Mandala Meditations
**Thoughts/Directions**

The mandala symbolizes balance, perfection, completion, transformation, and the interconnection of all things. In ancient Sanskrit, the word mandala loosely means circle or center. Coloring or creating mandalas has the ability to promote relaxation, develop a clear focus, balance the body's energies, enhance your creativity, offer stillness of mind and promote healing. Mandala art offers outer wholeness and inner peace.

Infuse your mandalas with who you are and what you desire, and they will become energetically alive. You may wish to start coloring with an intention or simply use them as an expression of your artistry. Although each mandala comes with a suggestion, create them as a reflection of your unique self.

Color with crayons, colored pencils, felt tip pens, watercolor, acrylic – whatever you have at hand. Any technique is fine. Let your mind wander, settle and explore. There is no right or wrong way, no limits or rules. Let your intuition guide you. Color anywhere and at your own pace. Be playful and have fun!

**A note about printing:**

We have designed this piece with margins that should work with all printers. Please make sure that “no page scaling” or “actual size” is selected when printing to give you the largest mandala possible on letter-size paper.
Take yourself on a personal, self-healing journey. Express yourself by adding color, releasing your thoughts and emotions. Allow this process to bring you peace, relaxation and healing.
Use this mandala as a mindfulness meditation. Consciously add color and depth beginning at the center and working toward the outer edges. Breathe deeply as you release your mind and feelings into the process. As you work, allow the busyness of your mind to release, bringing clarity and serenity.
Set your intention – for a new direction or friendship, to discover your highest potential or heal a wound. Focus on the colors that will help you express this intention. Leave all judgment behind and let it evolve effortlessly. Your mandala will come alive with the energy of your intention.
Explore your unlimited potential. Color this mandala from the inside of your mind and the core of your being. As you color, relax your body and mind into the expression of your inner self. Unleash the unlimited possibilities of who you are.
Drop down gently into the present moment. Enter into its beauty and uniqueness. Let your inner being and the outer world come into harmony at this particular point in time. Let the beauty of this moment unfold as you color.
Pay attention to your thoughts and feelings as you color. You may wish to write them down and explore them when you are finished. Is there a correlation between your thoughts and the colors you chose?
Express your desire for healing and wellness through this mandala. Let the process evoke calmness and contentment. Let distractions and the noise of the world vanish. Build a bridge between the busyness of your daily life and the peace found at your center.
Use this mandala to express who you are and where you are on your life’s journey or capture a particular period of time. Allow your intangible thoughts and feelings to come alive in form and with substance.