
Mantras / Affirmations

“That which we constantly affirm becomes true for us.”

— Louise L. Hay

Mantras are specific positive words or statements, that help us overcome negative and self-sabotaging beliefs. Repeating a mantra helps us rewire limiting thoughts into productive convictions.

By starting with more general Mantras and gradually narrowing our words to specifics, we enable the subconscious mind to gradually accept new beliefs and find balance.

Coloring Mantras

The concept of coloring mantras is to creatively focus on the desire, whether it is a feeling or an object, in way that promotes happiness and joy.

The repetitive act of coloring a mantra, while playing with colors, allows the subconscious mind to relax into an almost meditative state.

Grab your markers & start coloring!

Mandalas

Mandalas for Healing

Mandalas are rooted in Tibetan Spirituality and are used for healing. The Monks chant mantras to invoke the healing energies of the deities that reside within the mandala.

Carl Jung said that mandalas help unite the conscious and unconscious mind and promote self-reflection.

Coloring Mandalas

Studies have shown that coloring mandalas offer greater stress relieving properties than coloring freeform. Coloring repetitive patterns has similar effects on our brains as meditation does.

Coloring Mandalas allows us to ditch stress and anxiety faster.

www.ColoringMM.com



www.ContentXDesign.com

Coloring Mantra Mandalas



Coloring Mantra Mandalas

is a coloring experience like no other.

Mandalas promote healing and individual enlightenment. Repetitive interactions with **mantras** promotes conviction. Coloring reduces stress, while the **colors** communicate with our brains instinctively and culturally to create an emotional charge.

Add the three acts together and you have a meditative tool to empower your wellbeing and promote inner peace.

Peace

Colors

Colors have different meanings to different parts of the brain. Some of meanings are instinctual and others are learned.

Red — Survival & Excitement

- Energy / Action
- Desire / Passion

Orange — Emotional Strength

- Adventure / Risk Taking
- Communication / Interaction

Yellow — Left brain logic

- Intellect / Confidence
- Happiness / Joy

Green — Balance & Renewal

- Vitality / Harmony
- Hope / Growth

Blue — Approachable & Honest

- Openness / Creativity
- Peace / Calm

Purple — Imagination & Spirituality

- Inspiration / Dignity
- Individuality / Empathy

