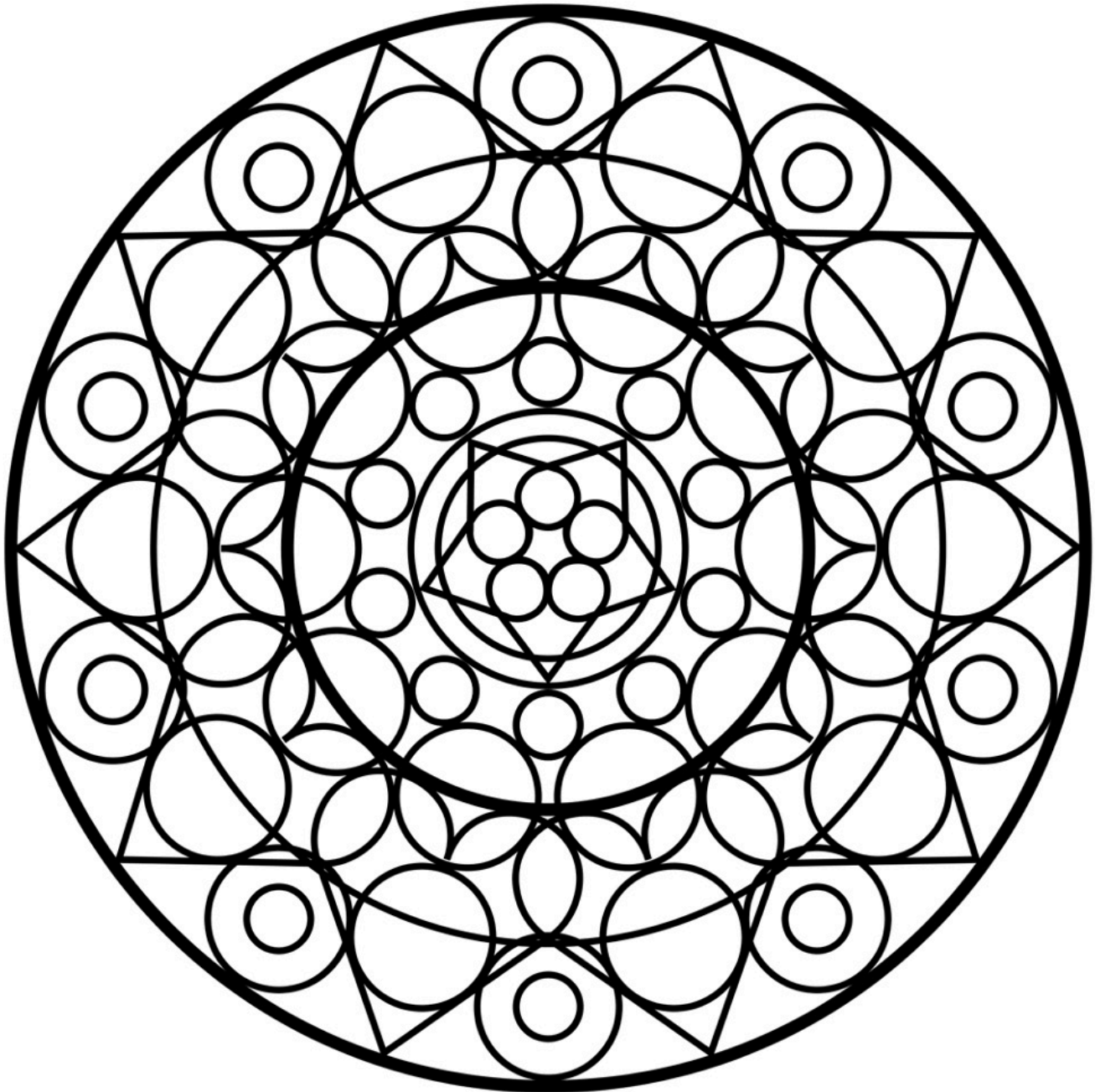


Mandala Colouring with Nancy Broerse

January Positive Affirmation

I can do anything that I set my mind to, but it takes action, perseverance, and facing my fears.



Mandala provided by Nancy Broerse from her Mandala colouring book. ©Nancy Broerse 2014.

- You will need crayons, pencil crayons, chalk, pastels, paint, or markers in a variety of colours.
- Find a quiet and comfortable place. Play soft meditative music if you can or open the windows and listen to the soothing sounds of nature.
- Start colouring. Don't think about your choice of colour too much and don't worry about matching colours. Let your instincts guide you. After you've begun with the first colour the rest will follow naturally.
- Begin from the middle to release hidden energy. Colour in from the outside to find your own meditative centre. Keep the direction you have done and continue until you feel it is finished.
- "One colour on the Mandala invites another, like a guest who has asked to bring his friend to your party."