



Colorful Christmas: Christmas Mandala Coloring Book (Christmas Mandalas)

Mandala Coloring Book Company

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Christmas Mandala Coloring Book

Mandalas have been used universally to promote healing and other positive states of being. How and why? One explanation comes from its very nature of design. A mandala is a circular matrix with a center point. This "point" is from which all things are possible. From the sacred center comes forth infinite possibilities and unlimited potential. When you color your mandala coloring pages, you are expressing your desires for **healing, wellness, and creativity**. From this perspective, there is infinite potential within!

Benefits of Coloring

Coloring is a simple activity that **can help people develop creatively, cognitively, and psychologically**. Coloring is a fantastic activity for people of all ages, child-to-adult. Here a few positive benefits of coloring that you may not have known:

- Stimulates creativity
- Improves motor skills
- Enhances focus and hand-to-eye coordination
- Allows one to creatively self-express
- Acts as therapy and stress relief

Mandala History and Definition

Mandala art represents wholeness, and it can be seen as a model for the organizational structure of life itself. Each mandala is a cosmic diagram that reminds us of our relation to the infinite, the whole, the world that extends both beyond and within our bodies and minds.

A mandala is symbolic for both material and non-material realities. A mandala symbolizes all aspects of life: the celestial circles we call sun, moon, and Earth as well as conceptual circles of family, friends, and communities of people.

To put quite simply...

A mandala is a simple, yet complex structure organized around a unifying center.

About the Coloring Book

This mandala coloring book is a perfect place to start for beginners or the more "advanced" artist. Each page is 8.5" x 8.5" on high-quality paper. There is one image per page in case the artist would like to cut or tear out their completed work to frame on the wall or give as a gift. Each image will test you creatively in every sense.

You can use crayons, pens, pencils, markers, or even water colors.

Scroll up and click 'buy' to start enjoying the MANY benefits of coloring today!

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