

# What are Mandalas and how to use them

## What is It

### **Mandalas**

*Mandalas are used as an object to focus on while meditating. Mandala means circle. The circle is seen as having no beginning or ending. It allows your Inner world and Outer world to become one.*

## How to use It

### **Choose 1 of the 7 to color**

*You will need colored pencils for this exercise, they are not provided. You may choose to color one day or incorporate it into the other days you are trying other meditations. If possible set aside at least 30 minutes.*

## How to begin

### **Pick a Quiet place**

*Begin coloring in the middle or center of the Mandala. You may choose to grab a cup of tea or light a candle. Use the colors that you like and color as you feel led. However you do it is correct.*

**Talks and Tools**