



## **Zen: 50 mandalas to help you de-stress (Coloring for mindfulness)**

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Mandalas are traditionally used to help focus attention during meditation. In this notebook you will find 50 traditional and contemporary mandalas to color in as you wish. There are absolutely no rules - you can choose any combination of colors you like.

As you concentrate on the simple action of coloring in, you will find your mind clearing and stress disappearing.

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