

# Magical Mandalas

A Colouring-In Book

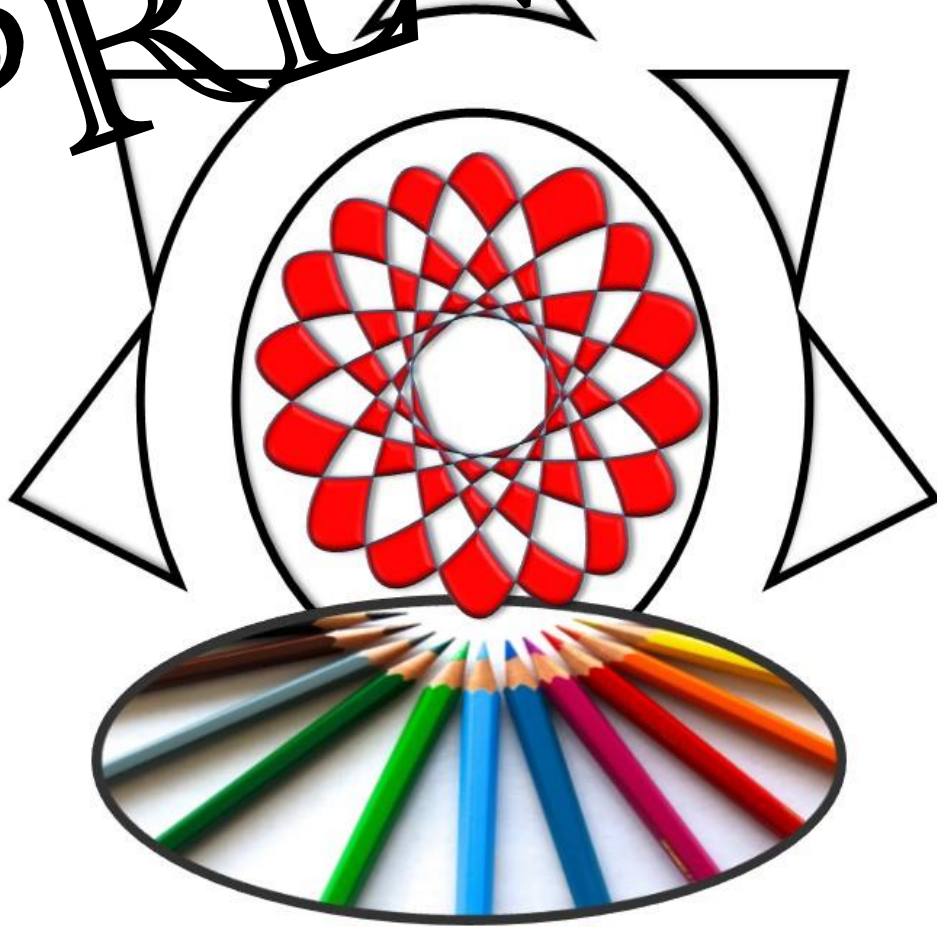
for

Adults & Grown Up Children

Hilary Thompson

[The Out and About Therapist](#)

PREVIEW



# Introduction

## Why should adults colour in?

Here is an excerpt from an article by Elena Santos of the Huffington Post which address the question rather neatly.

Colouring is an activity that we tend to associate with children. As we grow older, we put aside our crayons and coloured pencils in favour of more respectable writing utensils like pens and highlighters. However, it turns out colouring can be beneficial for adults -- namely for its de-stressing power.

The practice generates wellness, quietness and also stimulates brain areas related to motor skills, the senses and creativity. The trend is alive and well in countries in Europe and North America.

## Does Colouring Really De-stress?

One of the first psychologists to apply colouring as a relaxation technique was Carl G. Jung in the early 20th century. He did this through mandalas: circular designs with concentric shapes similar to the Gothic churches' rose windows. They have their origin in India.

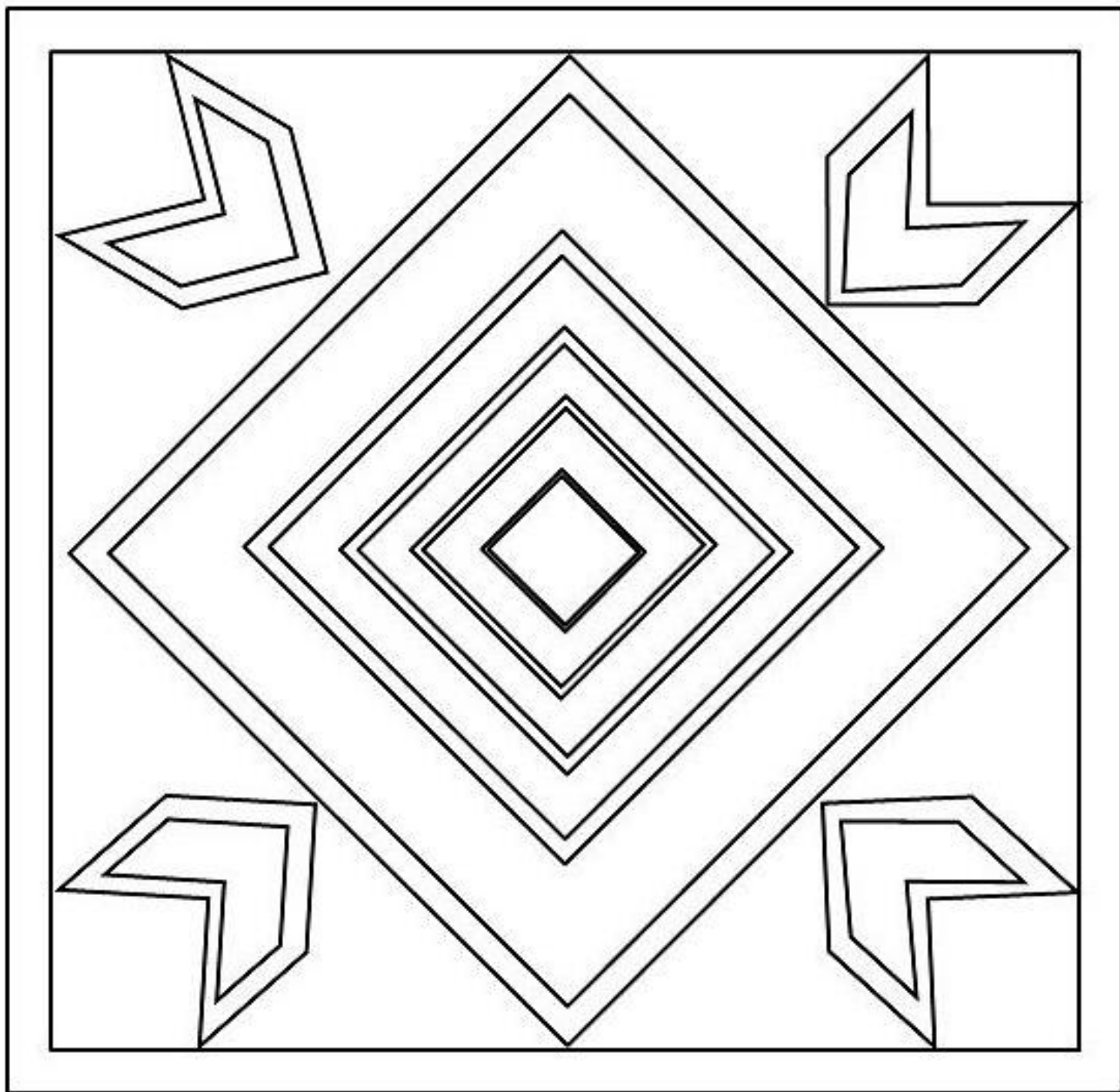
**"When colouring, we activate different areas of our two cerebral hemispheres"** says psychologist Gloria Martínez Ayala. **"The action involves both logic, by which we colour forms, and creativity, when mixing and matching colours. This incorporates the areas of the cerebral cortex involved in vision and fine motor skills [coordination necessary to make small, precise movements]. The relaxation that it provides lowers the activity of the amygdala, a basic part of our brain involved in controlling emotion that is affected by stress."**

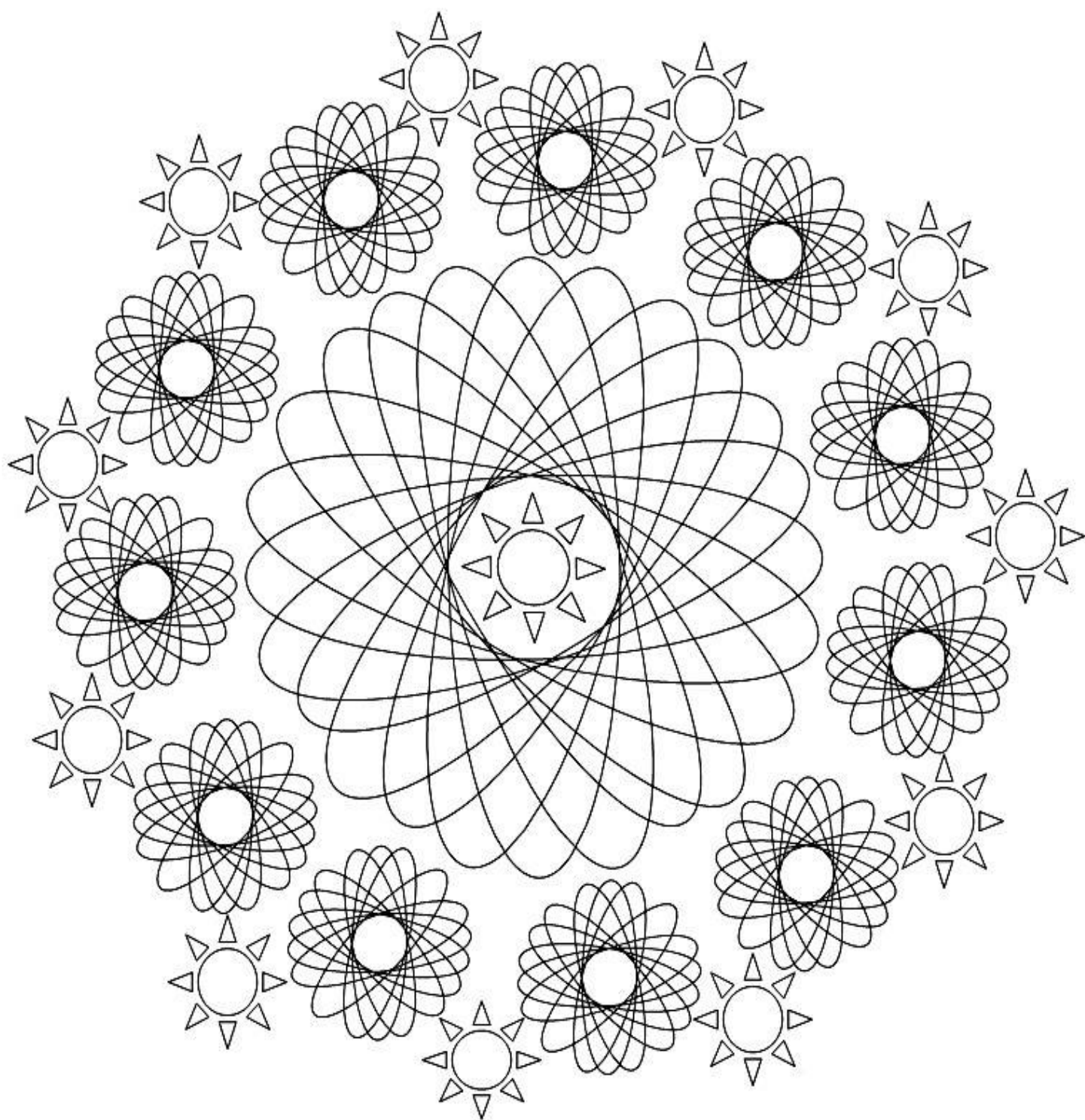
In simplest terms, colouring has a de-stressing effect because when we focus on a particular activity, we focus on it and not on our worries. But it also "brings out our imagination and takes us back to our childhood, a period in which we most certainly had a lot less stress." This leads us immediately and unconsciously to welfare, exposes the specialist.

**"I recommend it as a relaxation technique,"** says psychologist Antoni Martínez. **"We can use it to enter into a more creative, freer state,"** he assures. **"We can also use it to connect with how we feel, since depending on our mood we choose different colours or intensity. I myself have practiced that. I recommend it in a quiet environment, even with chill music. Let the colour and the lines flow."**

**I have put together a collection of Mandalas created from my photography for you to have fun with. Print the one that you wish to colour in and enjoy. I have found that by printing a single mandala it is easier to colour in than when colouring a regular book as the previous page does not get in the way and you can re-print and colour again as you wish. Enjoy!**

Let's start with some easy ones:







Now for something a little more complicated:

