

The Colour Monster

ANNA LENAS

Mindfulness



A feel-good
activity book with
45 mandalas to colour

A mandala helps you feel connected to yourself.

When you draw a mandala, it's like drawing a **sacred circle** – a safe place for yourself. It helps you connect with the deepest part of who you are, and even to something bigger, like the universe.

In Buddhism and Hinduism, people have been drawing mandalas for a long time as part of their spiritual practices. Even in Christianity, you can find mandalas in the rose-shaped windows of old cathedrals and churches.

In the 20th century, a psychologist named Carl Jung thought mandalas were a visual representation of a person's 'wholeness' or 'self', demonstrating the divine potential within each of us.



As you colour the shapes and follow the lines, your worries and feelings start to settle down – just like the ripples in a lake after you throw in a stone. We let time go by and the ripples pass. In a way, our mind is like this lake. It's true nature is calm, pure, and clear. If we learn to let the ripples pass, **our mind can become a peaceful place** we can always return to for comfort.

The word 'mandala' comes from an old language called Sanskrit and it means 'circle'. A mandala is a circle with different drawings inside it, usually starting from a central point. When you draw or colour a mandala, **it helps you feel calm and focused. It's a way to meditate by doing something with your hands**, and it can bring peace, helping you feel better when you're stressed or upset.



In this colouring book, you'll find **45 mandalas** with different designs and shapes. Pick one that feels right to you in the moment. You can colour it with felt-tip pens, coloured pencils, watercolours or anything you like. You can even create a collage or add 3D objects if you want to! You might want to play soft music in the background or colour quietly in a place without loud noises and distractions.

Colours are important too – choose the ones that feel good to you. When you finish your mandala, you can leave it in the book or pull it out and hang it in your room. Hanging up your mandala is special because, when you look at it again, you will remember the peaceful feeling you had while making it.

focus on the light.



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when you concentrate, you will see.



