

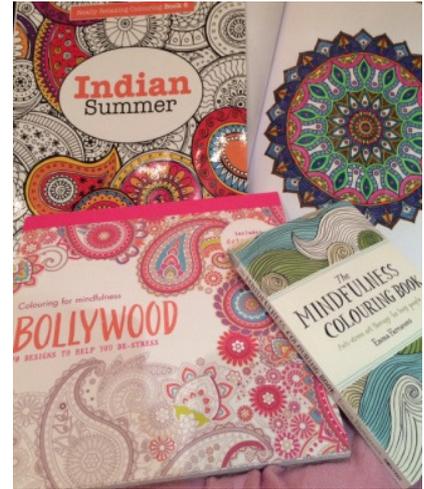
# Mindful Colouring (and Mandala Meditation)



*Mandala is the Sanskrit word for circle and is a Hindu and Buddhist spiritual symbol representing the Universe, or the divine abode of a deity. The mandala can be used to focus attention as a visual aid to meditation – helping with concentration and awareness.*

## Mindful Colouring

- First print out the mandala template on the next page.
- Then colour in the mandala.
- You can also find templates on the internet.
- Take your time doing this. Don't let any distractions take you away from the colouring, and if you find your mind wandering, bring it back to the colouring and the task in hand.
- Mindful colouring can be fun, calming and an activity you can do with people of all ages, especially children.



- You can also buy Mindful Colouring books online or in bookshops.

## Mandala Meditation

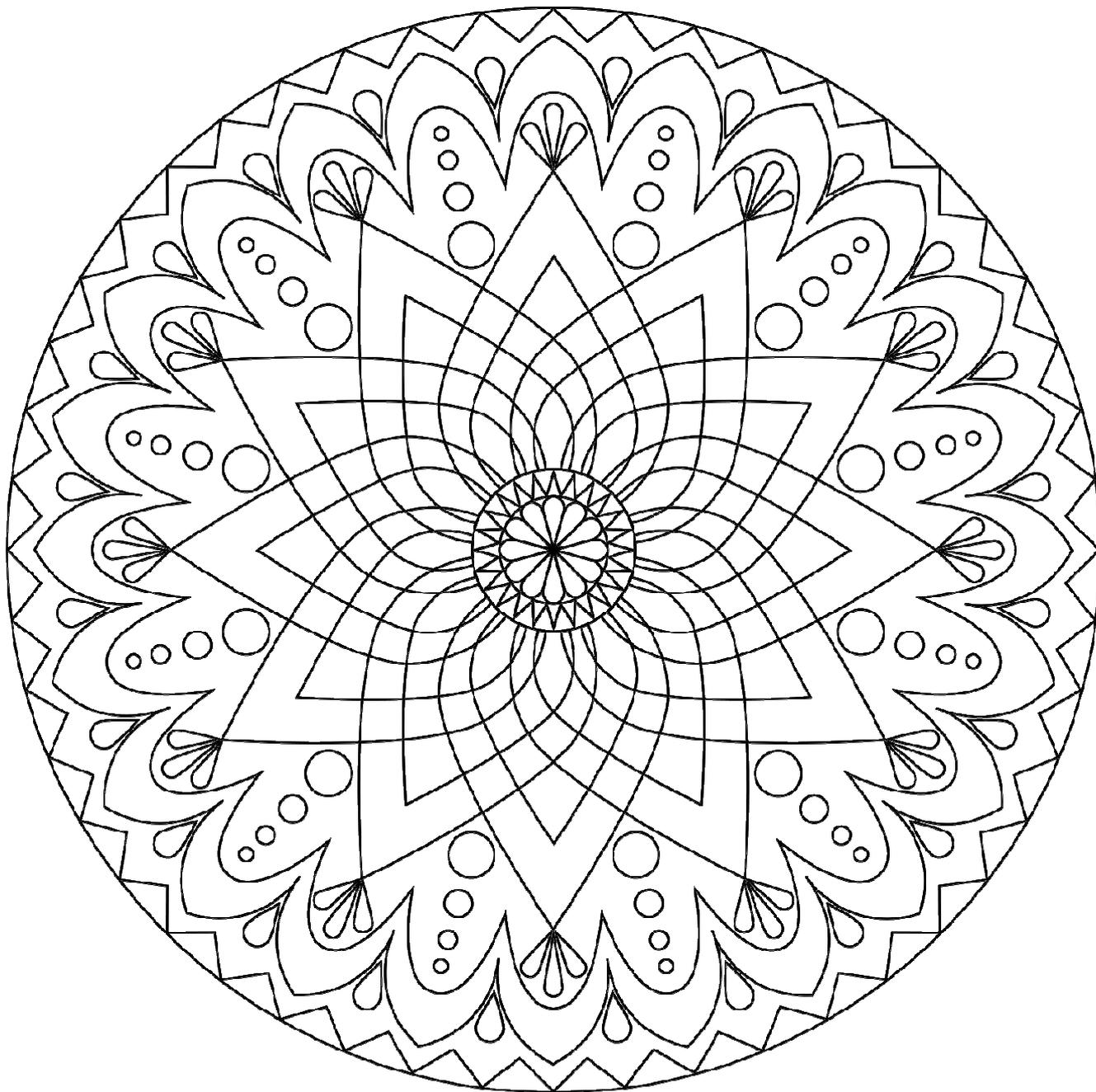
If you would like, you can then do the following as a seated meditation.

- Firstly Look at the mandala and allow your eyes to focus on the dot in the centre.
- Now allow your eyes to see the flower and the circles around the dot.
- Allow your vision to expand further to take in all the larger petals in the mandala.
- Now gaze at the mandala, letting all the different shapes and patterns emerge naturally. Your eyes are held loosely in focus to take in all the shapes.
- Refocus on the centre of the mandala.
- Now gently close your eyes. You may still see the mandala in your mind's eye.
- Sit with that for as long as you like.
- When your meditation is complete, release the image of the mandala and focus on your breath - take a few moments to rest and then gently open your eyes.



**Mindful Colouring  
(and Mandala Meditation)**

*just*  
**Mindfulness!**



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