza

## Henna Patterns from History

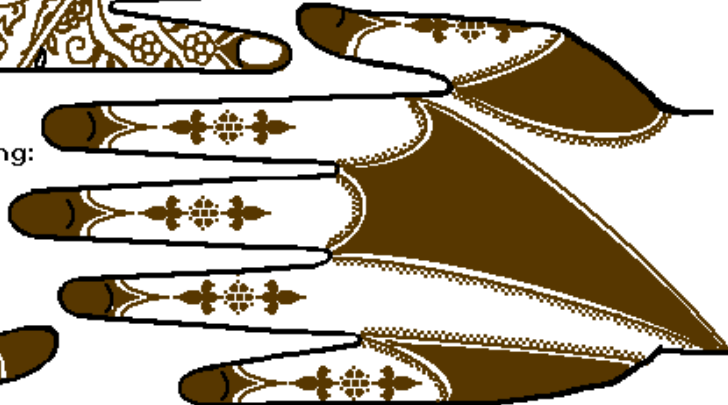
Woman's hennaed hand  
from a miniature painting:  
Persia, 1375 CE

Her forehead  
harqus pattern:



Peri's hennaed  
hand, from a  
miniature painting:  
Persia, 1550 CE

Woman's hennaed hand  
from a miniature painting:  
Turkey, 1500 CE



Woman's hand  
from a  
miniature painting:  
Syria, 1380 CE

Catherine Cartwright Jones © 2000

## Medieval Spanish Patterns

Henna was used by both Christian and Muslim women in Moorish Spain during until 1566 CE.

Cordoba,  
13th c.



Alhambra,  
11th c.



Cordoba,  
10th c.

Alhambra,  
9th c.



Medina,  
12th c.

Medina, 12th c.



Cordoba,  
10th c.



Medina, 12th c.



11th c.

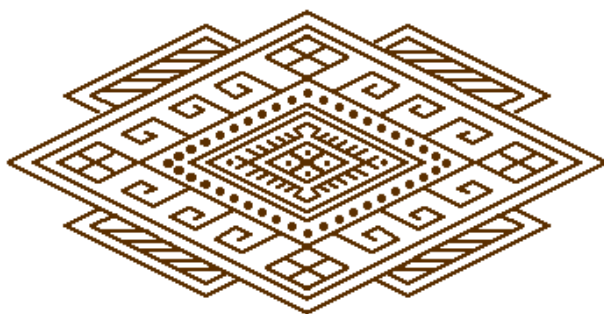


Medina,  
11th c.



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## Tribal Patterns from Anatolia



Pattern to Avert Evil



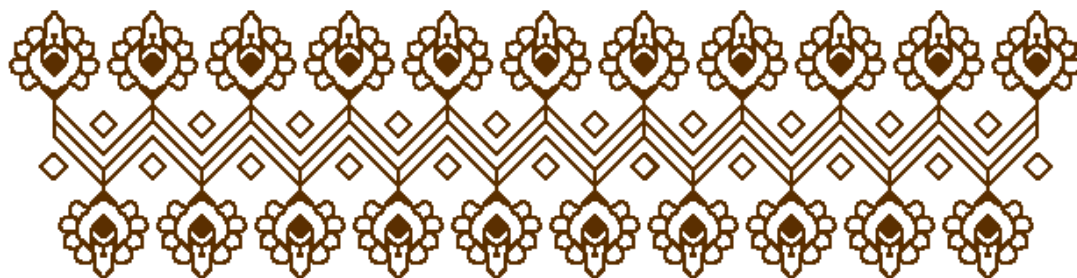
Wolf's Mouth



Tree of Life Patterns



Pattern Symbolizing the Goddess Giving Birth



Running Water Patterns



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## Ritual Blessing Patterns from Rajasthan

these patterns are adapted from the Mandana patterns women draw in colored chalk to bring luck and beauty into their homes on special occasions



Kunda: a symbol of the sun, to celebrate the birth of a child.



Bhavari: the village well



Suraj-ko Cowk: to celebrate the naming of a new child



Shiva's Drum, Deru: which produces cosmic sound.



Singhara-ki-cowk: a pattern for marriage



Sathya: well-being



Jhonra

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## Ritual Blessing Patterns from Rajasthan

these patterns are adapted from the Mandana patterns women draw in colored chalk to bring luck and beauty into their homes on special occasions



Khera: a pattern for Holi, symbolic of valour



Kunda: the Sun for the birth of a child



Kunda: the Sun



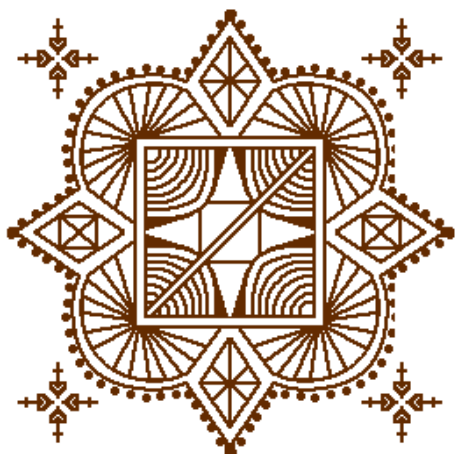
Chah-phulya: six petaled flower



Sathya



Gangour: a pattern for weddings



Athawansa-ko-Cowk, a pattern to celebrate and bless a woman in the 8th month of pregnancy:



Sathya: an auspicious pattern for health and well being



Choga

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## Ritual Patterns from Indian Folk Art



Nagpanchmi: ritual pattern invoking prosperity and fertility from the Cobra



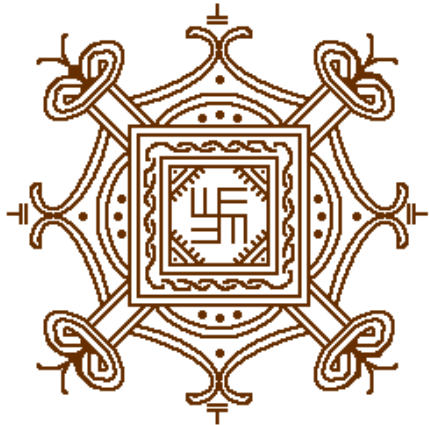
Rangoli: pattern for luck



Kankali Tila: pattern for prosperity and fertility from the Cobra



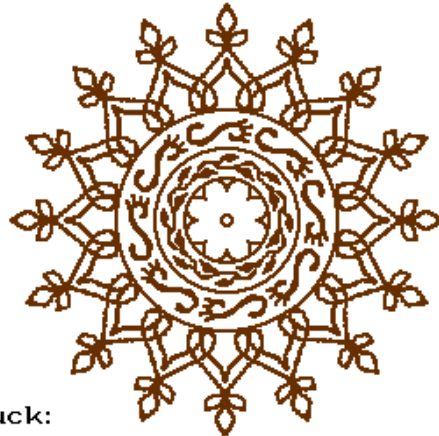
Lucky symbols of Radha and Lord Krishna



Kolam: pattern for luck, Tamil



Pattern for Luck: Ribari

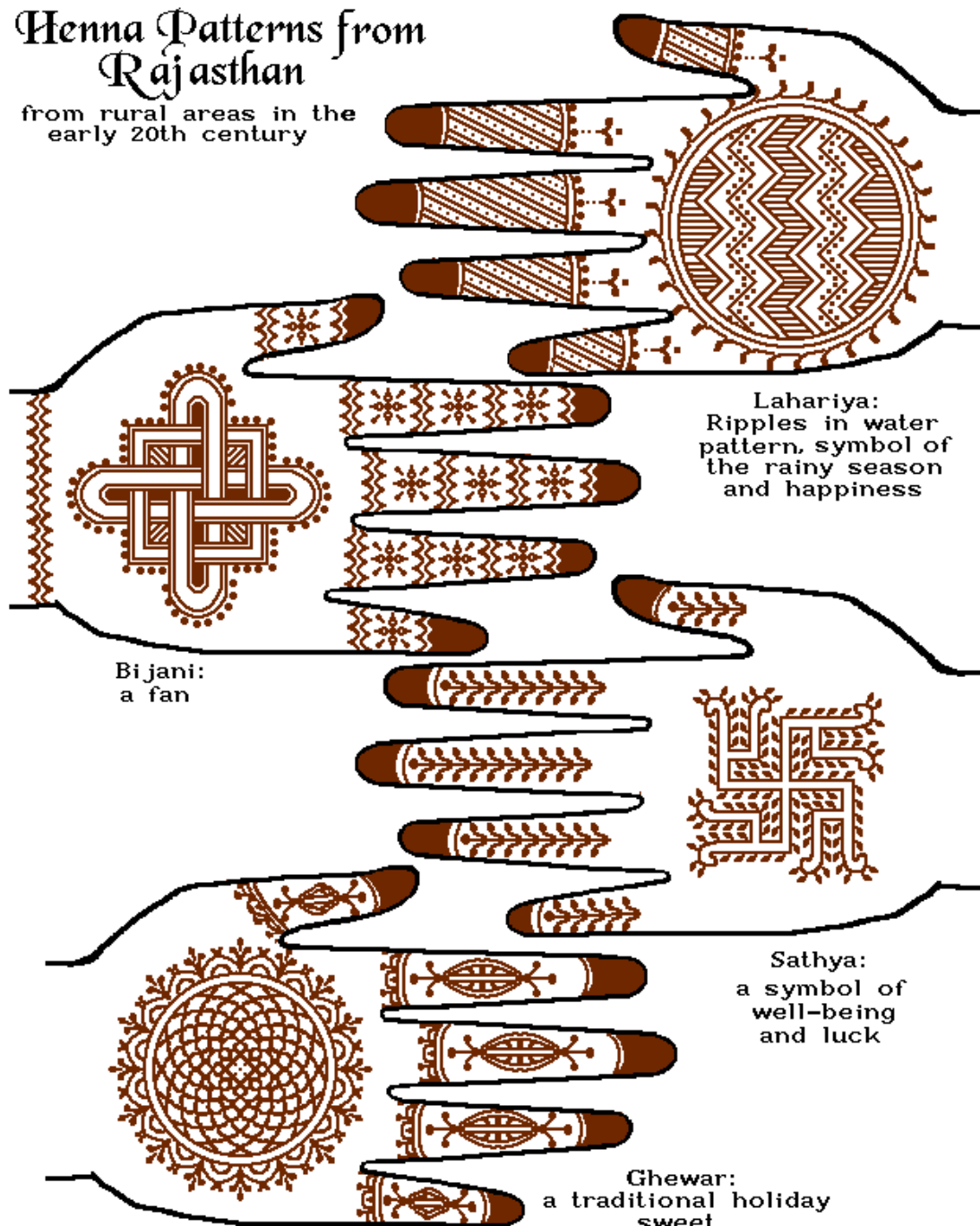


Lakshmi pattern: for prosperity

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# Henna Patterns from Rajasthan

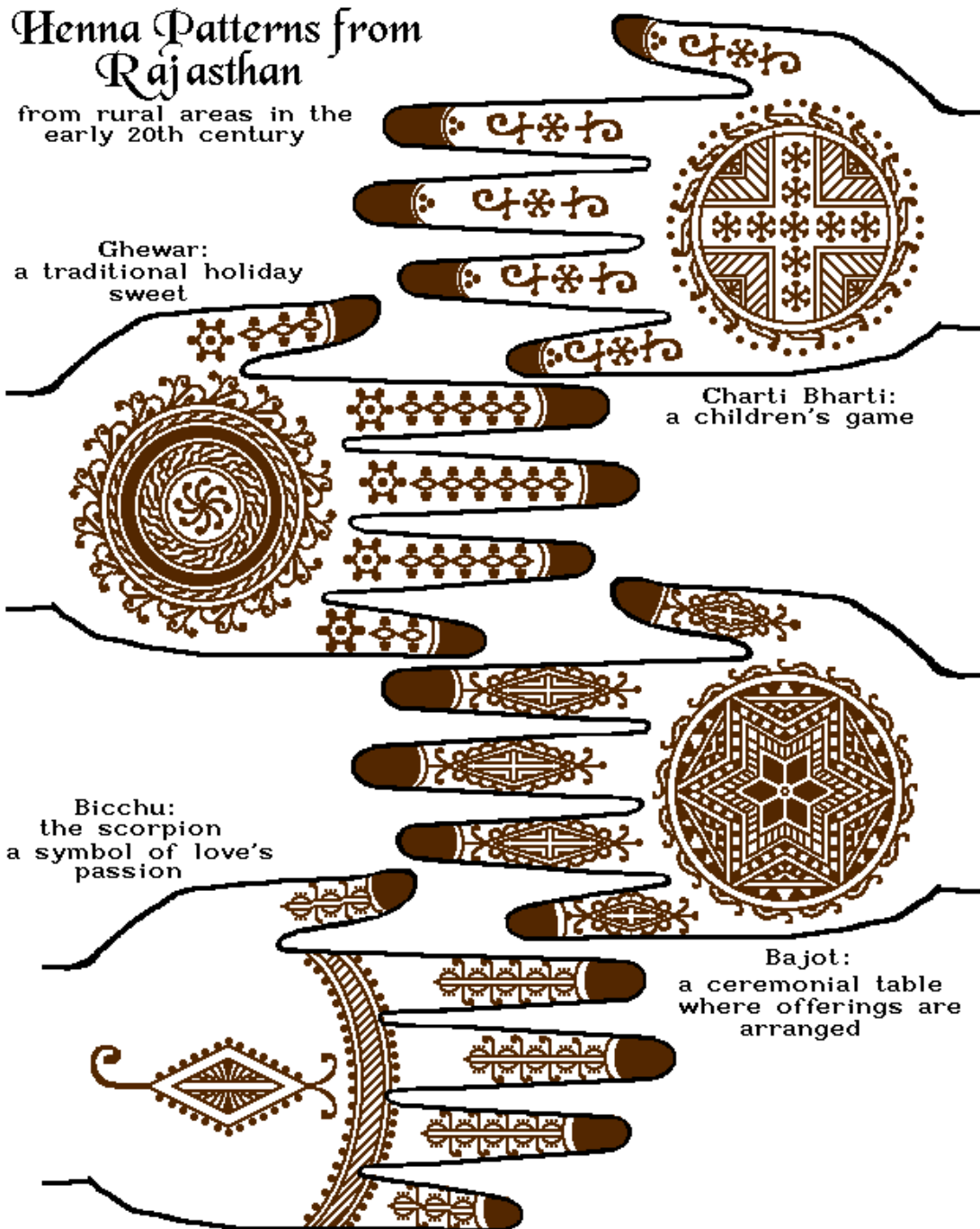
from rural areas in the early 20th century



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# Henna Patterns from Rajasthan

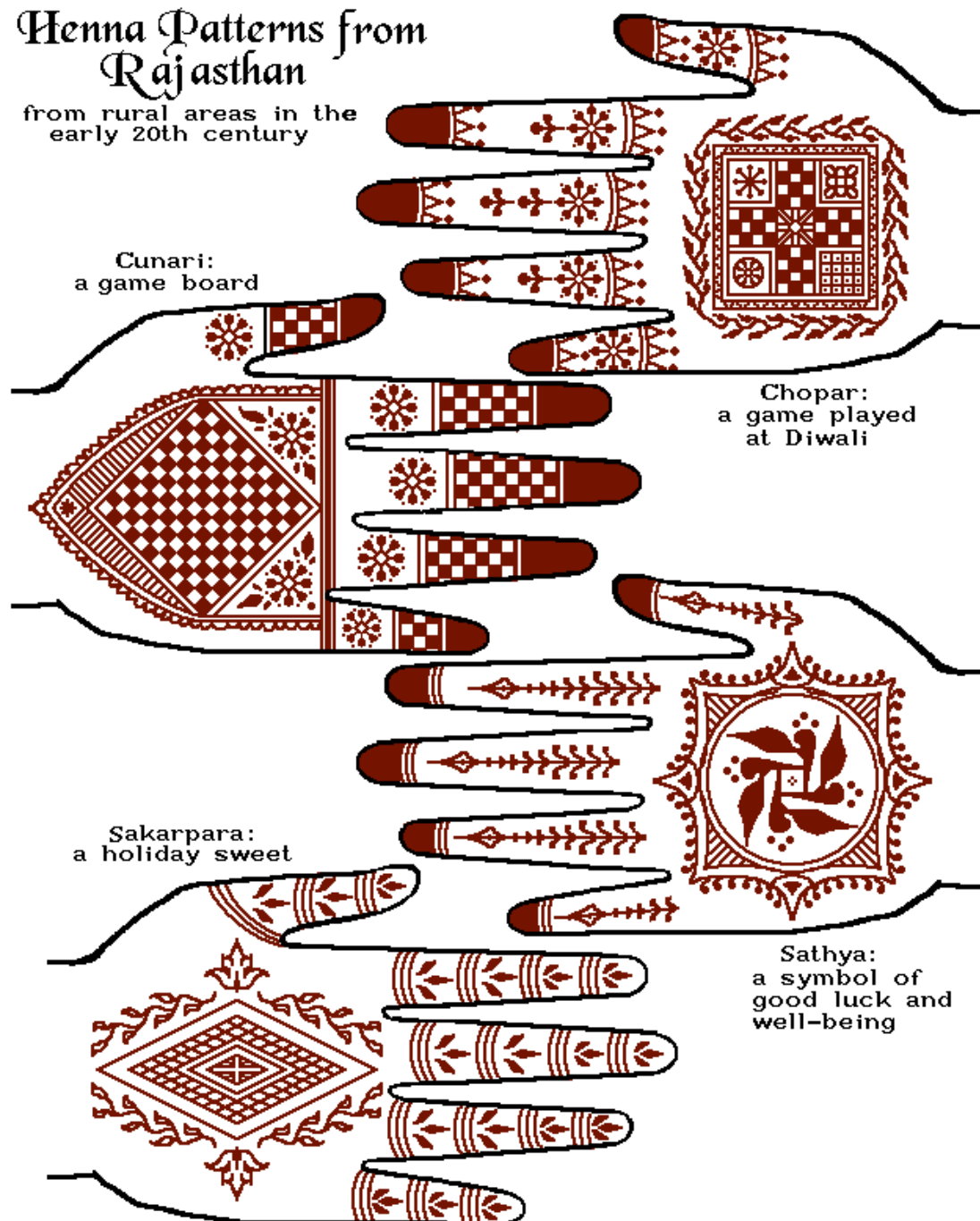
from rural areas in the early 20th century



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# Henna Patterns from Rajasthan

from rural areas in the early 20th century



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## Minoan Patterns



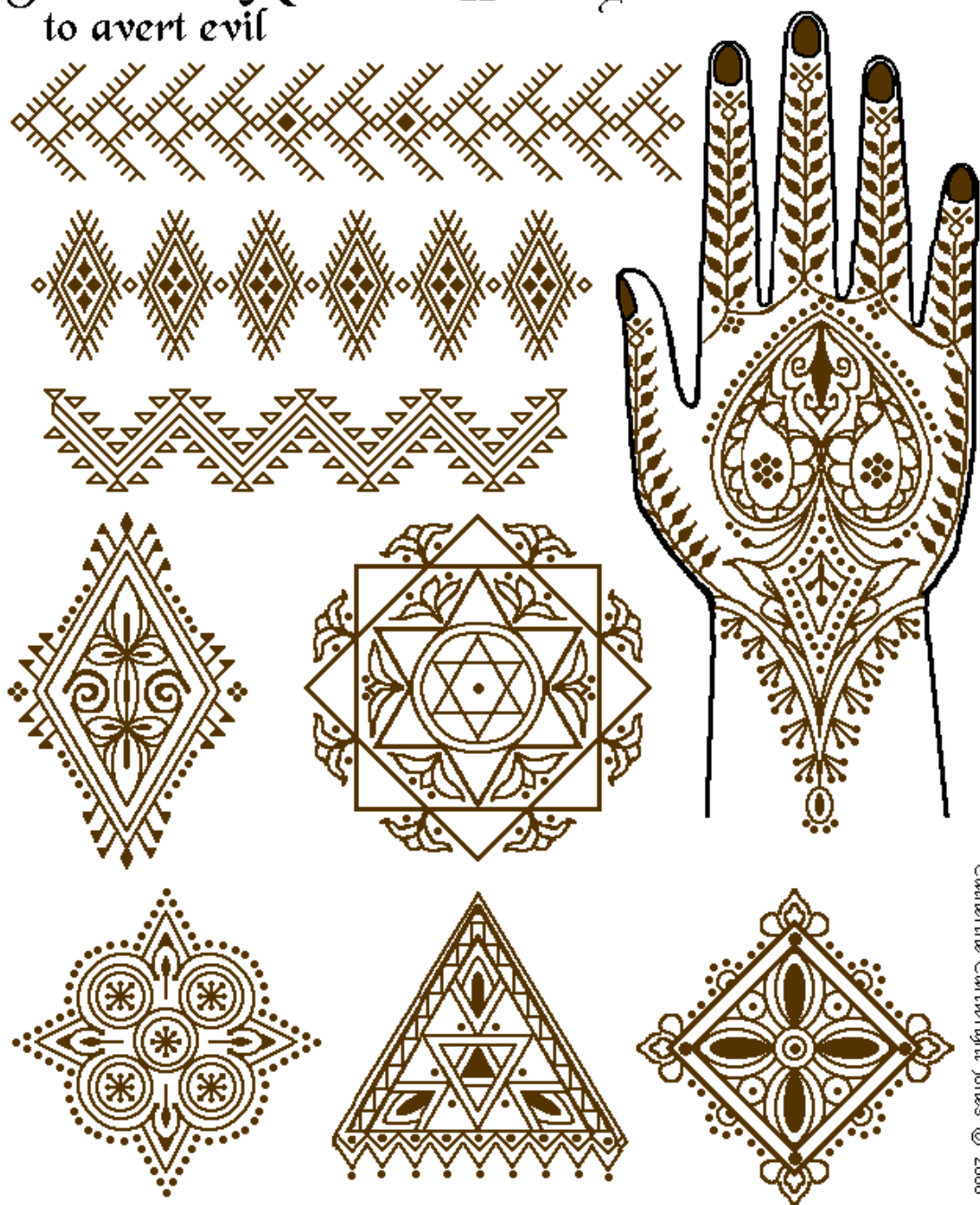
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## Mycenaean Patterns



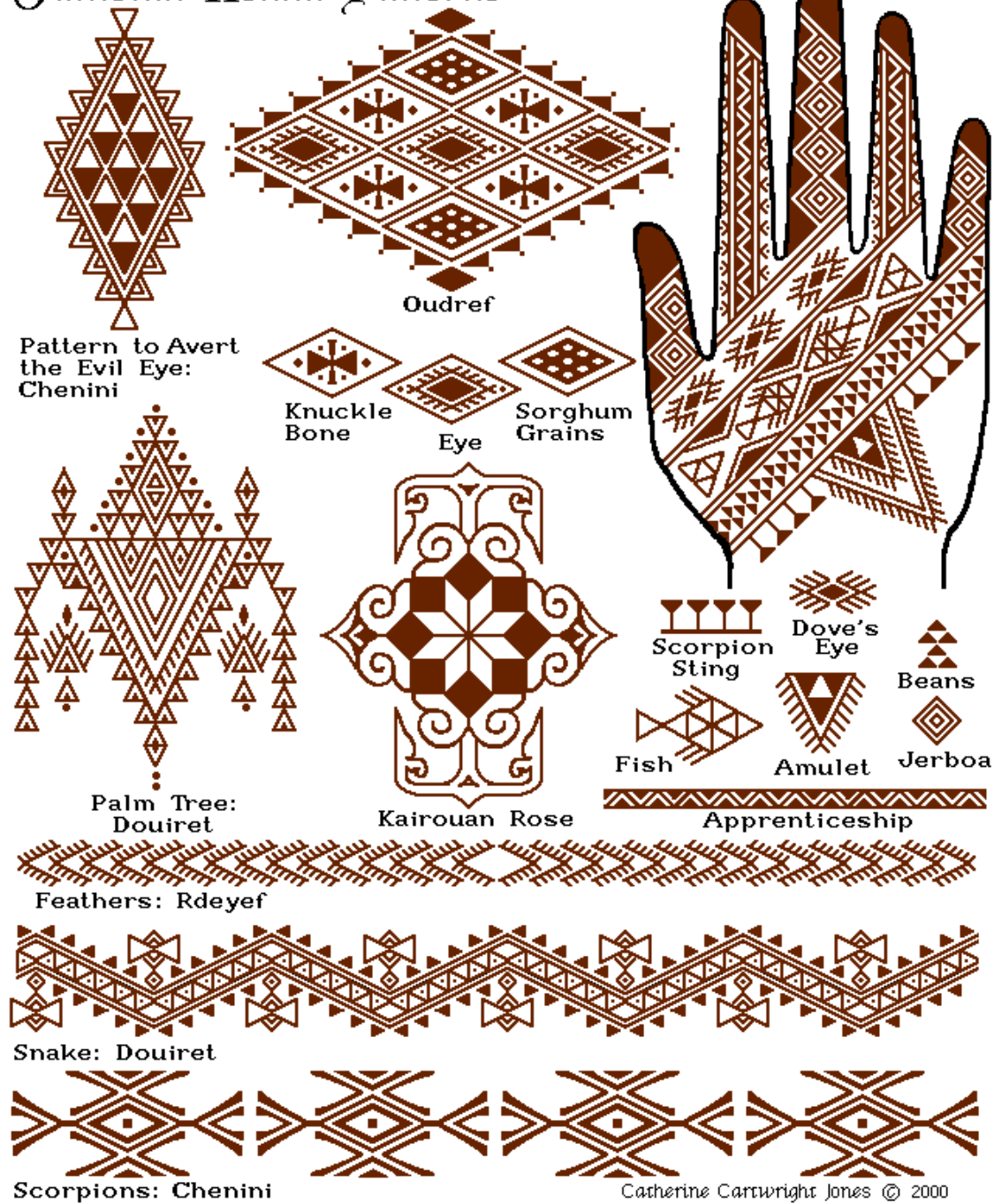
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## Traditional Moroccan Henna Patterns to avert evil



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# Tunisian Henna Patterns



# Patterns from 10th century Transoxiana



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