



Mandala Circles: 50 Mind Calming And Stress Relieving Patterns (Coloring Books For Adults Book 1)

Audrey Wingate

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Mandala Coloring Books For Adults Represent The Oldest Form Of Coloring For Grown-ups

Whether we are talking about traditional Tibetan, Indian, Celtic, Buddhist, Zen or Native American mandalas, or modern patterns which are probably better described as being in a mandala style, mandalas and mandala artwork have been used for many years for healing and meditation

In recent years coloring for grown-ups has become a widespread and growing hobby. There are of course many reasons for this, but here are just some...

Coloring Reduces Stress And Anxiety

Psychiatrists have long recognized the fact that coloring relaxes the fear center of the brain and allows your mind to get some rest. In fact the founder of analytical psychology, Carl Jung, is known to have given his patients mandalas to color over one hundred years ago. In today's hectic world the stress reducing properties of coloring are possibly more valuable than ever.

Coloring Trains Your Mind To Focus

Staying inside the lines as you color a simple black and white line drawing takes focus and, while you are concentrating on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mental exercise which lets you put aside everything else for the time you spend coloring, and this is extremely important in our hectic world.

Coloring Helps To Develop Motor Skills And Vision

Coloring forces the two sides of the brain to interact and involves the use of logic (necessary for coloring forms) and creativity (as we mix and match colors). This, in turn, brings the areas of the brain concerned with vision and fine motor skills into play, and helps in keeping these active and in developing them further. It is this aspect of coloring which is being increasingly seen as particularly valuable for older individuals, as many professionals believe that it can delay, or even prevent, the onset of dementia.

Coloring Provides The Opportunity To Be Social

Although you might feel that coloring would be a purely solo occupation, its growing popularity is fast turning it into a social one. Families, friends, colleagues and others are now getting together to enjoy something to eat and drink and the chance to socialize, through their common interest in coloring. Indeed, this is a perfect excuse for partying, as coloring needs only minimal concentration and can easily be done in

a group.

Coloring Allows You To Be Yourself

There are no rules when it comes to coloring and your coloring book is just that - **your** coloring book. If you accidentally color the cat's rear leg green because you mistook it for part of the grass, who is going to care? Should you feel like making the sky yellow, does it really matter? You may be as creative and experimental as you wish because this is your coloring book, and yours alone.

You may of course already be a follower of adult coloring, in which case you will appreciate its value. Alternatively, this may be a new project for you and one which you are thinking about for any one of a number of different reasons. If this is something new for you then **I encourage you to give it a try**. It is no accident that so many people are fired up about the world of adult coloring, so **join in and start to enjoy the benefits for yourself today**.

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