



Mandala Coloring Sheets

A tool to quiet your mind

by THE WELLNESS SOCIETY



About

Mandalas have been a symbol of artistic and spiritual expression for centuries across numerous cultures worldwide.

Various psychological, spiritual, and cultural traditions believe that mandalas represent wholeness, unity, and the cosmos. The recurring presence of mandalas in so many cultures suggests a shared human desire to seek balance through mandala art.

Research shows that the repetitive patterns and symmetrical designs of mandalas can indeed have a calming effect on the mind.

The rhythmic, repetitive nature of coloring within the structured patterns of a mandala can promote a state of relaxation and mindfulness, making it a powerful tool for self-care and mental wellbeing.

Renowned Swiss psychiatrist Carl Jung was a firm believer in the power of mandalas.

Jung believed that mandalas symbolise the totality of the self, representing unity, harmony, and completeness.

He considered the process of engaging with mandalas as a form of self-exploration and a means to achieve psychological balance. According to Jung, working with mandalas helps us to integrate the conscious and unconscious aspects of our psyche, leading to a more harmonious self.

Experience the therapeutic power of mandalas through these Mandala Coloring Sheets. As you color the wide variety of designs, you may find yourself becoming more focused and calm.

Discover how this timeless art form can bring balance, relaxation, and mindfulness into your life.

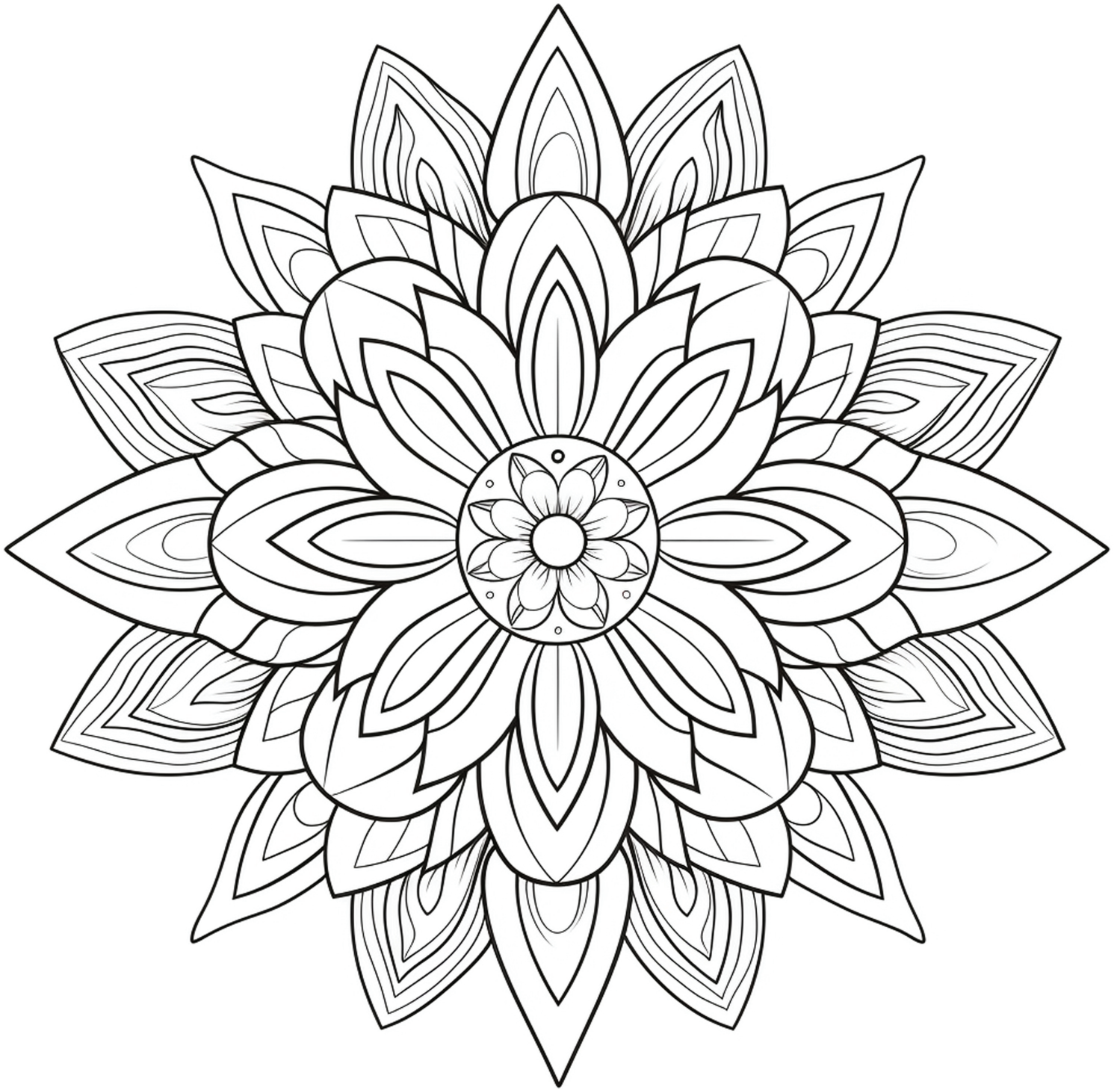
We hope you find it helpful!

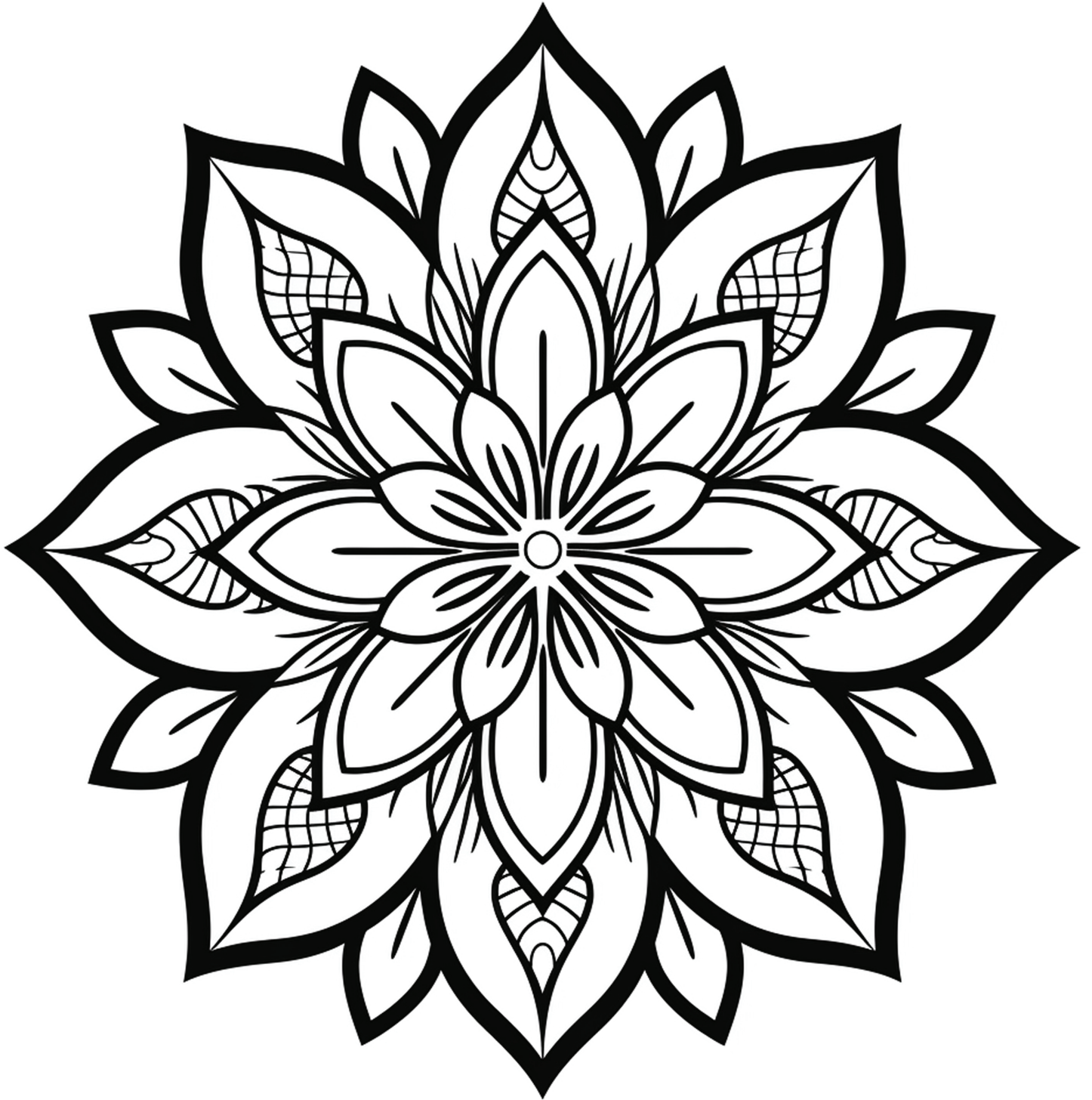
Rebecca and the team

The Wellness Society

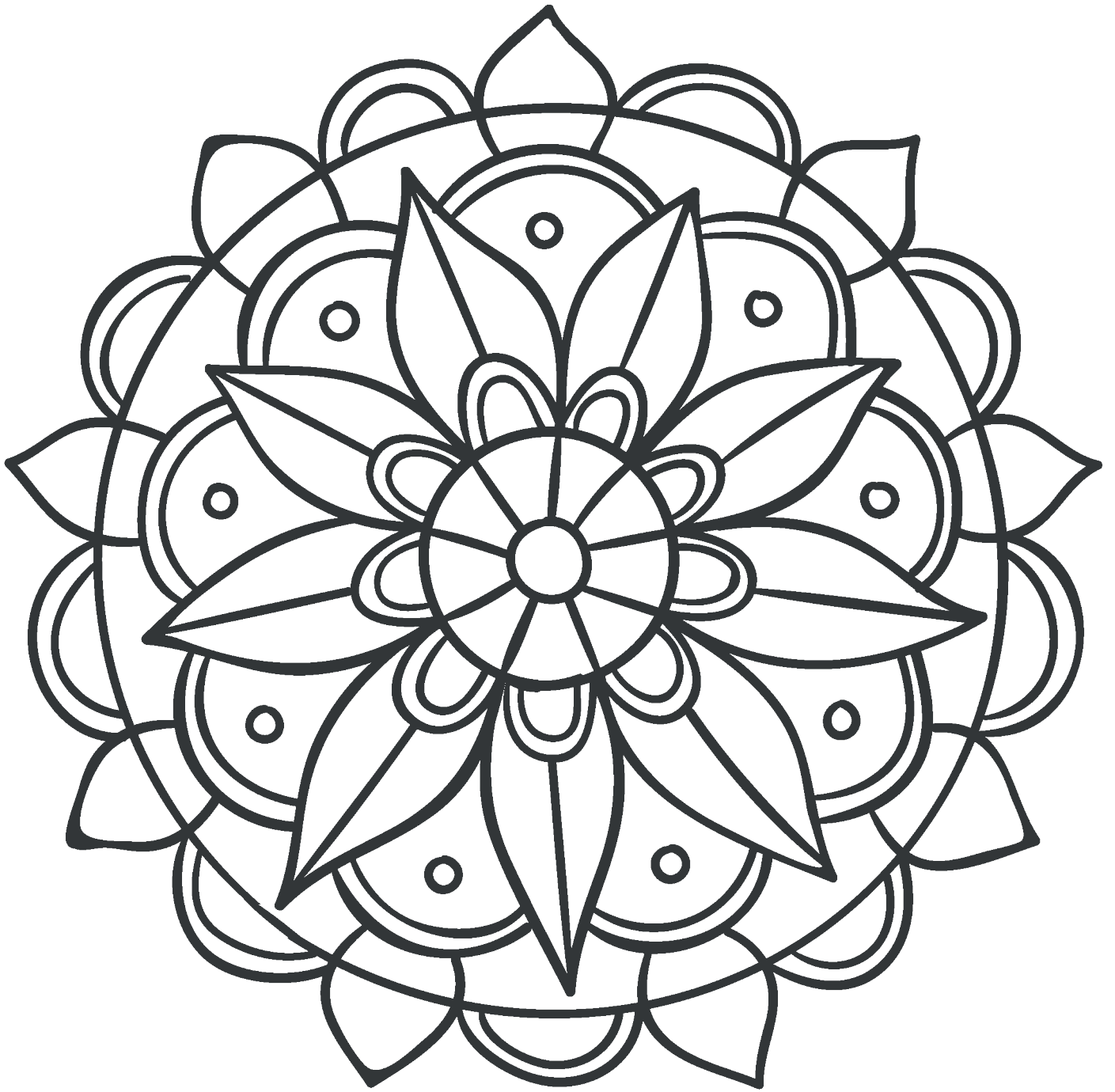
References

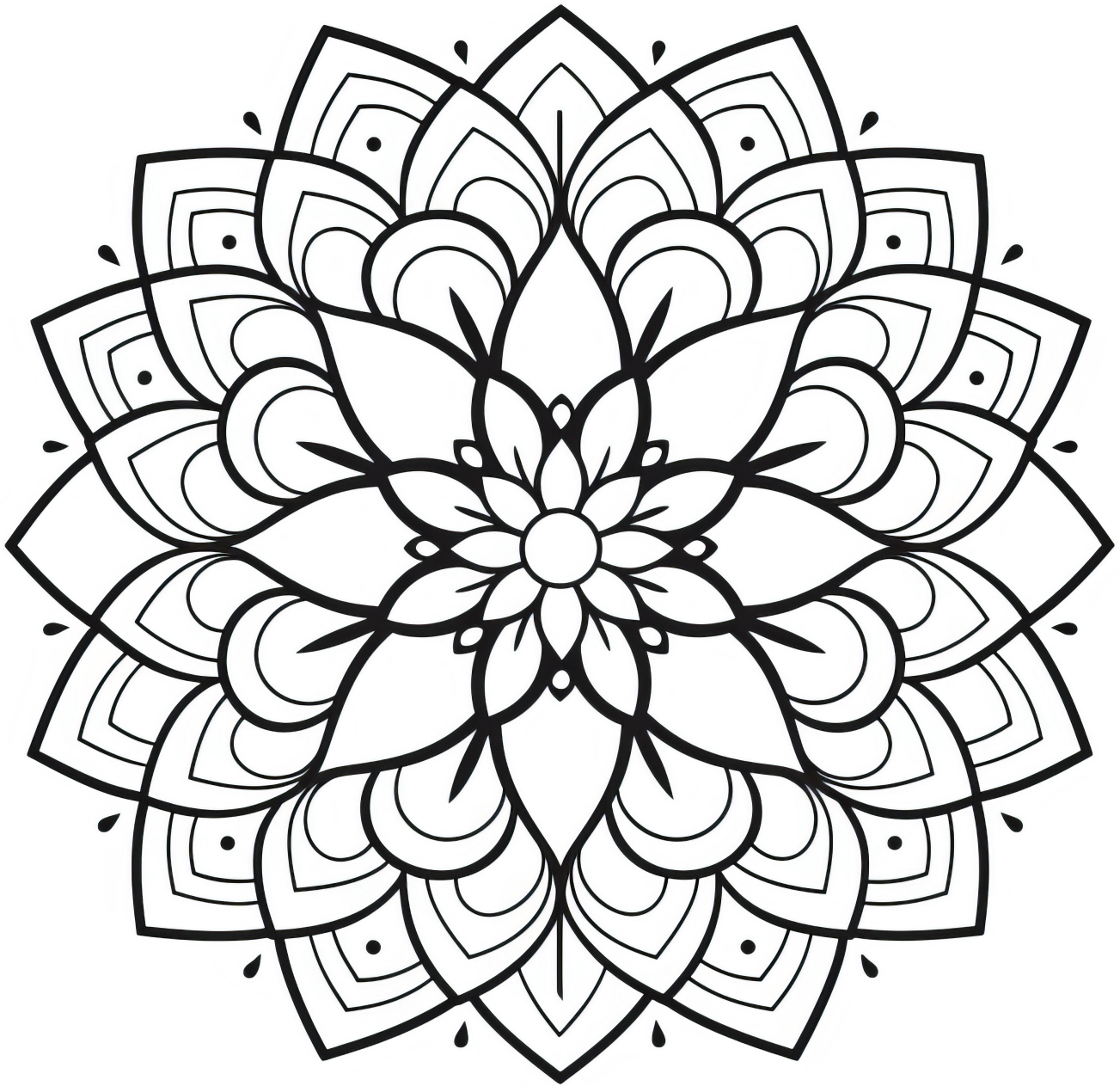
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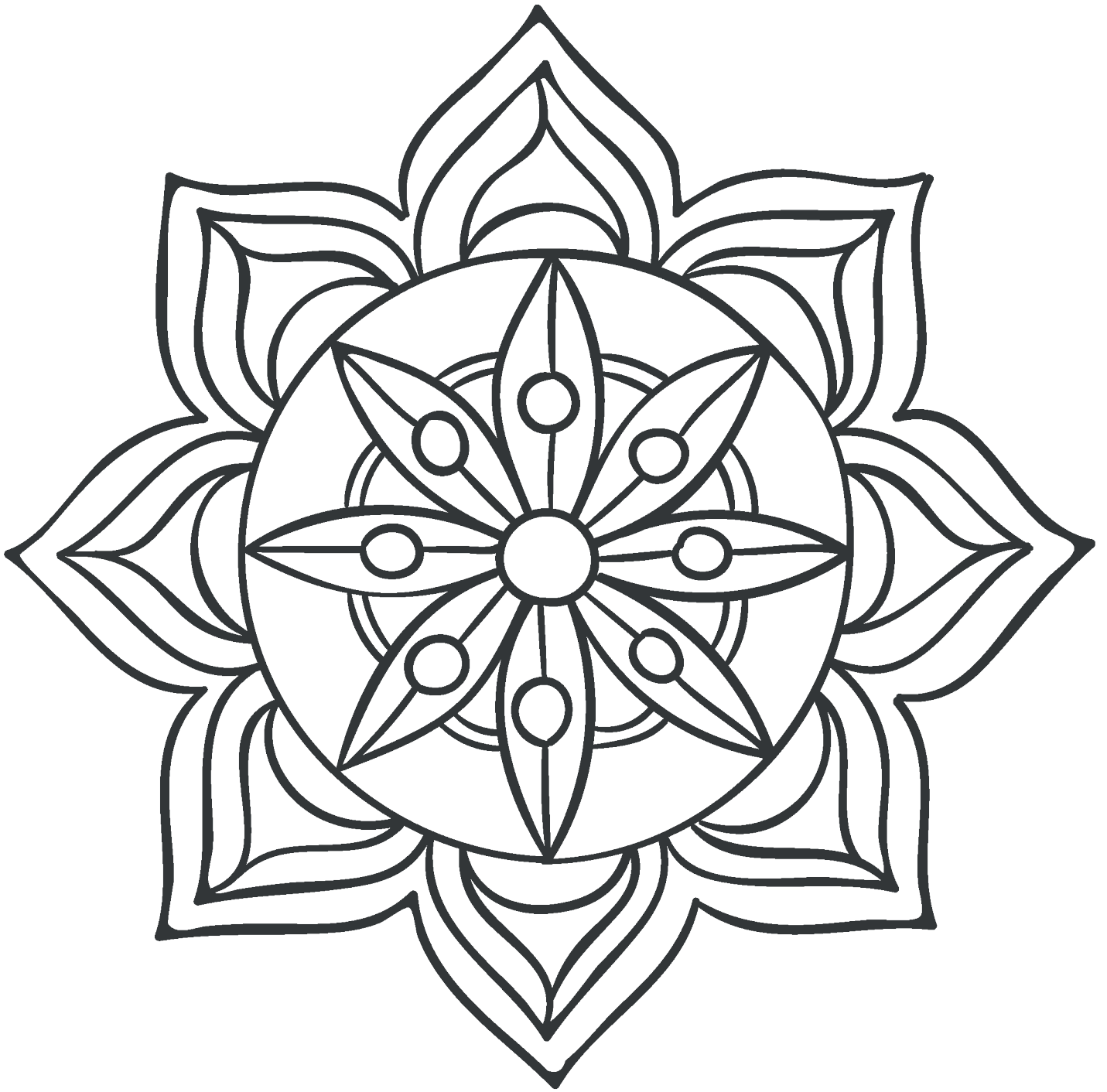


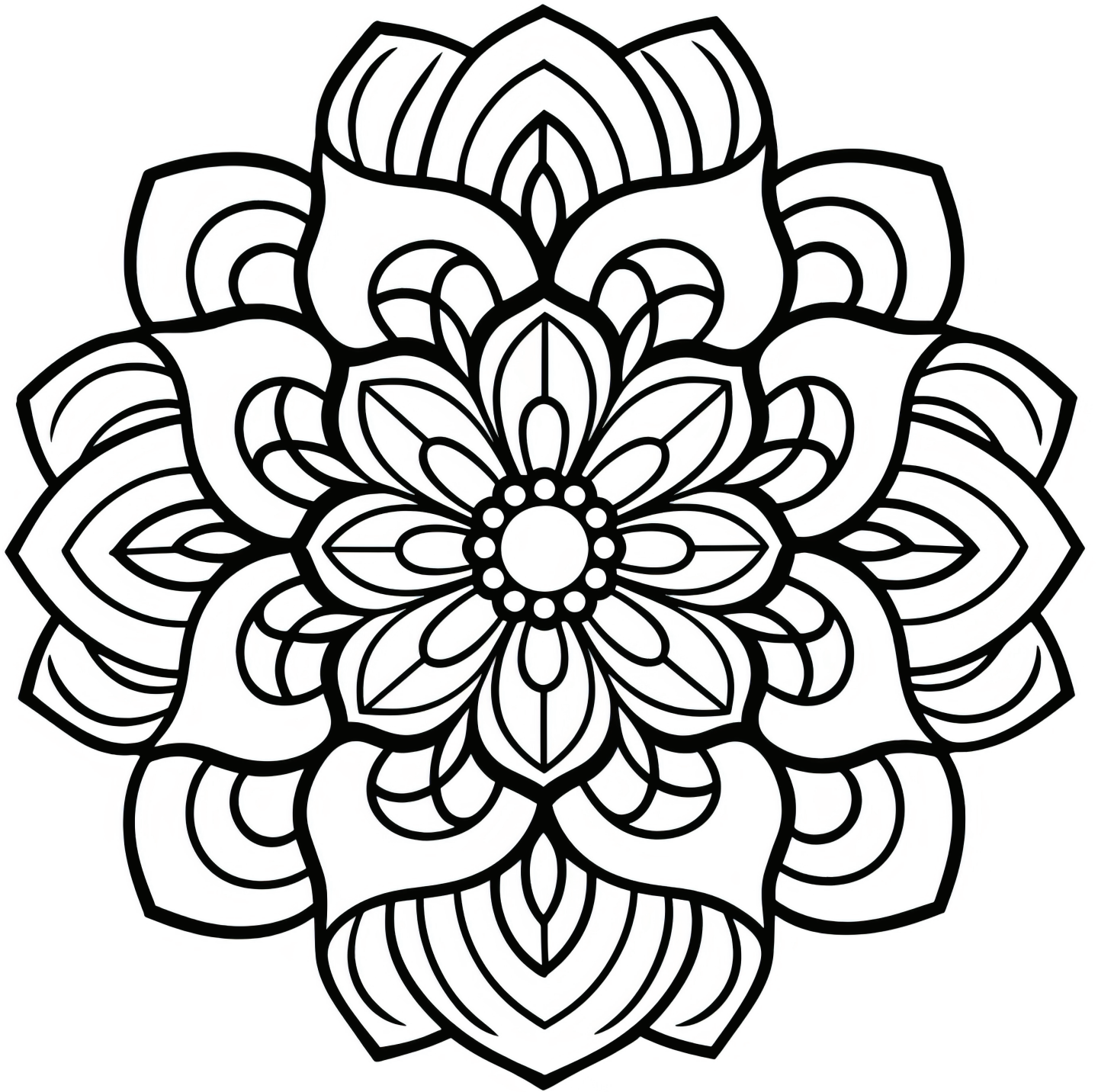




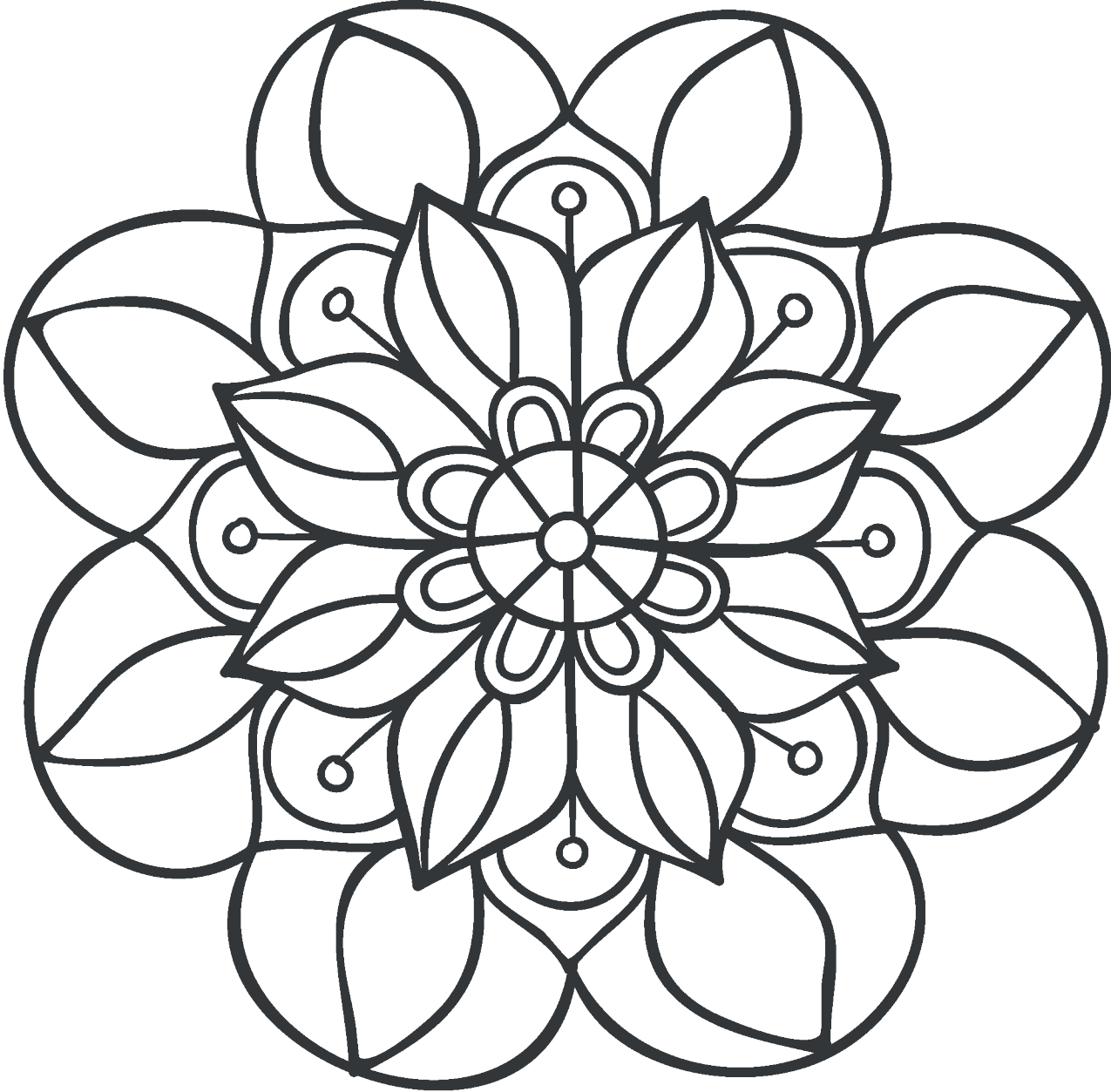


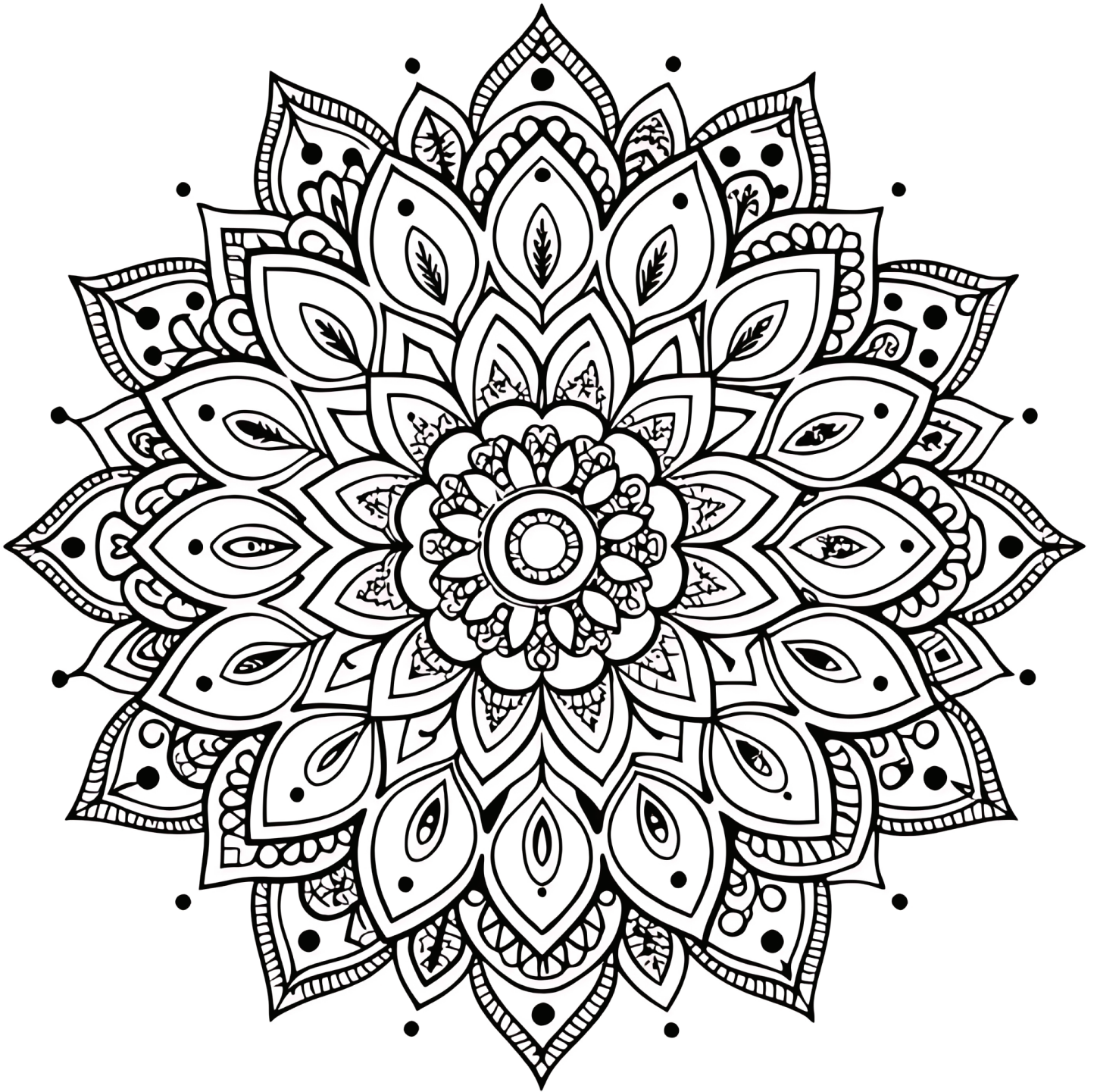


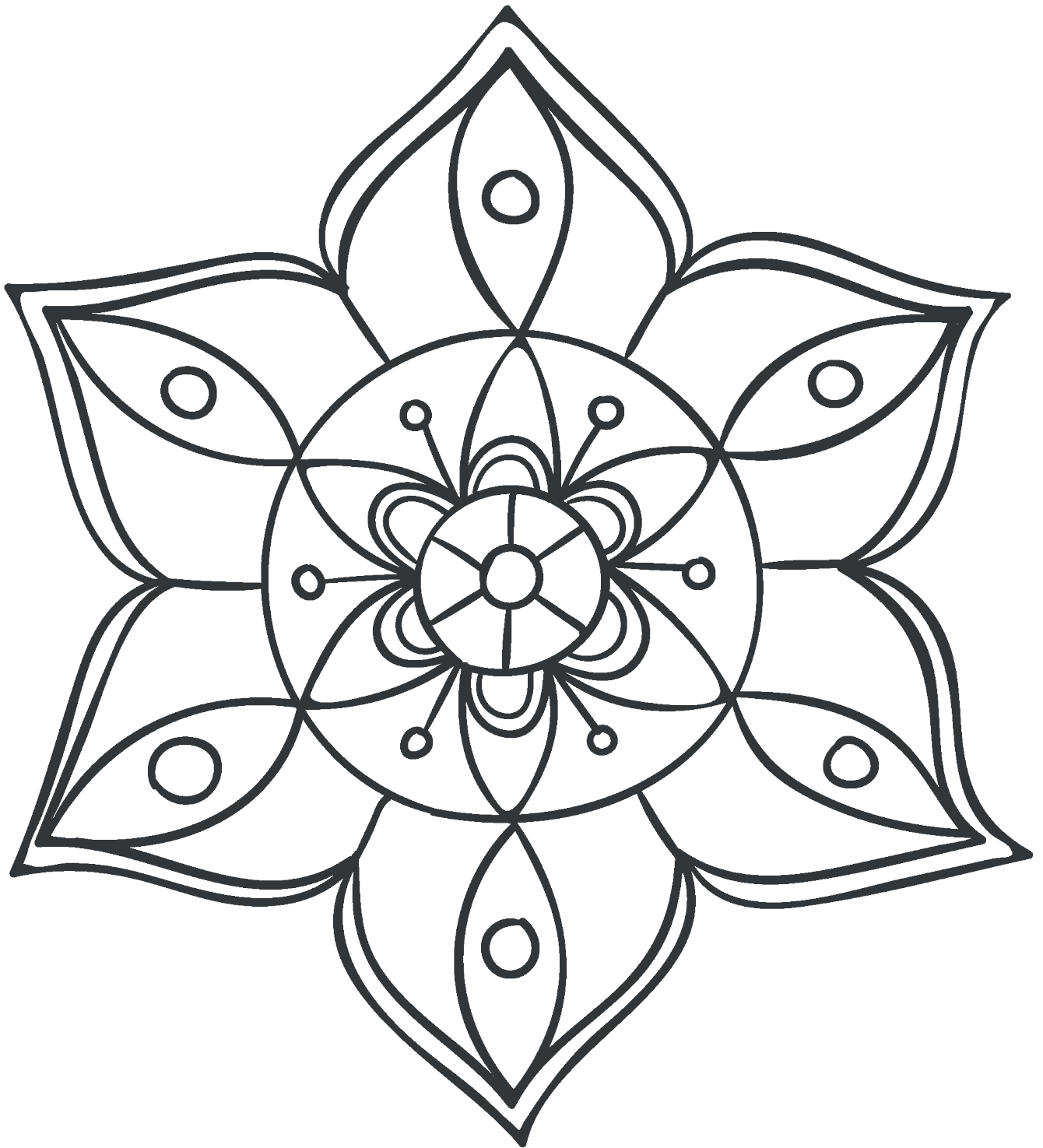


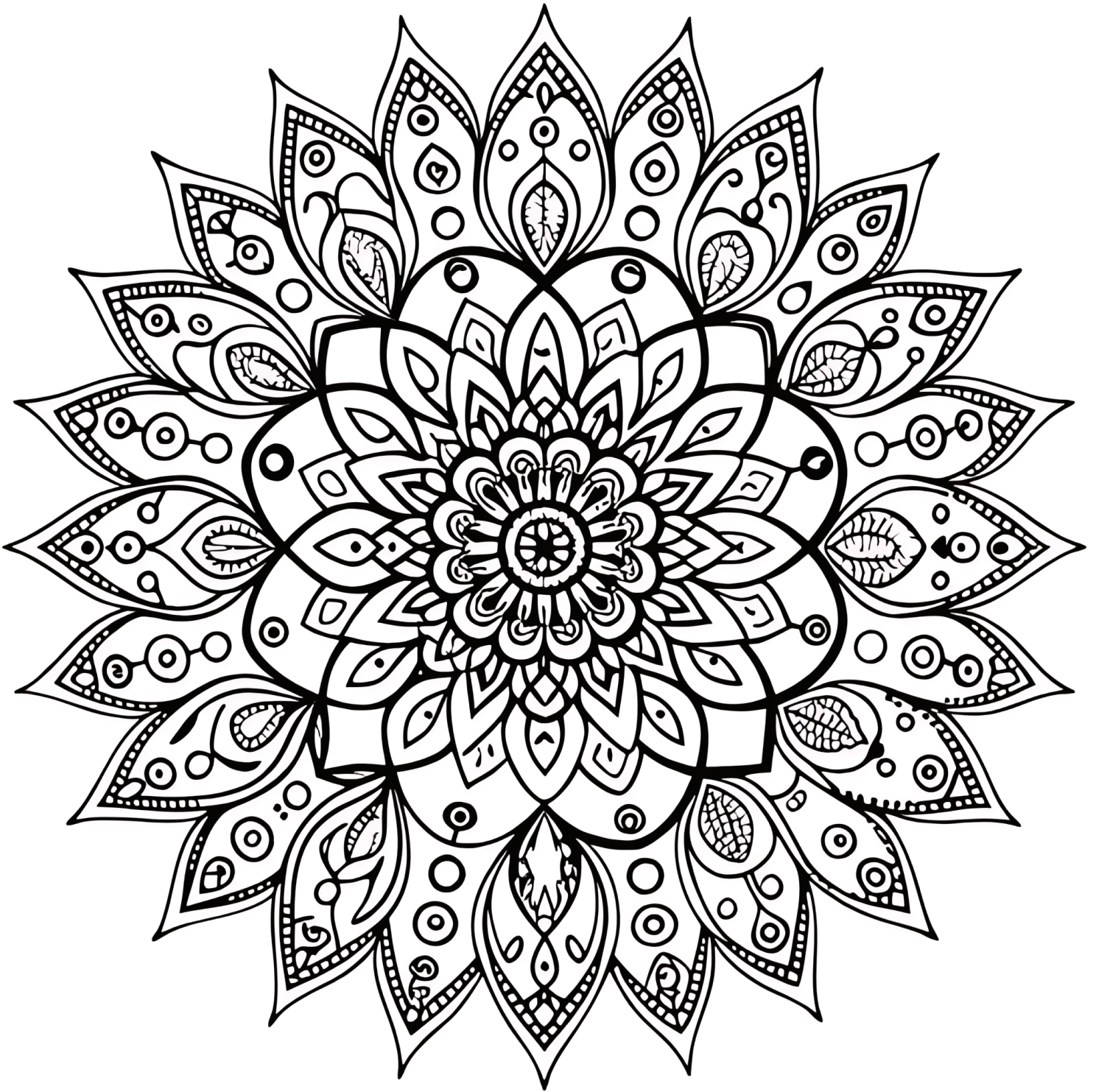


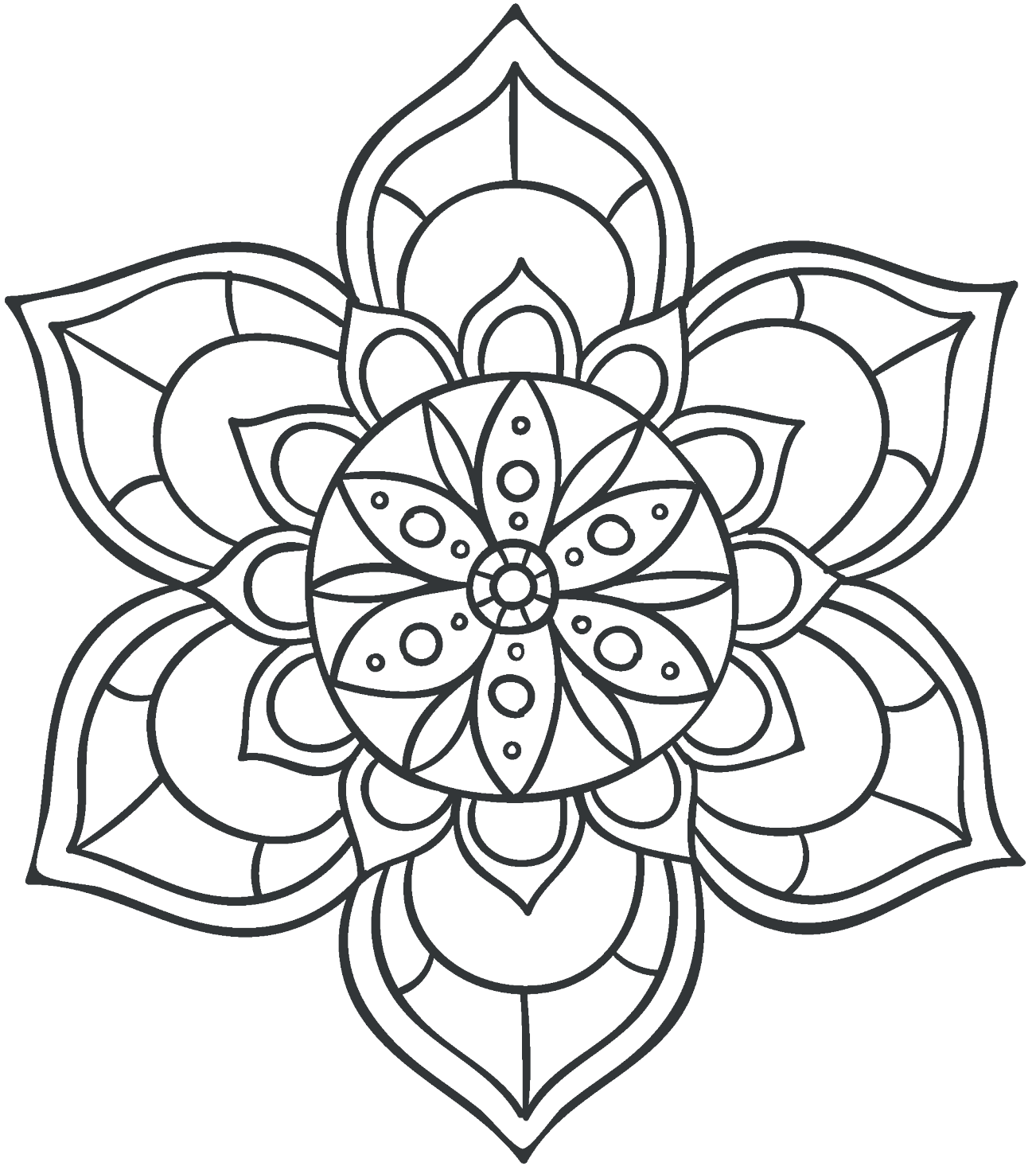




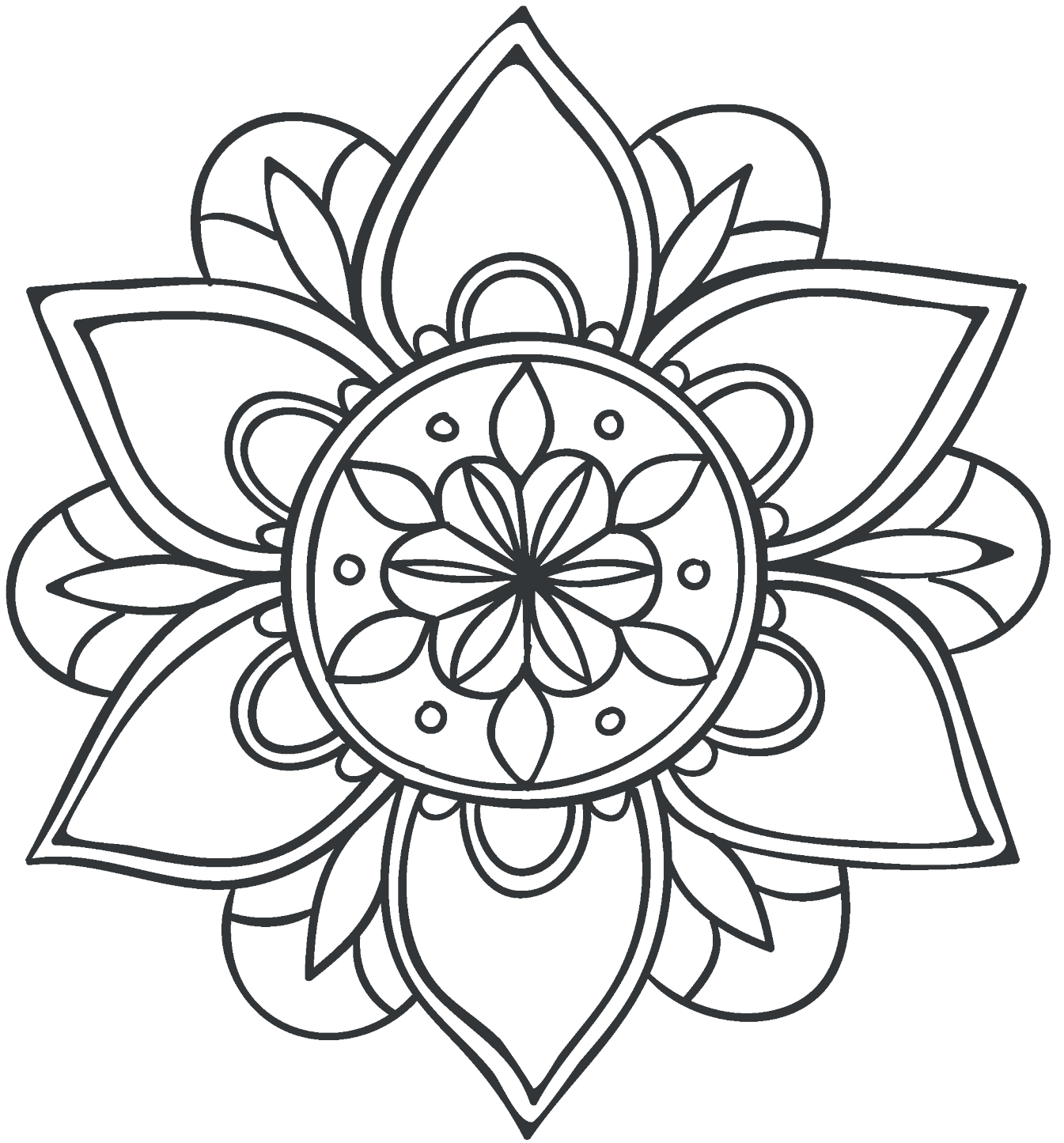


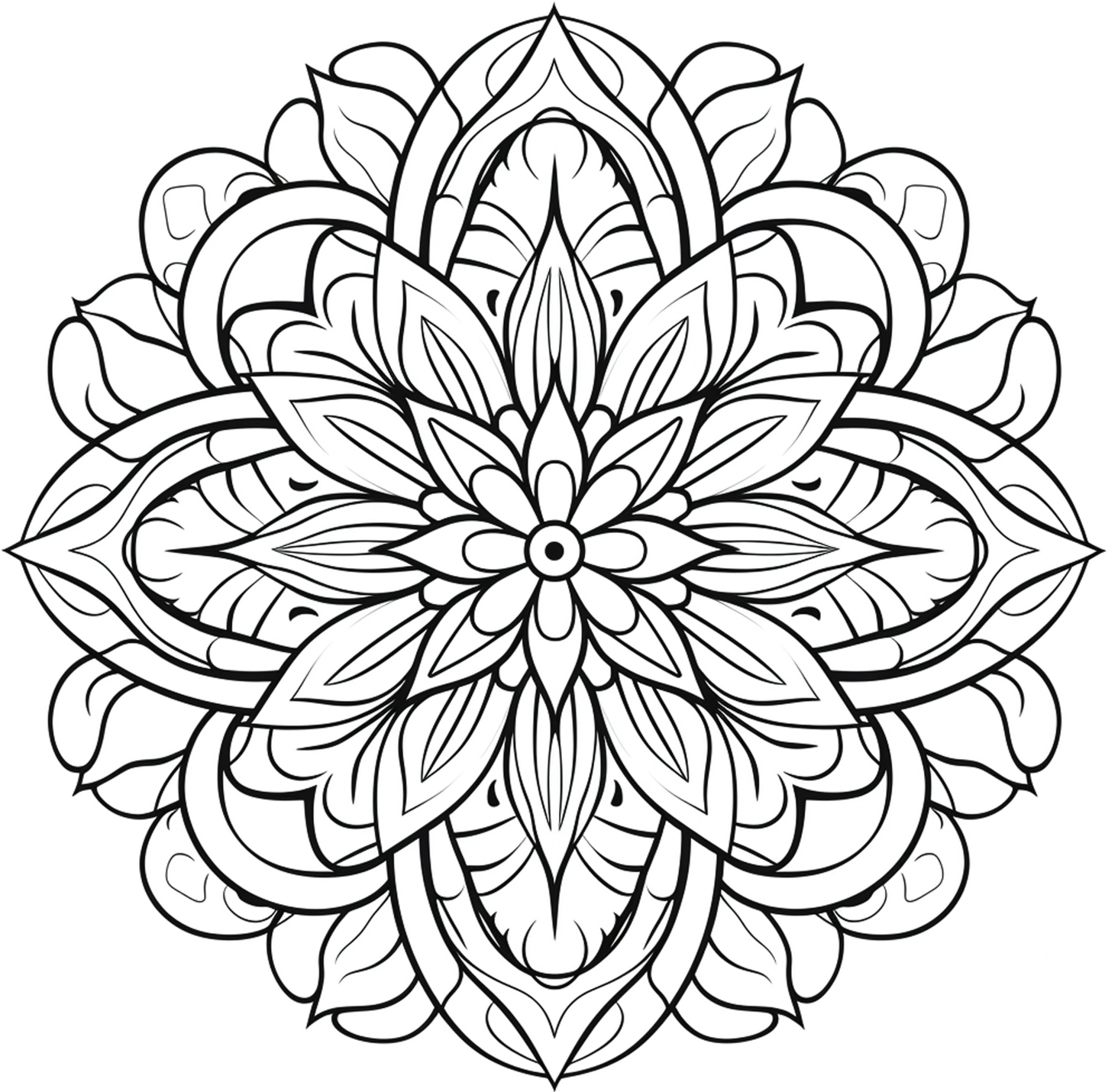


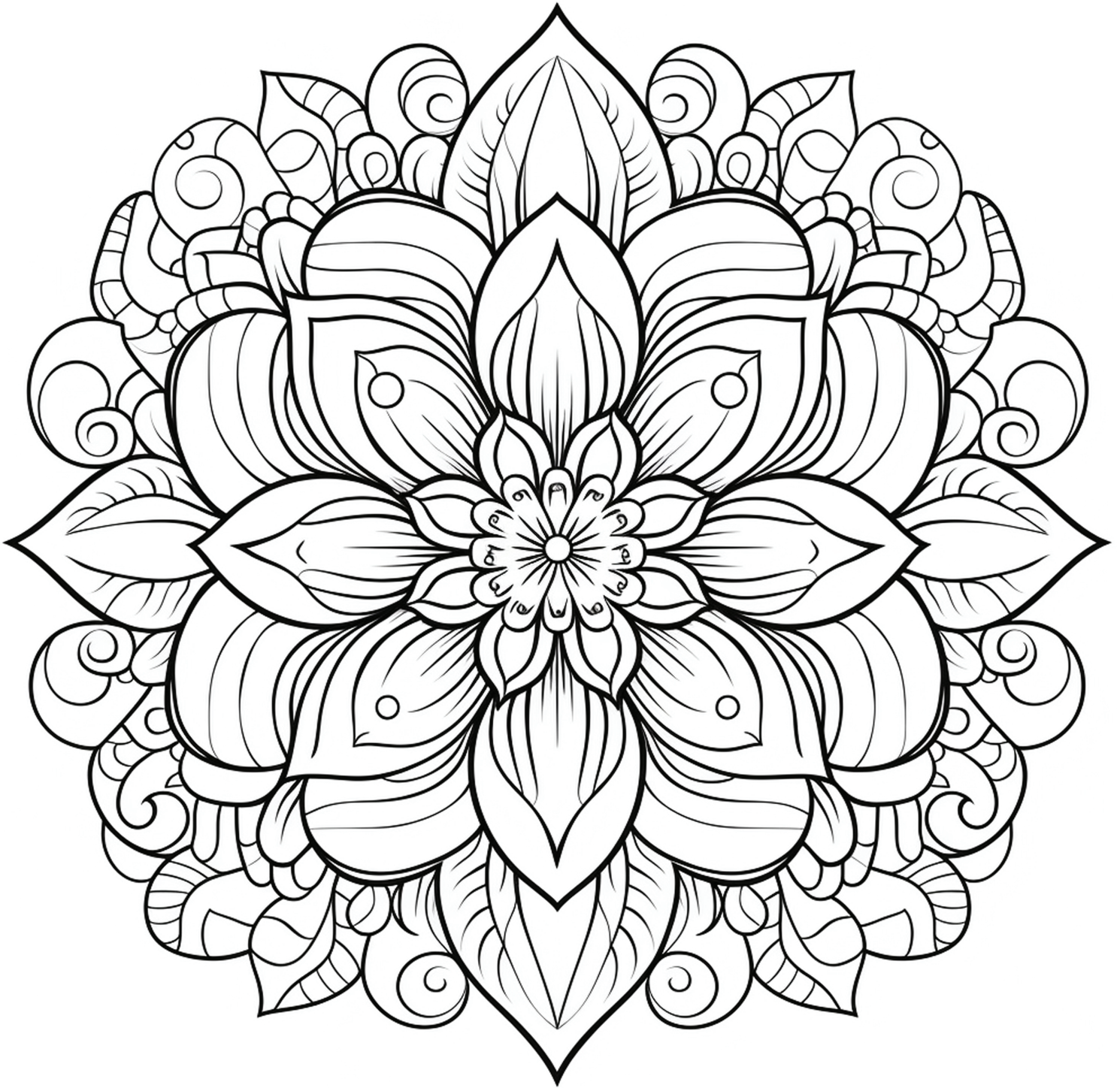


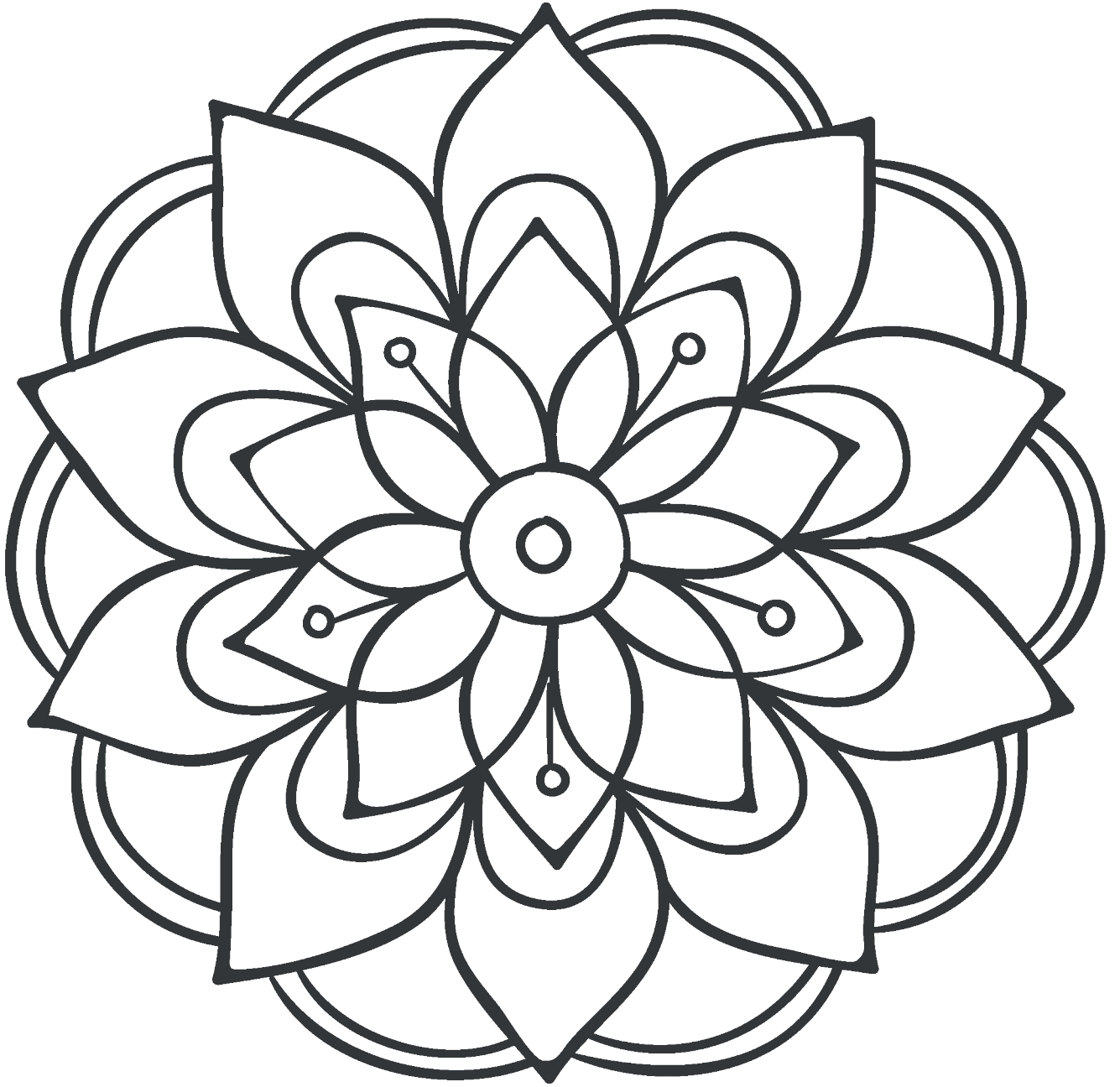


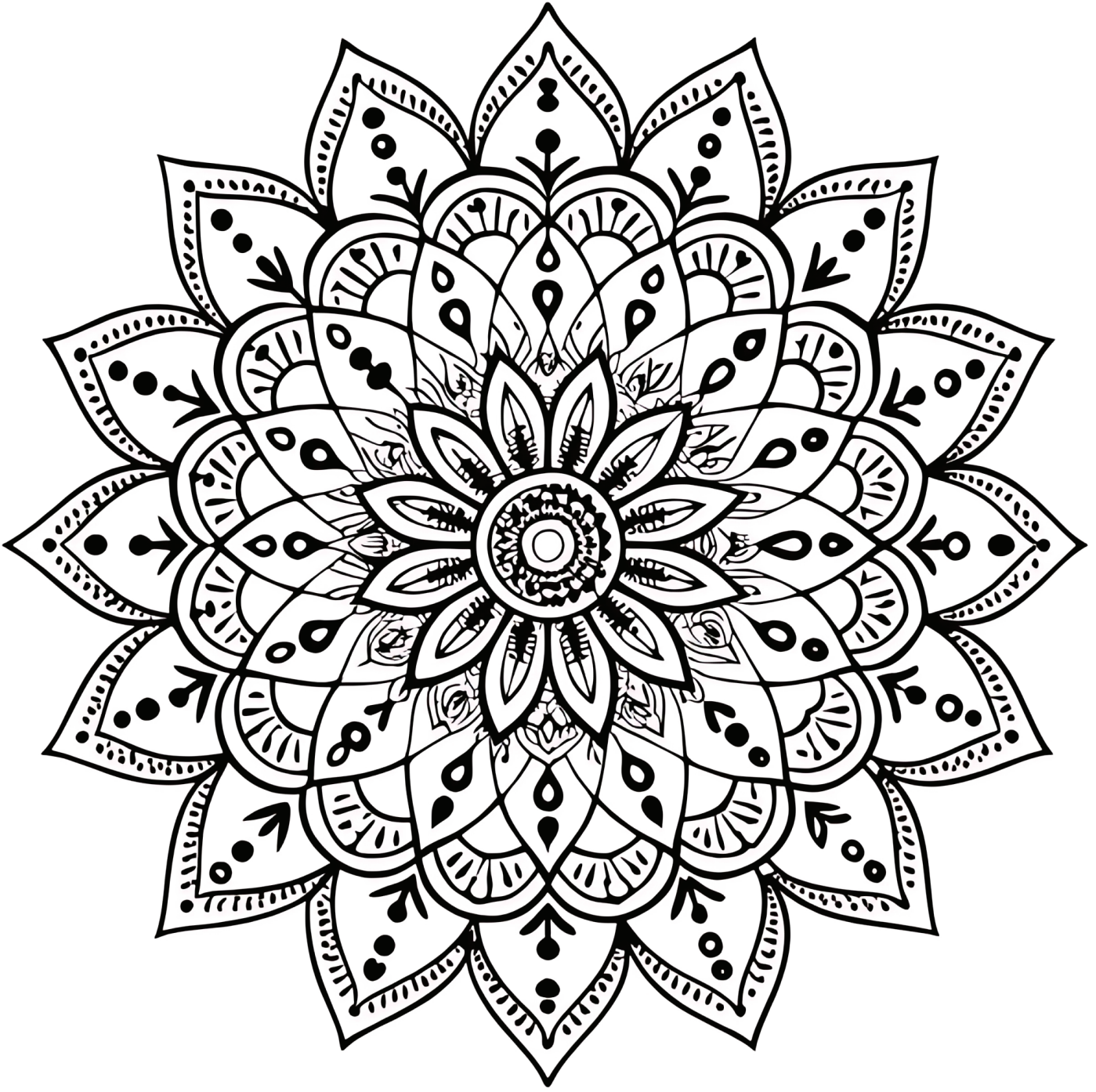


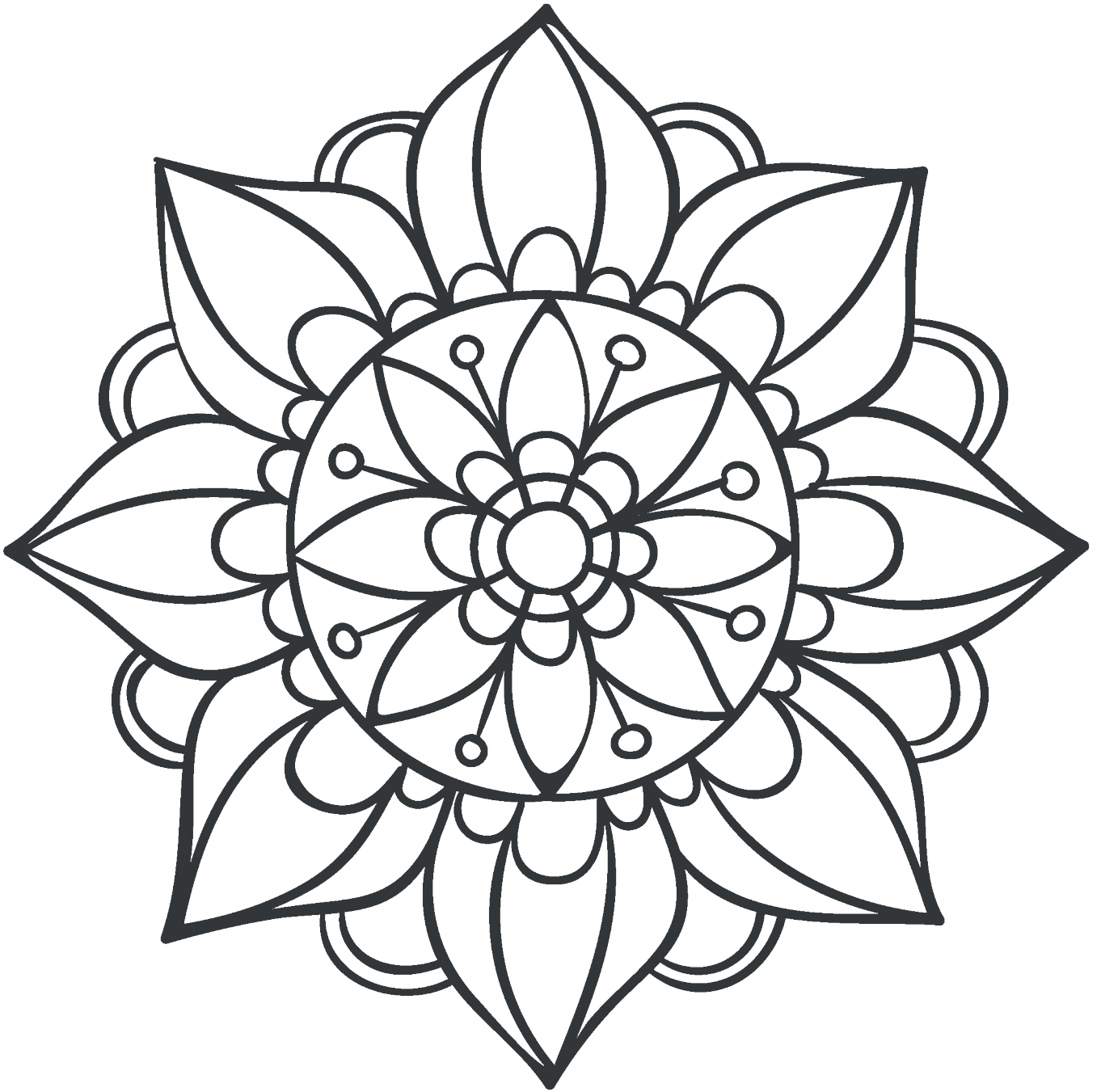


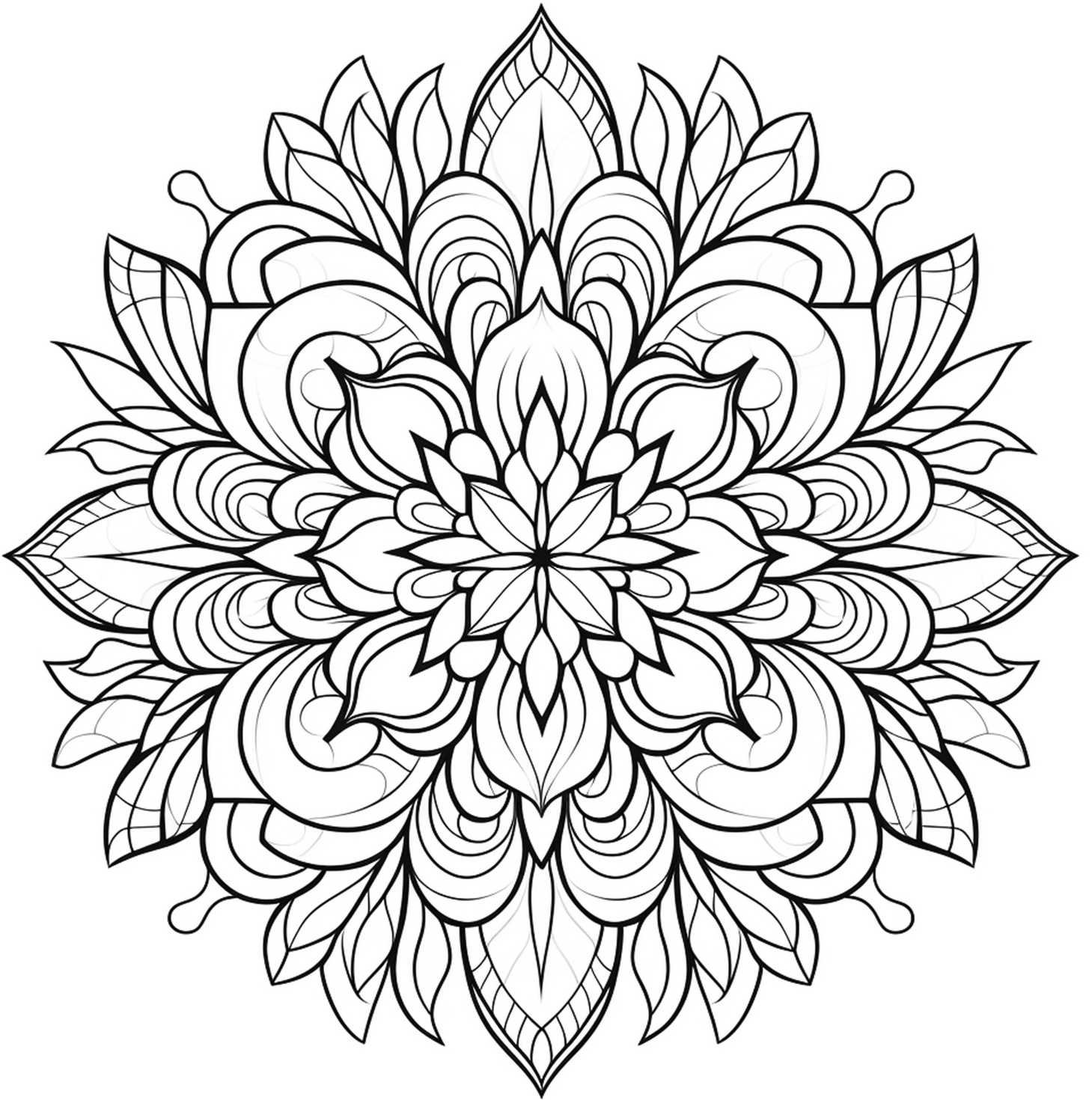


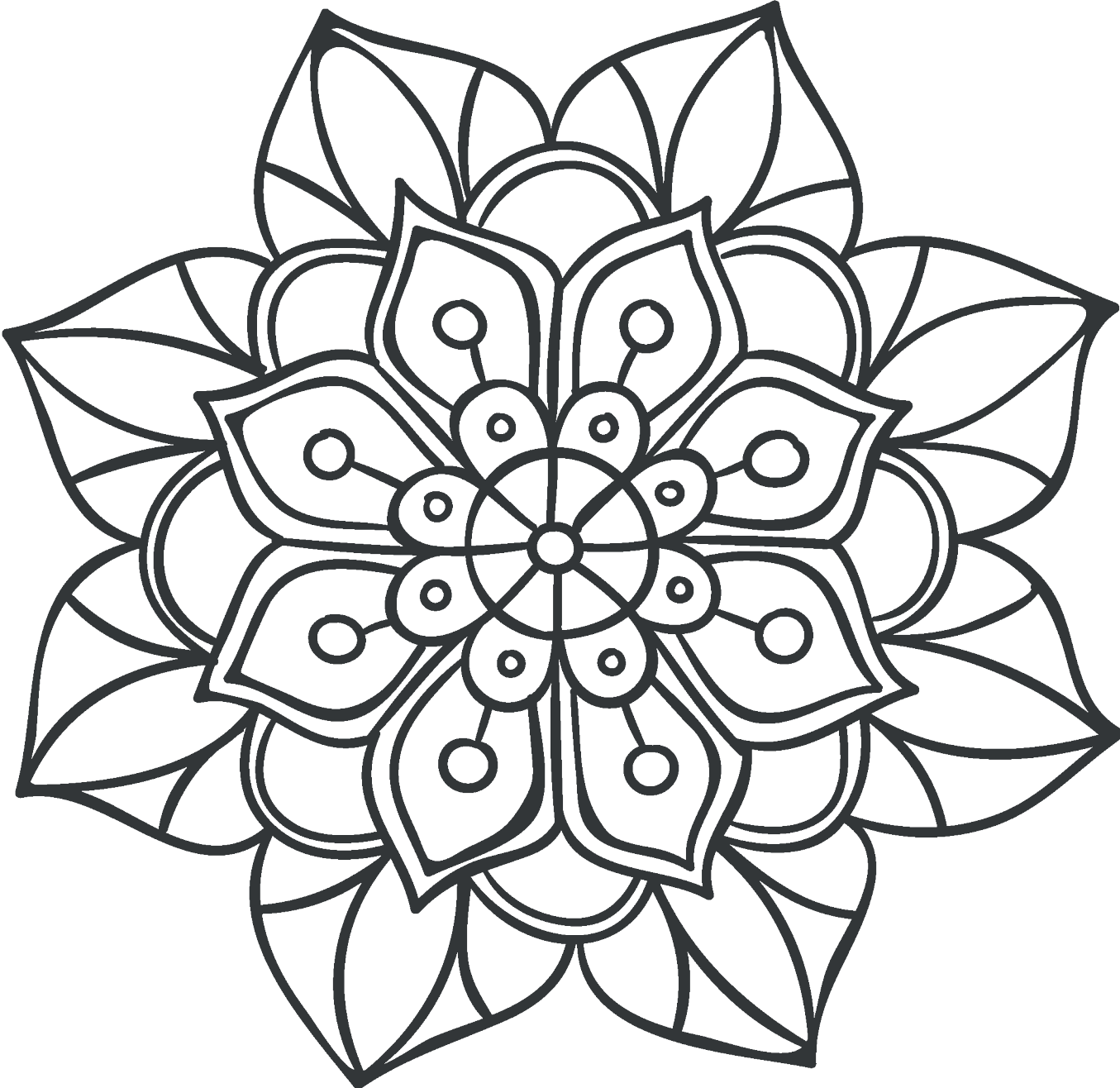


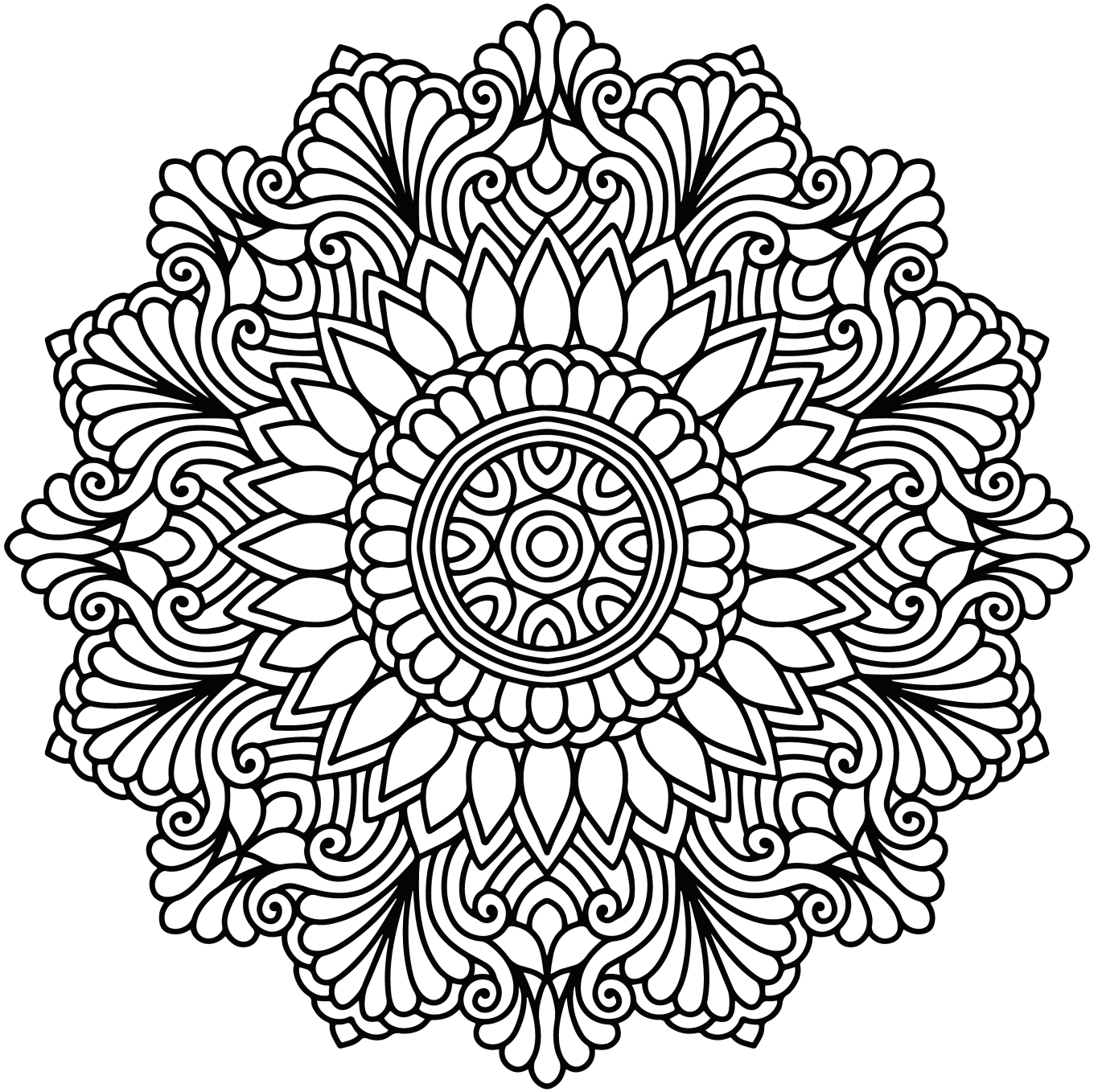






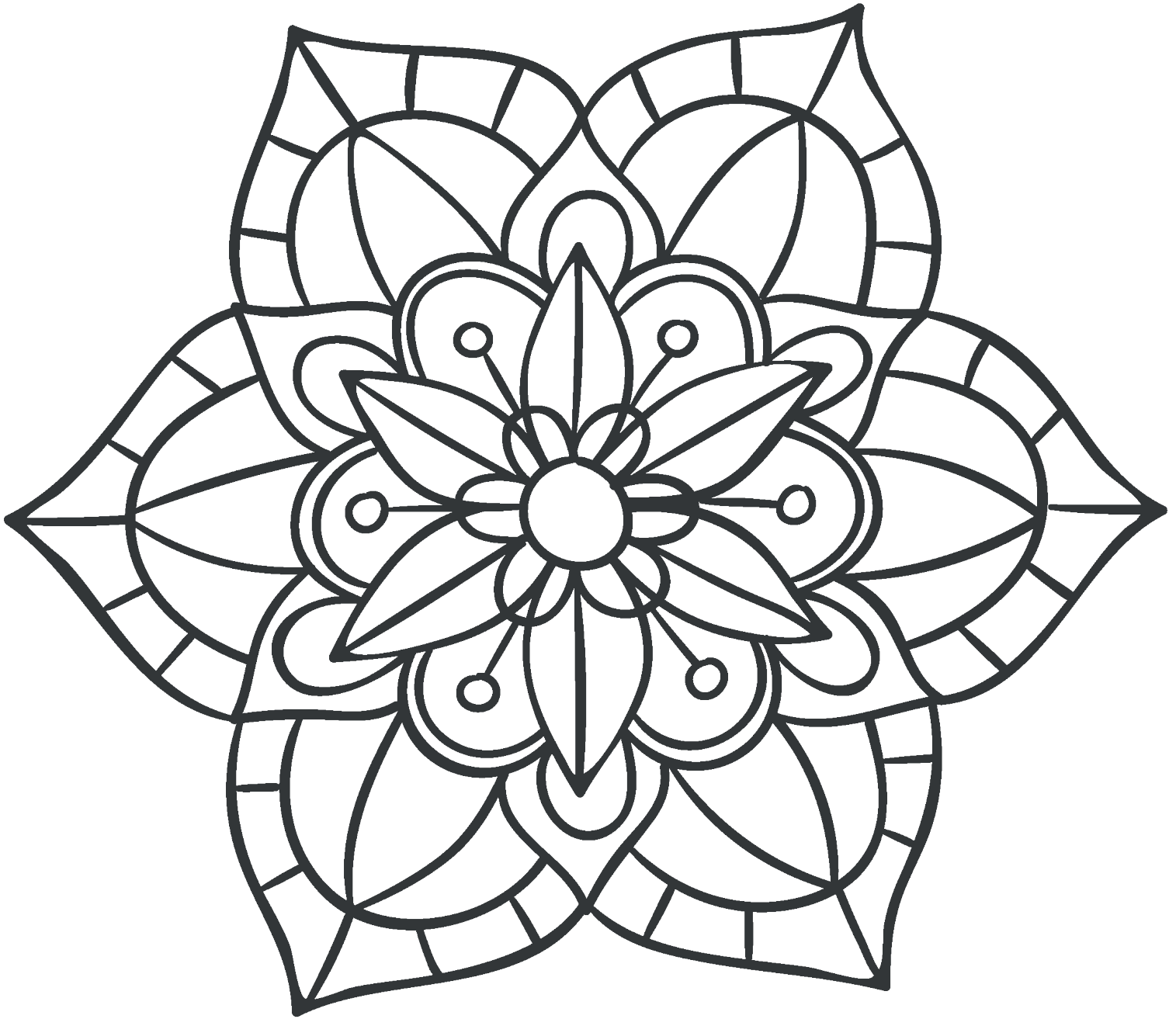


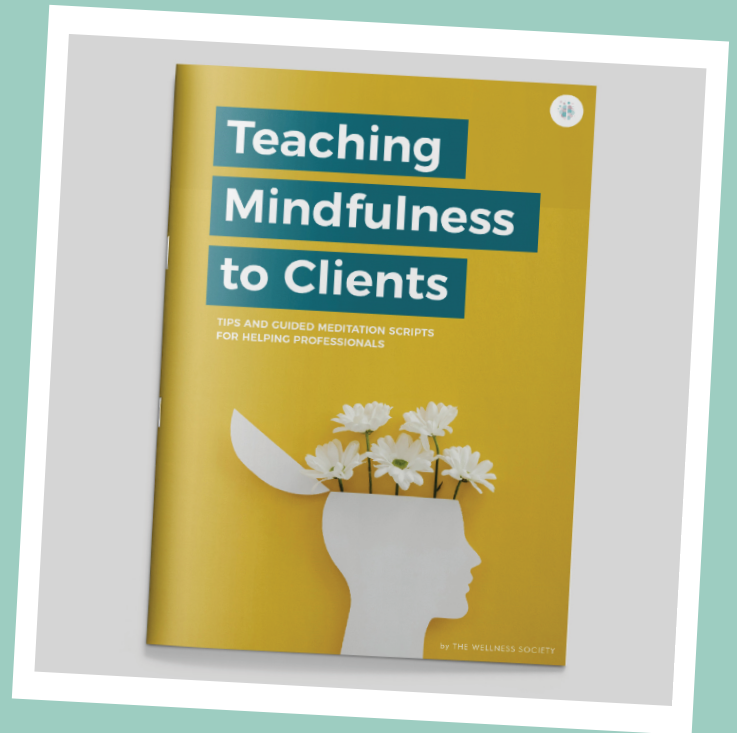












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