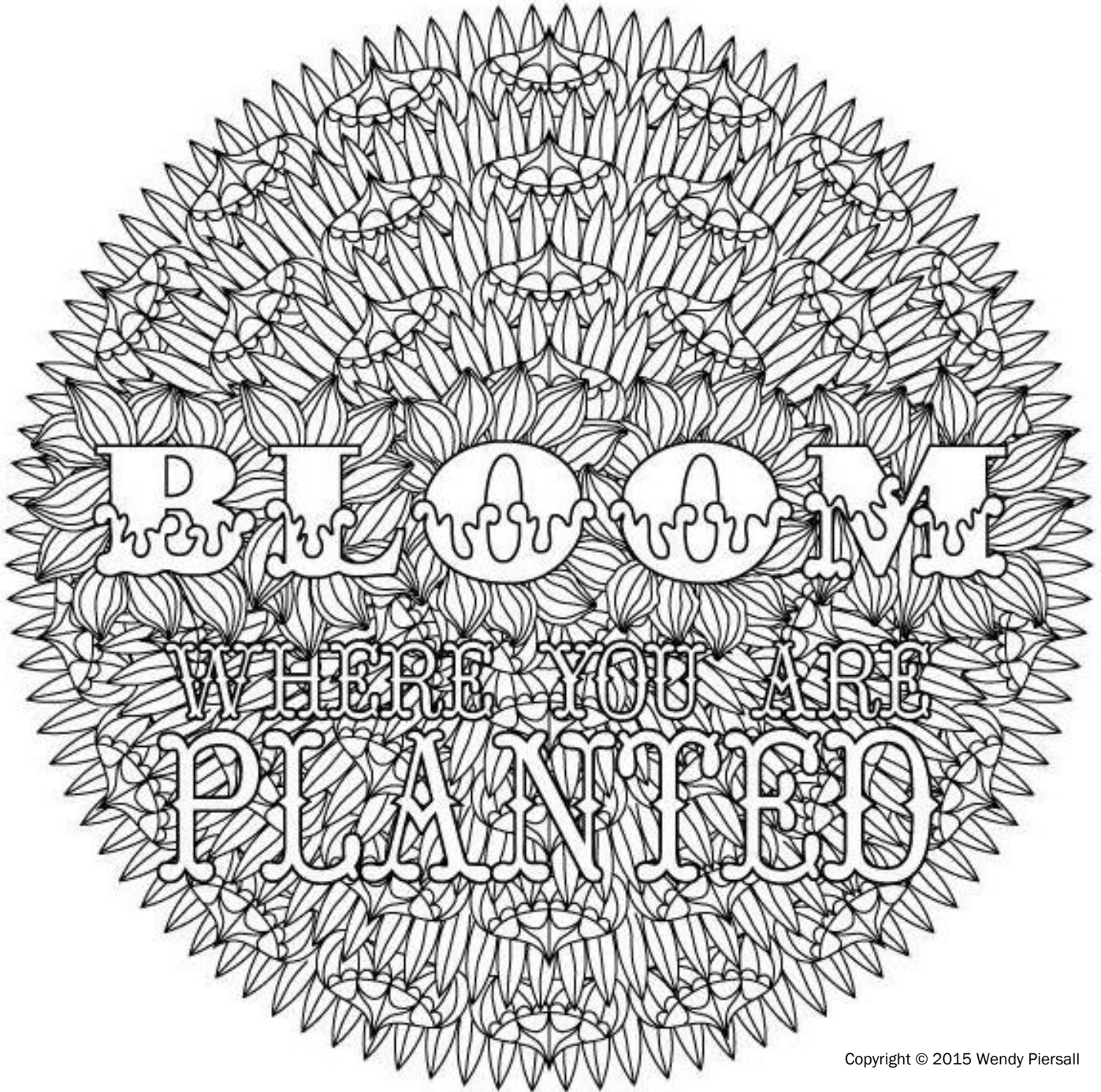


MEDITATE WITH A MANDALA



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The image above is a [mandala](#) drawn by artist Wendy Piersall. Mandalas, which originate in India, are images that feature circular designs with concentric shapes — nests of squares and circles that represent the cosmos. It is a sacred symbol in Hinduism and Buddhism: "For Buddhist practitioners, mandalas are not just images to view, but worlds to enter — after recreating the image in their mind's eye, meditators imaginatively enter its realm," according to San Francisco's Asian Art Museum. However, you don't have to be a Buddhist to enjoy the zen magic of the mandala pictured — coloring it will definitely bring you back to the nostalgic bliss of your childhood coloring book. But coloring is not only for kids — it is also beneficial for adults because of its de-stressing power. [Coloring generates wellness, quietness and also stimulates brain areas related to motor skills, the senses, and creativity.](#)

When coloring this image, make sure to stick to crayons or colored pencils and avoid pen markers with alcohol that will go through the paper.