



# 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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### **From reader reviews:**

#### **Christopher Clarke:**

Have you spare time for any day? What do you do when you have far more or little spare time? Yes, you can choose the suitable activity for spend your time. Any person spent their very own spare time to take a walk, shopping, or went to the actual Mall. How about open or maybe read a book called Colorful Christmas: Christmas Mandala Coloring Book (Christmas Mandalas)? Maybe it is for being best activity for you. You understand beside you can spend your time with the favorite's book, you can more intelligent than before. Do you agree with it is opinion or you have other opinion?

#### **Joan Rogers:**

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#### **Marvin Seto:**

Playing with family in the park, coming to see the ocean world or hanging out with friends is thing that usually you may have done when you have spare time, then why you don't try thing that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Colorful Christmas: Christmas Mandala Coloring Book (Christmas Mandalas), you may enjoy both. It is good combination right, you still need to miss it? What kind of hang type is it? Oh occur its mind hangout folks. What? Still don't understand it, oh come on its referred to as reading friends.

#### **Charles Howell:**

Do you like reading a publication? Confuse to looking for your favorite book? Or your book was rare? Why so many issue for the book? But virtually any people feel that they enjoy regarding reading. Some people likes studying, not only science book but in addition novel and Colorful Christmas: Christmas Mandala Coloring Book (Christmas Mandalas) or others sources were given knowledge for you. After you know how the truly amazing a book, you feel desire to read more and more. Science book was created for teacher or even students especially. Those publications are helping them to add their knowledge. In various other case, beside science reserve, any other book likes Colorful Christmas: Christmas Mandala Coloring Book

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