

## Mandala

The traditional Mandala is a complex visual design that is used for meditation. The word Mandala is Sanskrit for “whole world” or “healing circle.” Mandala originated in Tibet, but can be found in many ancient cultures. As you meditate, you focus on the mandala and its parts.

There are numerous free mandalas online and free mandala coloring pages. There is a mandala at the end of the chapter. Though seemingly childish, many adults find coloring to be calming. There are also inexpensive mandalas, usually on cloth, available online that you can hang in your room to focus on.







