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# Sacred Mandala Coloring: Sacred Mandala Designs and Patterns Coloring Books for Adults (Yoga and Zen Coloring)

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Since the beginning of recorded time, it has been known that light and certain colours can energize and calm down, make happy and sad, heal and irritate. Historically, every culture have used colour for different customary rituals. But the powerful impact of light and colours on the human body have turned these into a form of healing art and alternative medicine modality of Color Therapy only recently. Today, Colour Therapy is used as a very practical tool in daily living, and can a beautiful addition to enhance your Yoga practice. 1. Break out your crayons or colored pencils. 2. Turn off your phone, tablet, computer, whatever. 3. Stop thinking about your job, your credit score, your reputation with your co-workers, your goals, your waistline, your retirement savings, etc. 4. Remind yourself that coloring is like dancing, or being alive. It doesn't have a point; it is the point. 5. Find your favorite page in the book. That is the beginning. 6. Start coloring. 7. If you notice at any point that you are having fun, forgetting your worries, daydreaming freely, feeling more creative, excitable, curious, delighted, relaxed or any combination thereof, breathe deeply and take a moment to enjoy it. Then, gently return your attention to coloring. 8. When you are satisfied or don't feel like it anymore, stop.

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