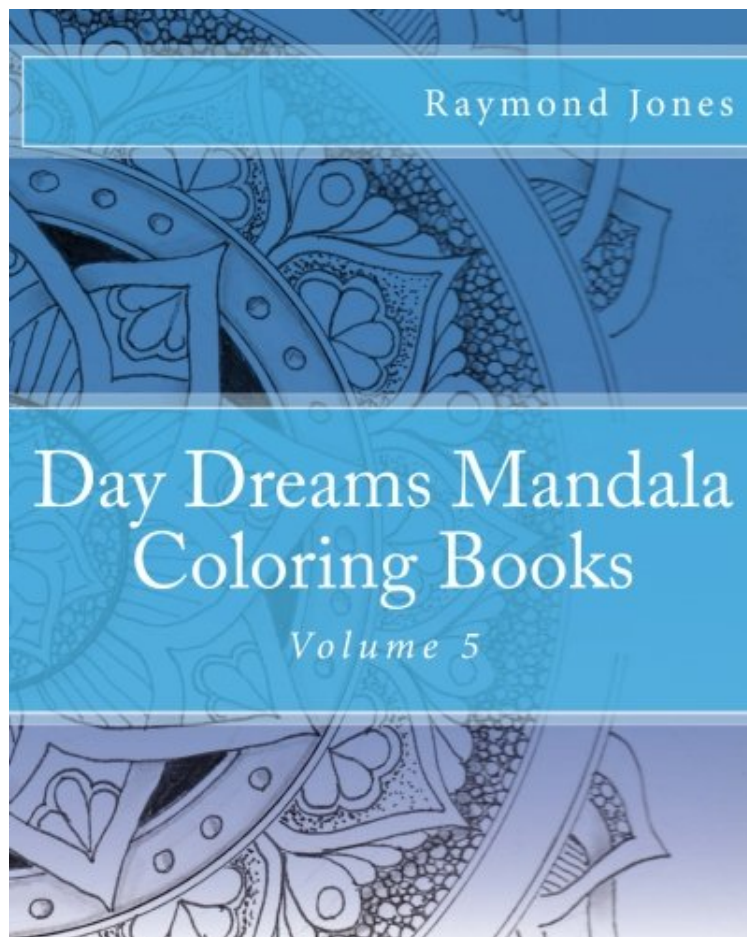


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Thirty completely different mandalas I designed and drew specifically for this book. The drawings challenging enough to encourage mindfulness, but simple enough to allow one to enter a meditative state. Structured coloring as opposed to random doodling has actually been shown to help reduce anxiety and to help with your meditation