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Meditate with Mandalas Coloring Book: Floral and geometric mandalas for meditation and relaxation (Volume 1)

Lynn Bacigalupo

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- Quiet the mind with the practice of mandala meditation
- Designs created from the artist's personal meditation practice
- Choose from 30 unique designs
- A relaxing and creative way to unwind

What Are Mandalas?
Mandalas are a form of meditation--a practice where the mind is calm and silent, yet completely alert. Symmetrical patterns help guide the mind into this state of being. Mandalas have been shown to reduce stress and anxiety while promoting a sense of wholeness and well-being. The benefits are numerous including increased focus, calmness, creativity, and empathy.

Explore Your Inner Self
Mandalas utilize both creativity and structure. I encourage you to explore these concepts with your own self-expression. Try adding shapes and lines to the designs. Experiment with unusual color combinations. There are no wrong answers. Can you enjoy the moment without judging the outcome? Can you allow your “mistakes” to become part of the artwork? Be forgiving and make each design your own!

Set an Intention
Go deep with your practice by setting an intention before you begin. Choose something you want in your life and describe the ideal outcome. For example “I desire more harmony in my life” or “I want a peaceful resolution to a given situation.” Your intention can even be a single word, such as “Love” or “Peace.” Simply ask yourself, “What do I need right now?” And go with your first instinct. Write it on the back of the mandala and begin coloring.

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Theresa Wilkins:

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