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Easy Mandalas For Beginners Book 4: 30 Easy Coloring Mandalas For Adults

Sandra Bacon

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Sit down, relax and enjoy coloring these easy and beautiful mandalas! They were created especially for the adult who sometimes want a more simplistic style of coloring, but also want a touch of beauty and some detail. You will experience it's healing powers of mind, spirit and body. A healing that comes from the relaxation that is generated while focusing solely on the coloring process.

It is said that you can increase your self-awareness and self expression or make a spiritual connection just from the process of coloring mandalas. Maybe this is because mandalas are considered to be a sacred circle in many cultures. And if you notice, a lot of mandalas are drawn in the form of a circle. A geometric shape that has no beginning and no end.

When you are coloring your mandala, you are awakening it by infusing it with color, and when this happens, all the things mentioned above are possible. Just remember, these were created for you to have fun, and that there is no right or wrong way to color. Just use whatever colors that appeal to you and go at your own pace because there are no rules to follow.

The one thing I do want to mention is that if you use a marker to color, there could be bleeding, especially on the back of the paper. If you use colored pencils, you can layer and blend your colors much easier, and erase and get into the smaller spaces that markers can't reach.

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