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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.

Mandala Meditations - Energy Magazine

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Mandala coloring pages Mandala is a complex, symmetrical or asymmetrical ornament that represents a microcosm of the entire universe. The basic form of most mandalas is a circle in which are depicted symbolic gates of the cosmos.

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Designs Coloring Pages Advanced Mandala Coloring Pages

Coloring the symmetrical form of the mandala with its repeating patterns and complexity purportedly helps to draw individuals into a state similar to meditation.

Can Coloring Mandalas Reduce Anxiety? - ERIC

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meditation Kit Mandalas of joy for children

Mandalas as meditational aid With meditation it is important to focus on one thing in order to feel calm and relaxed. Colouring in mandalas is highly suitable to achieve this and it is not without reason that it is a favourite meditation exercise for Tibetan monks.

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