



Coloring Madalas for Holiday Bliss

Combine playfulness with meditation to reduce stress, increase creativity, improve relationships, and add more fun to your holidays



Moneeka Sawyer

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Can you remember the sense of enjoyment and happiness you felt coloring as a child?

From choosing colors to the gentle, repetitive motion of your hands bringing color to the page, coloring can be used as a form of “active mediation”. Usually when you think of meditation you think being still for a period of time. But active meditation can be just as effective in stilling the mind. Repetitive motions such as coloring (or walking, dancing, or even drawing) can help strengthen your focus and easily shift your mind into a state of relaxation. Stressful thoughts and future worries drift away as you take time to enjoy the present. When is the last time you have done this for yourself? Sharing this playful experience can also bring peace and togetherness back into a relationship. With these delightful mandalas, you can reap all these wonderful benefits.

What exactly is a Mandala?

Mandalas have existed since the beginning of time and that you probably witness and experience their beauty every day. The word mandala comes from the ancient Sanskrit language and means “sacred circle” or “center.” It’s a simple geometric shape that has no beginning or end. Within its circular shape, the mandala has the power to promote relaxation, balance the body’s energies, enhance your creativity, and support healing. The great news is you can achieve all of these benefits while having fun with your mandala coloring pages.

Where Do Mandalas Come From?

Look around you and notice how abundantly the circular pattern of the mandala appears in your environment. You can see this geometric shape in all aspects of life. The sun in the sky, the nucleus of the cells in your body, and the pristine design of a snowflake all reflect the sacred roundness of the mandala. In fact, according to the ancient science of Sacred Geometry, it is the pattern created by interlocking spheres that forms the matrix of all universal matter.

To the Tibetan monks, the sand mandala represents multi-dimensional fields of spiritual consciousness and the state of enlightenment. To the Native Americans, the medicine wheel, a form of mandala, symbolizes sacred ceremonial space and the circle of life. In both eastern and western

cultures, the mandala has come to symbolize harmony, unity, wholeness, and healing.

As you can see, the mandala is all of these representations.

How Do Mandala Coloring Pages Activate the Mandala's Healing Powers?

The Mandala is used universally to promote healing and other positive states of being. It is a circular matrix with a center point—a point from which all things are possible. From this sacred center comes forth infinite possibilities and unlimited potential. When you use your mandala coloring pages you're acknowledging and declaring your own unlimited potential!

You can think of the mandala as being energetically alive, a means of creating a pathway to a desired state of being. What state of being do you desire to create? Maybe you want to experience inner peace or maybe you simply want to use the circular pattern to express your artistry. For whatever purpose you choose to work with the mandala, know that you can achieve it through mandala coloring.

Imagine yourself with your mandala coloring pages in front of you. All you have to do is set your intention and awaken your mandalas by infusing them with color. It's that simple and that powerful.

Amazing as it sounds, by simply coloring mandalas, you can accomplish the following:

- Relax & enhance your meditation
- Balance your body, your mind, and your spirit
- Make a spiritual connection
- Expand your creativity
- Increase your self-awareness
- Encourage your self-expression
- Just have fun, alone or with your friends
- Enhance relationships by sharing this joyful, meditative experience

How Can You Unlock the Healing Power of the Mandala?

One of the easiest and most effective ways to experience the healing power of the mandala is by using mandala coloring pages. Why are mandala coloring pages such an effective tool for healing? First of all, coloring is fun and relaxing. It's an enjoyable way to express your creativity. And, it's an activity you can fully participate in whether you're 4 or 94 years old.

Here are some tips on how to use your Mandala Coloring Pages:

- There is no right or wrong way to color a mandala.
- You can color just about anywhere.
- Coloring lifts your spirits and brings out the child in you.
- You can color at your own pace.
- You don't have to follow any rules when you color.
- Kids and adults alike enjoy coloring.
- You know you're creating a unique work of art.
- You can share the experience by coloring in groups.
- It's affordable.
- It activates the intuitive genius within you.

When you color a mandala with another person, you can both color the same mandala simultaneously on opposite sides. You can also start two mandalas at the same time and switch them off a few times to complete each other's work. Or in a group, sit in a circle. Have everyone start their own mandala and then pass it to the right after 5 or 10 minutes. Keep doing that until all the mandalas are complete. It's a wonderful project to share.

How to use Mandala's as a tool for traditional meditation

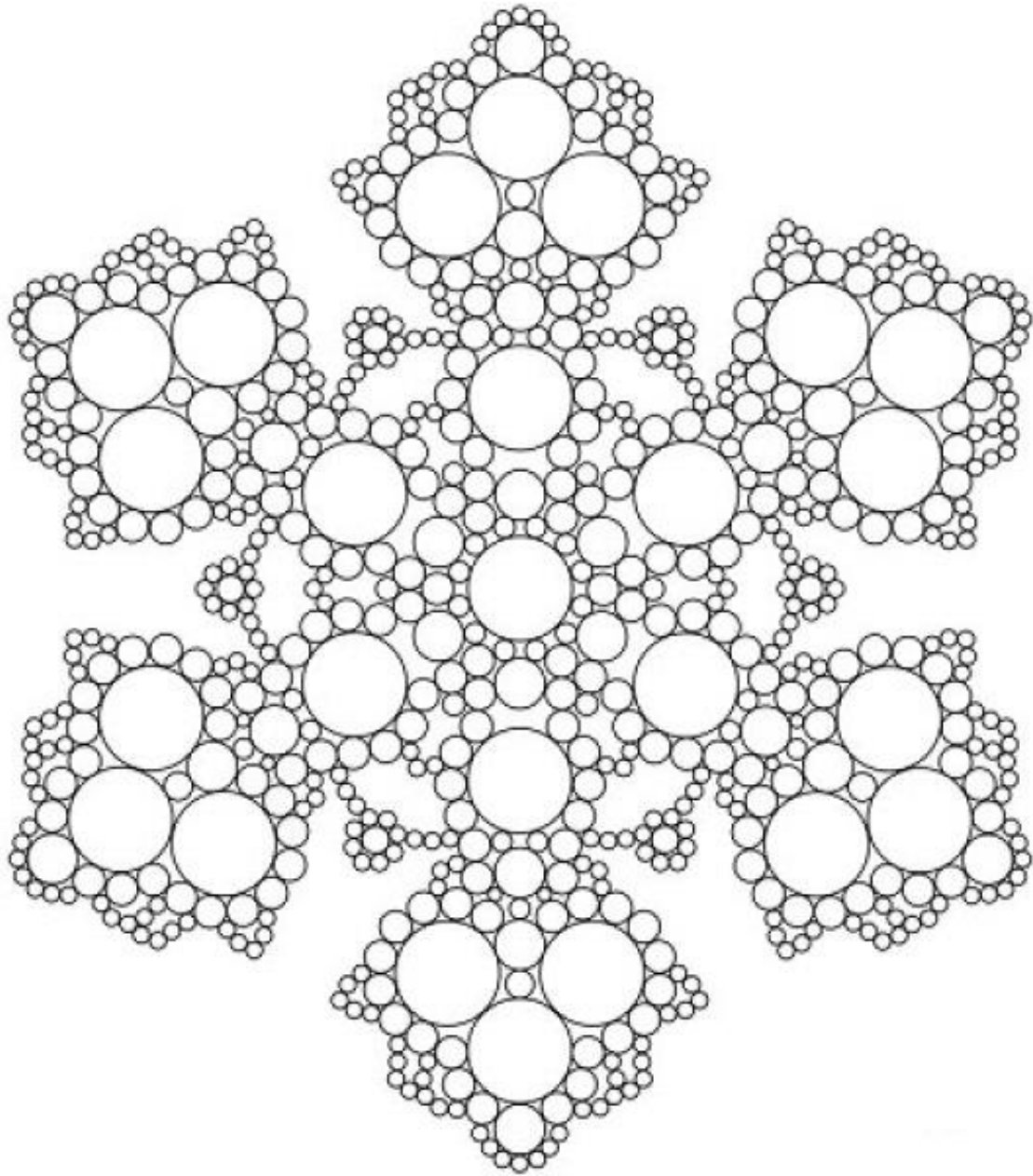
Once you have completed a mandala, you can use it for more traditional forms of meditation if you like. When selecting a mandala to use in meditation, just opt for one that appeals really strongly to you.

Meditation relies heavily on concentration, so before using a mandala that you have selected, find a quiet place to sit. Focus first on stilling your mind, breathing slowly and deeply. You can use the guide below to develop your mandala meditation practice.

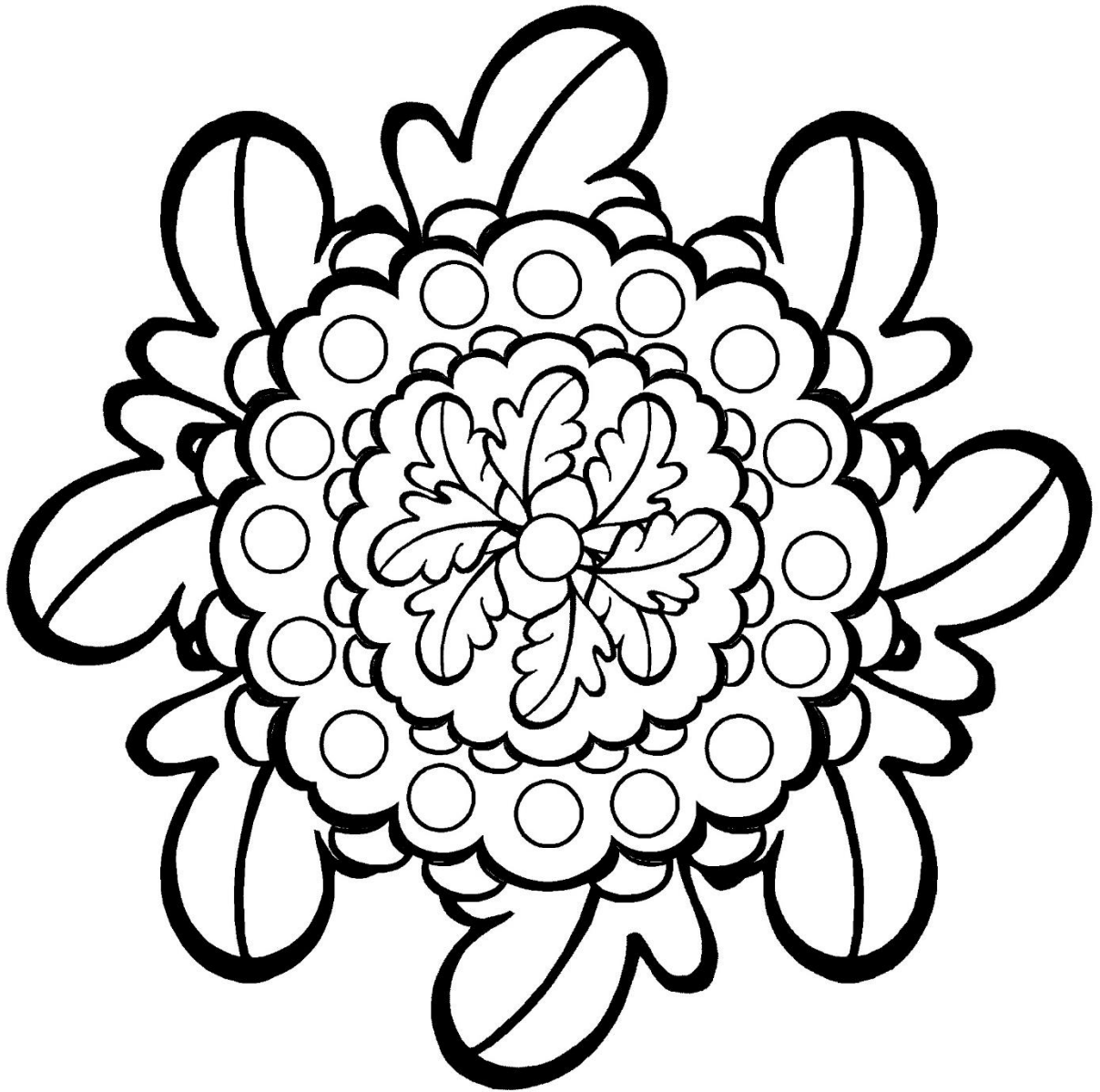
How to Meditate on Mandalas

- 1.** Put the chosen mandala on a table or on the floor at arm's length in front of you at eye level. Sit comfortably – either on a chair with your feet flat on the floor, or on a cushion with your legs crossed.
- 2.** Breathe slowly and deeply, from the diaphragm, while emptying and stilling your mind.
- 3.** Gently gaze at the mandala and relax your eyes so that, the image goes slowly out of focus.
- 4.** Sitting quietly, concentrate on the image fully and allow its shapes, patterns and colors to work on your unconscious mind. If distracting thoughts arise, let them drift away and gently bring your focus back to the mandala.
- 5.** Do this for at least 5 minutes at first. In later sessions, gradually try to build up your meditation period to 15 minutes.
- 6.** When you are ready, slowly bring your attention back to the world around you.'

As you can see, your mandala coloring pages can serve you in so many delightful, transformative ways. So turn the page and start experiencing the magic that is in your hands.



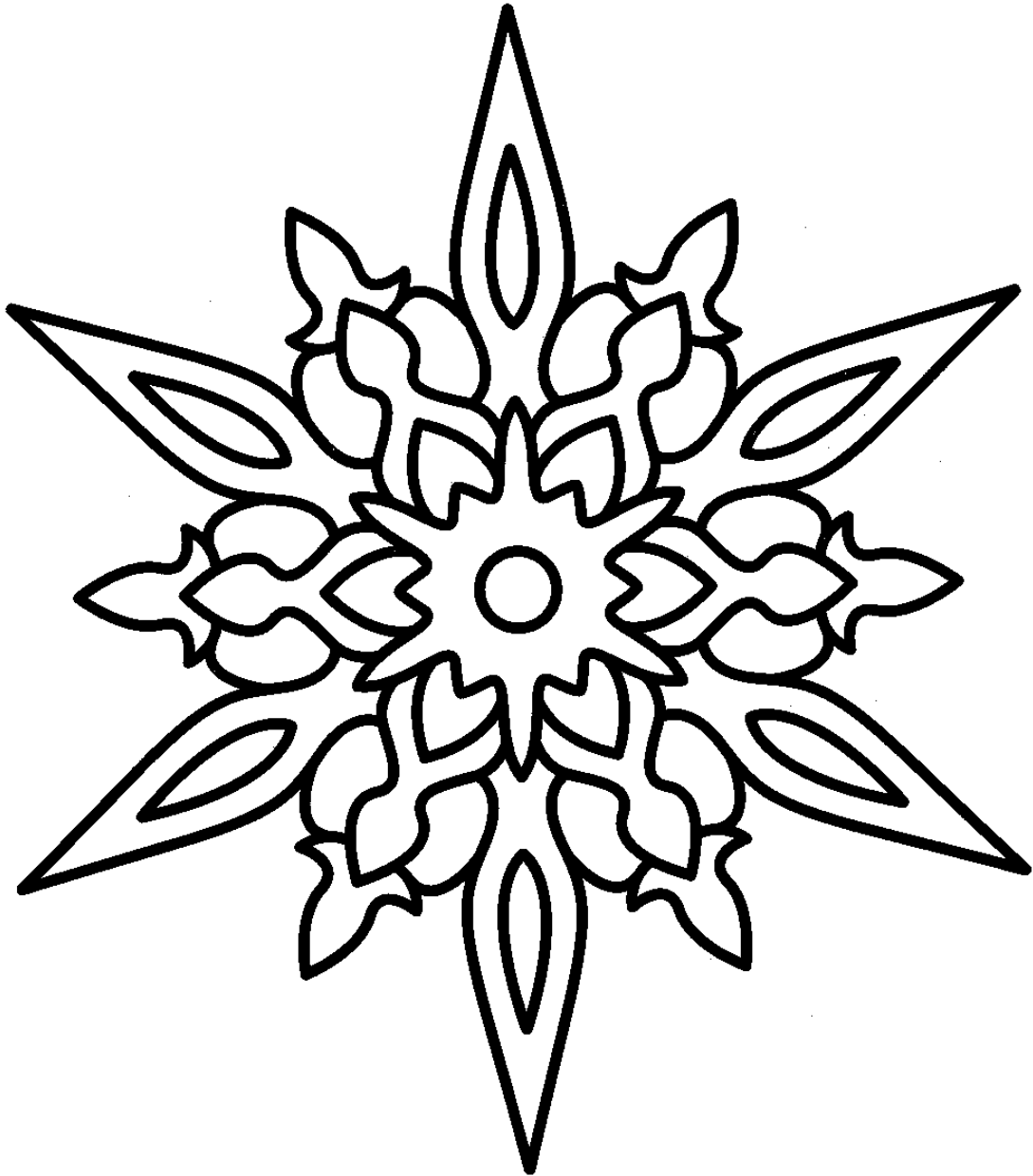
Christmas is not as much about opening our presents as opening our hearts.” – Janice Maeditere



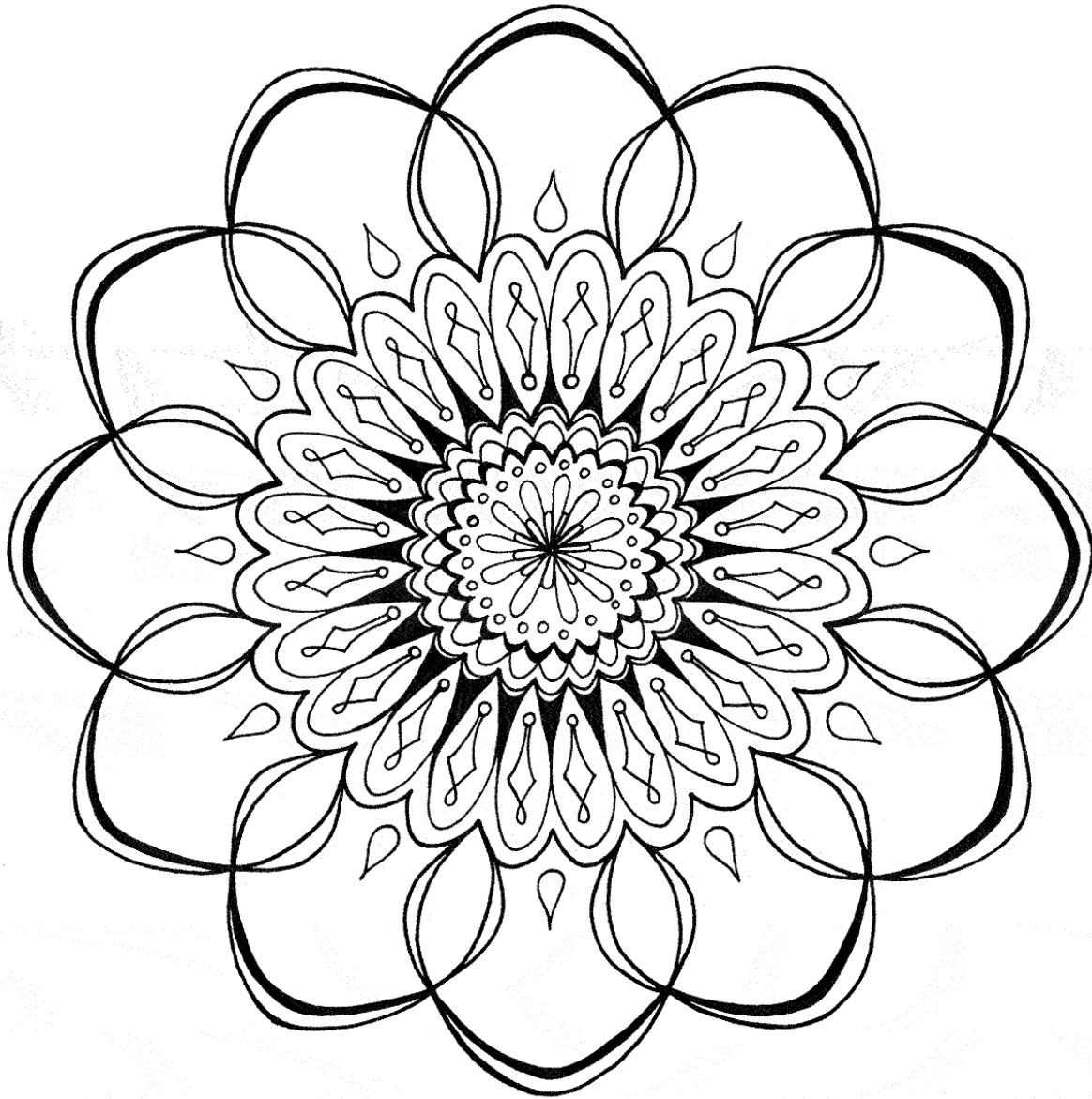
"The best and most beautiful things in the world cannot be seen
or even touched. They must be felt with the heart." –Helen
Keller



Blessed is the season which engages the whole world in a
conspiracy of love. -- Hamilton Wright Mabie

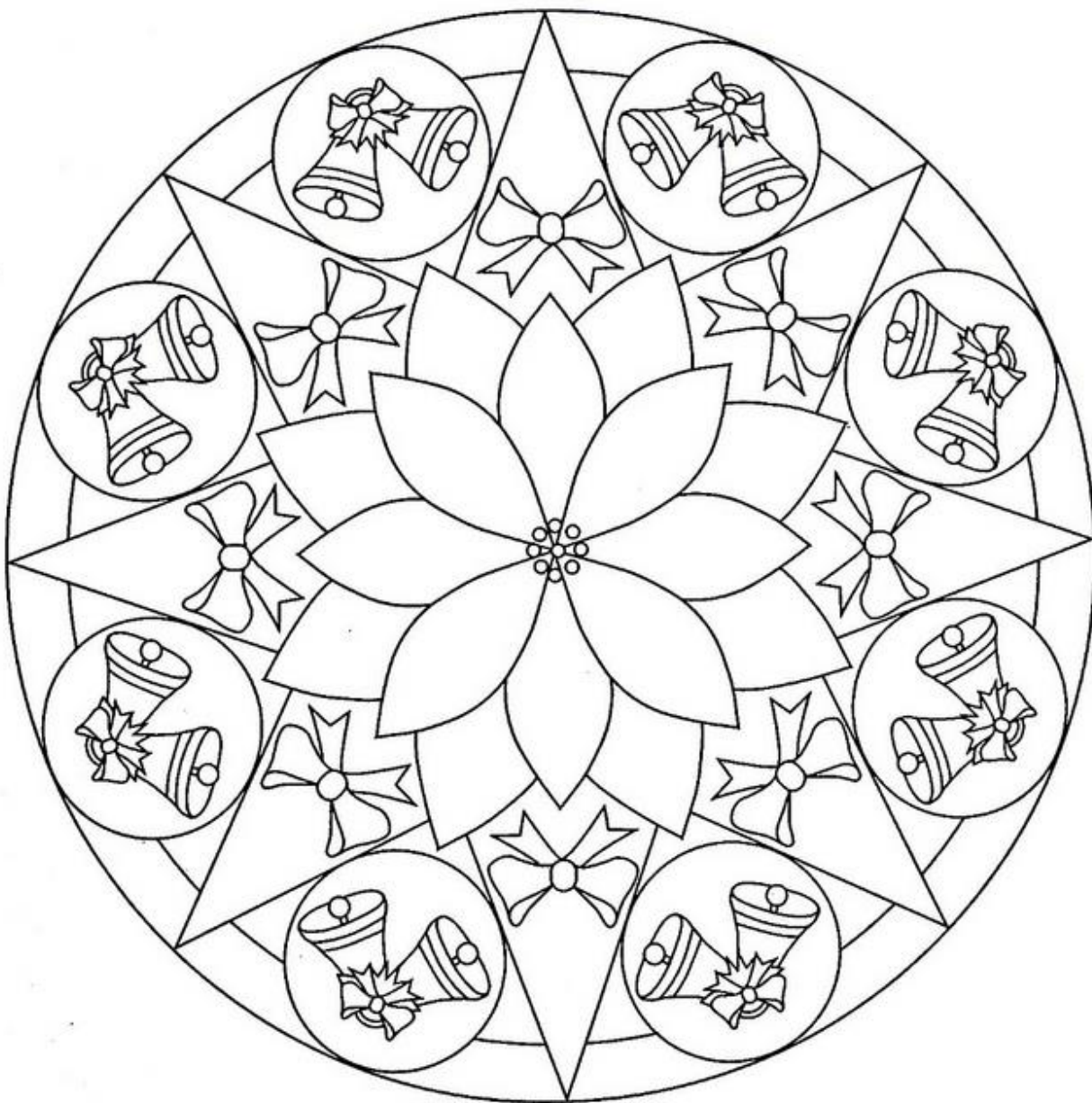


May your walls know joy, may every room hold laughter, and
every window open to great possibility
-- Mary Anne Radmacher



Gift suggestions: To your enemy, forgiveness. To an
opponent, tolerance. To a friend, your heart. To a
customer, service. To all, charity. To every child, a good
example. To yourself, respect.

-- Oren Arnold

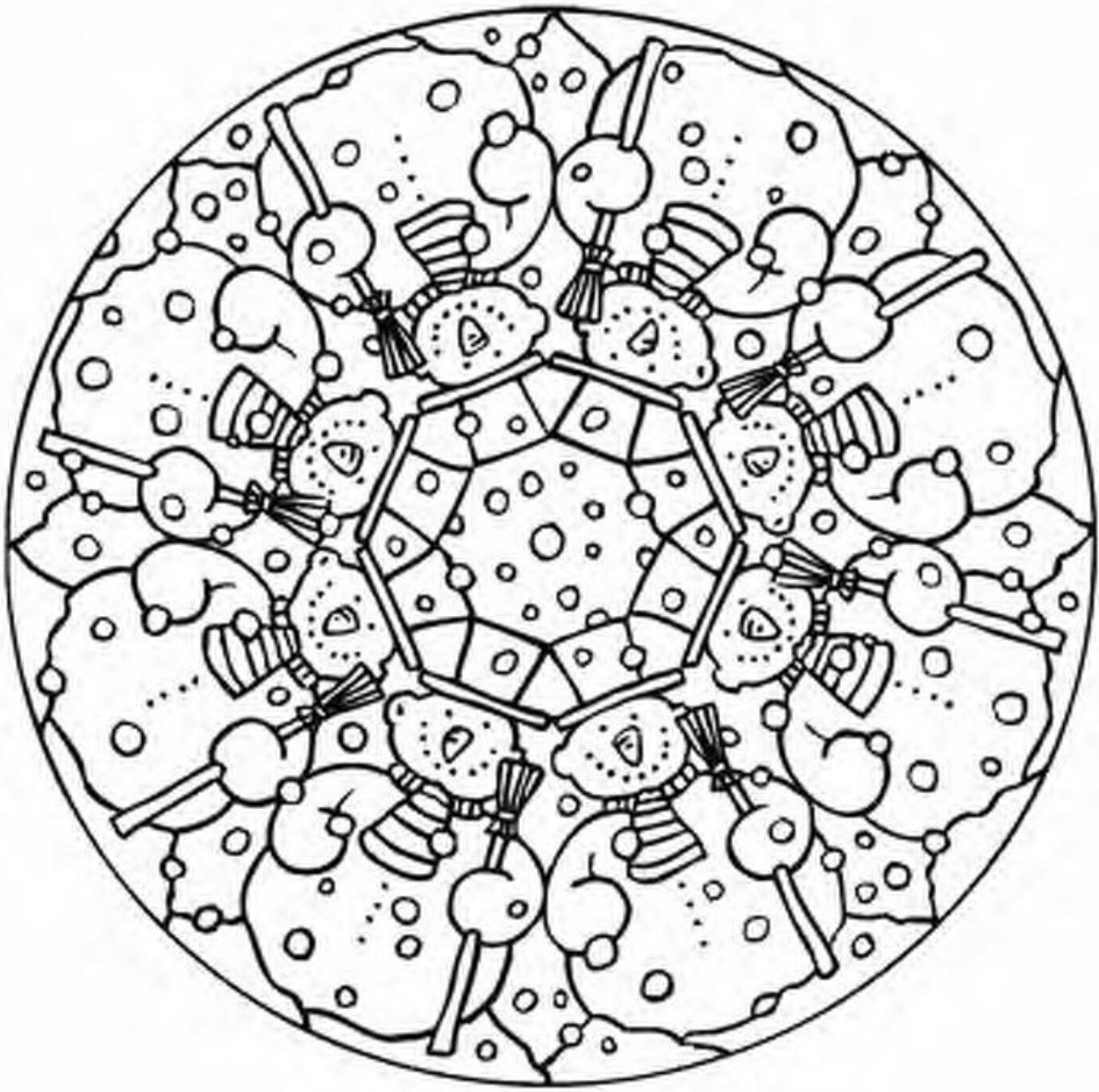


Every piece of the universe, even the tiniest little snow crystal, matters somehow. I have a place in the pattern, and so do you! -- T.A. Barron

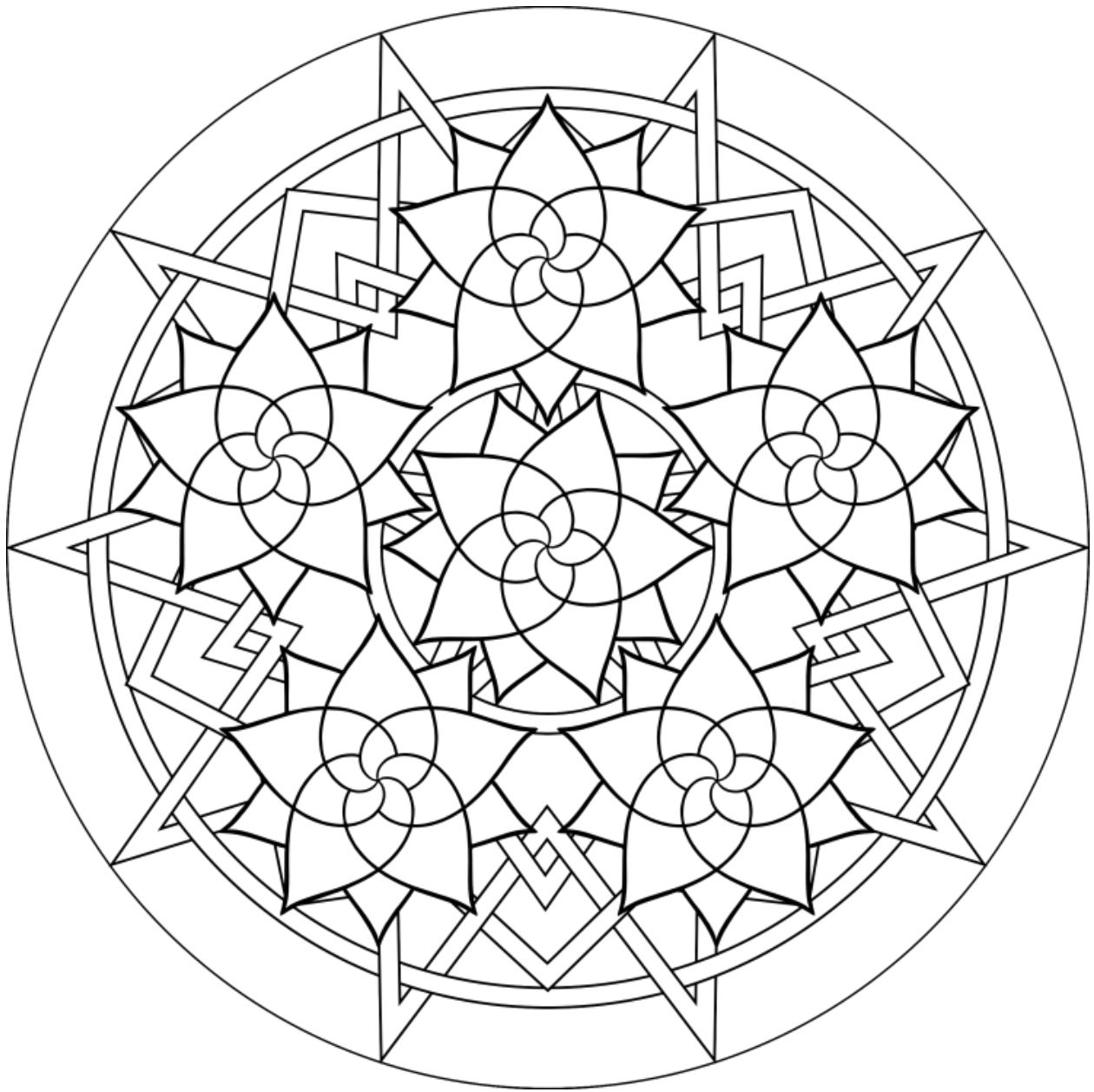


There is no ideal Christmas; only the one Christmas you
decide to make as a reflection of your values, desires,
affections, traditions.

-- Bill McKibben

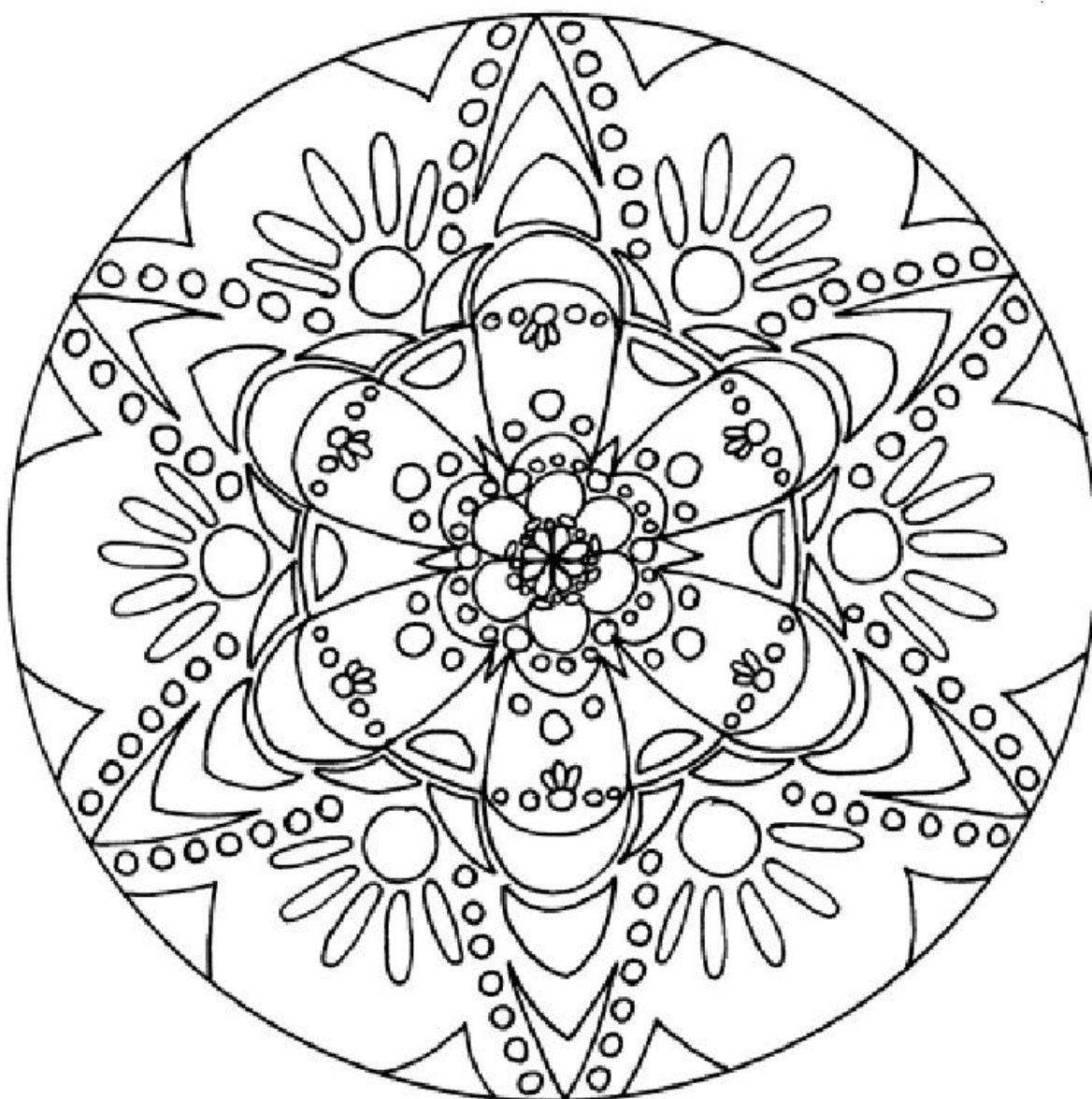


“Our hearts grow tender with childhood memories and love of kindred, and we are better throughout the year for having, in spirit, become a child again at Christmas-time.” – Laura Ingalls Wilder



This is my wish for you: peace of mind, prosperity
through the year, happiness that multiplies, health for
you and yours, fun around every corner, energy to chase
your dreams, joy to fill your holidays!

-- D.M. Dellinger



"You are as amazing as you let yourself be. Let me repeat that. You are as amazing as you let yourself be."

-- Elizabeth Alraune

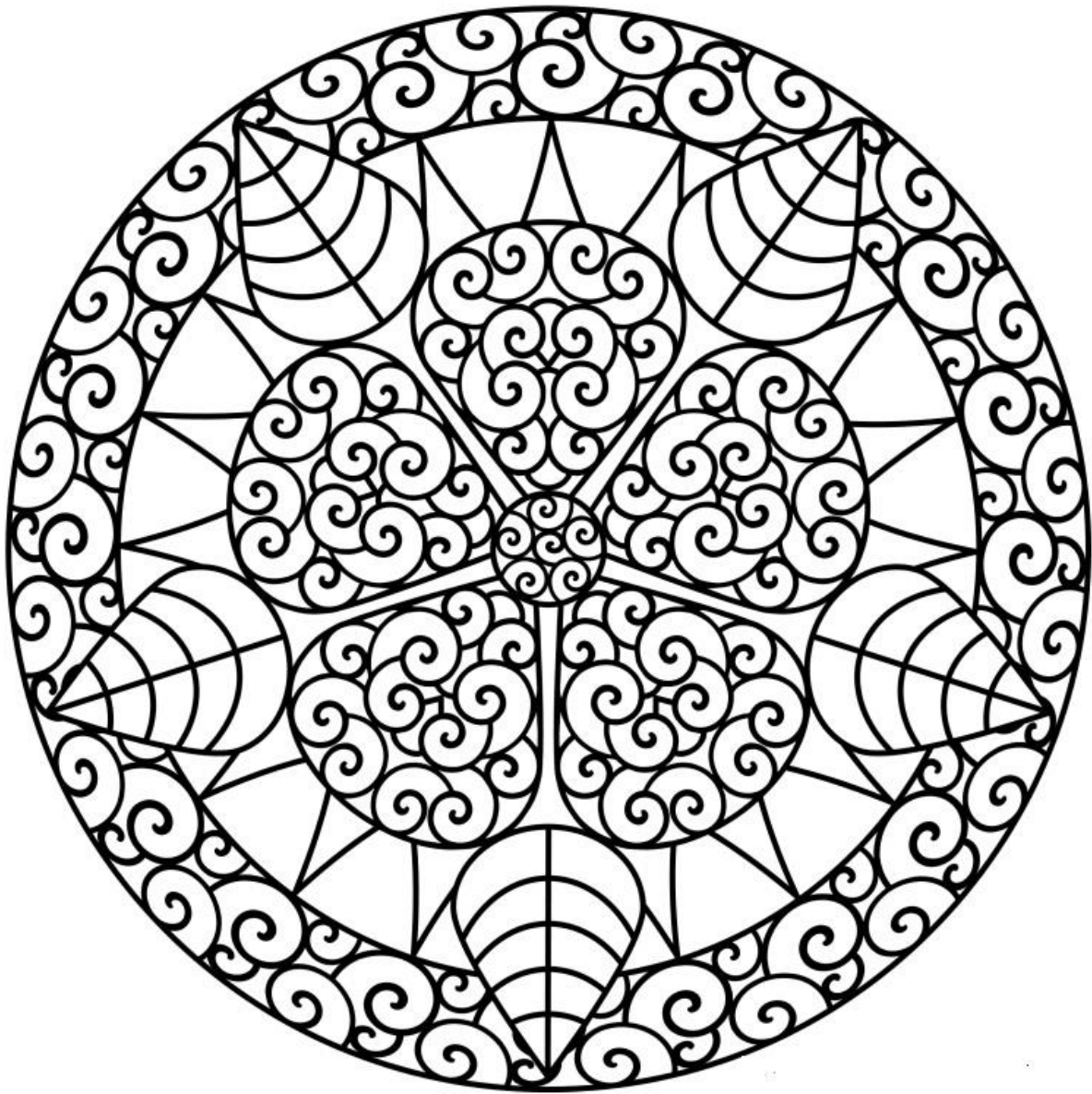


"Joy is what happens to us when we allow ourselves to recognize how good things really are."

-- Marianne Williamson

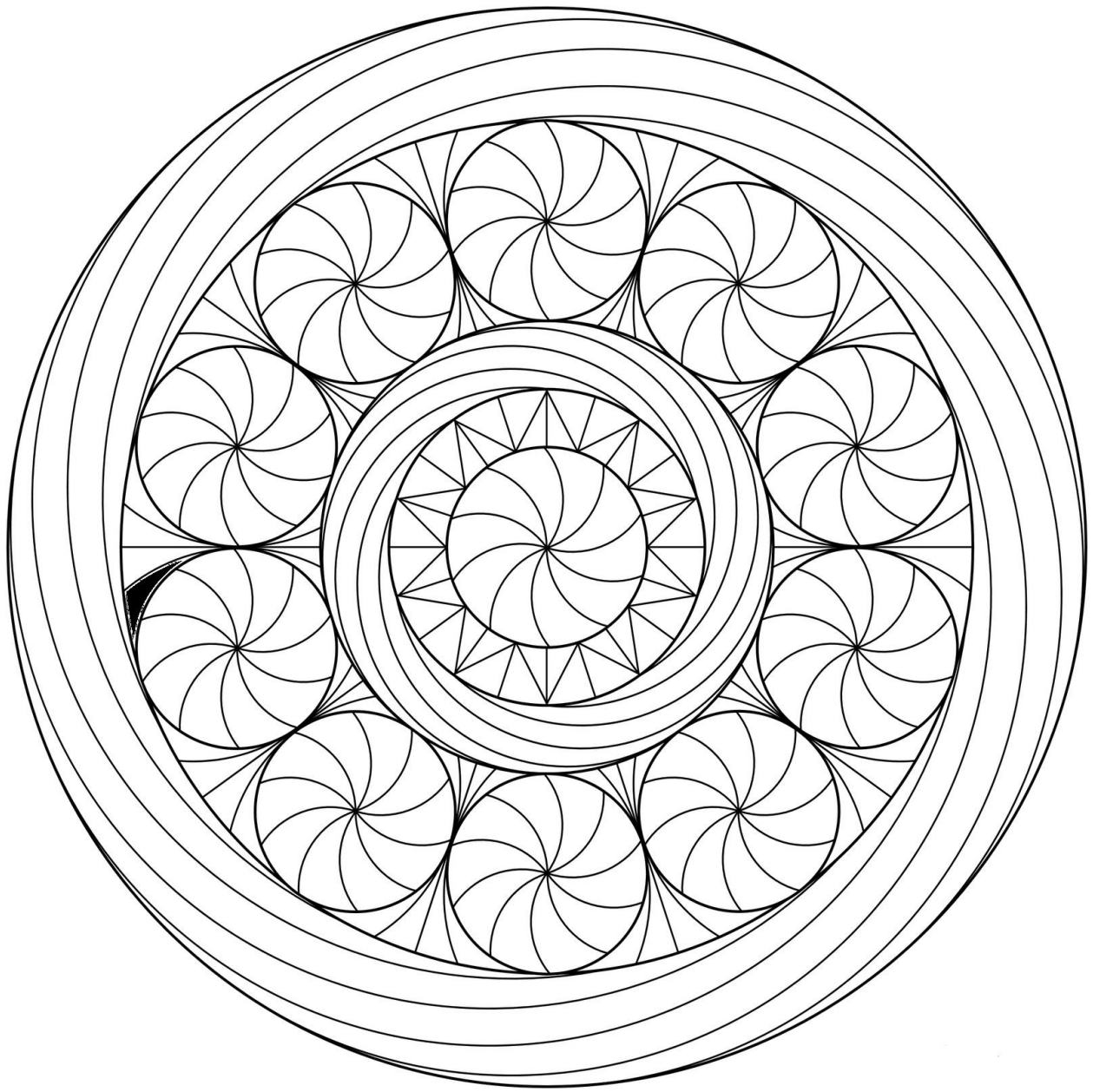


Christmas is forever, not for just a day,
For loving, sharing, giving, are not to be put away
Like bells and lights and tinsel, in some box upon a shelf.
The good you do for others is good you do for yourself.
– Norman Wesley Brooks



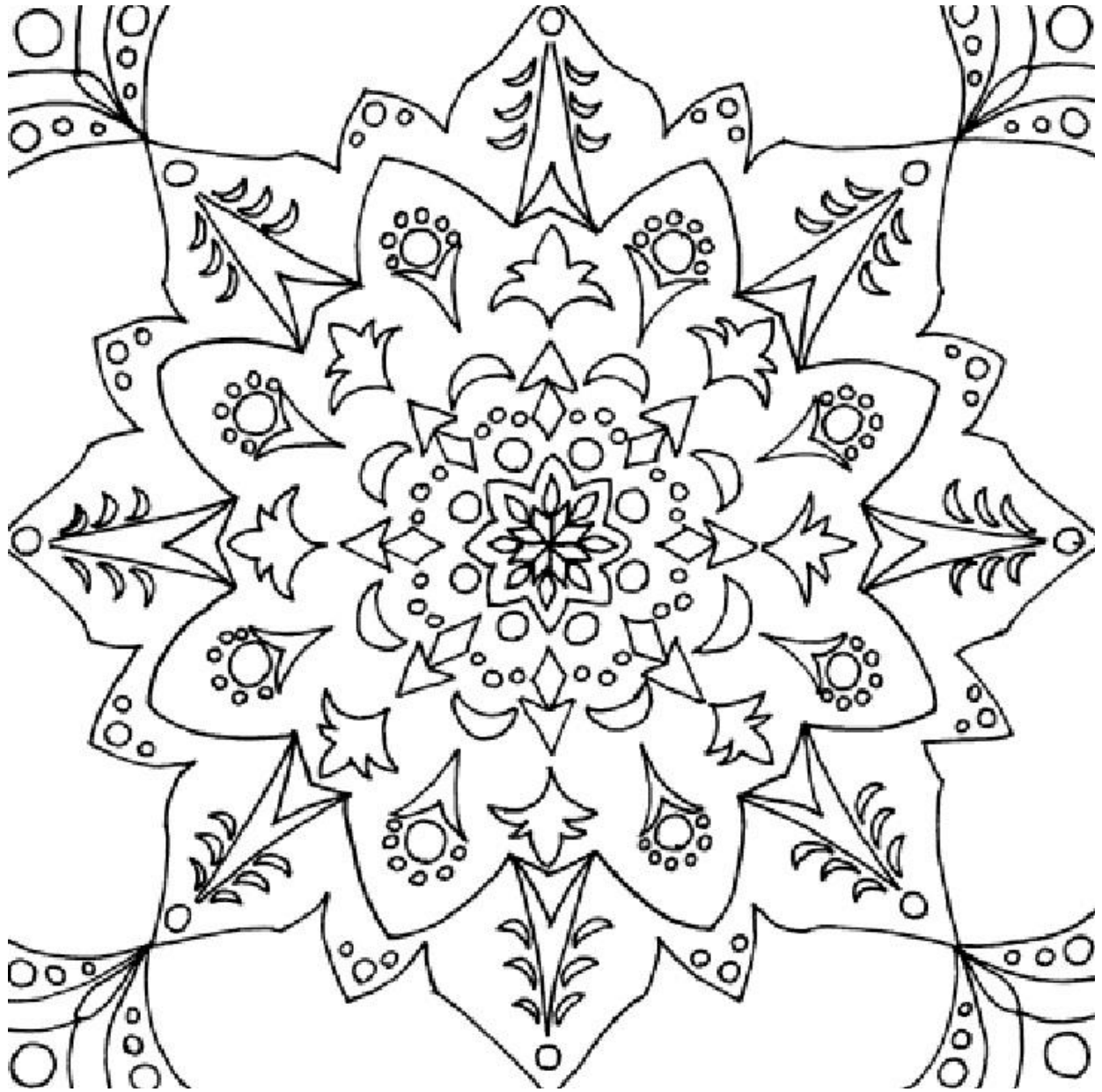
CHRISTMAS IS NOT AS MUCH ABOUT OPENNING OUR PRESENTS
AS OPENING OUR HEARTS.

~ J.L.W. BROOKS



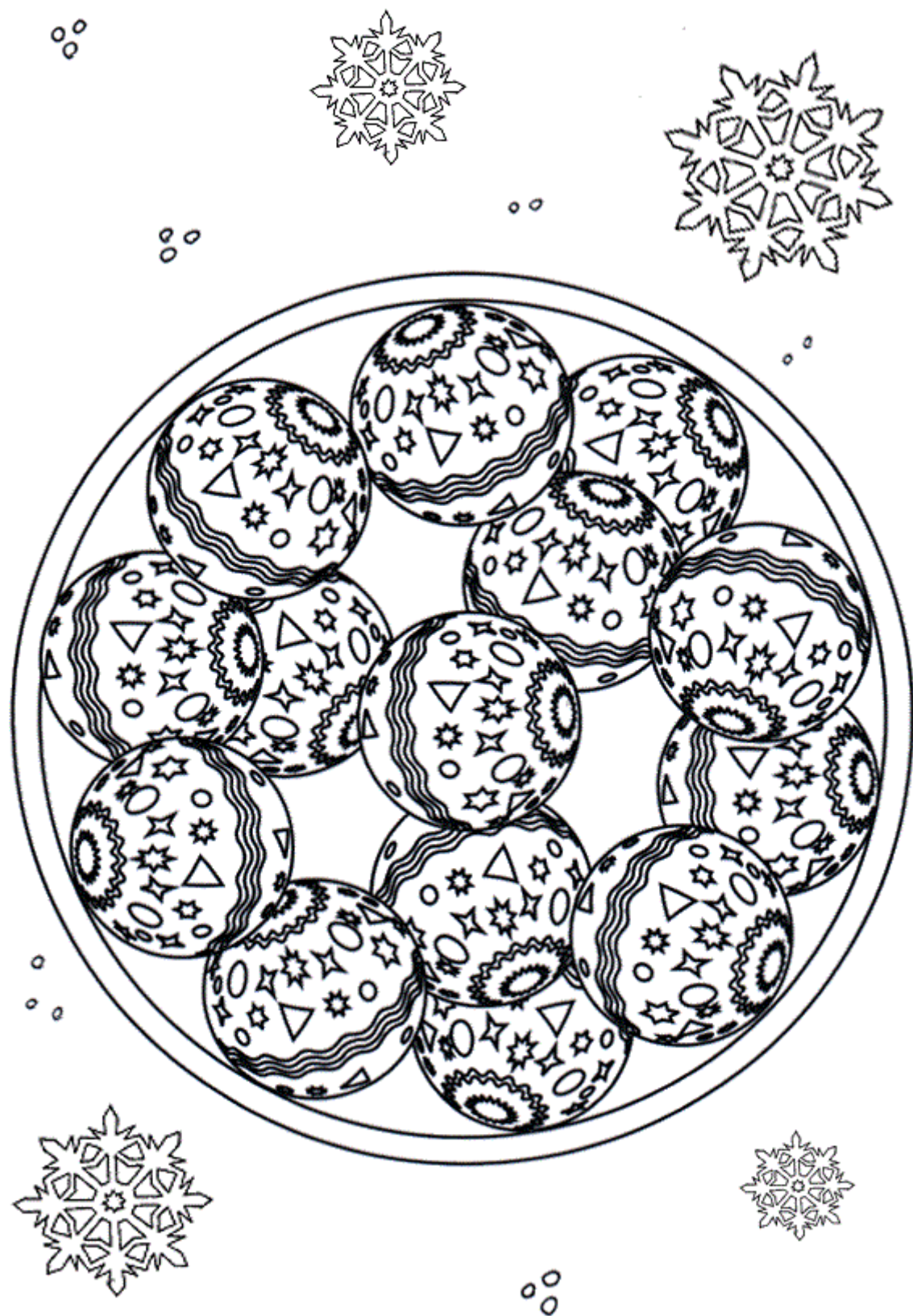
"Happiness is there for the taking – and the making."

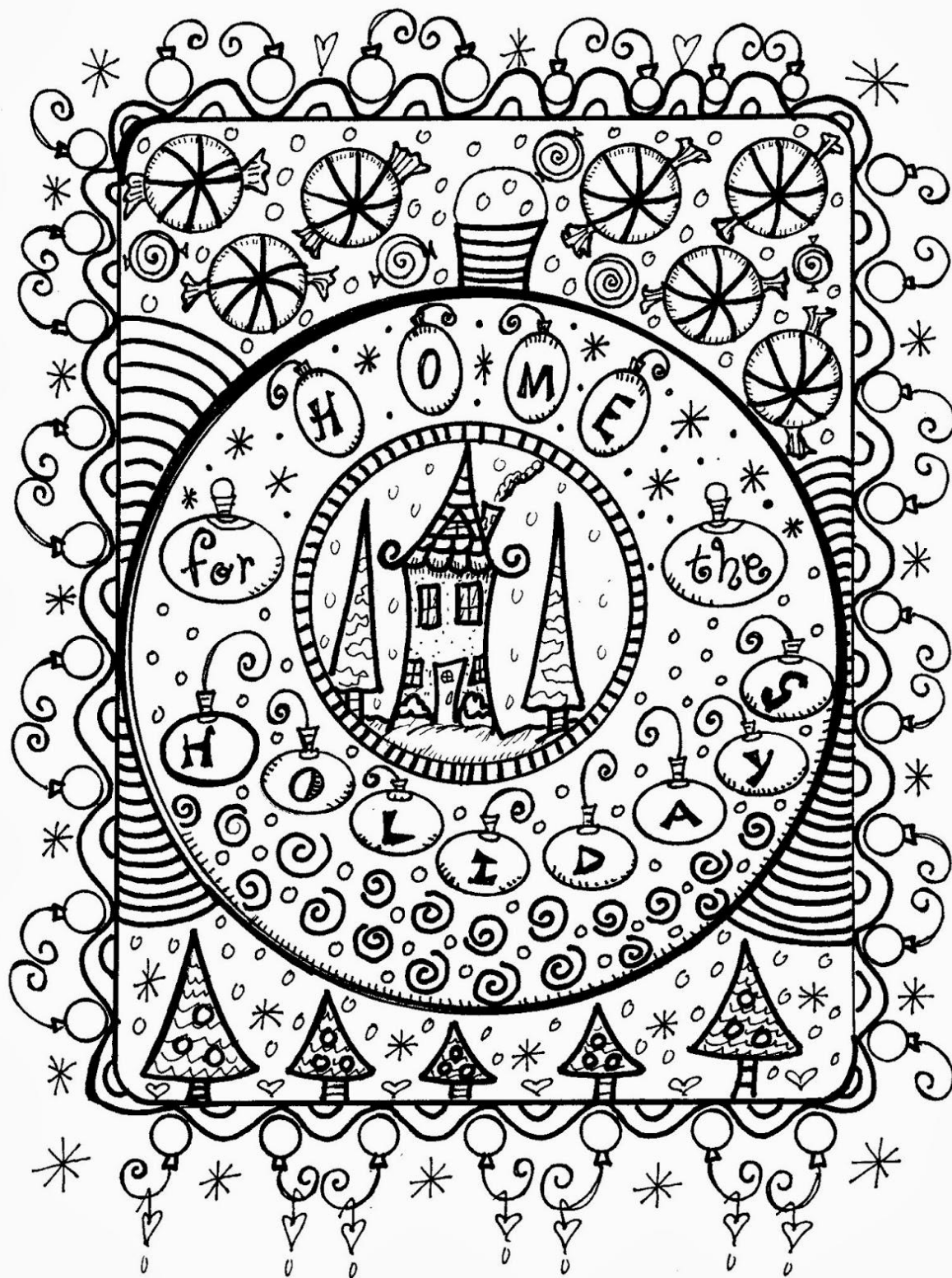
-- Oprah



Celebrate the happiness that friends are always giving,
make every day a holiday and celebrate just living!

--*Amanda Bradley*







Have you enjoyed this book? Would you like to learn more ways to experience bliss in your life?

Moneeka Sawyer is a Personal Potential and Bliss Mentor and specializes in helping people to discover, define, and live their own personal bliss. If you'd like to learn more about what she has to offer, or you'd like to get her free e-book "5 Easy Ways to be Happy, Free, and Strong," visit her website at:

www.CoreBlissLife.com

You can also join us on Facebook and share your beautifully colored mandalas. Visit my group at:

www.facebook.com/groups/chooseblisschallenge

Here's to your joy, contentment, and blissful holiday season.