



Coloring Mandalas for Meditation: 200 original illustrations

Armelle Troyon

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With the perfect shape, mandalas allow us to refocus. A mandala is a drawing organized around its center. It is a universal form that is often found in nature in things like flowers, spider webs, the solar system, or a human cell. Because of its shape and the way it is designed, mandalas allow your eye to rest in the center while taking in the beauty of the whole object. They help achieve brain balance by calling for the use of both brain hemispheres. Before you know it you'll be thinking of nothing else but what color to use next. Complete with 200 mandalas in a variety of themes, you will soon be finding relaxation and clarity.

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