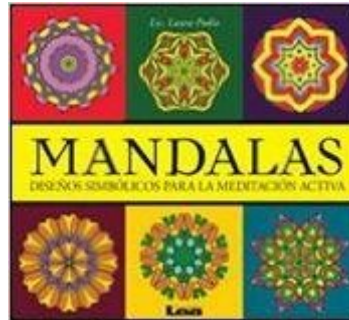


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Synopsis

Why mandalas? What do we stand to gain from this active meditation technique? The practice of coloring mandalas offers enormous benefits on the mental, emotional, and even physical levels. Working with mandalas builds our connection with the interior self and with others, brings us joy, and constitutes a ritual of self-healing.

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