



Mandalas: 60 Full Page Outline Drawings Ready For Coloring (Adult Coloring Books) (Volume 14)

Sue Taylor-Cox, WMC Publishing

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Colorful Mandalas For Healing And Meditation

It should come as no surprise that mandala coloring books for adults are among the most popular of all the coloring books. Whether we are talking about traditional Tibetan, Indian, Celtic, Buddhist and Native American mandalas, or more modern abstract mandala diagrams, the mandala has been used for many years as the basic coloring form for relaxation.

Coloring is an activity that has been associated for a long time with children and it has been taken for granted that, as we mature, we put away our colored pencils and turn to more grown-up pursuits. In recent years however we have increasingly seen this wisdom being overturned and coloring for grown-ups has become a widespread and growing pastime.

But why has coloring for grown-ups become so popular? There are many explanations for the rapid growth in adult coloring, but here are just some...

Coloring Lowers Stress And Anxiety

Psychiatrists have long recognized the fact that coloring relaxes the fear center of the brain and allows your mind to get some rest. In fact the founder of analytical psychology, Carl Jung, gave his patients mandalas to color more than one hundred years ago. In the hectic world we inhabit today the stress relieving properties of coloring are perhaps more valuable than ever.

Coloring Trains Your Brain To Focus

Keeping within the lines as you color requires focus and, while you concentrate on this stress-free and relaxing activity, you can forget about your worries. Coloring is a mind exercise that lets you set aside everything for the time you spend doing it, and this is extremely important in our increasingly busy world.

Coloring Helps To Develop Motor Skills And Vision

Coloring forces the two hemispheres of the brain to interact and involves the use of logic (necessary for coloring forms) and creativity (as we mix and match colors). In turn, this brings the areas of the brain concerned with fine motor skills and vision into play, and helps to keep these active and develop them further. It is this aspect of coloring that is being seen more and more as particularly valuable for older individuals, as many in the medical profession believe that it can delay, or possibly even prevent, the onset of dementia.

Coloring Gives You The Opportunity To Be Social

Although you may feel that coloring would be a purely solo occupation, its increasing popularity is quickly turning it into a social one. Friends, families, co-workers and others are getting together to enjoy something

to eat and drink and the chance to socialize, through their shared interest in coloring. Undoubtedly, this is a great excuse for a party, as coloring takes only a minimum of concentration and can be done easily in a group setting.

Coloring Allows You To Express Yourself

There are no rules when it comes to coloring and your coloring book is just that - **your** coloring book. If you accidentally color the dog's hind leg green because you thought that it was part of the grass, who cares? Should you decide to make the sky pink, what does it matter? You are allowed to be as creative and experimental as you wish because this is your project, and yours alone.

You may already be a follower of adult coloring, in which case you will appreciate its value. This may however be a new venture for you and one which you are contemplating for any one of several different reasons. If this is a new venture for you then **I encourage you to try it out**. There is a reason why so many people are fired up about the world of adult coloring, so **join in and begin enjoying the benefits for yourself today**.

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