



Adult Coloring Book: Stress Relieving Patterns (Volume 1 Mandalas)

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In this #darkskygold and #darkskygoldcoloring Adult Coloring Book: Stress Relieving Patterns (volume 1 mandalas) (features over 50 stress relieving mandalas patterns 50 illustrations printed one per page (the back of each page is blank) so no bleeding through page Enjoy hours of stress relief and relaxation! Mandalas symbolize the universe. The word “Mandala” is actually a Sanskrit compound word meaning “container/possessor of essence”. Drawing them and coloring them in are well-known to be helpful for focusing attention, settling wild thoughts, meditative support, and promoting healing. Even the psychologist Carl Jung has touted that Mandalas are made during times of intense personal growth. Coloring is intuitive and coloring can be done at almost any age. Mandalas can be colored in an infinite number of ways and because of this, has been thought to reflect mental nuances like mood. Since this is the case, it is more than just a design to color, but is also a very pure form of self-expression. For an activity that promotes healing and is considered very therapeutic, coloring in Mandalas can truly guide you into a calm and thoughtful state. As the Mandala starts to fill-in with color, you are quite literally, filling a “container/possessor of essence”. It is an interesting thought... Color on! #adultcoloringbook #coloringbook

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