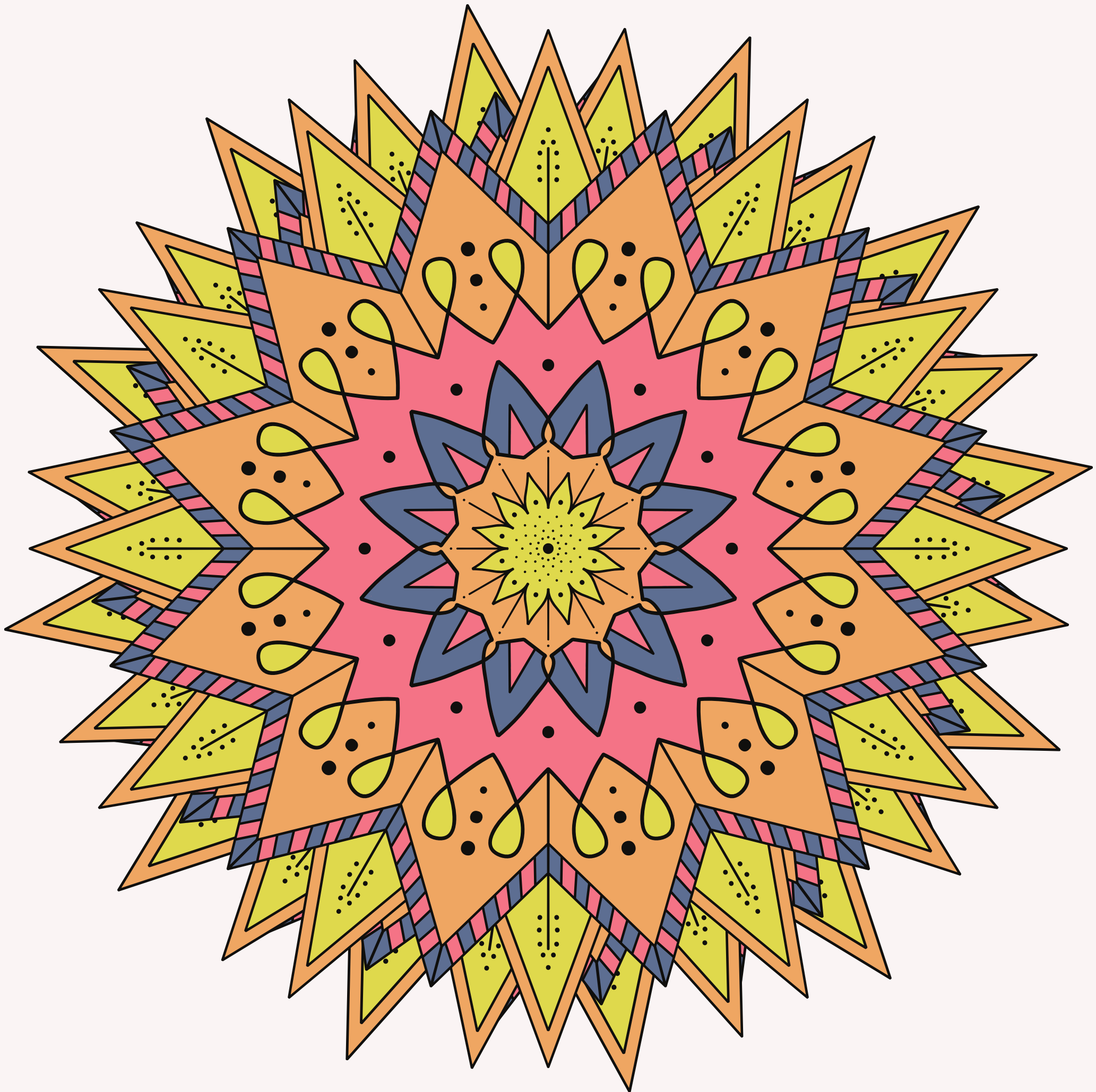


MINDFUL



MANDALA

COLORING

Hi, friend!

Welcome to this little world I've created for you ! a world of shapes, lines, colors, and space that's meant to spark your imagination, calm your mind, and deepen your connection with yourself.

This book is for anyone who wants more than just a coloring page. It's for people who are curious, reflective, and ready to explore their creativity - whether for personal growth, professional practice, or simply to experience a mindful pause in a busy day.

You'll notice that with each mandala, I've added a small piece of guidance. These aren't rules you have to follow - think of them as little whispers in your ear, suggestions you can try if they feel right. Sometimes they'll invite you to slow down and breathe as you color. Other times, they'll nudge you toward noticing your emotions, playing with color, or letting your mind wander.

Inside, you'll find a collection of mandalas that blend easy, open patterns with slightly more detailed designs.

This balance is intentional - it allows you to choose what feels right for you in the moment. On days when your mind needs rest, you can sink into the simplicity of broader shapes. On days when you want to focus and immerse yourself, the more intricate patterns will welcome your attention.

Here, you are free to:

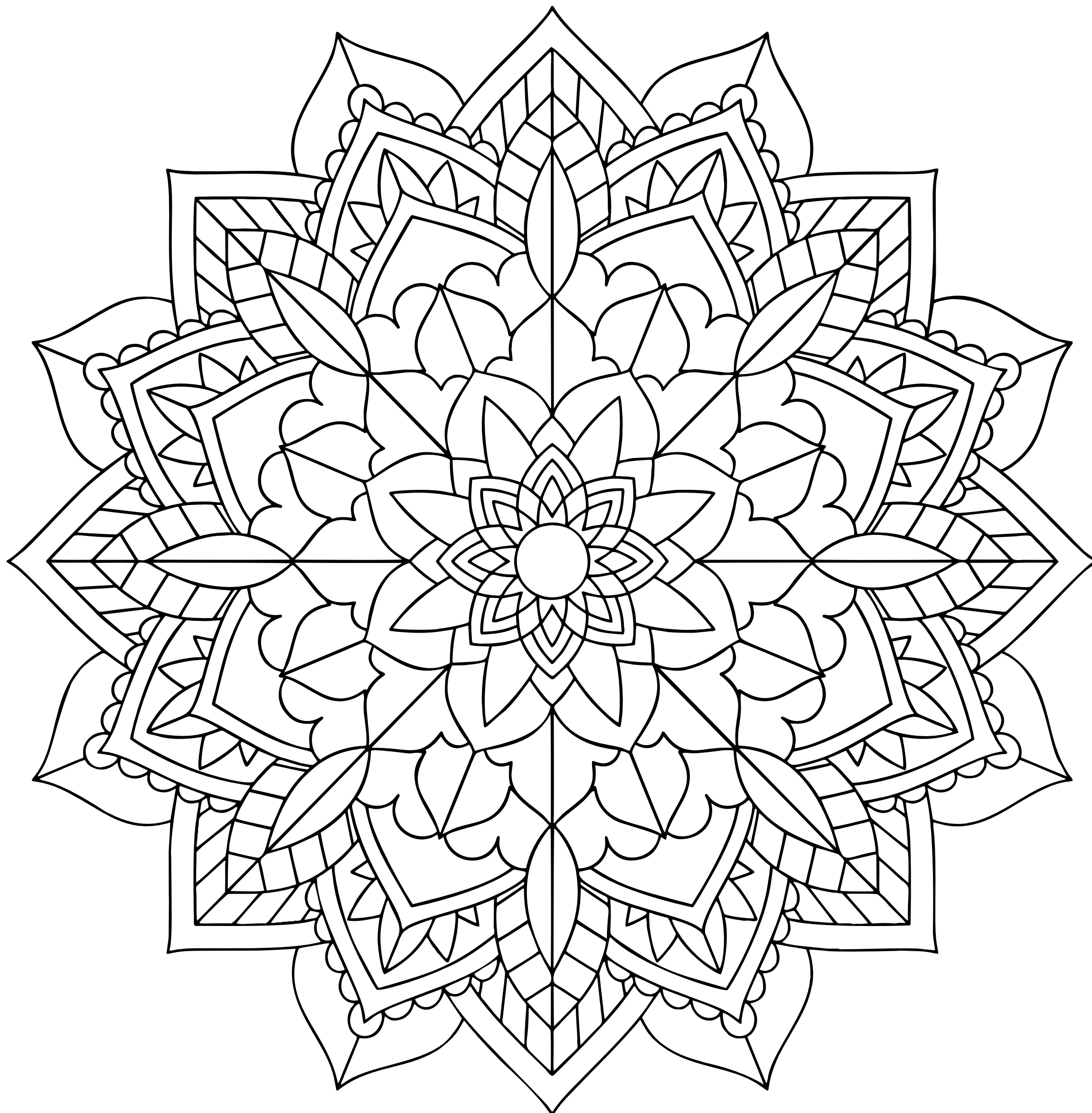
- Explore your own emotions, thoughts, and creativity.
- Notice small details about yourself and your process.
- Enjoy a quiet, meditative break whenever you need it.

Remember : Coloring isn't just about making something pretty ... it's about slowing down, noticing what's going on inside you, and giving yourself a few quiet moments. You might surprise yourself with what shows up in the process: a memory, a mood, a burst of inspiration.

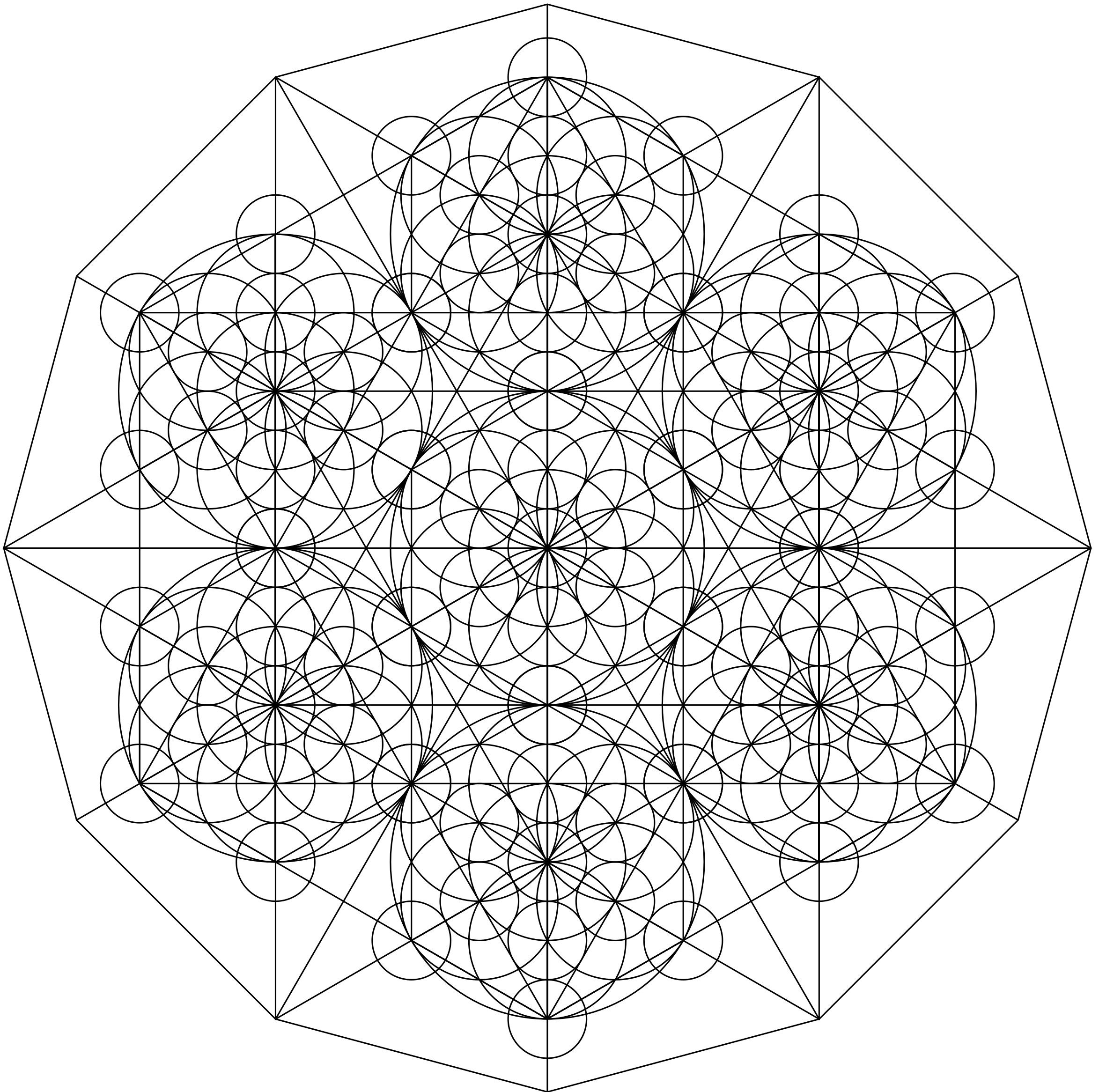
So, take a deep breath. Grab your colors. And remember - this is your space, your time.

Your creative self-care journey starts here and i'm just happy to be here with you as you explore it!

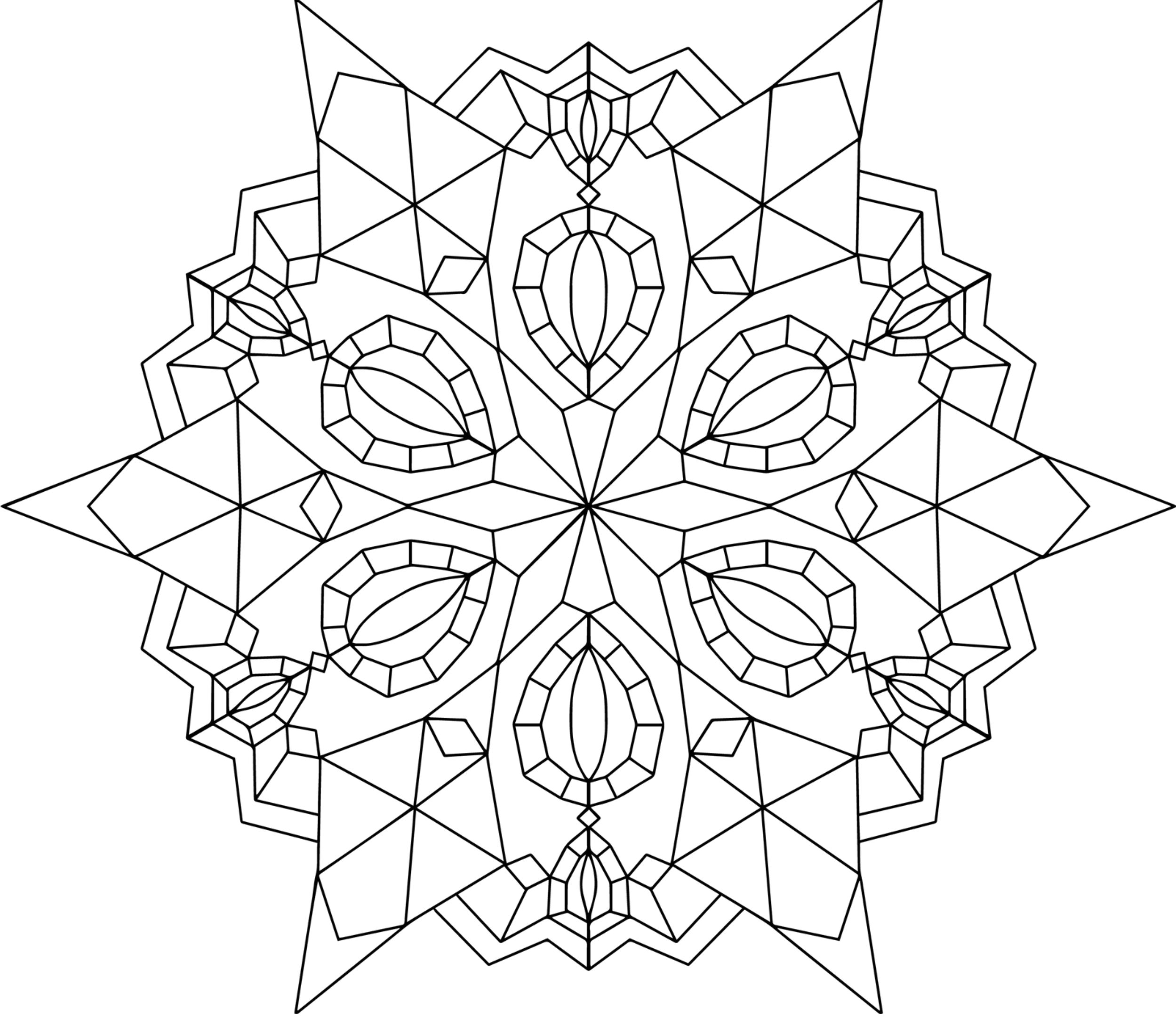
Before you begin, take a slow breath. As you color, notice how your hand moves and how your mind follows.



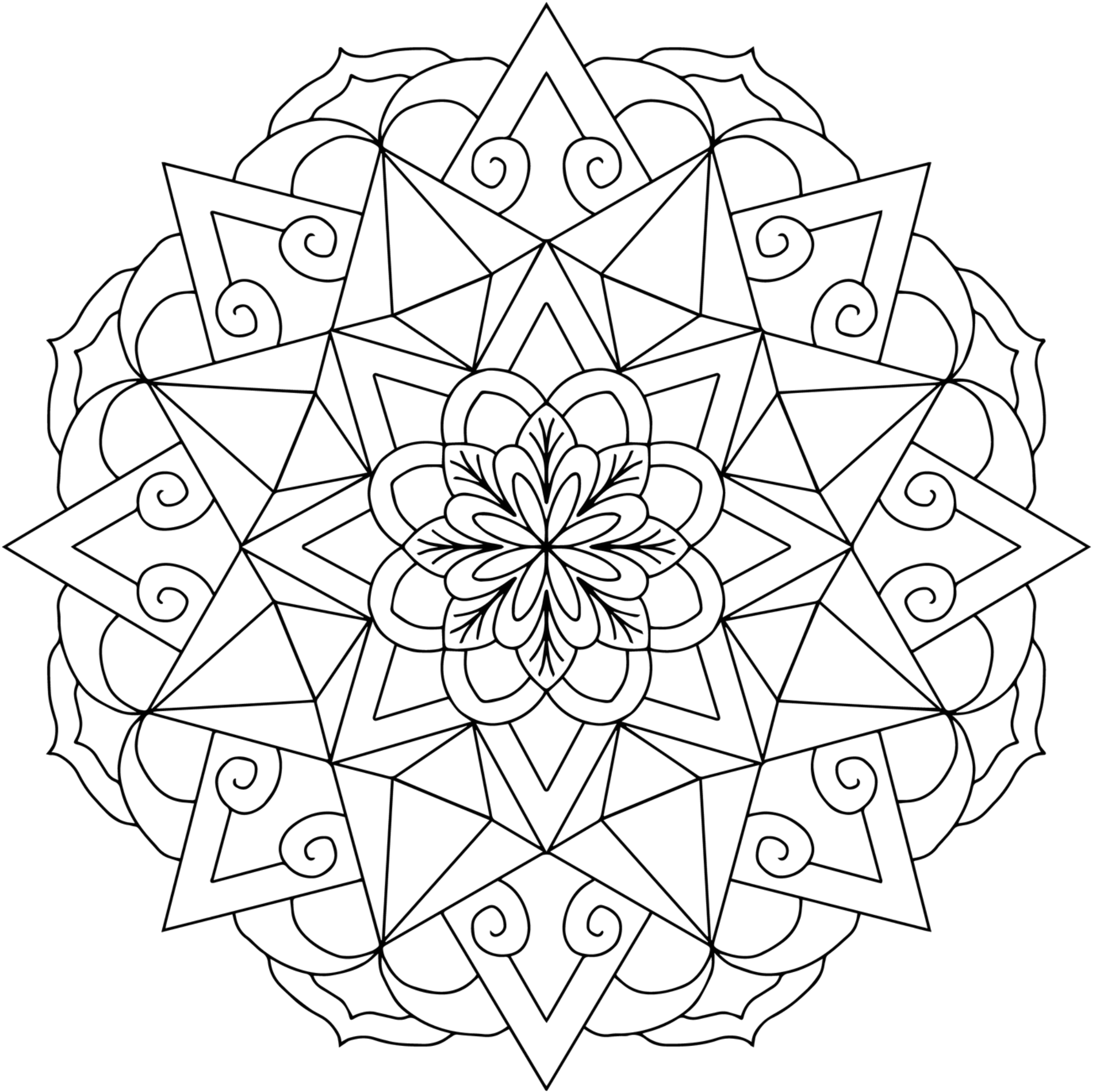
Imagine painting emotions directly onto the page through color.



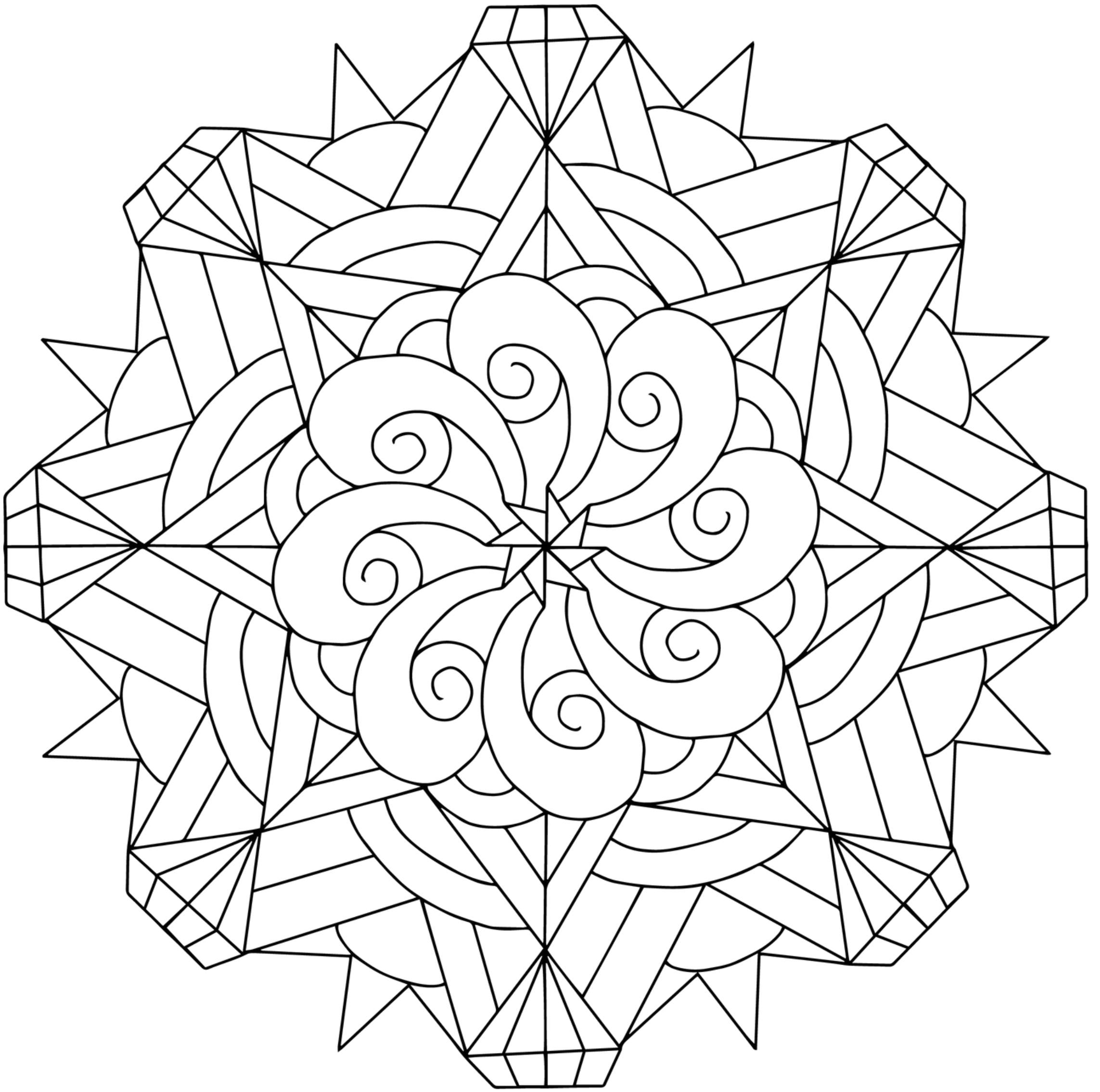
Color with the intention of creating a “goodbye” to something you are ready to release.



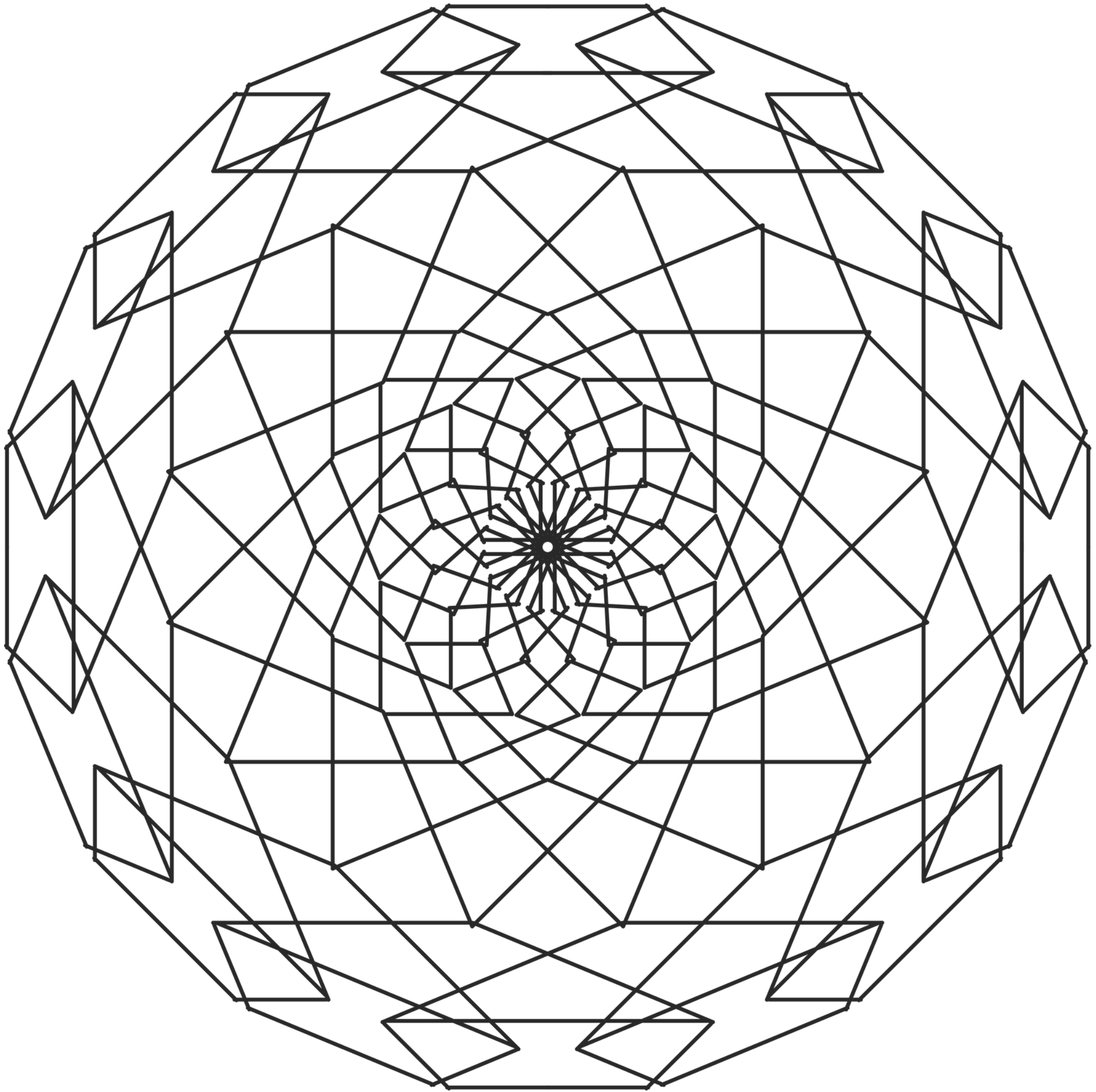
Imagine the mandala as a map of your life - fill each section as a memory.



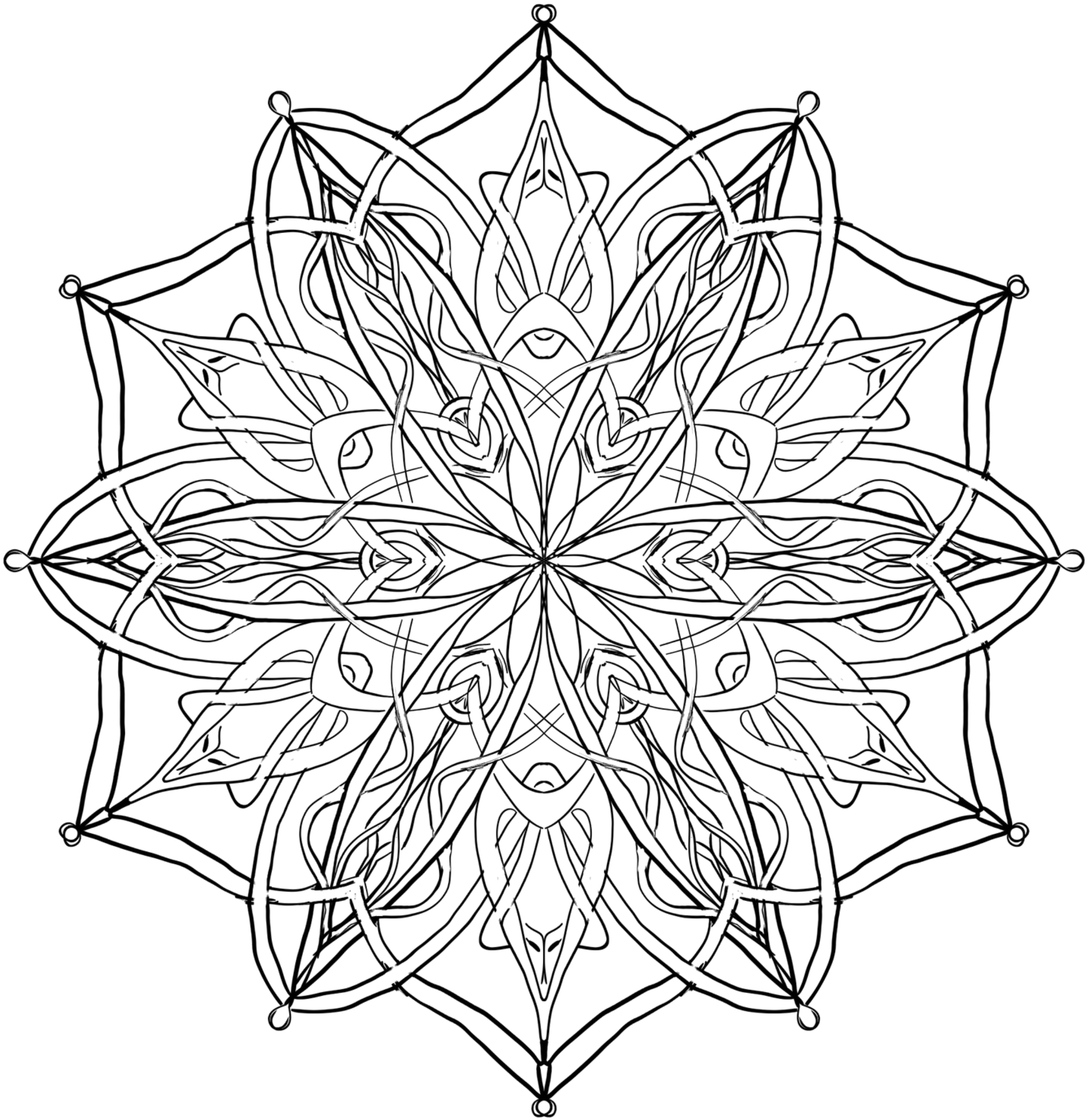
Alternate between warm and cool colors to explore balance.



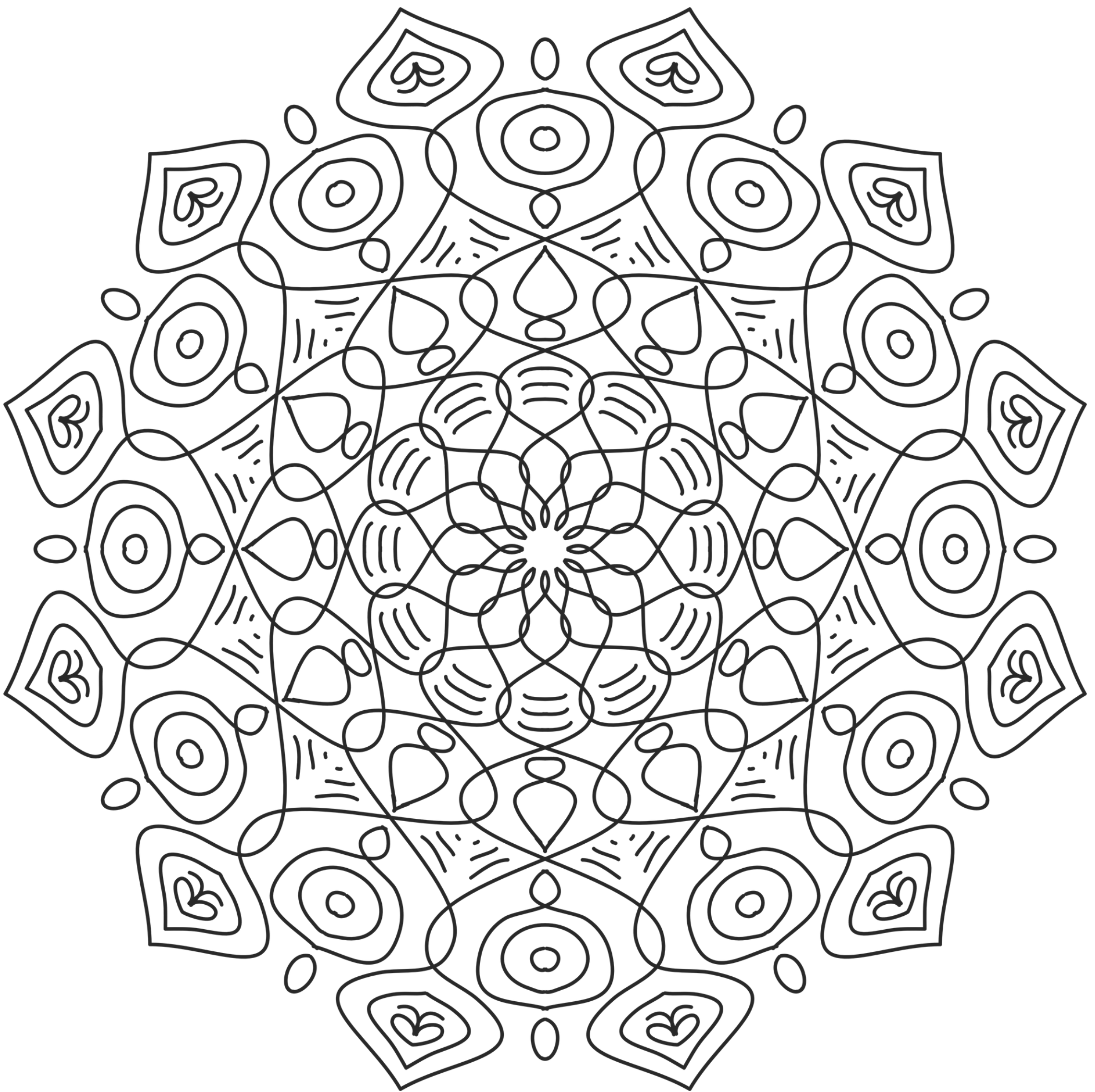
Imagine this mandala as your personal shield - choose colors for strength and protection.



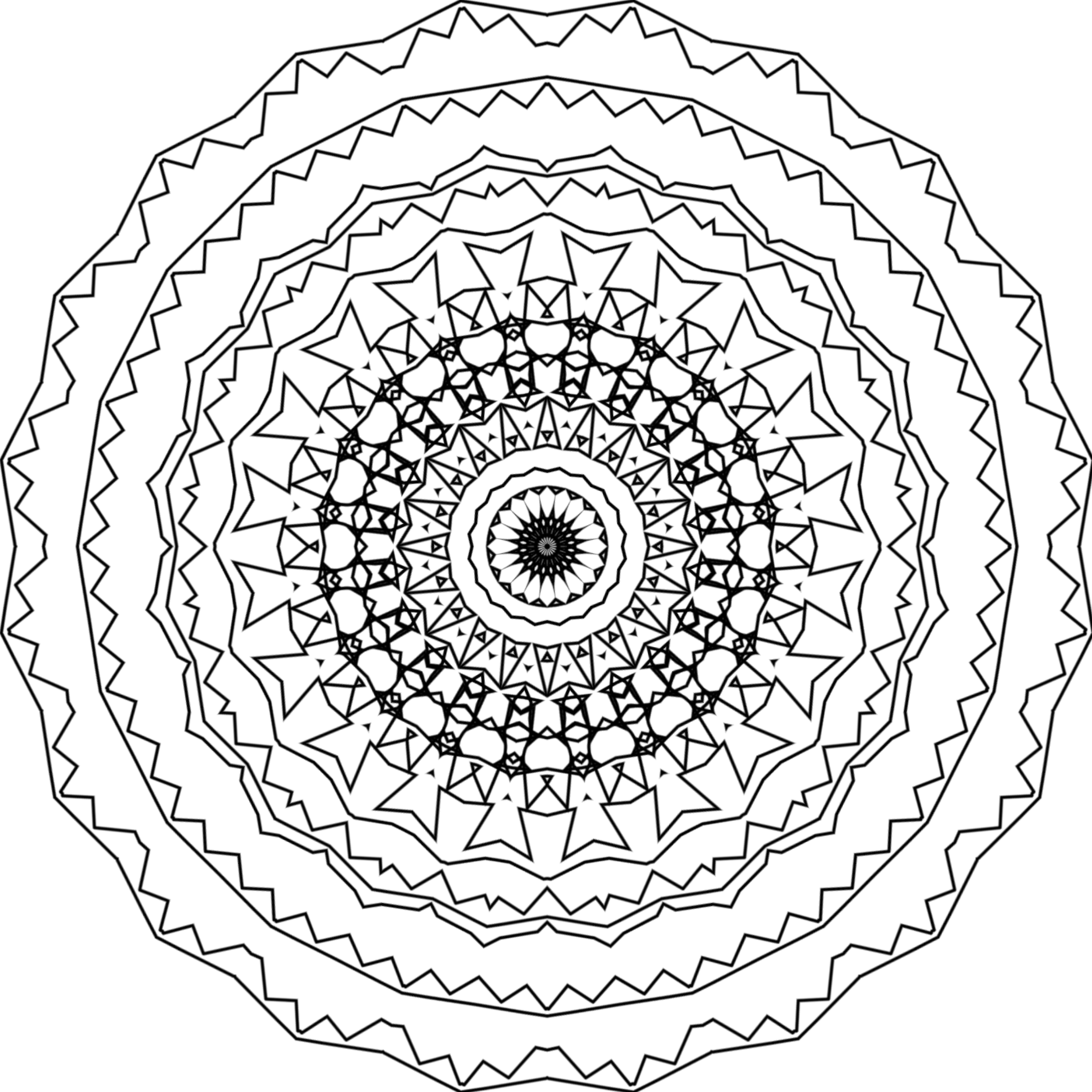
Imagine the mandala is your mind - color it as it feels right now.



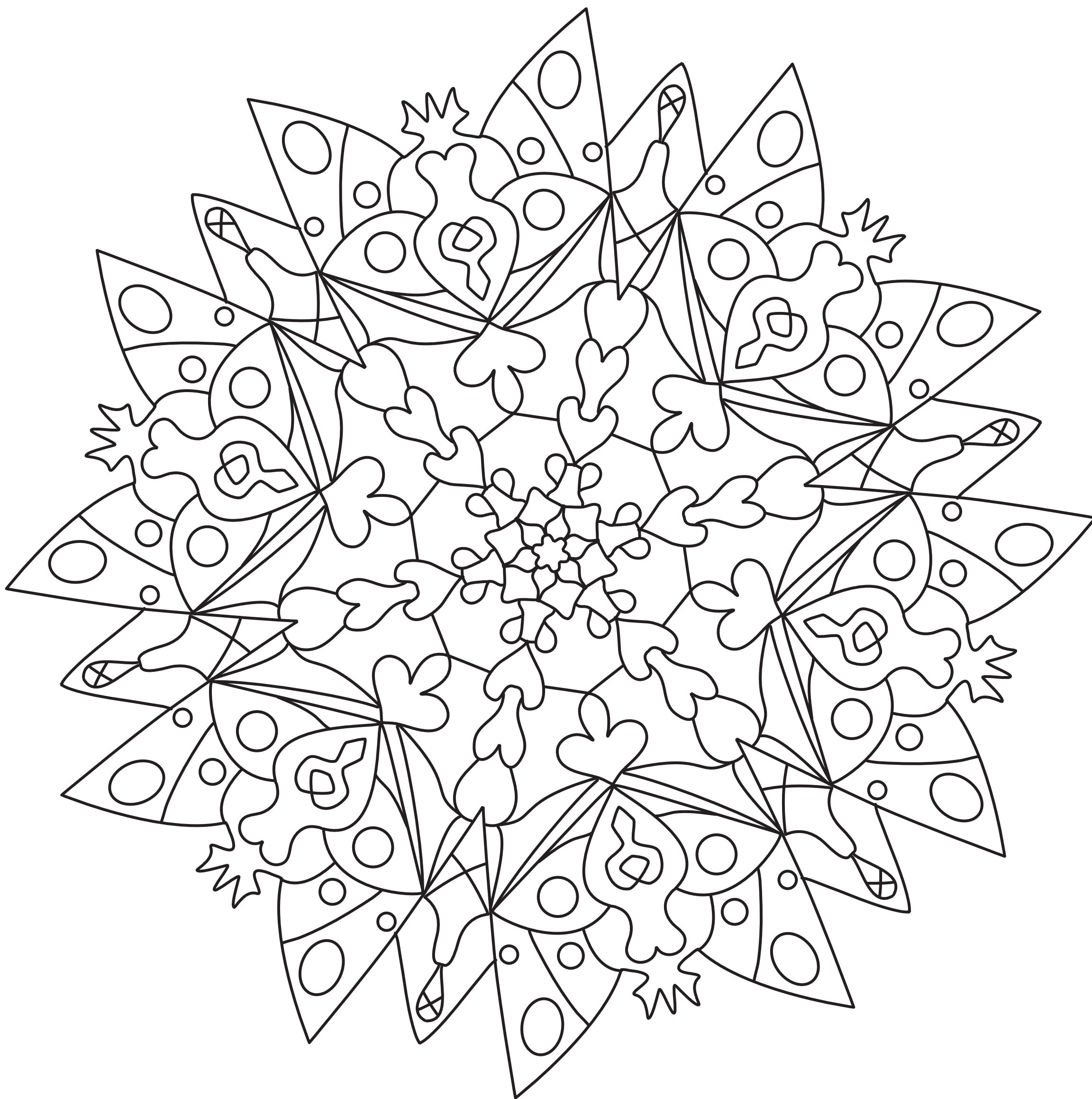
Imagine each section as a small step toward a goal.



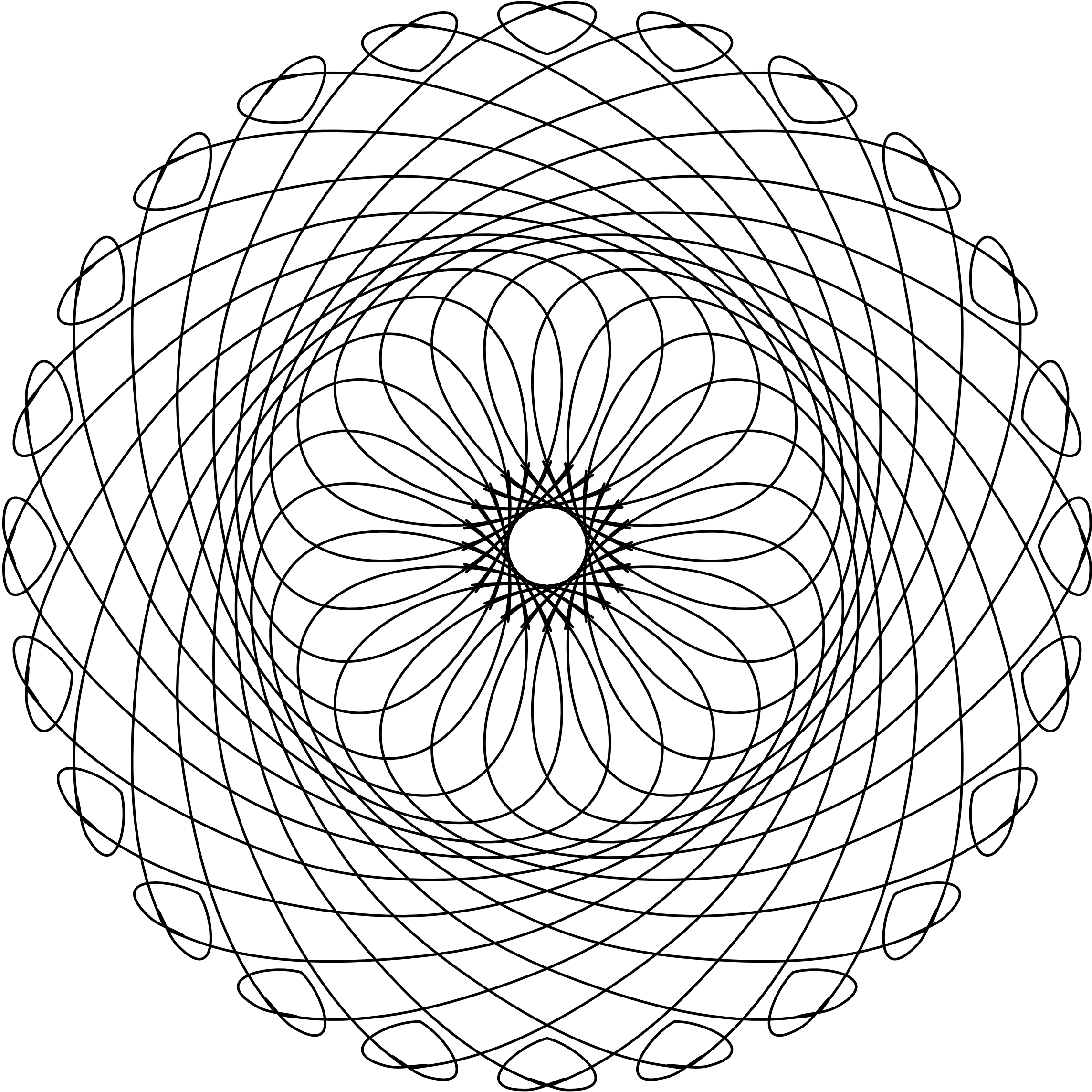
Use your non-dominant hand for the entire mandala to embrace imperfection.



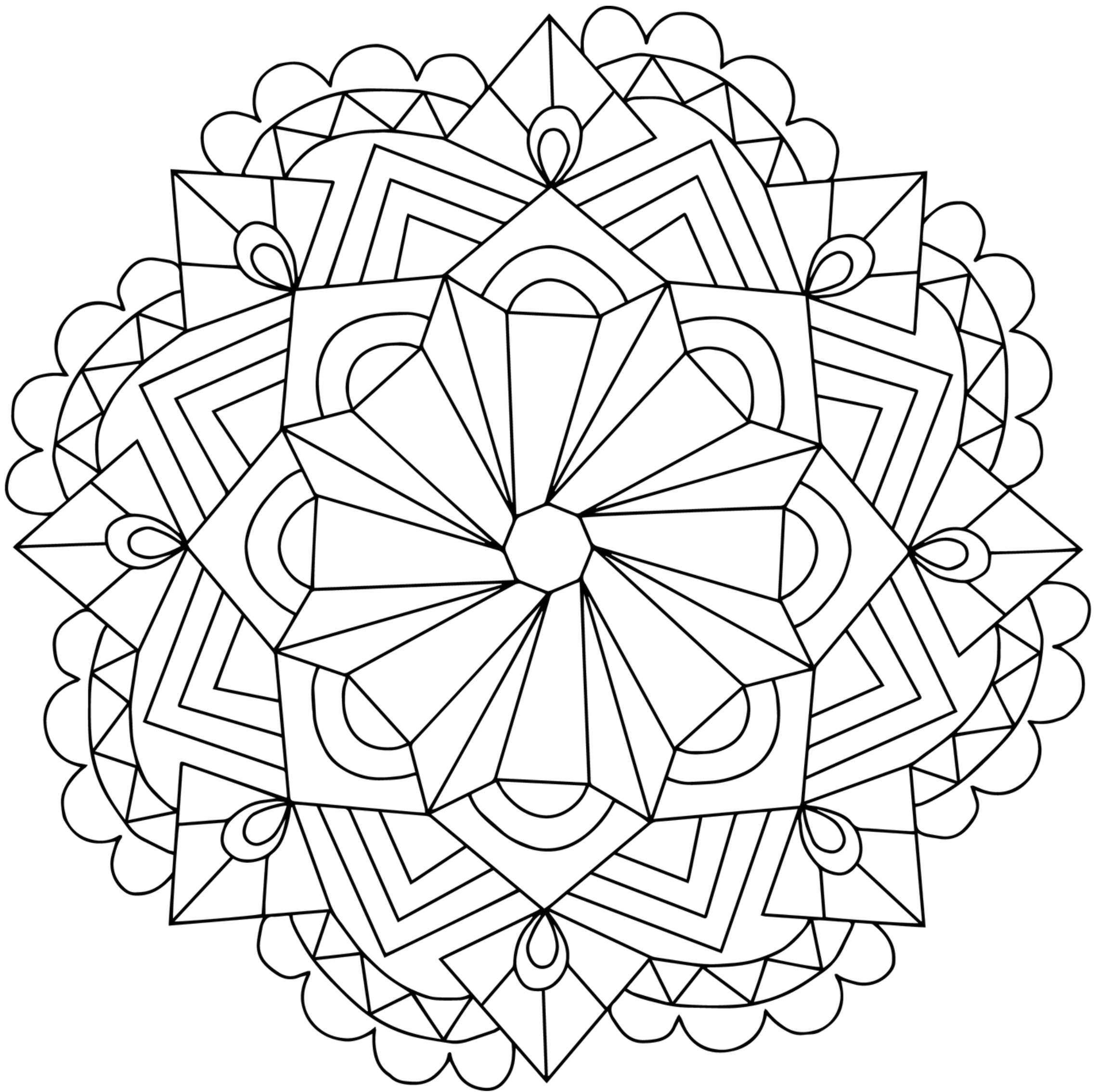
Color as if you were telling a secret without words.



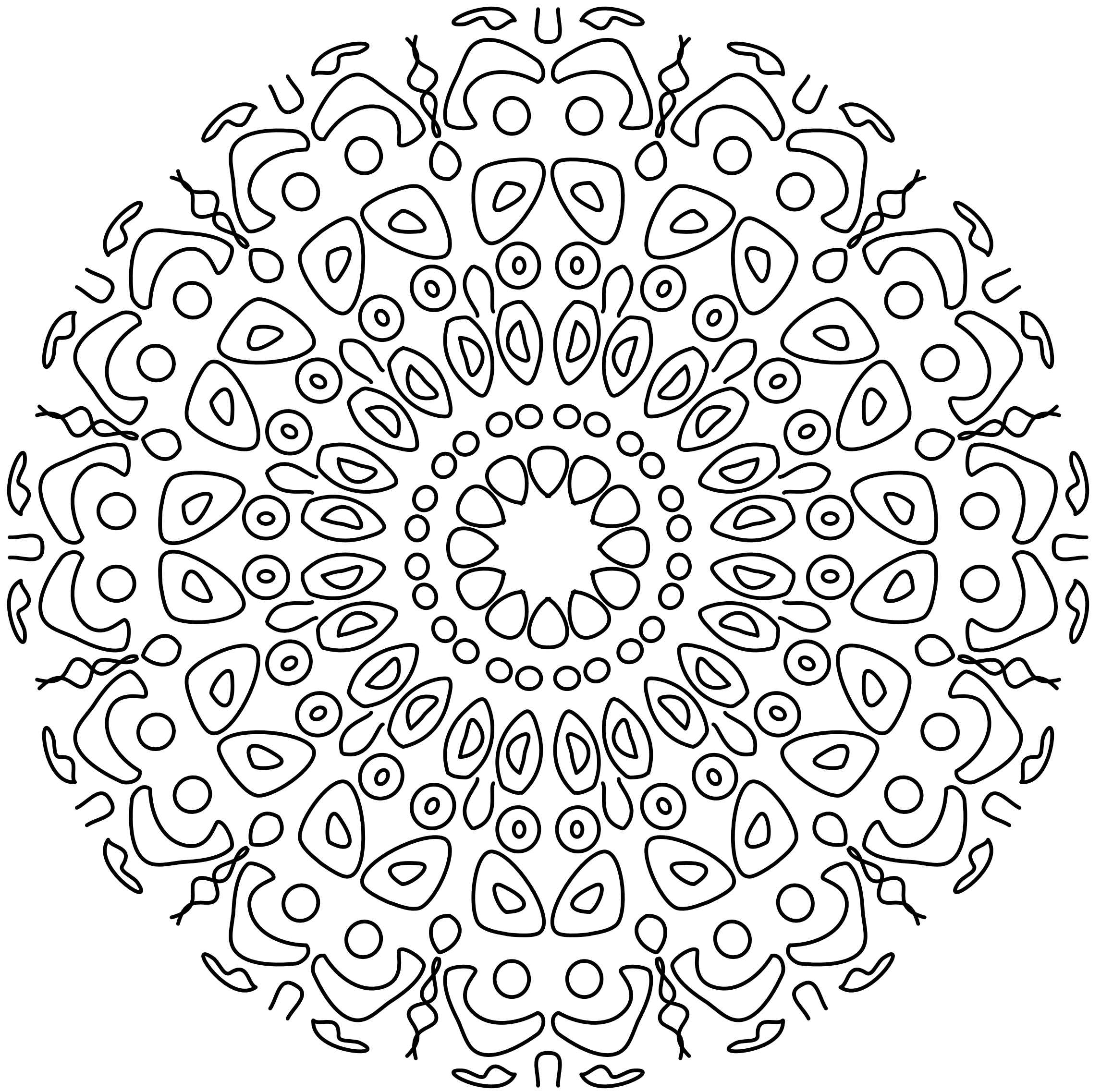
Choose colors you've never used together before and see how they interact.



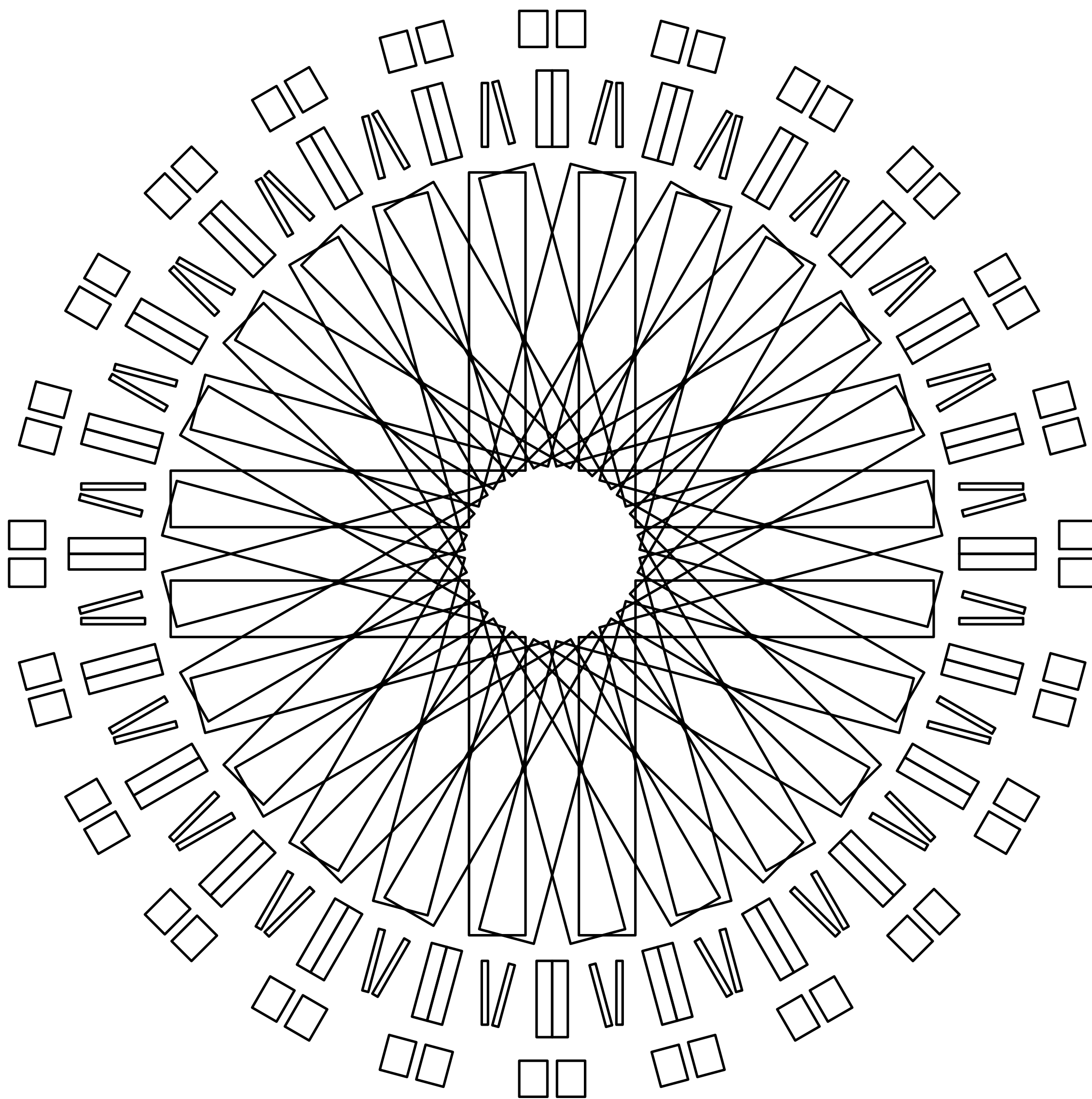
Imagine the mandala as a blooming flower - choose colors for each "stage" of growth.



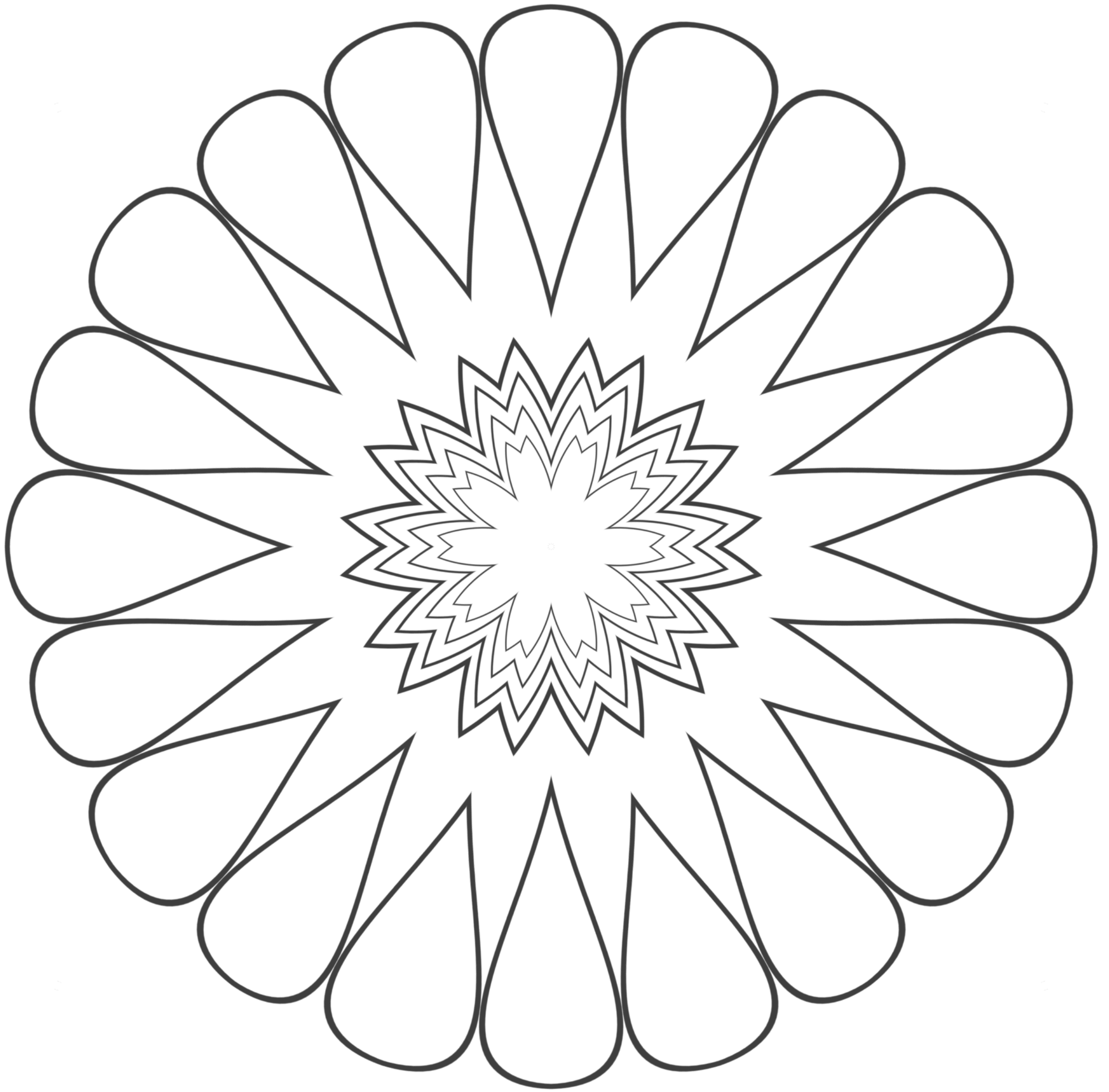
Match each section's color to a season: spring, summer, autumn, winter.



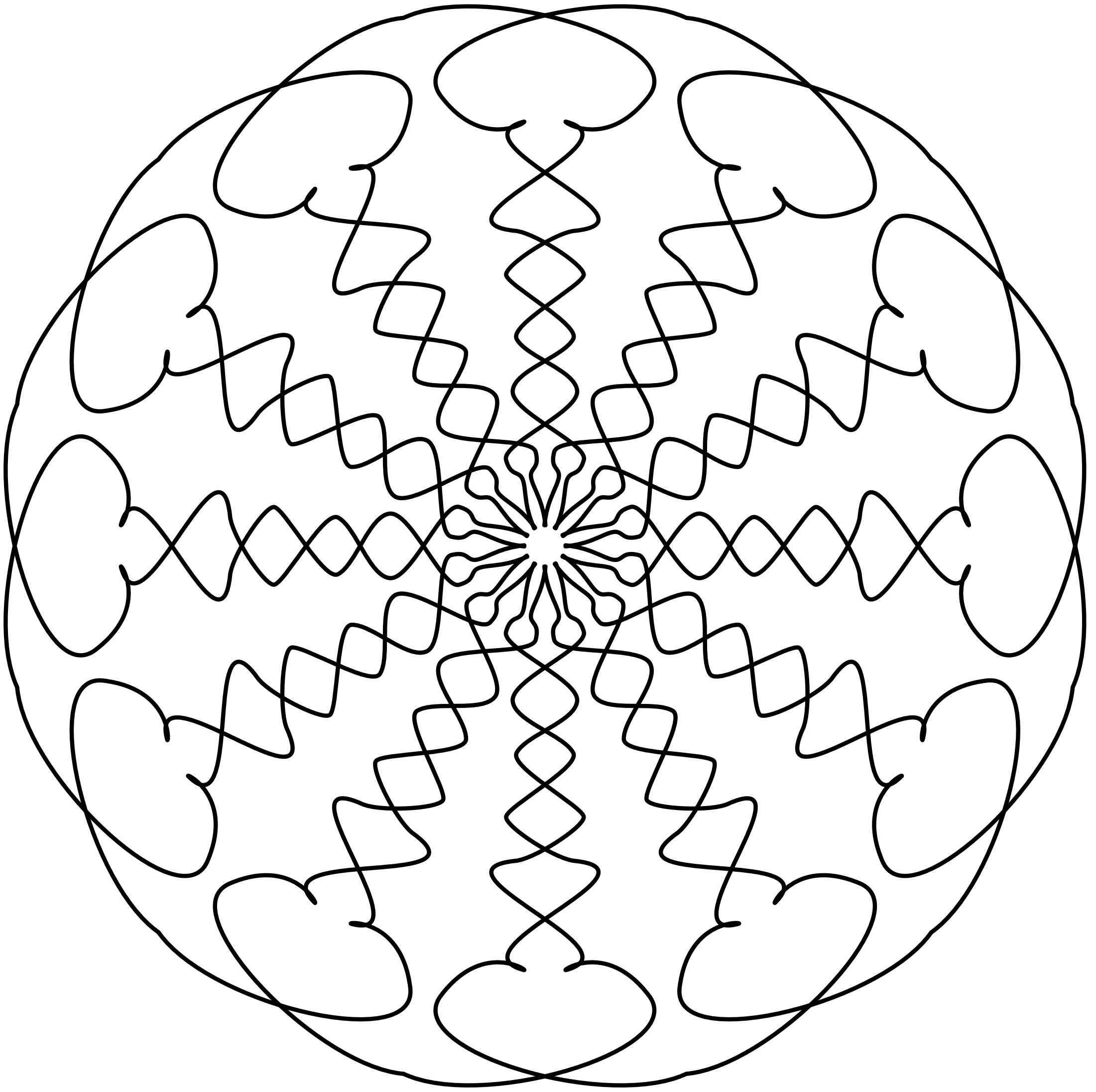
Create a gradient from dark to light as you move outward.



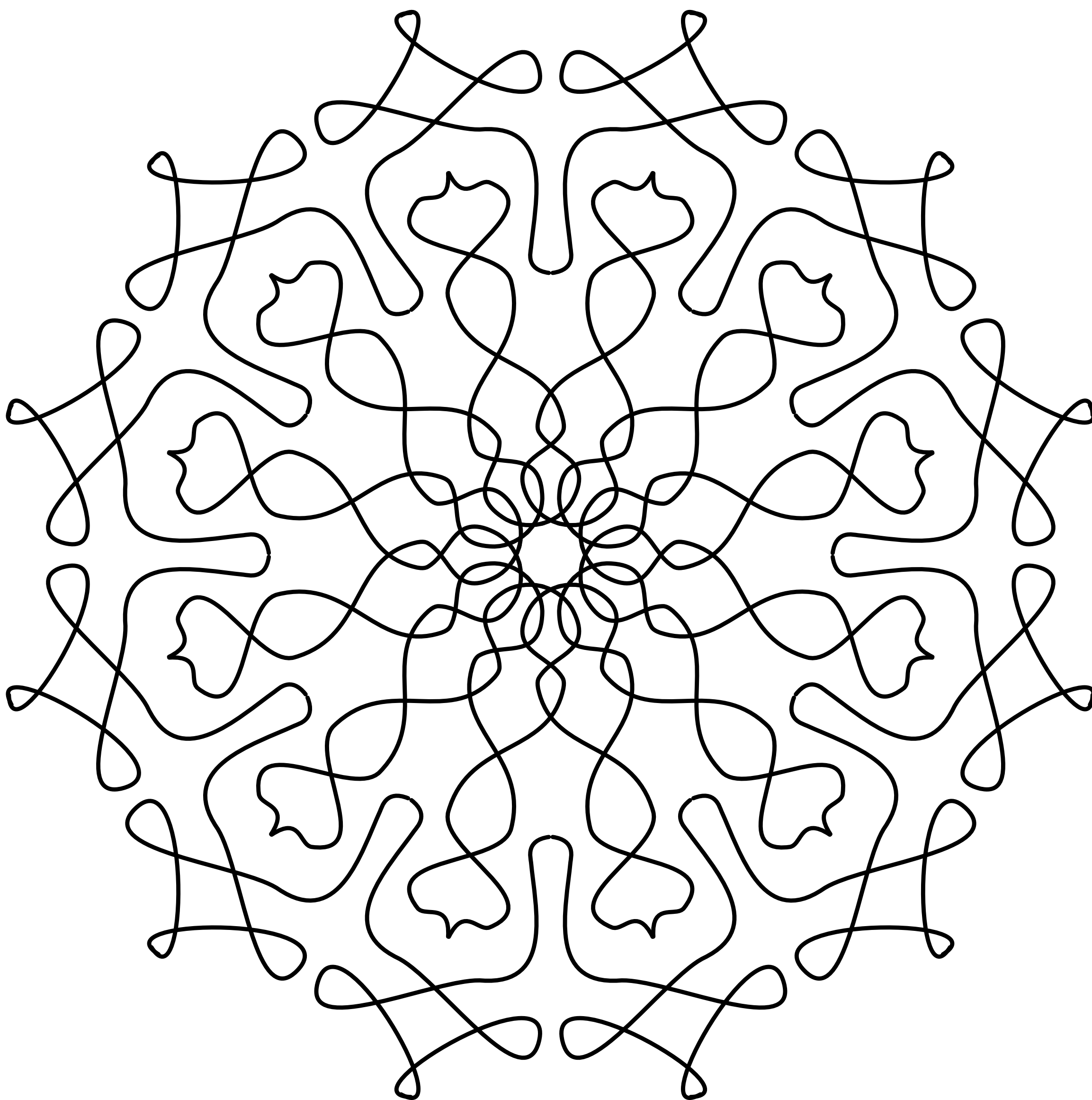
Let each petal or shape hold one small wish for yourself.



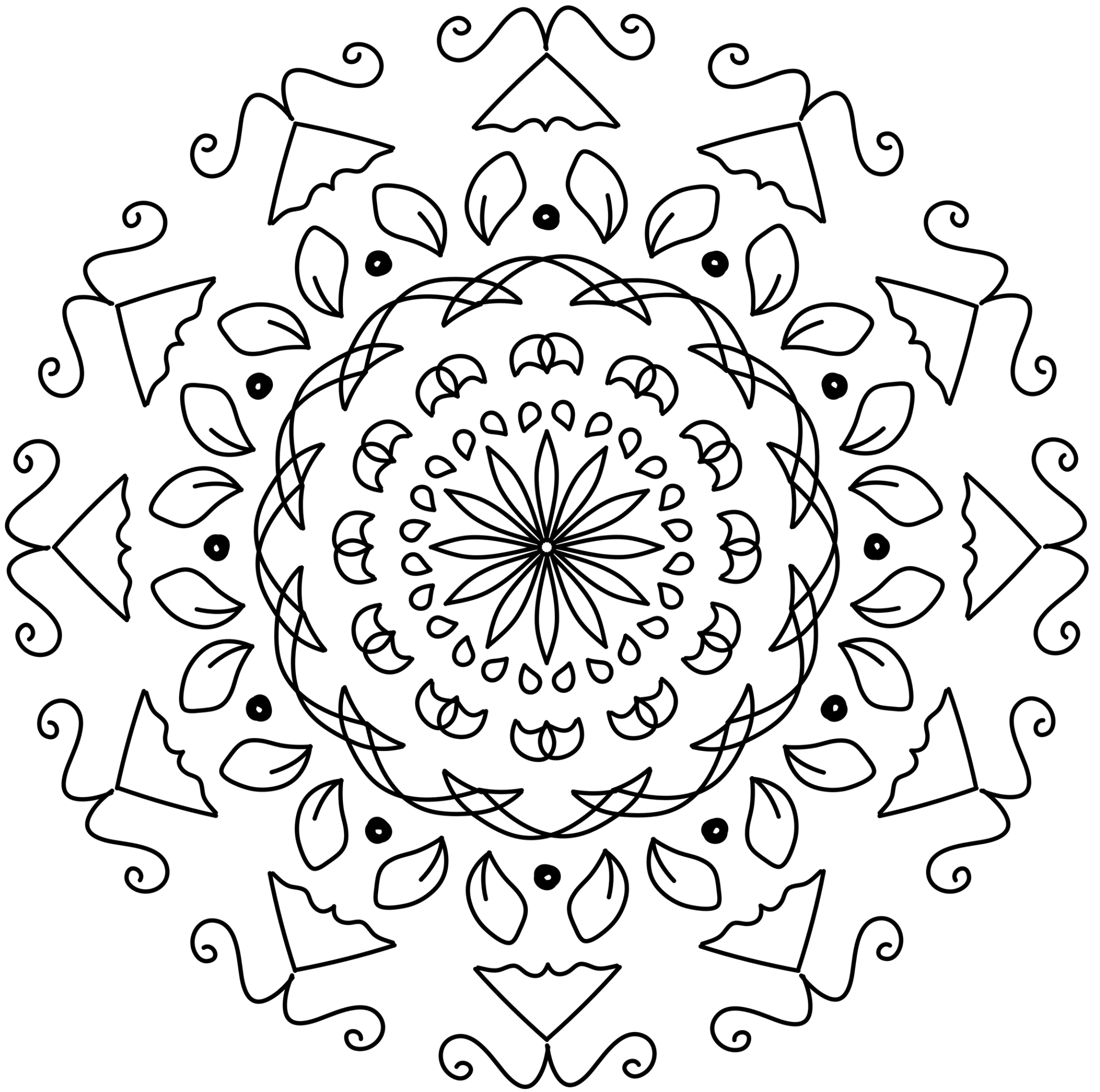
Let each new part reflect a different feeling you've had today.



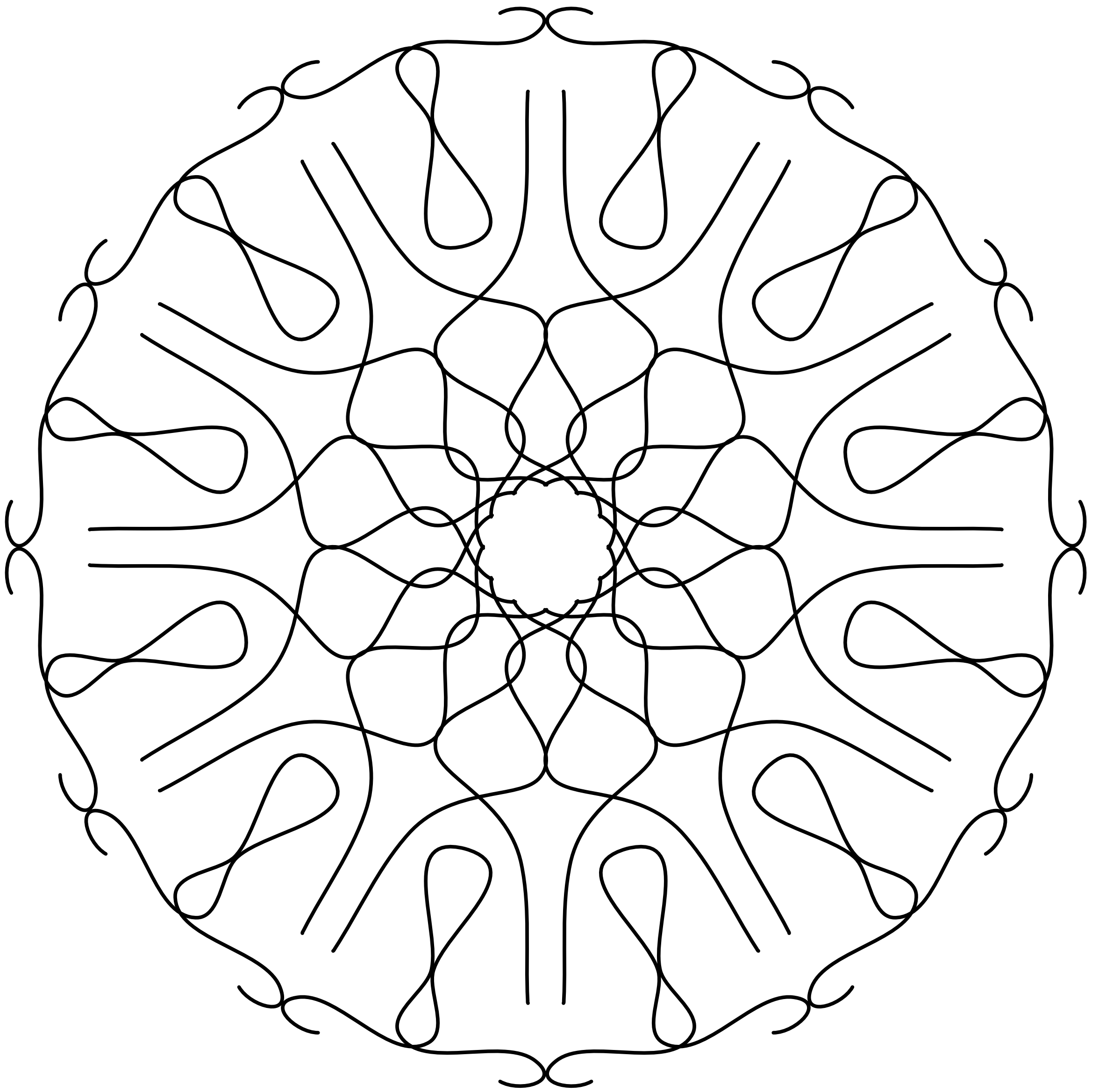
Assign each shape a part of your body and color it with care.



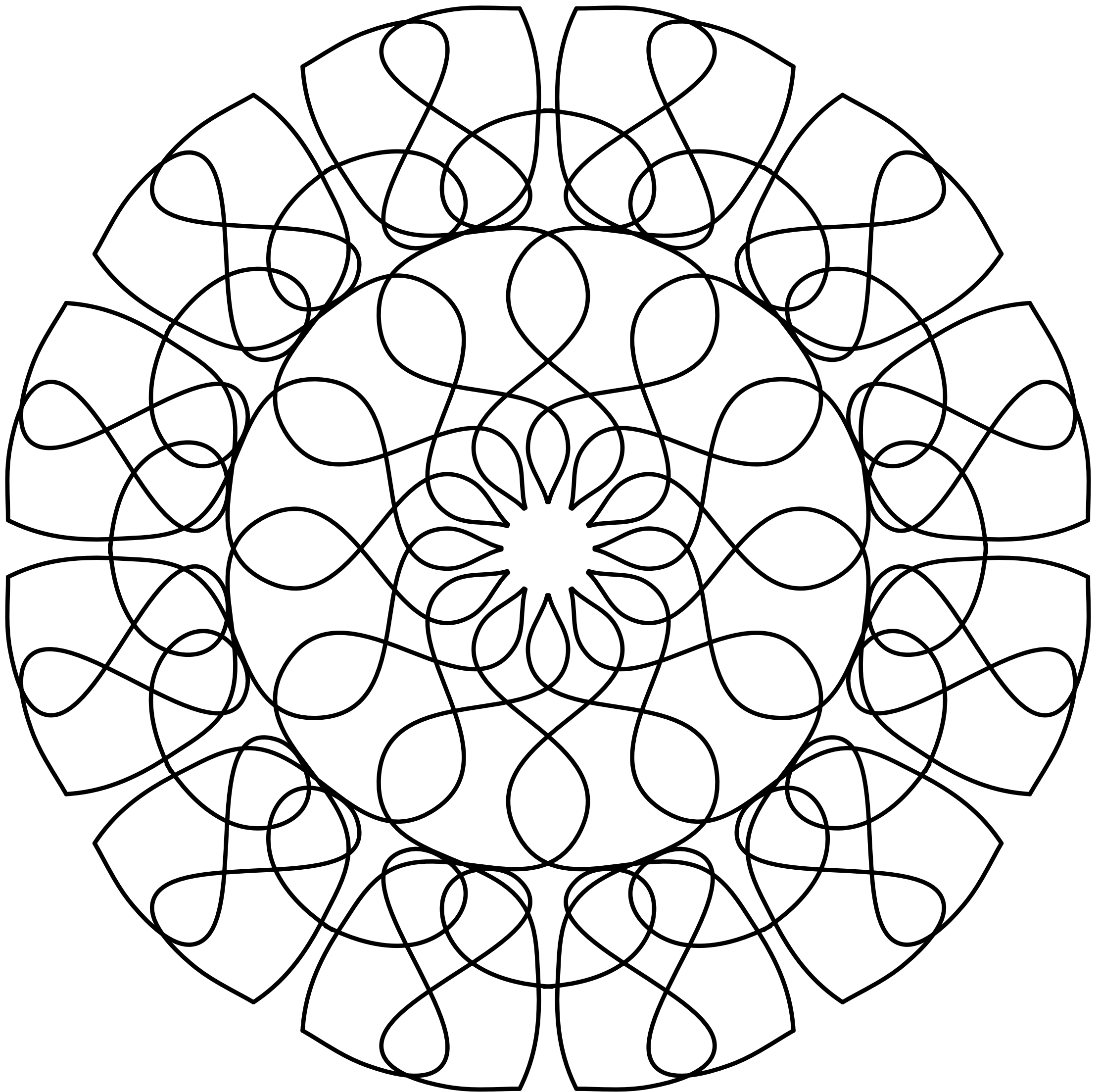
With each section you color, think of something you are grateful for.



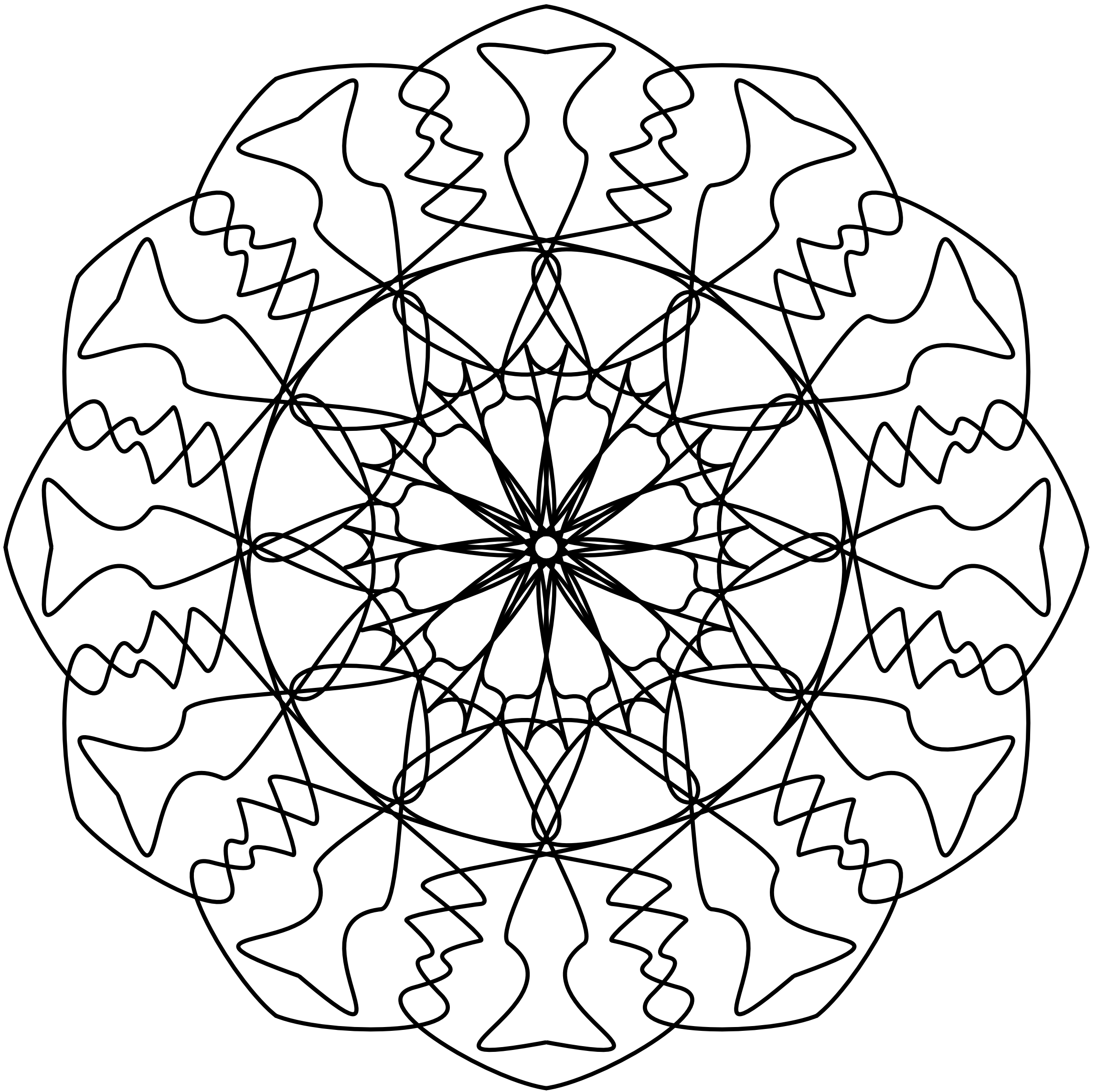
Choose colors inspired by a favorite memory.



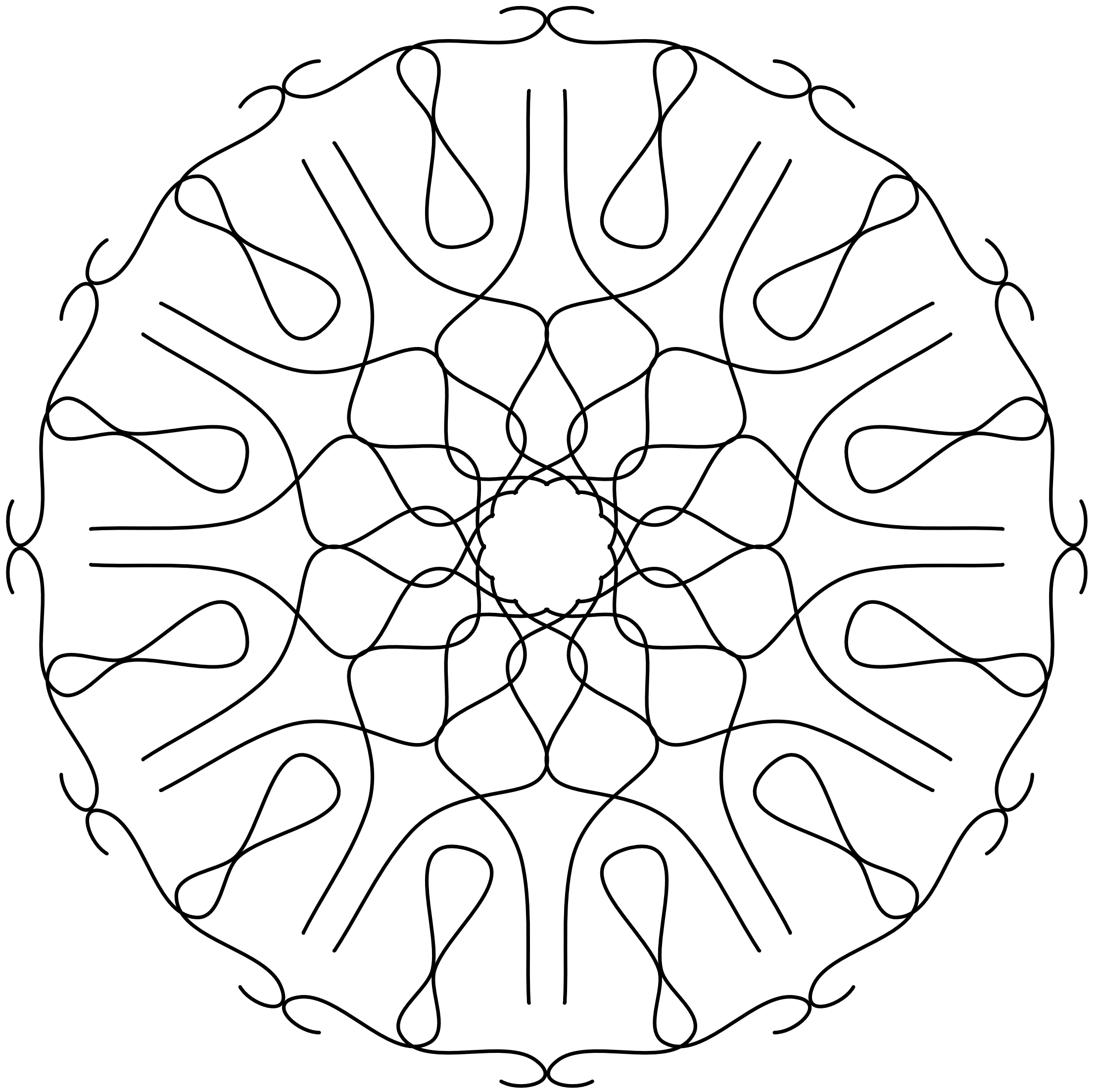
Imagine the mandala as a safe space you are slowly building.



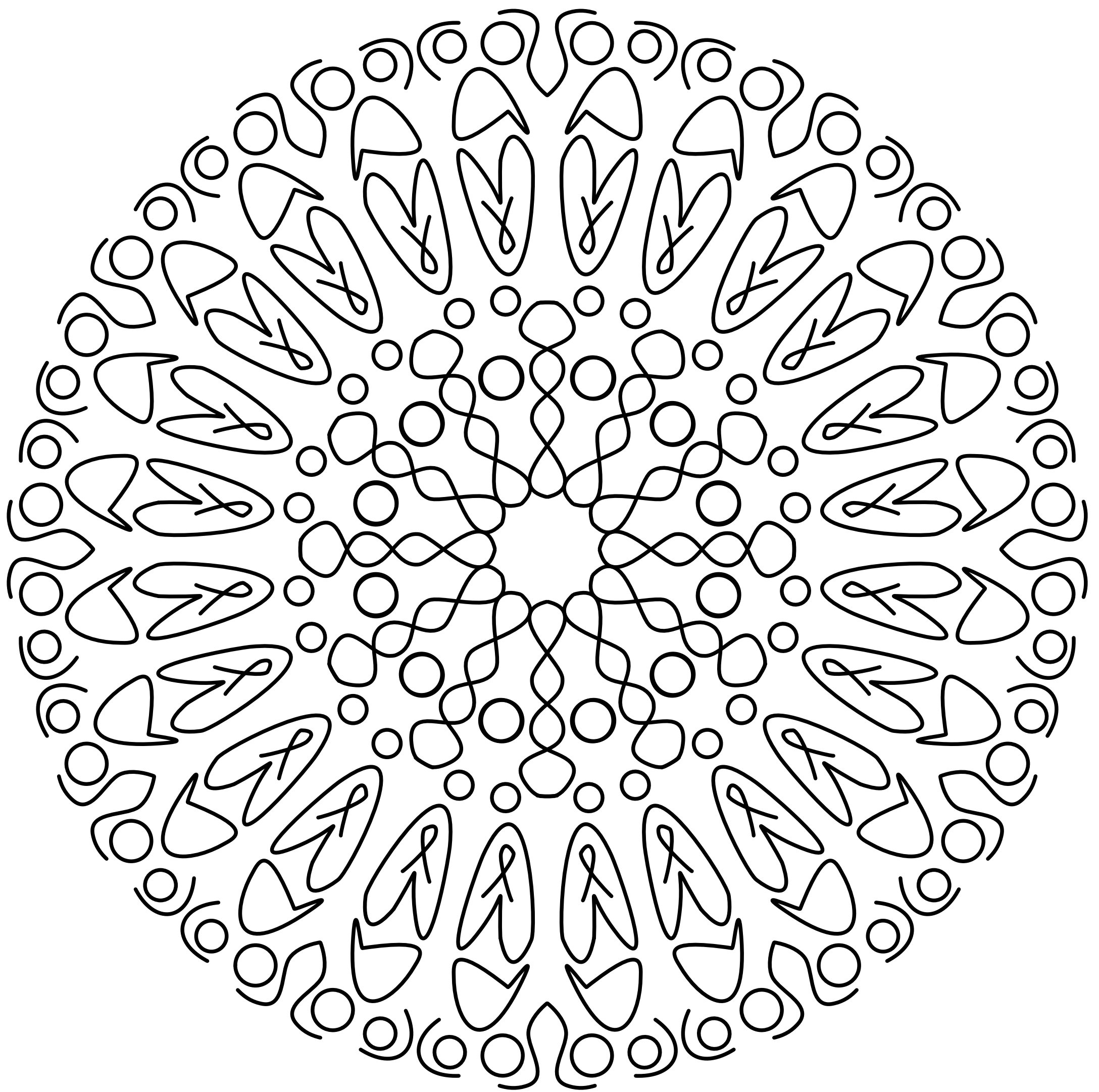
Let each color choice be random and without planning.



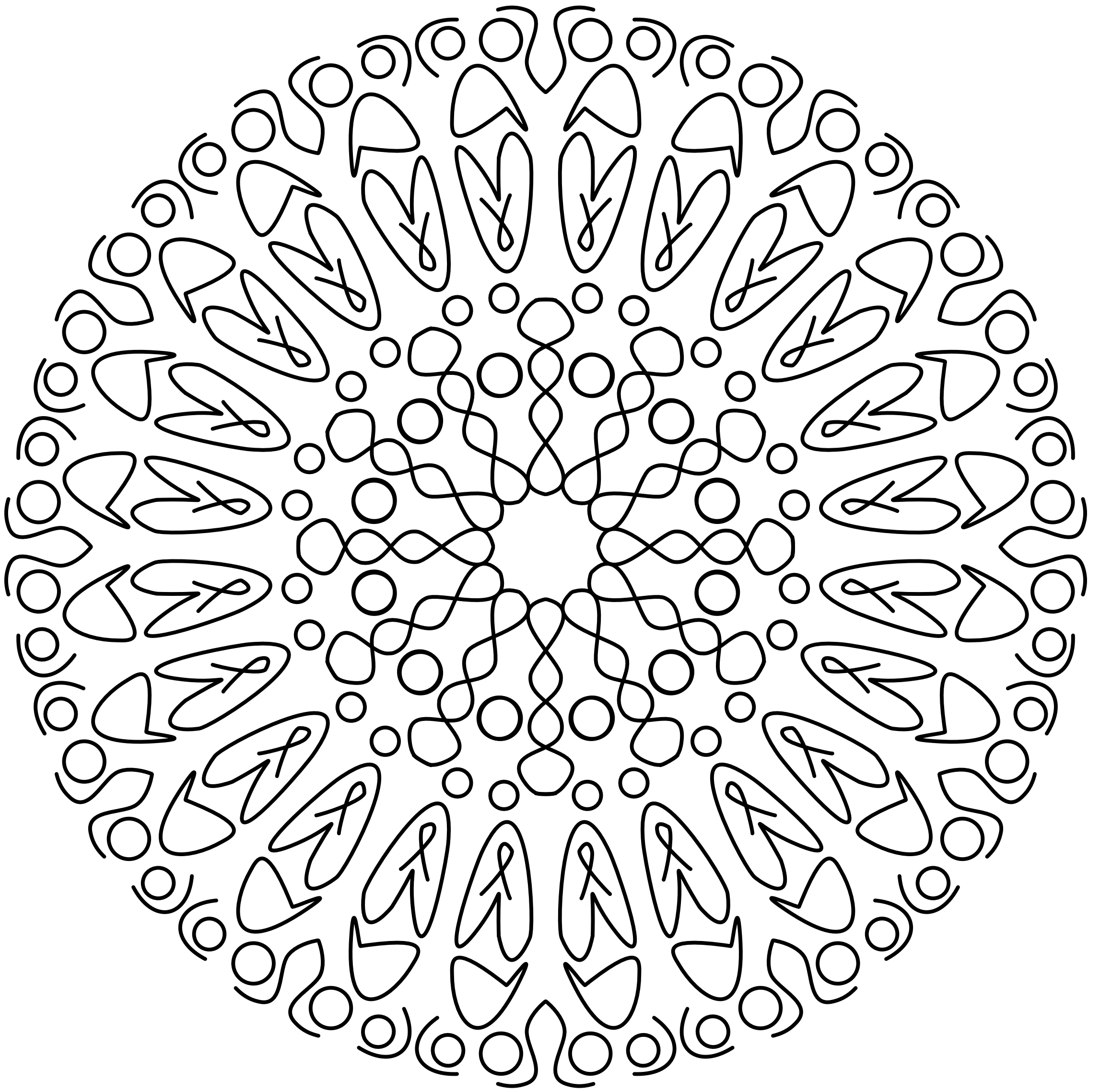
Close your eyes for 10 seconds before choosing each new color.



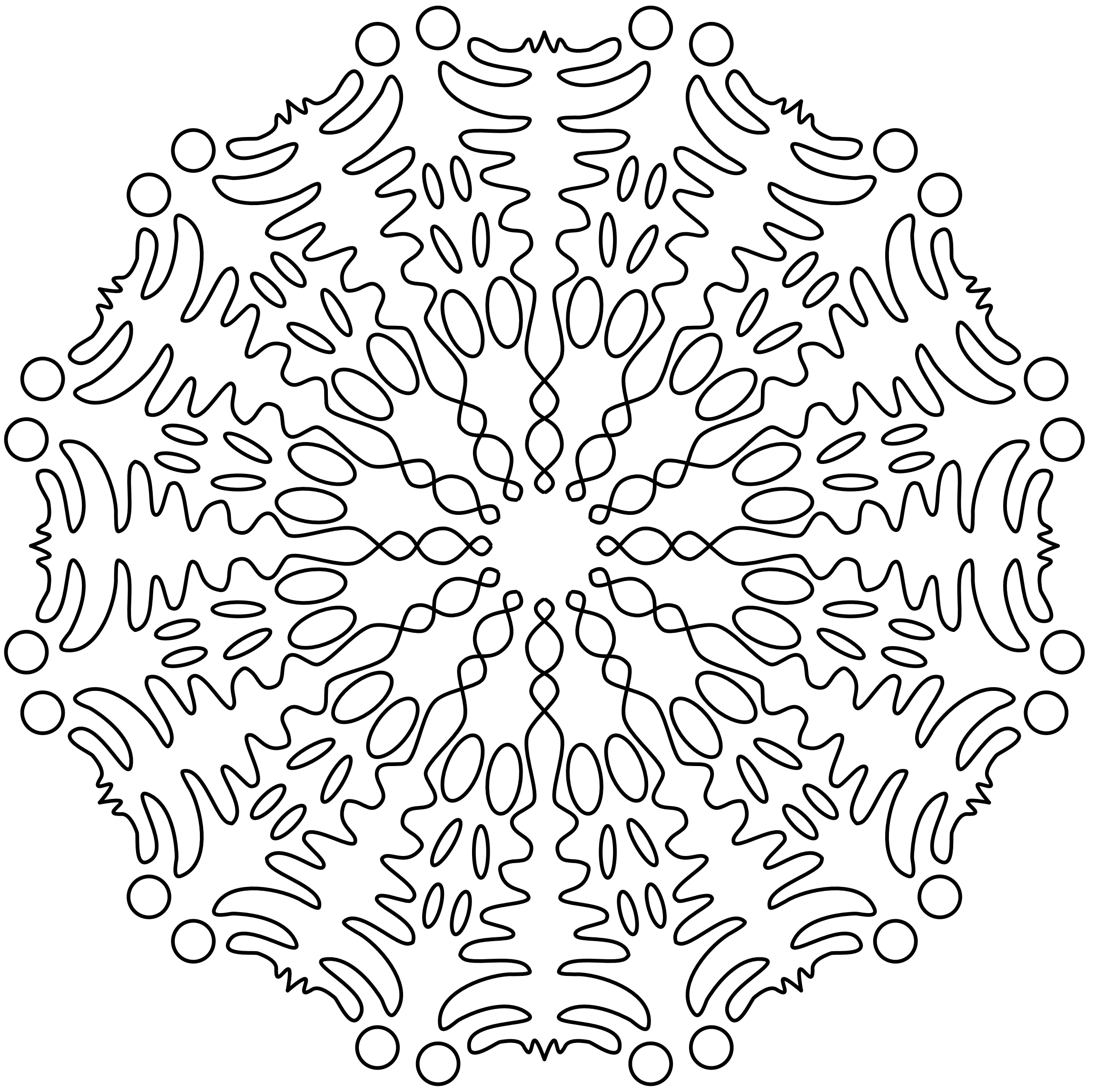
Create a “morning” palette - light, bright, energizing tones.



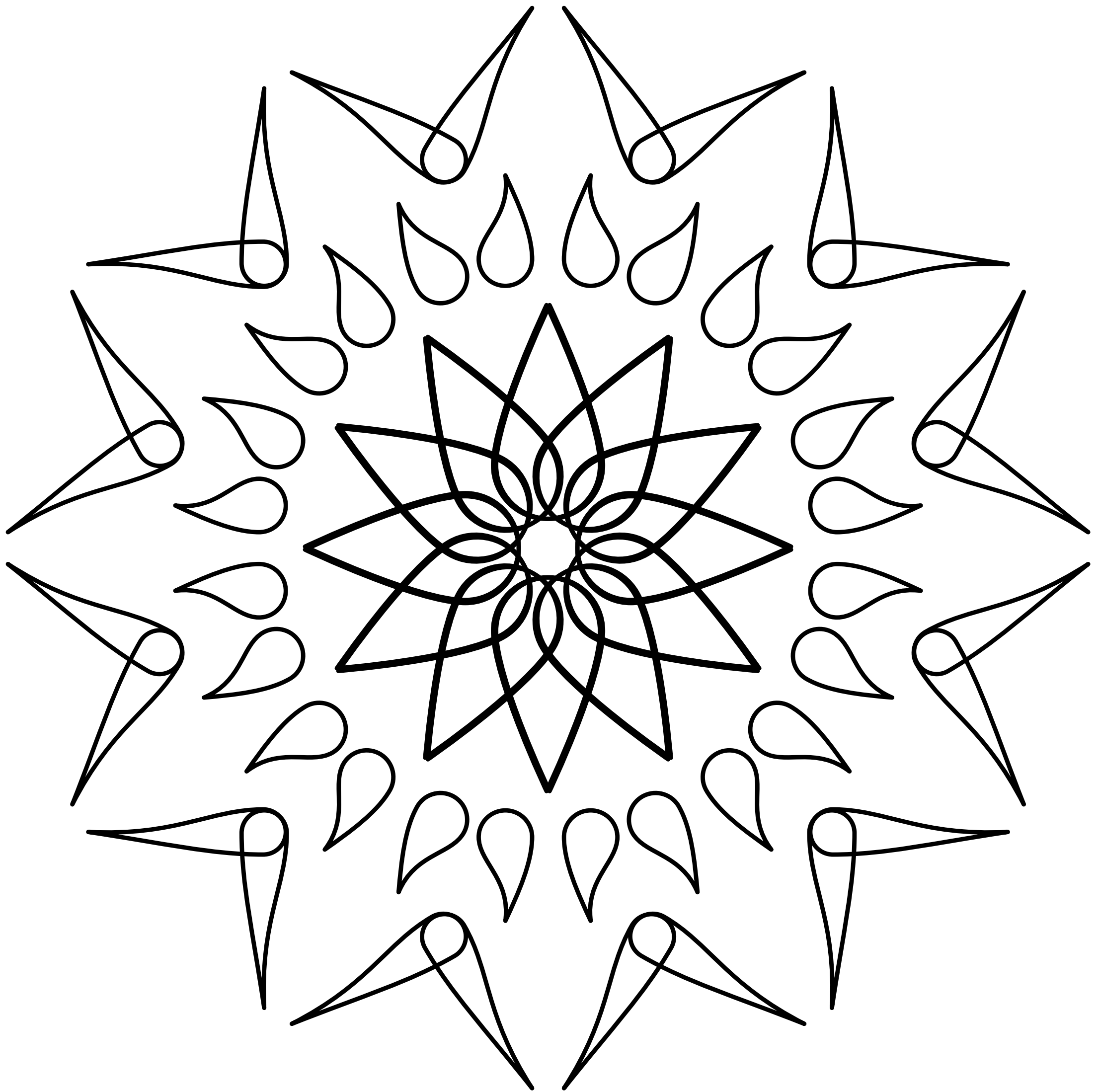
Create an “evening” palette – deep, soothing, restful tones.



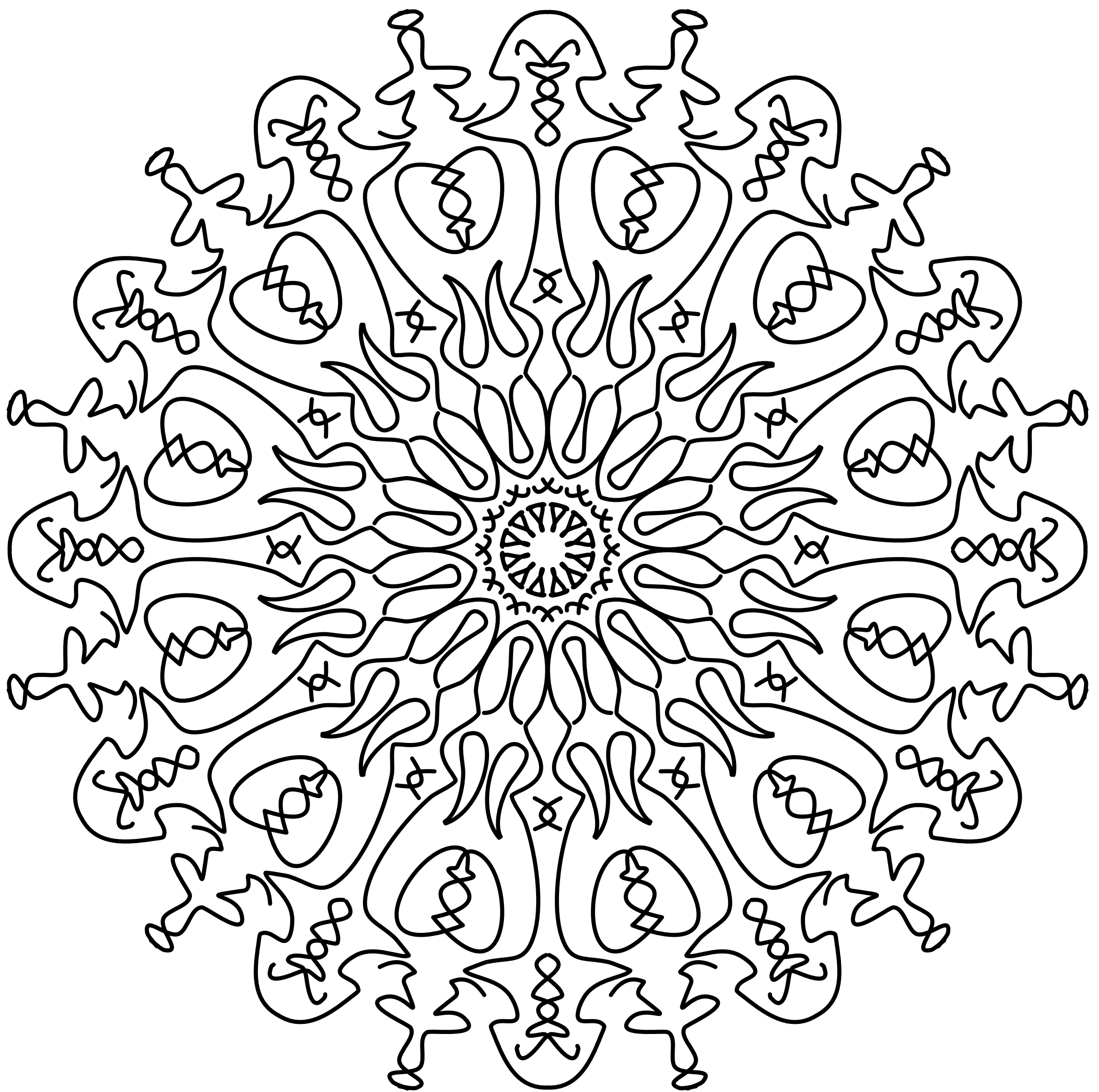
Choose three colors that match your current mood and repeat them in a pattern.



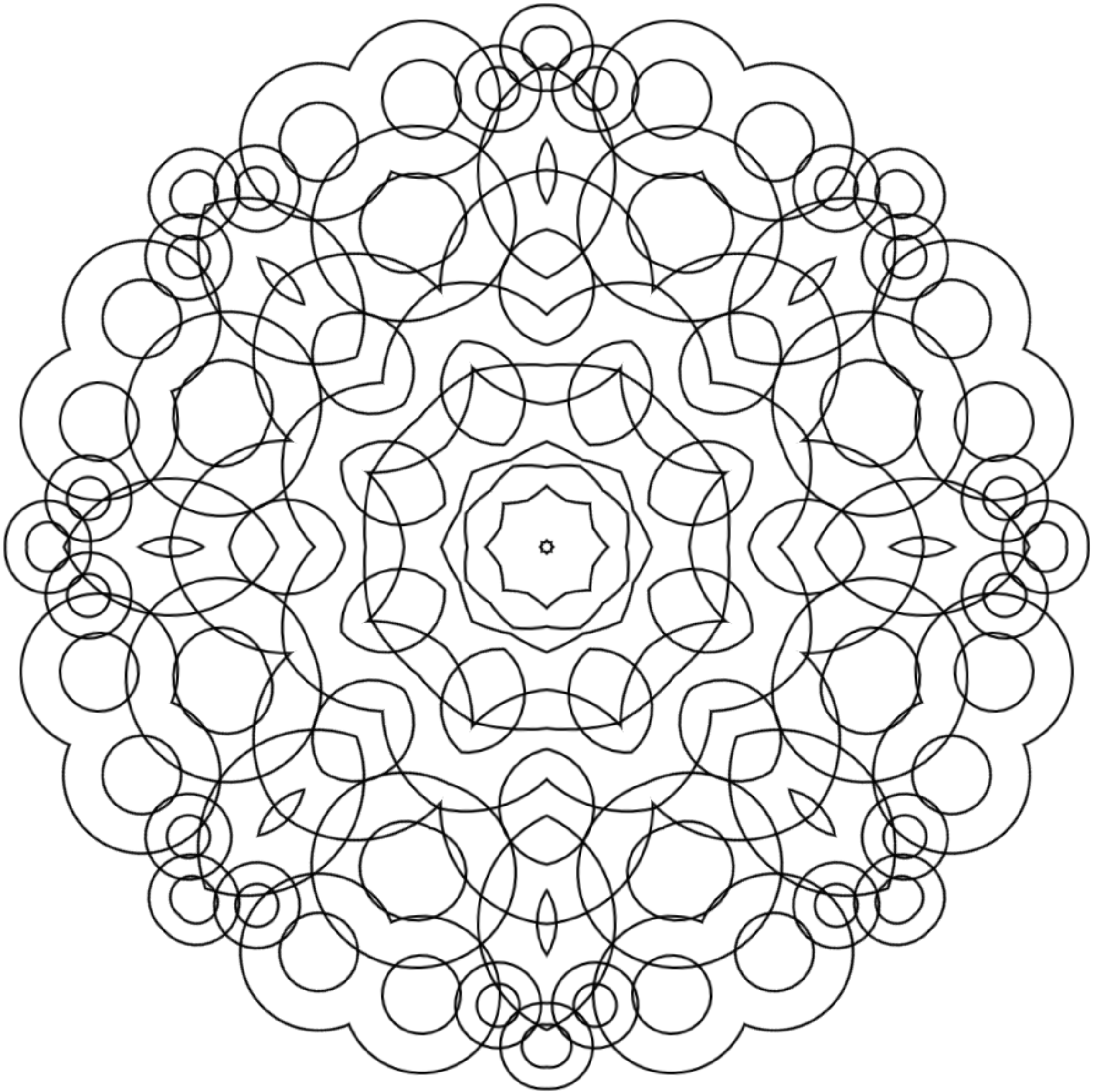
Match your coloring pace to the beat of your heart.



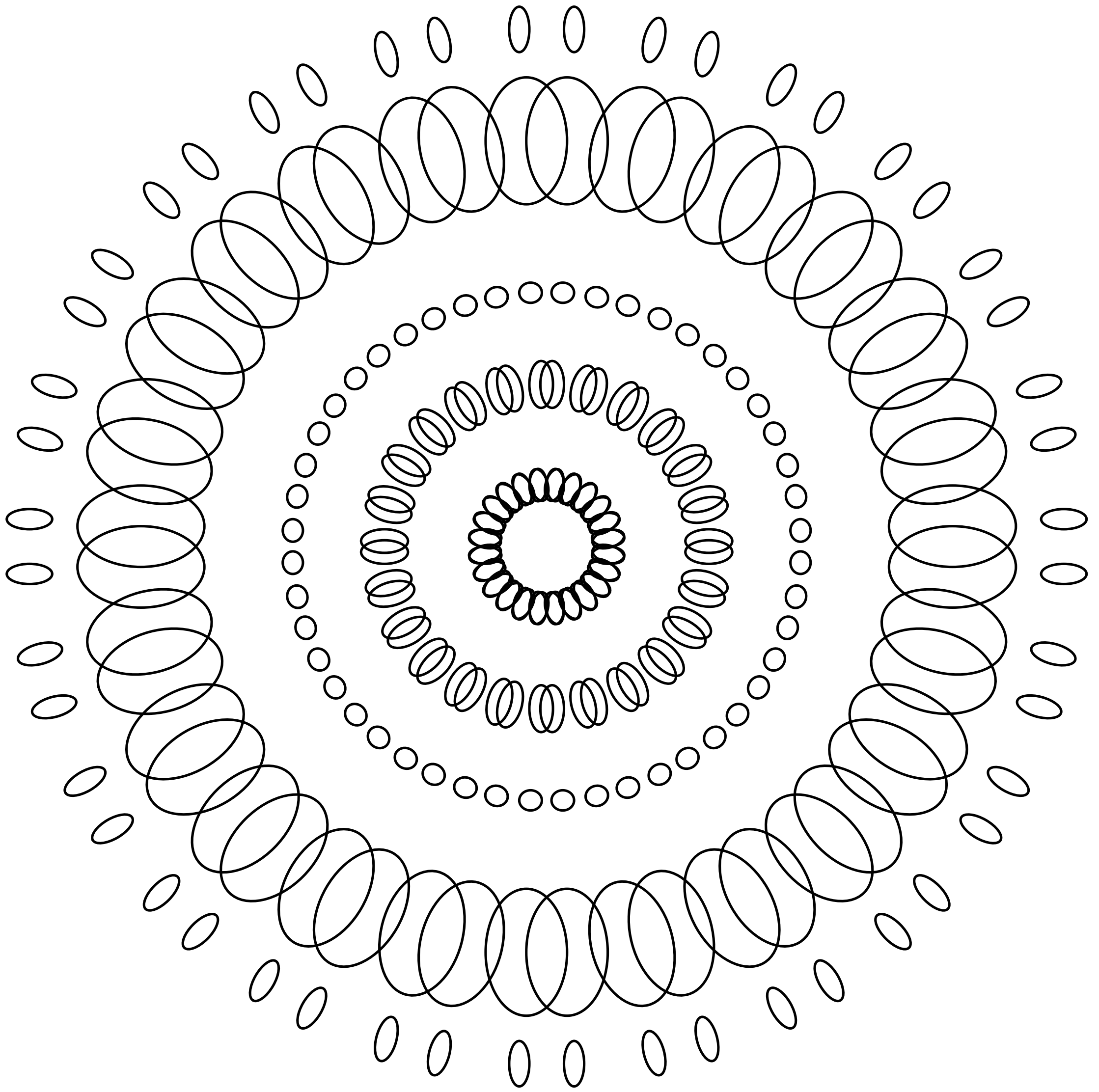
Imagine it's a gift for your future self - choose colors you think they'll need.



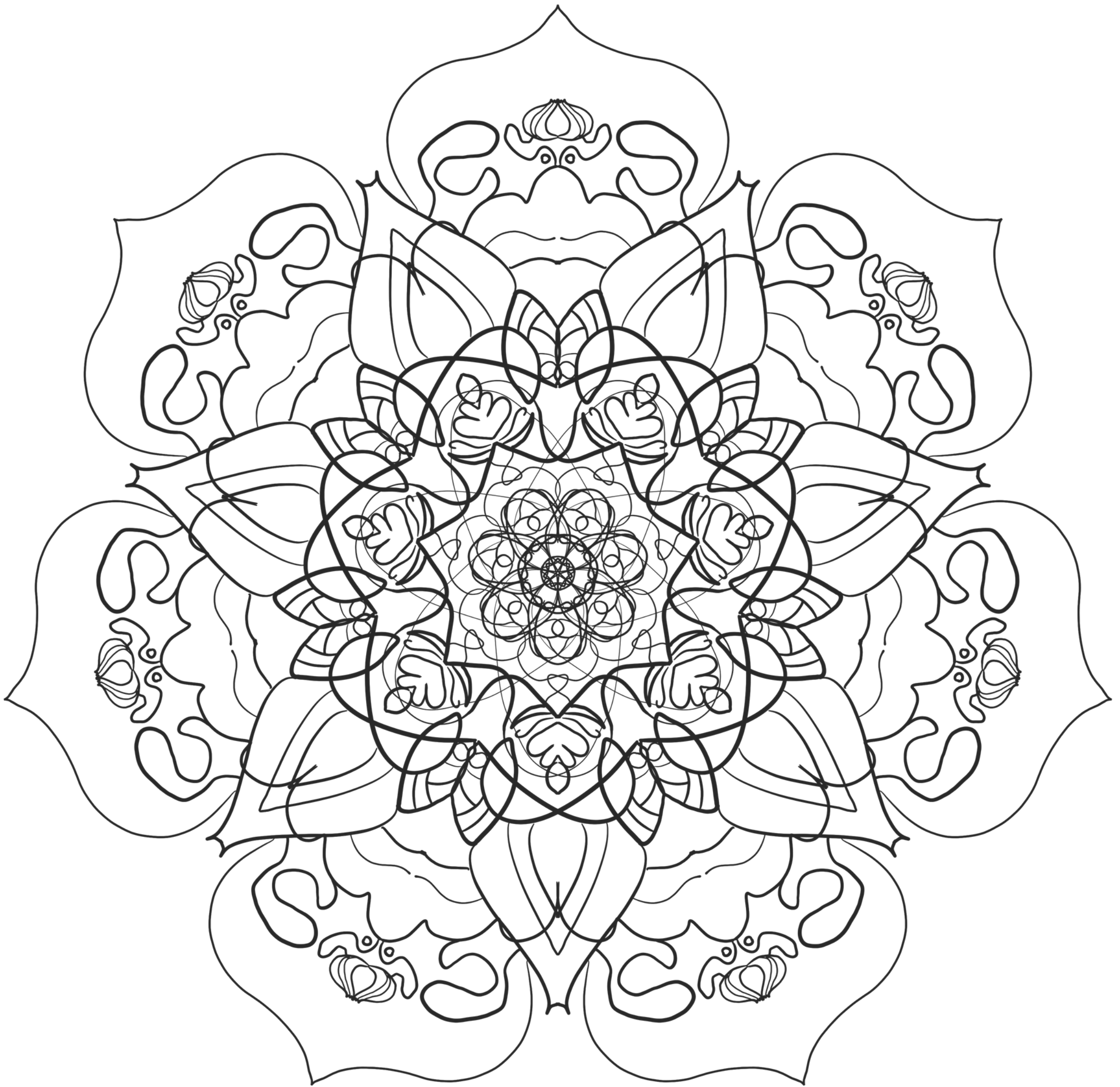
Color as if you are painting joy itself.



You choose.



When finished, write one sentence about how the process made you feel.



You Did It!

You've traveled through these pages, explored colors, shapes, and your own creative impulses. I hope this journey offered you something new - a spark of insight, a moment of calm, a little discovery about yourself.

Before you close this book, take a moment to reflect:

- What surprised you about yourself during this process?
- Did any colors, patterns, or prompts evoke thoughts or feelings you hadn't noticed before?
- How do you want to carry these discoveries forward?

Use the space below to capture your reflections, ideas, or emotions - there are no right or wrong answers here. This is your personal record of a creative journey that is entirely yours.

Remember, closure doesn't mean the end. Every insight, every stroke of color, every prompt you explored can ripple into your days, your work, and your life in ways you may not yet see.

Take a deep breath. Notice yourself. And carry a piece of this practice with you, wherever your next creative step takes you.

With love, Mariam.

Reflection Space:







@SOULFULLPALETTE