mandala moments

A COLORING BOOK FOR CALM AND INSPIRATION



www.maydwellyoga.com

The word mandala comes from the ancient Sanskrit word maṇḍala, commonly translated as “circle.” Across Hindu and Buddhist traditions, mandalas have been used for centuries as sacred images, meditation tools, and representations of the universe. Many are organized around a center and contain layers of intricate patterns, symbols, and geometric forms.

Mandalas are often circular, but they are not limited to circles. Traditional mandalas can include squares, geometric shapes, symbols, figures, and layers of patterns arranged around a central point. What many share is a sense of balance, repetition, order, and connection to a center.

Today, mandalas are also enjoyed as a creative and contemplative practice. Drawing or coloring a detailed, repeating pattern gives us an opportunity to slow down and pay attention to what is directly in front of us. Following a line, repeating a shape, choosing a color, and watching a pattern gradually come together can become a wonderfully simple form of meditation.

Not every mandala in this book looks the same. Some are simple and spacious. Others are intricate and detailed. Some are inspired by traditional geometric patterns, while others take the form of flowers, animals, nature, or abstract shapes. That's intentional.

There is no particular order to these pages, and you don't need to complete them from beginning to end. Instead, choose the one that catches your attention. Maybe today you're drawn to something simple. Maybe you want to lose yourself in an intricate pattern. Maybe a particular shape, animal, or image simply speaks to you.

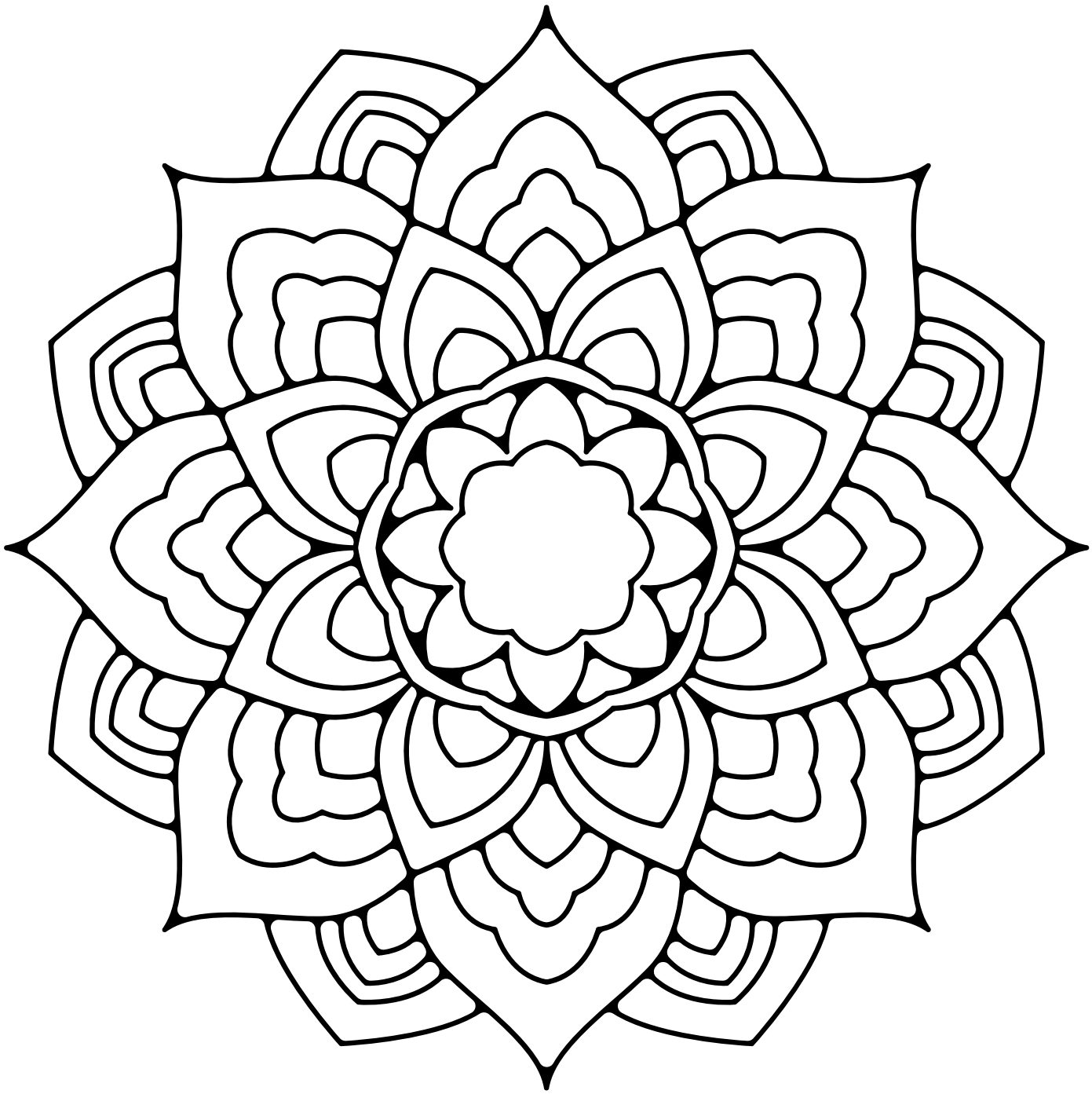
Go with what moves you each day.

As you color, allow yourself to slow down. You don't have to clear your mind or achieve a particular state. You don't have to think about anything at all. You don't even have to finish the page.

There is no right way to color a mandala. There is no perfect color combination and no finished product you need to achieve.

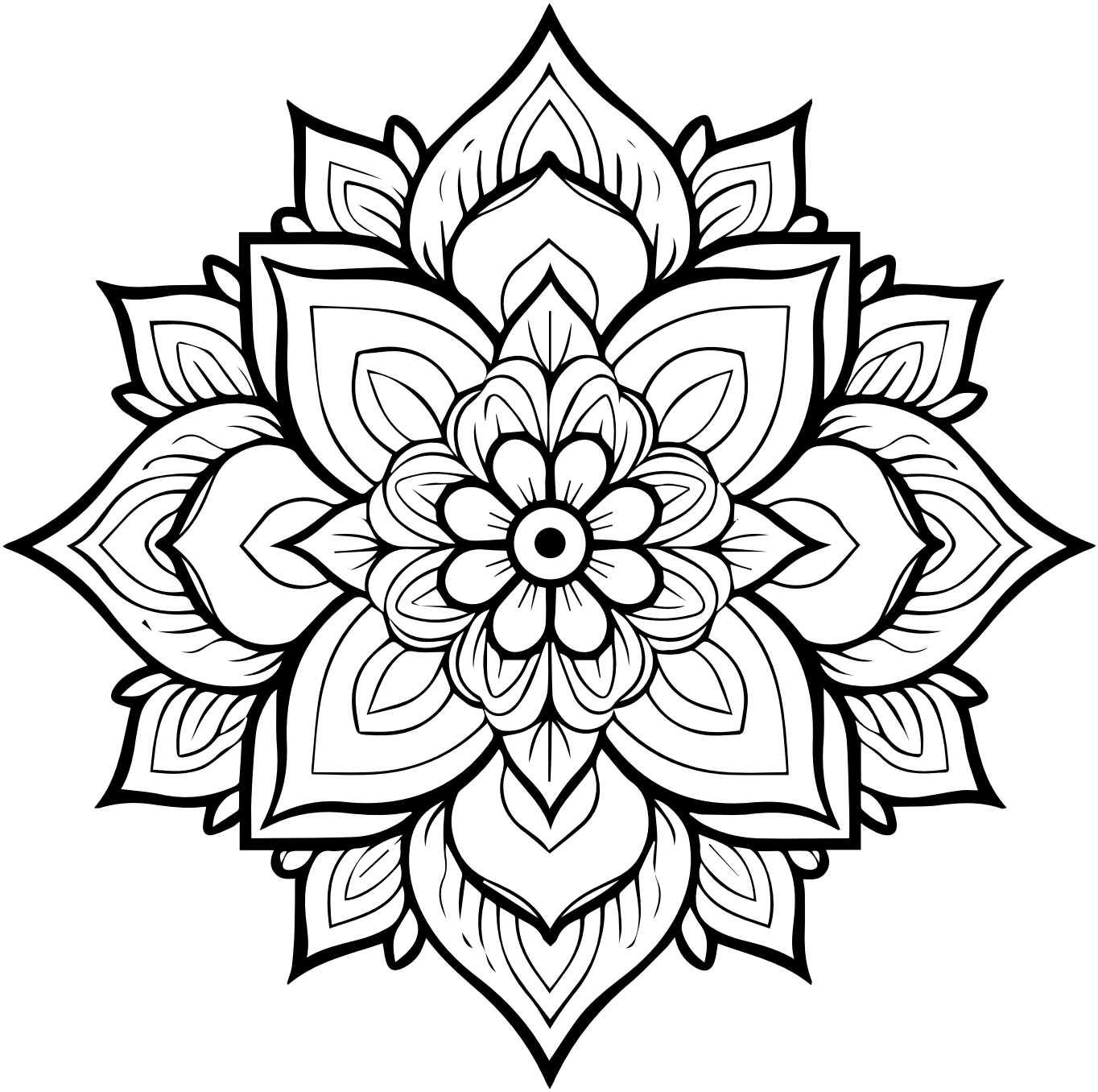
Just be here. Color. Breathe. There is no right way to do this.

“Mindfulness allows you to live deeply every moment that is given you to live.”
— Thich Nhat Hanh

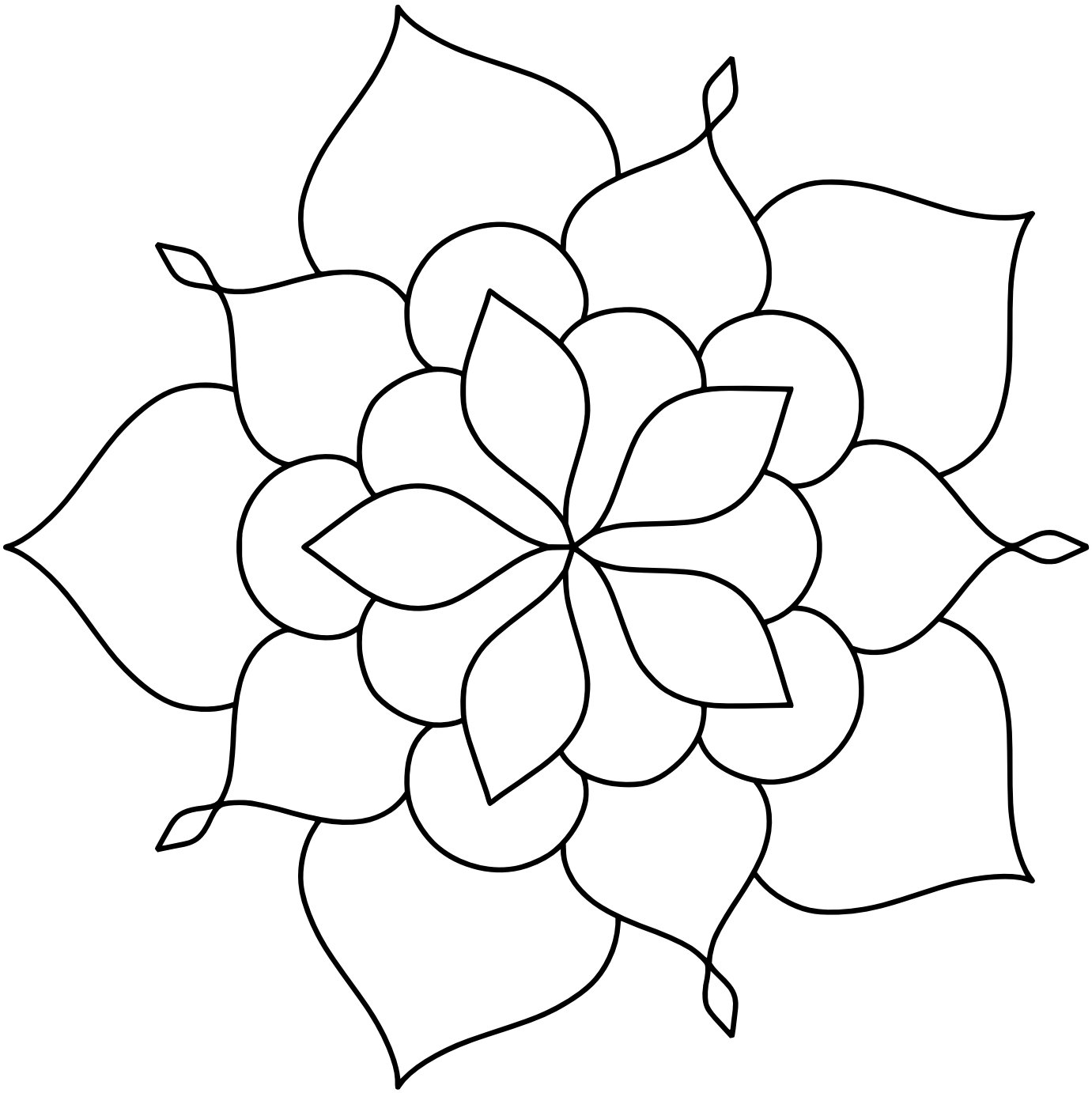


“Yoga allows you to find a new kind of freedom that you may not have known even existed.”

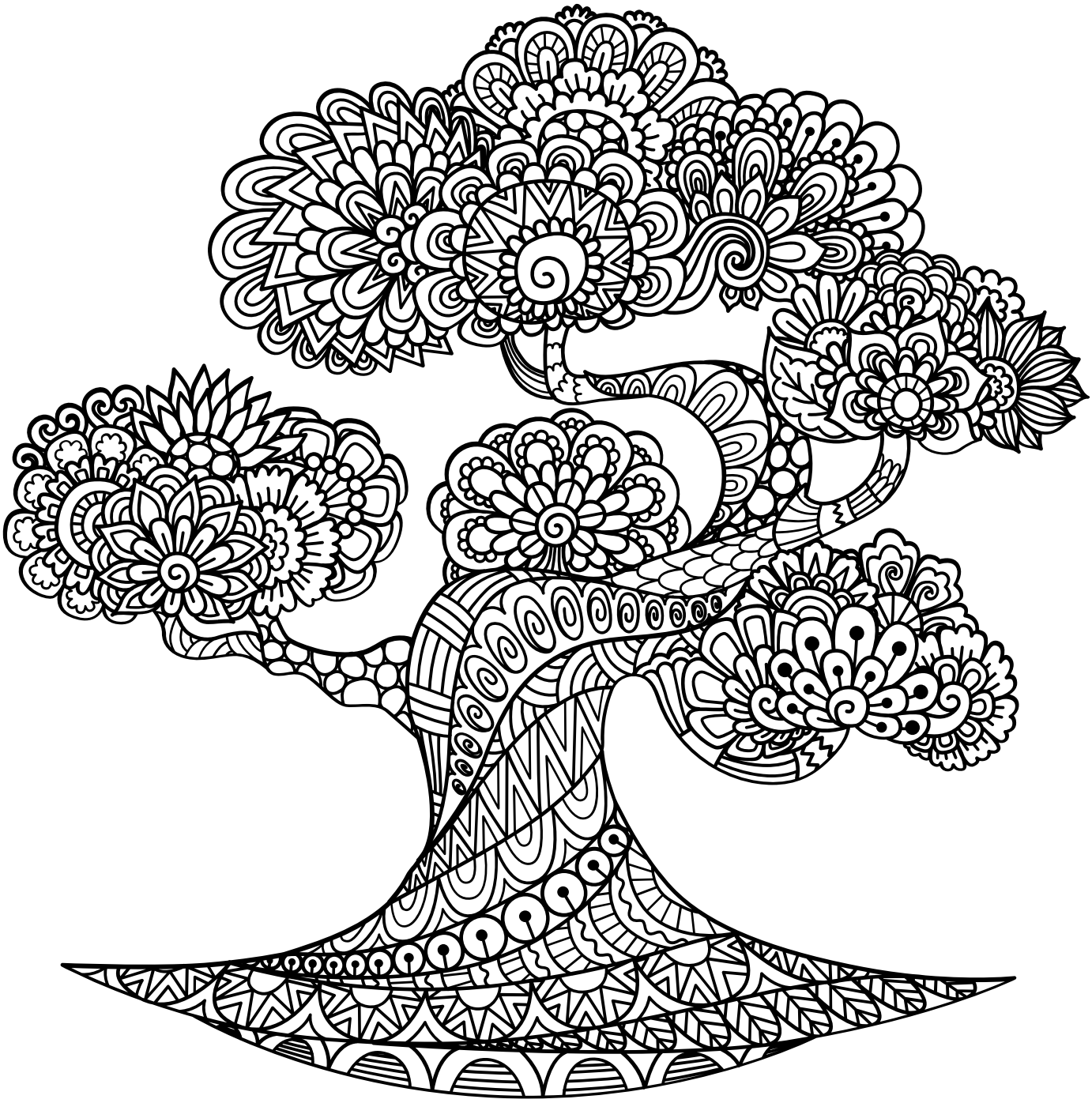
— B.K.S. Iyengar



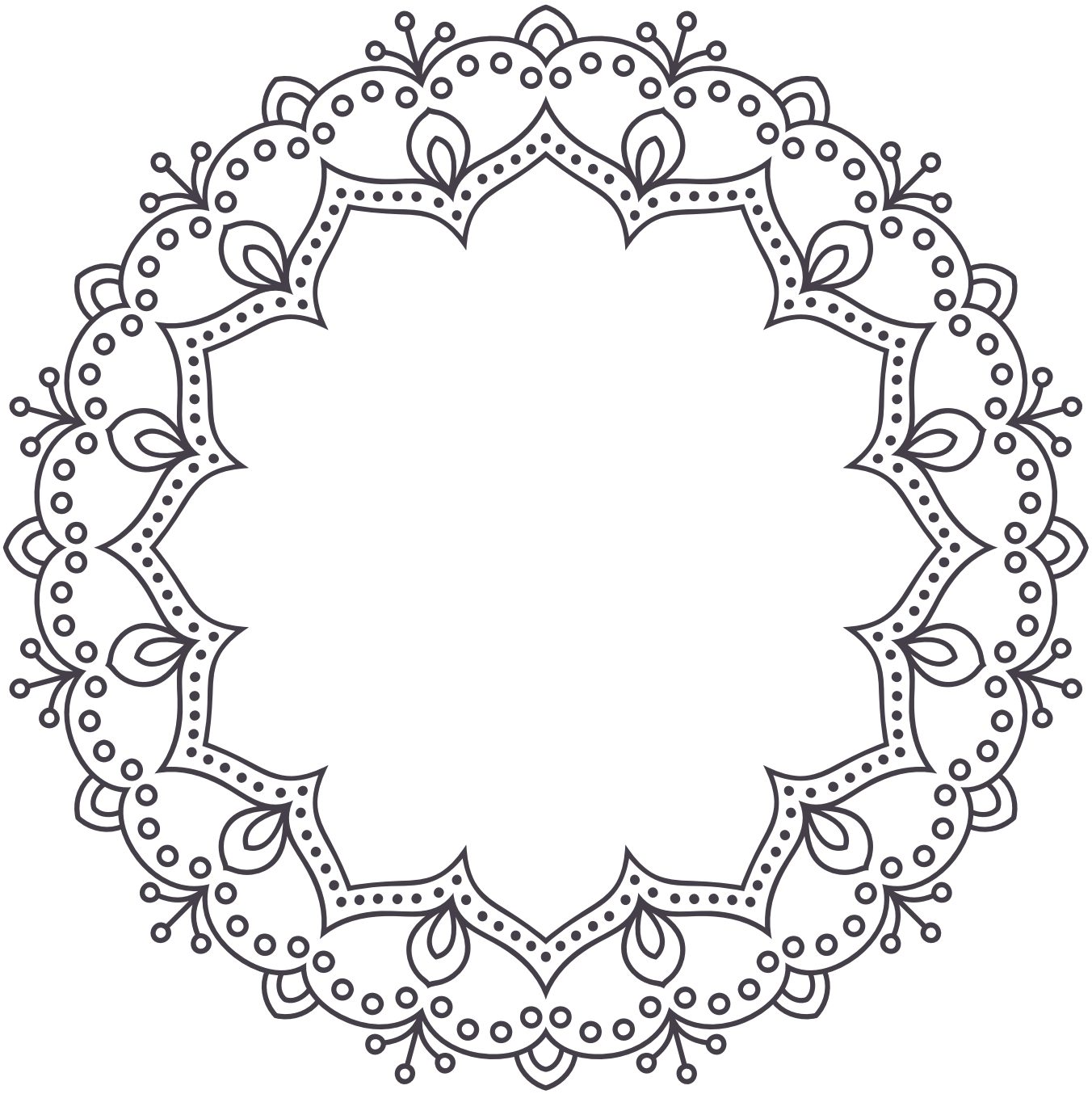
“Posture is steady and easeful.”
— Patañjali, Yoga Sutra 2.46



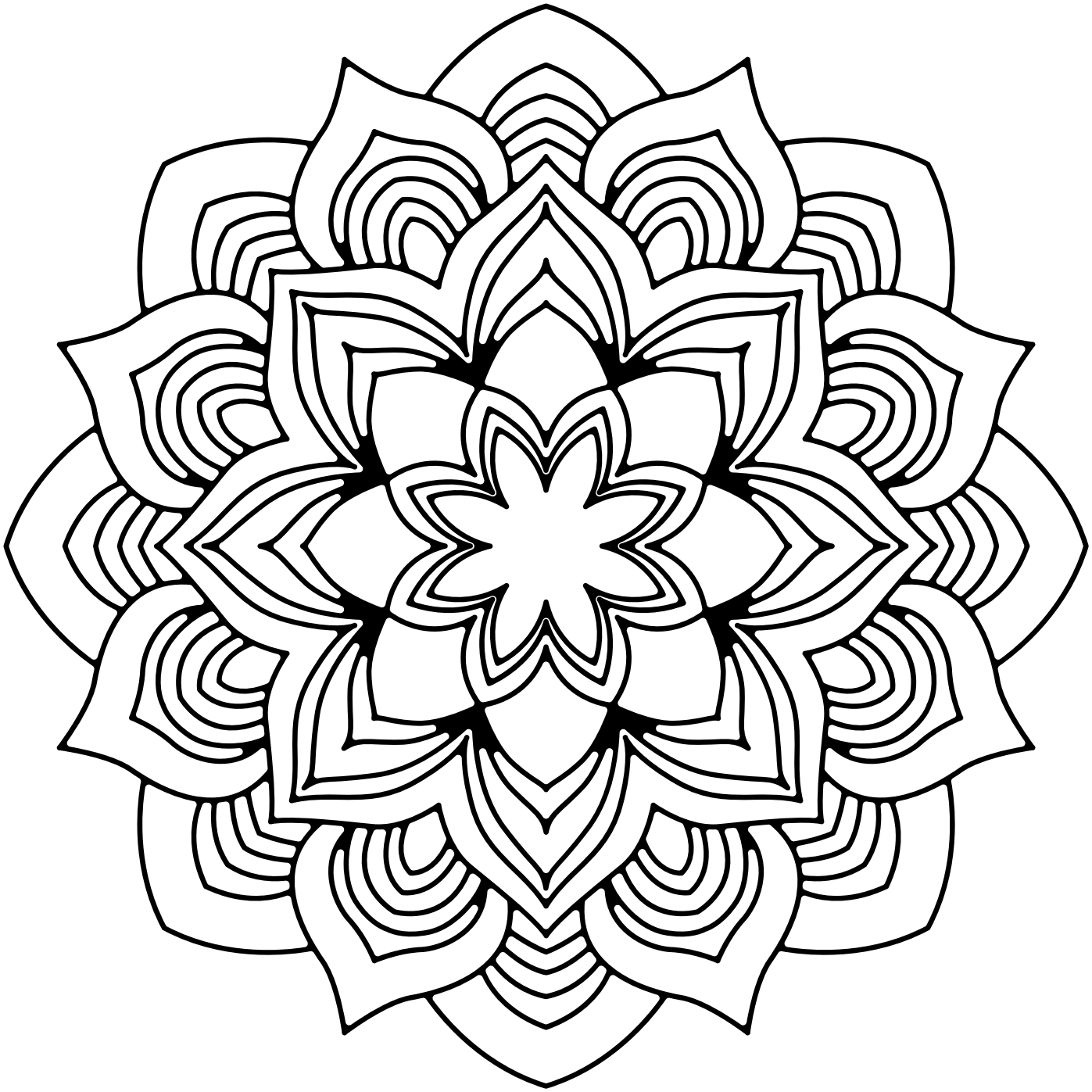
“I have arrived, I am home.”
— Thich Nhat Hanh



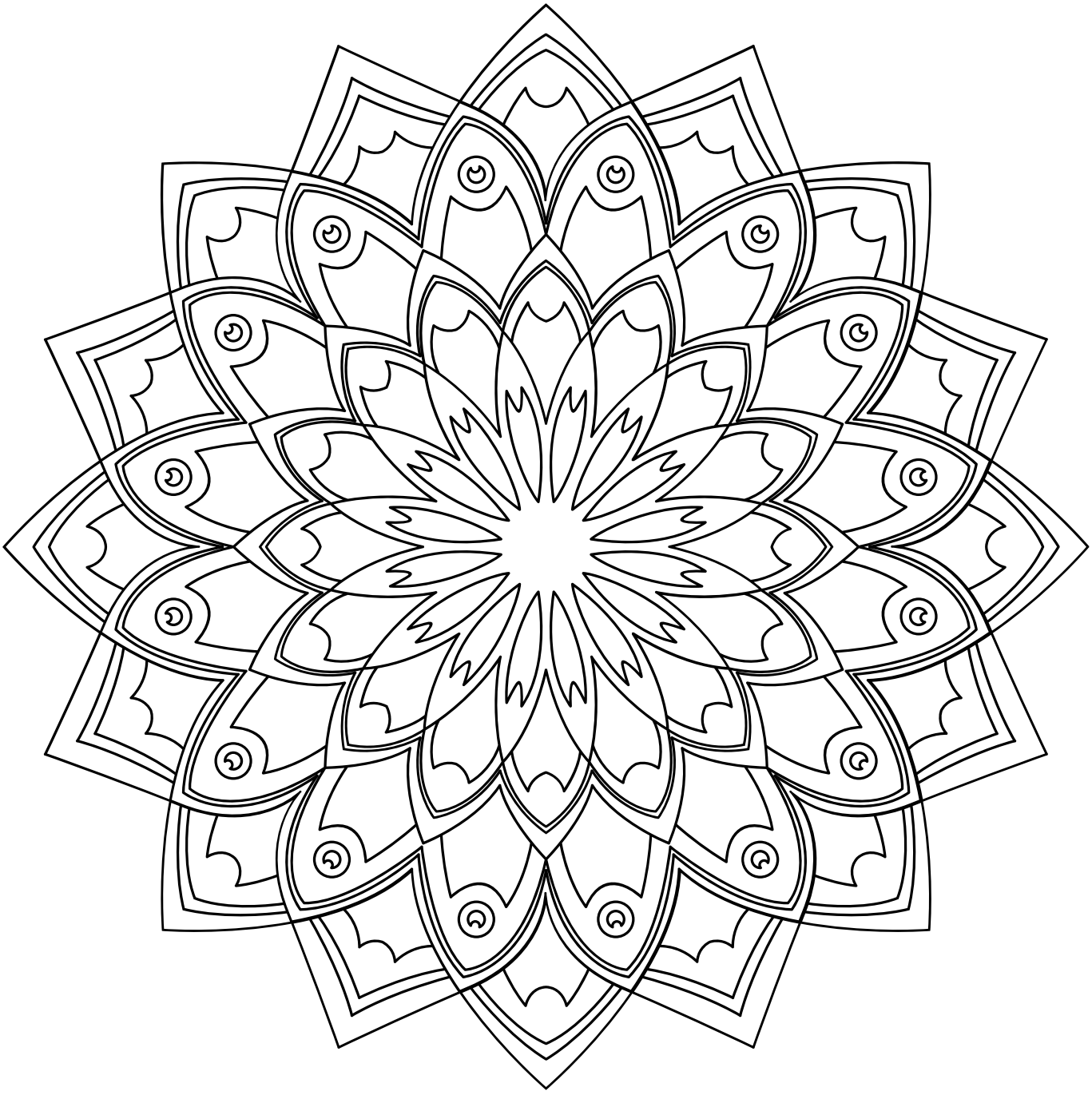
“Be good. Do good. Be kind. Be compassionate.”
— Swami Sivananda



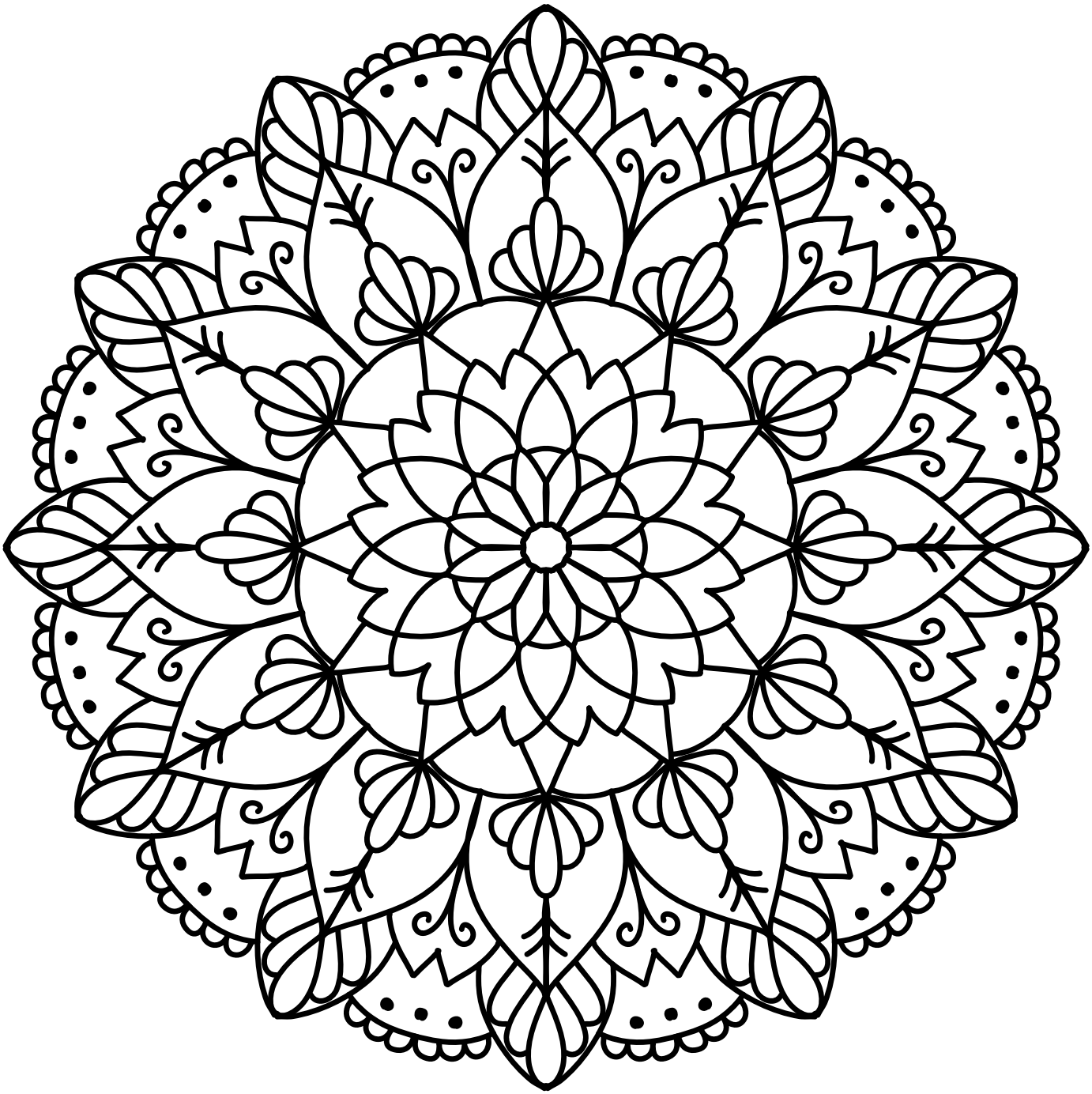
“There is unimaginable strength
hidden in the mind.”
— Swami Vishnudevananda



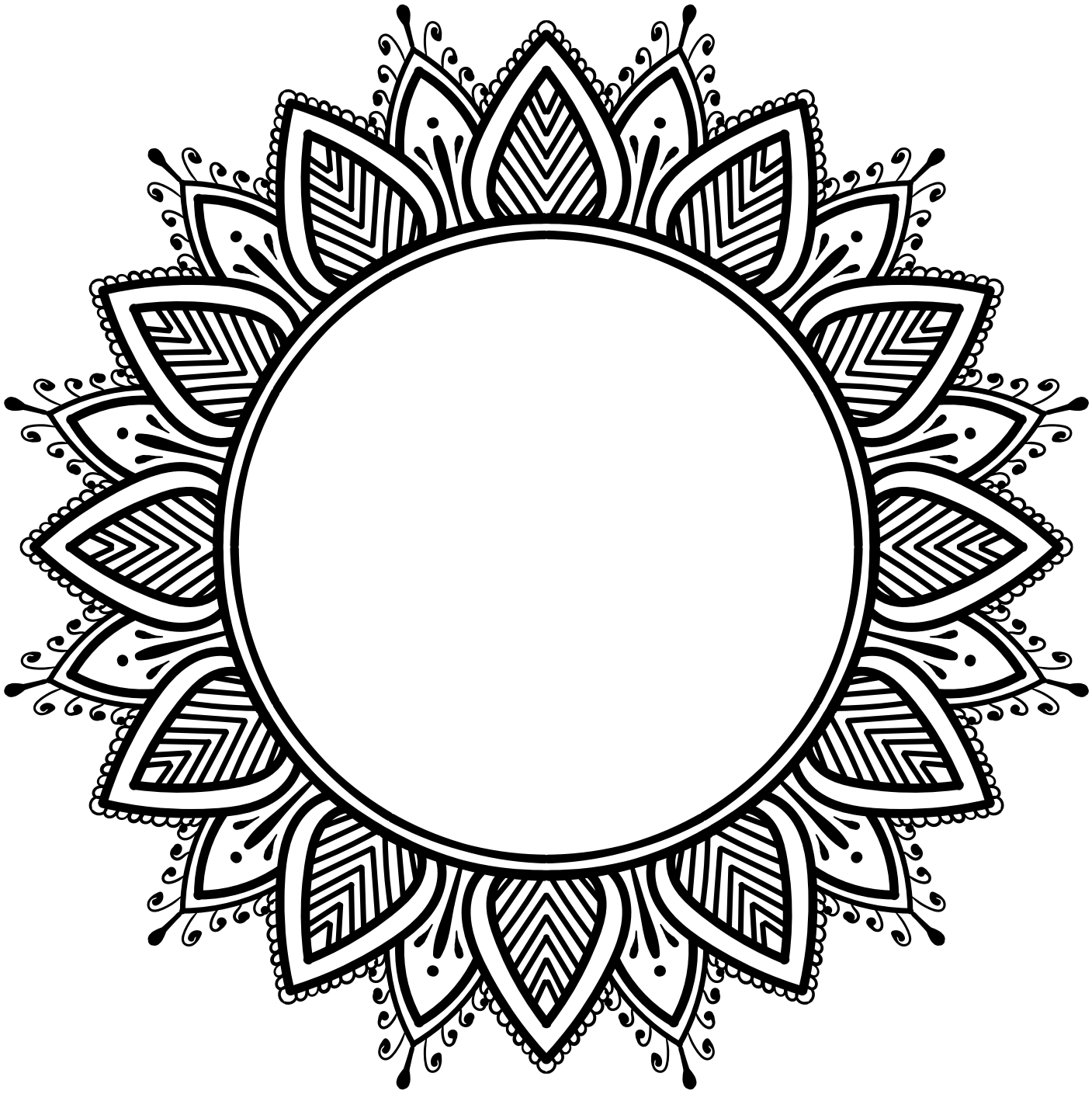
“There never was one yoga.”
— Bernie Clark



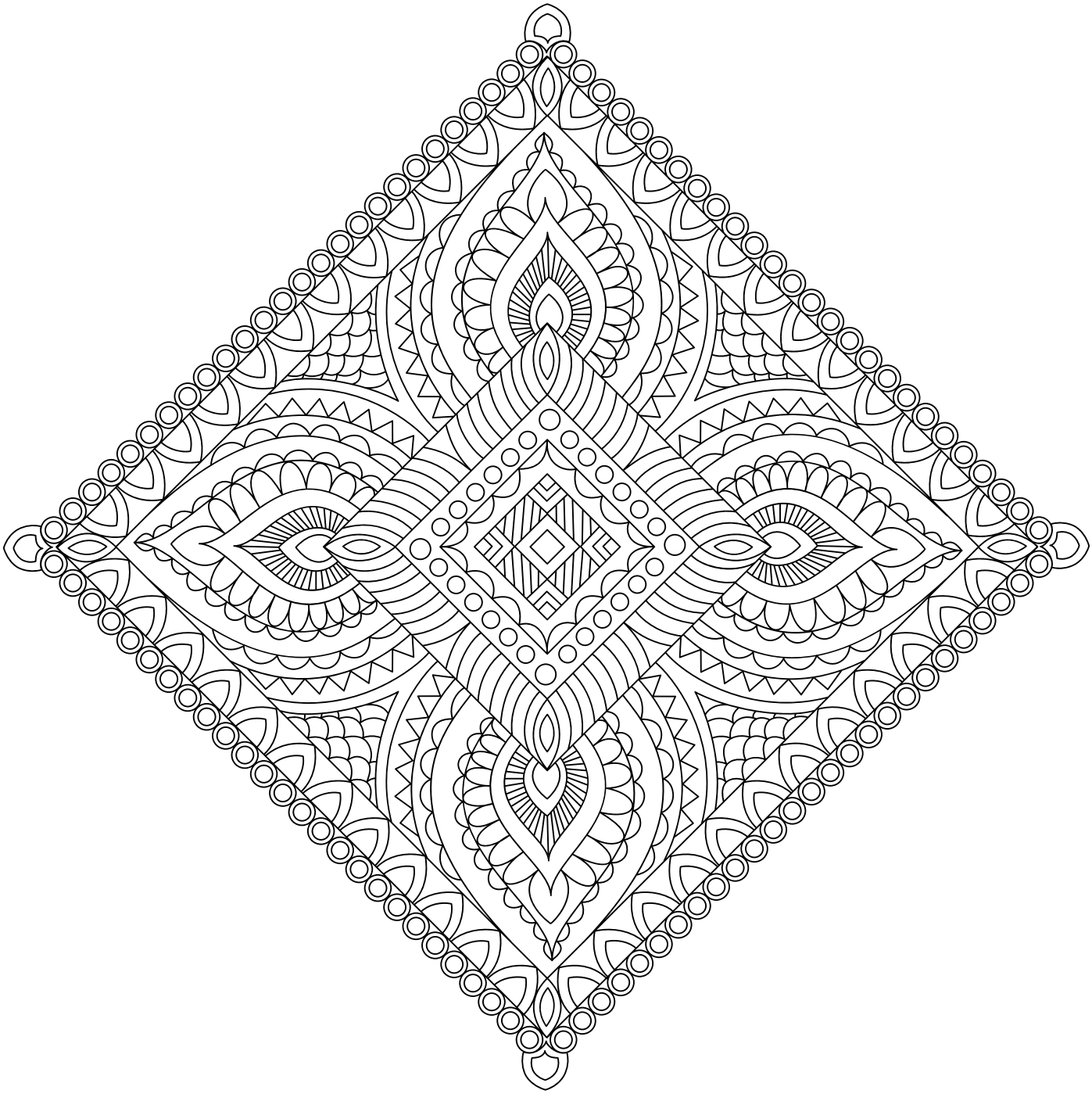
“Tell me, what is it you plan to do with your one wild and precious life?”
— Mary Oliver



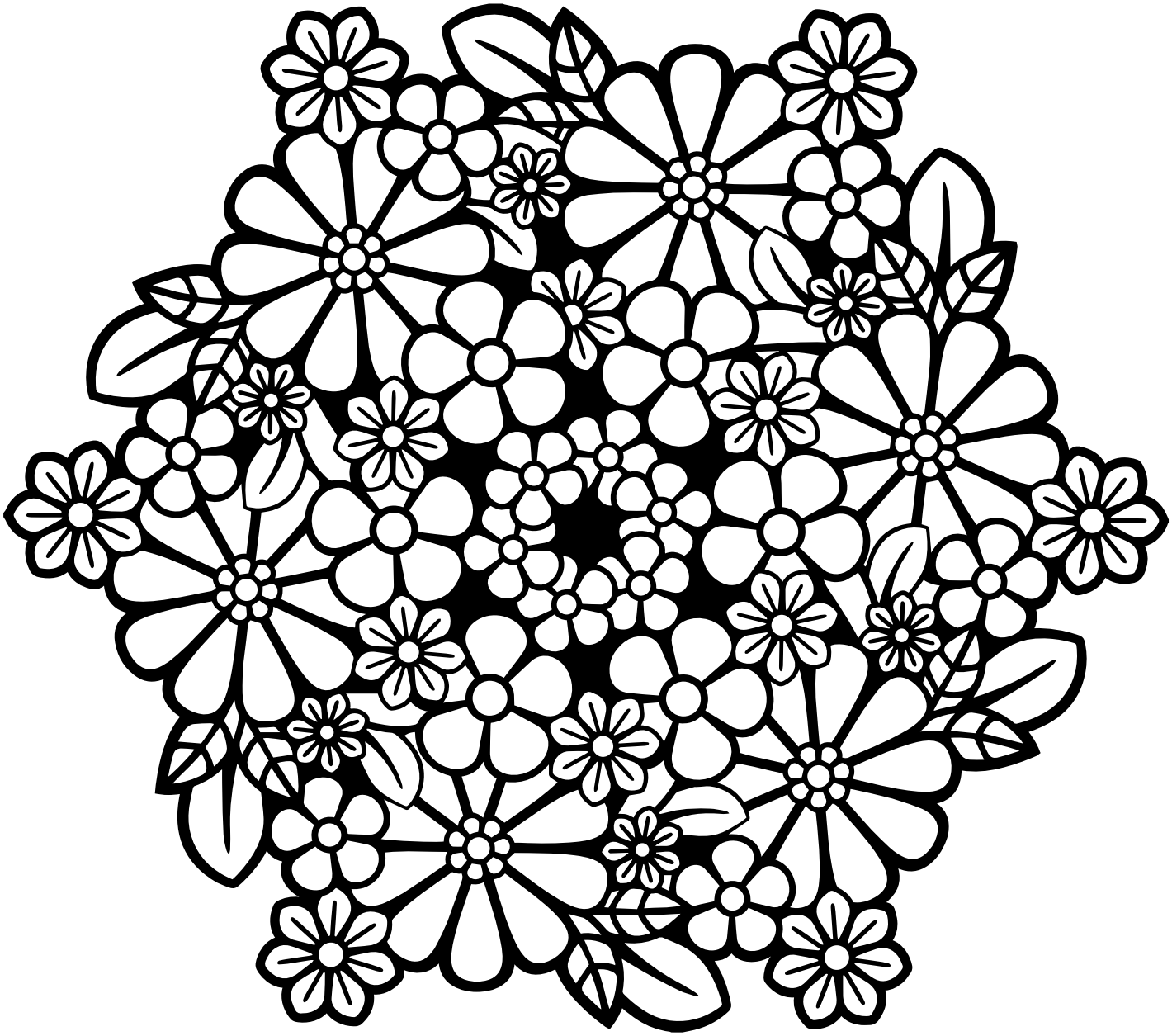
“The wound is the place where the Light enters you.”
— Rumi



“You do not have to be good.”
— Mary Oliver

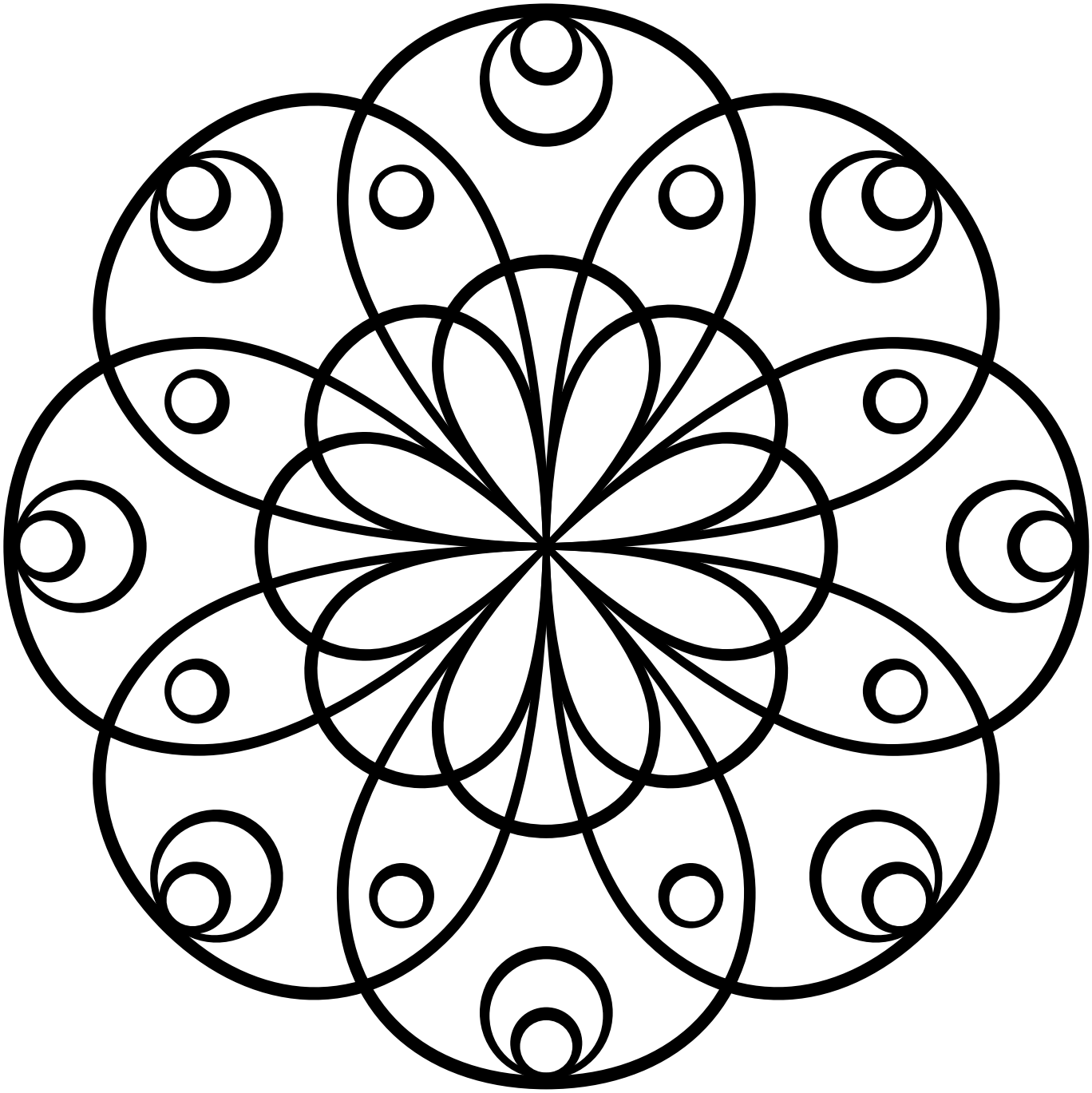


“Nothing ever goes away until it has taught us what we need to know.”
— Pema Chödrön

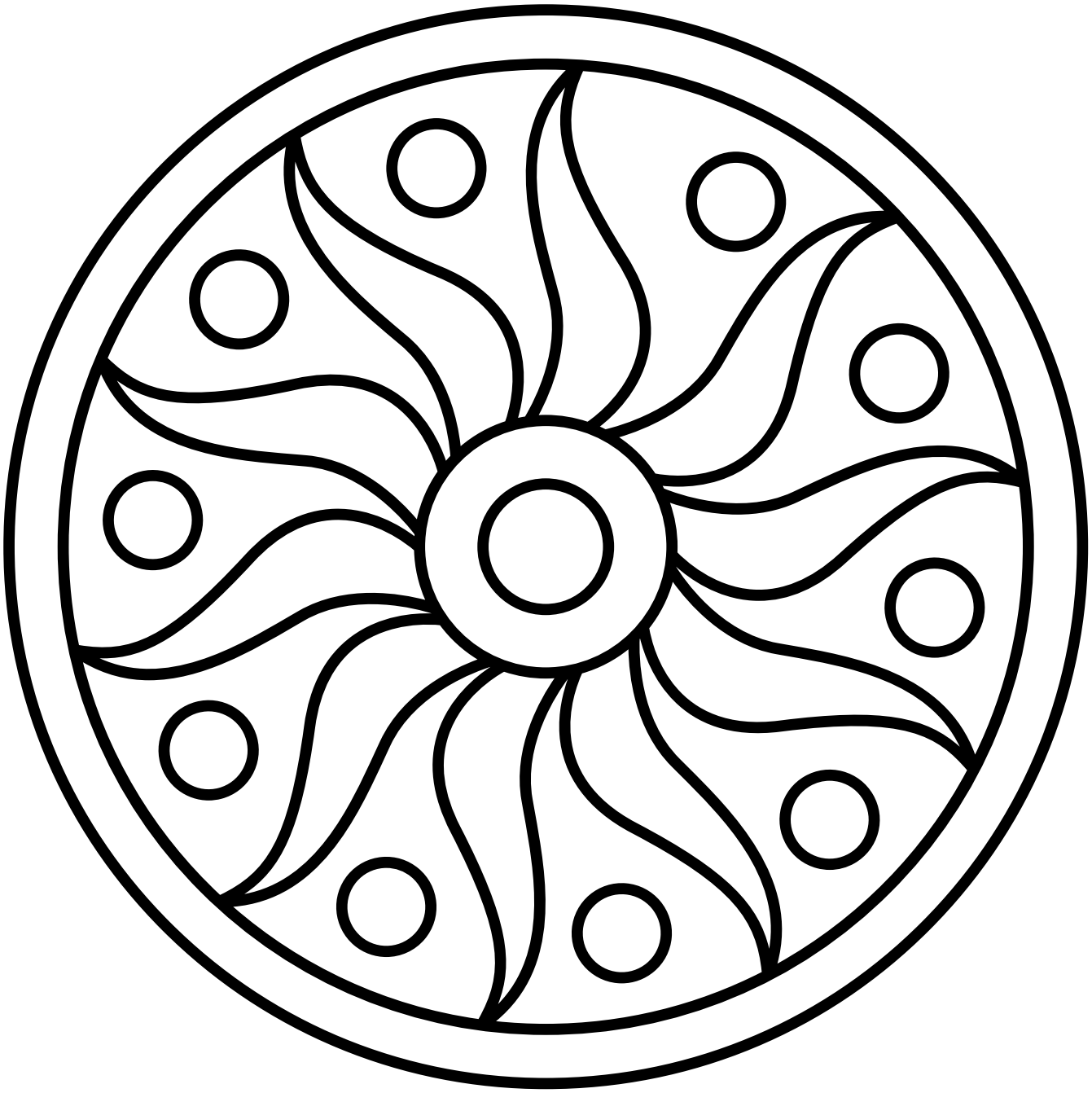


“You are the sky. Everything else—it’s just the weather.”

— Pema Chödrön



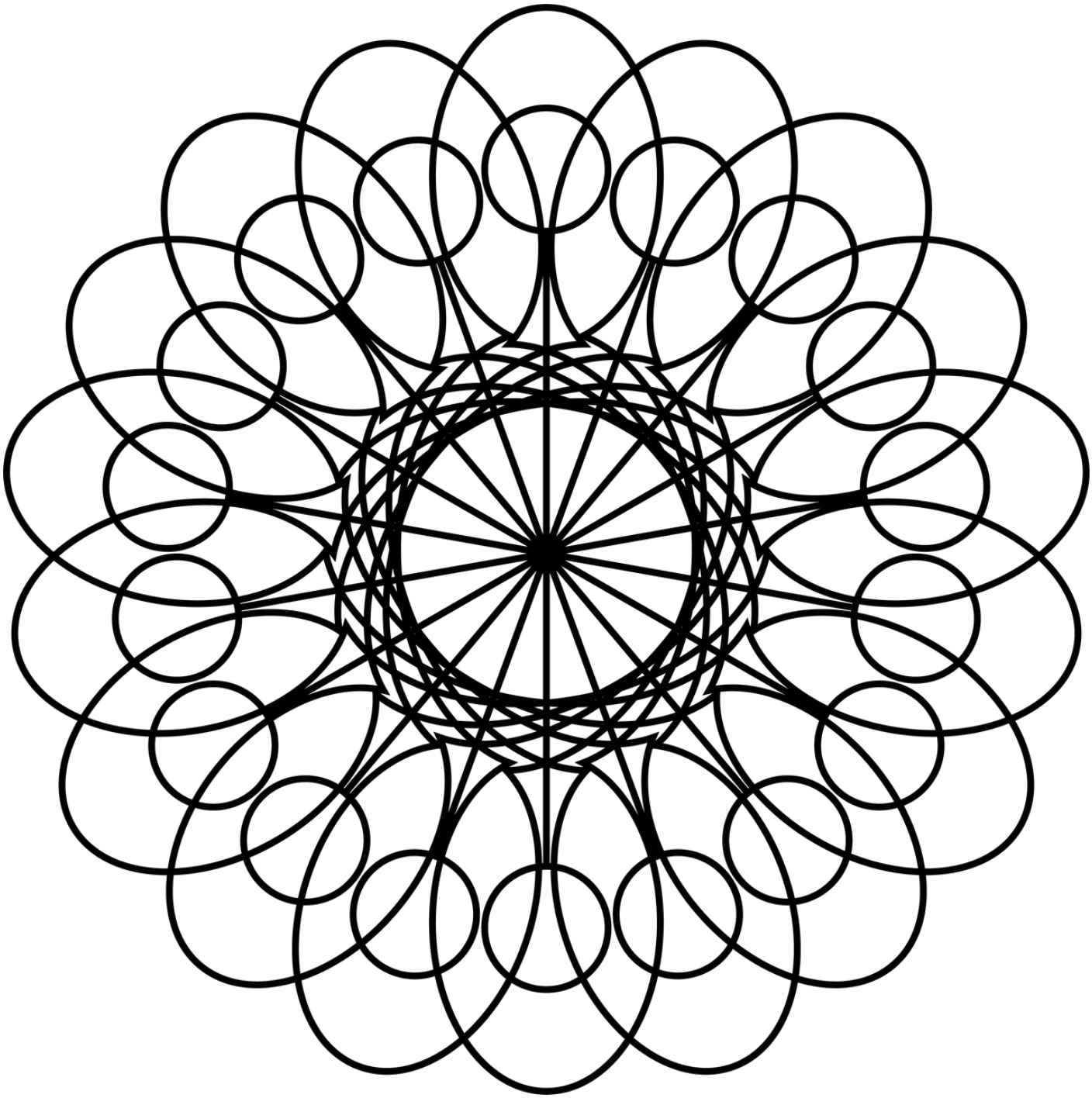
“The most precious gift we can offer anyone is our attention.”
— Thich Nhat Hanh



“Knowing others is intelligence; knowing yourself is true wisdom.”
— Lao Tzu



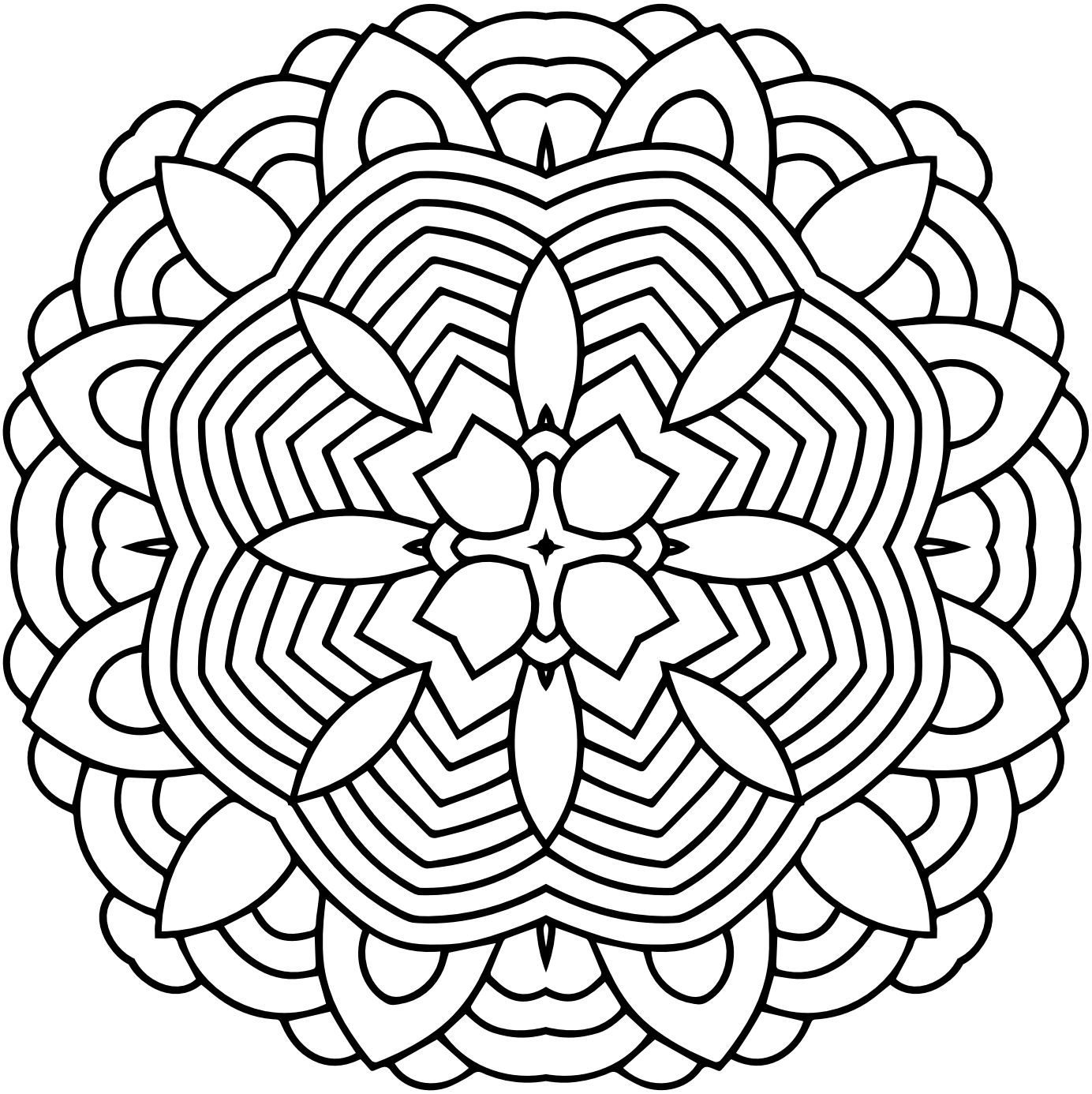
“Be here now.”
— Ram Dass



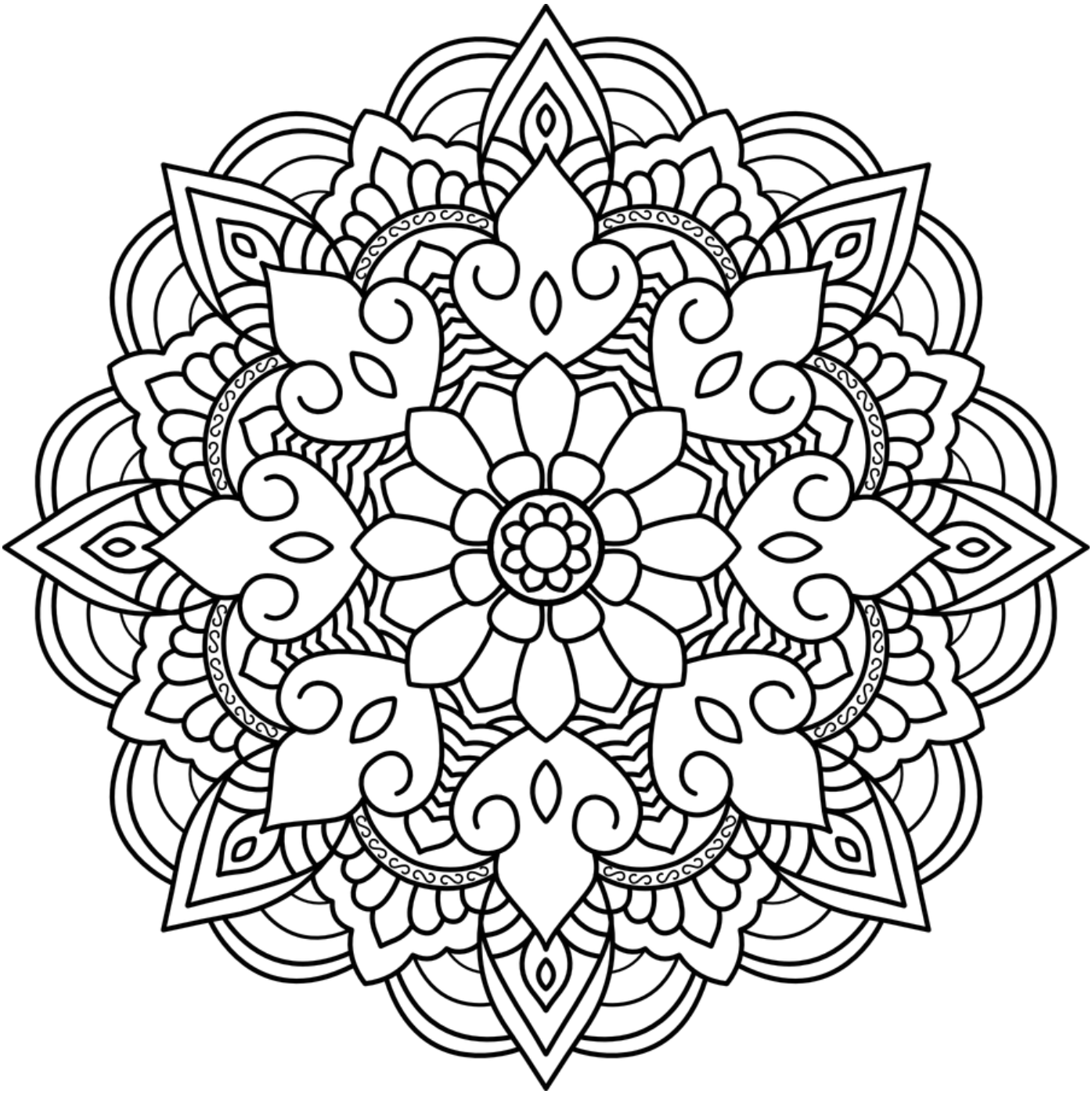
“Peace is every step.”
— Thich Nhat Hanh



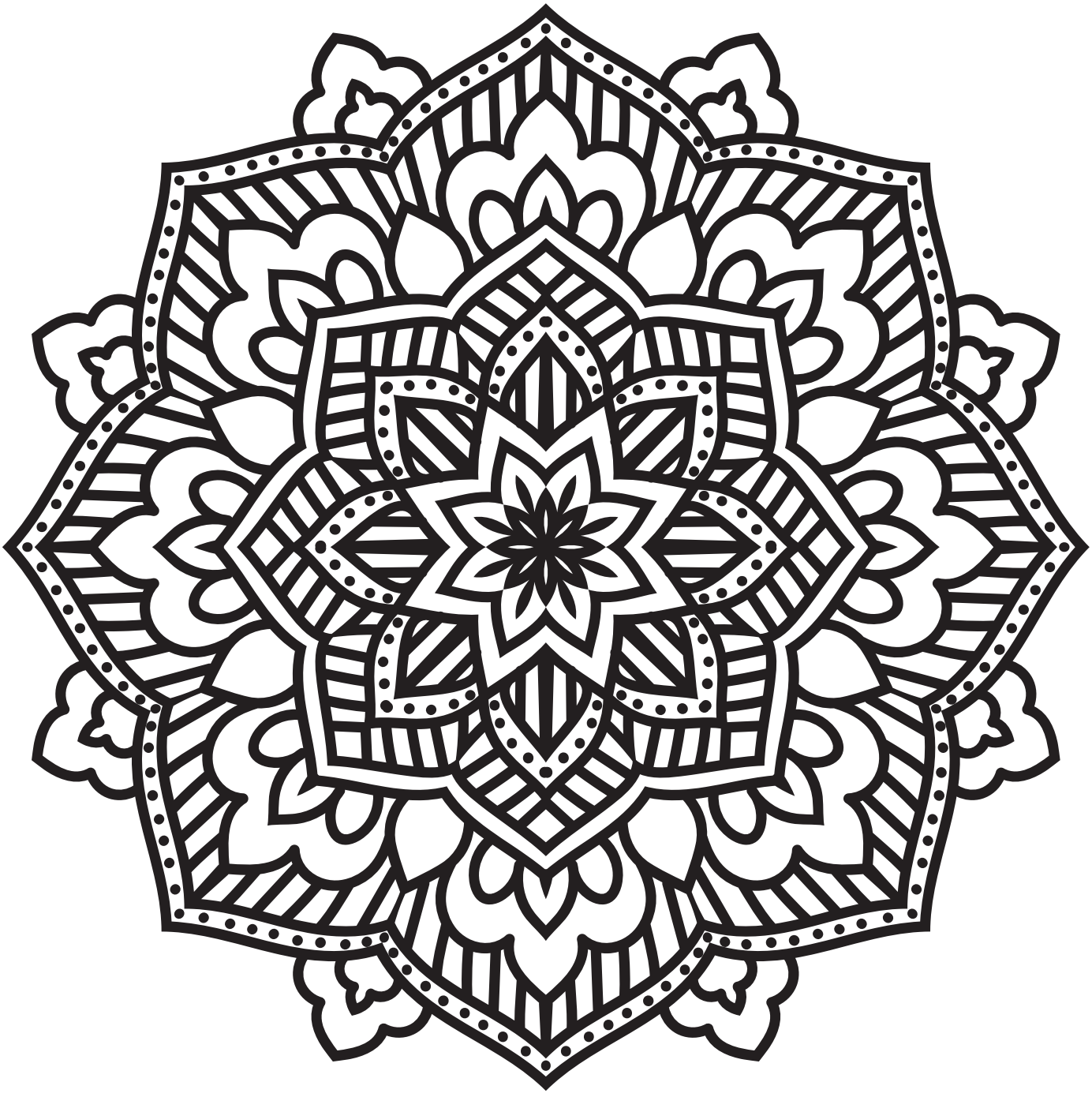
“Be patient toward all that is unsolved in your heart.”
— Rainer Maria Rilke



“Nothing can dim the light which shines from within.”
— Maya Angelou



“The privilege of a lifetime is to become who you truly are.”
— Carl Jung



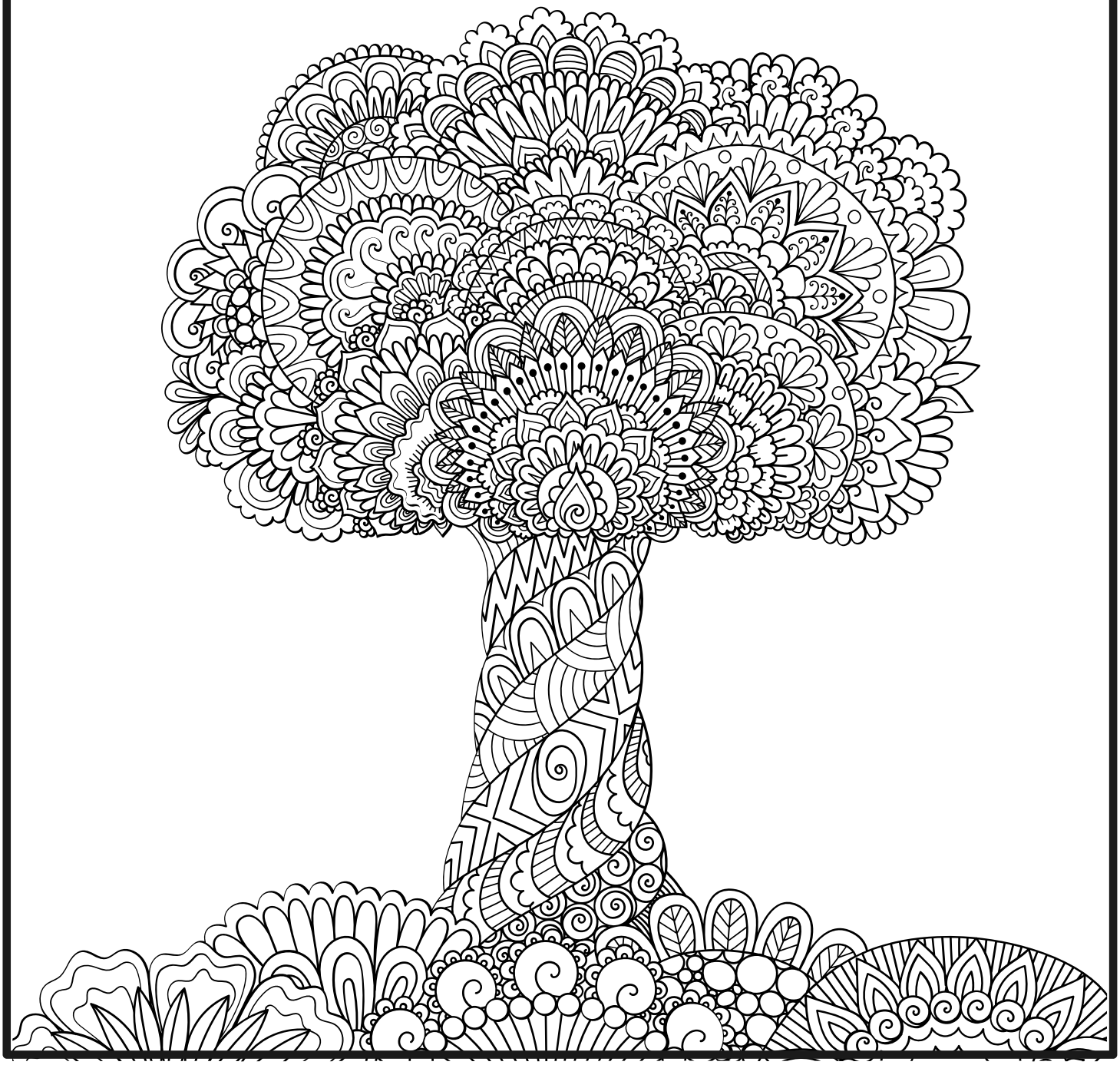
“When I let go of what I am, I become what I might be.”

— Lao Tzu



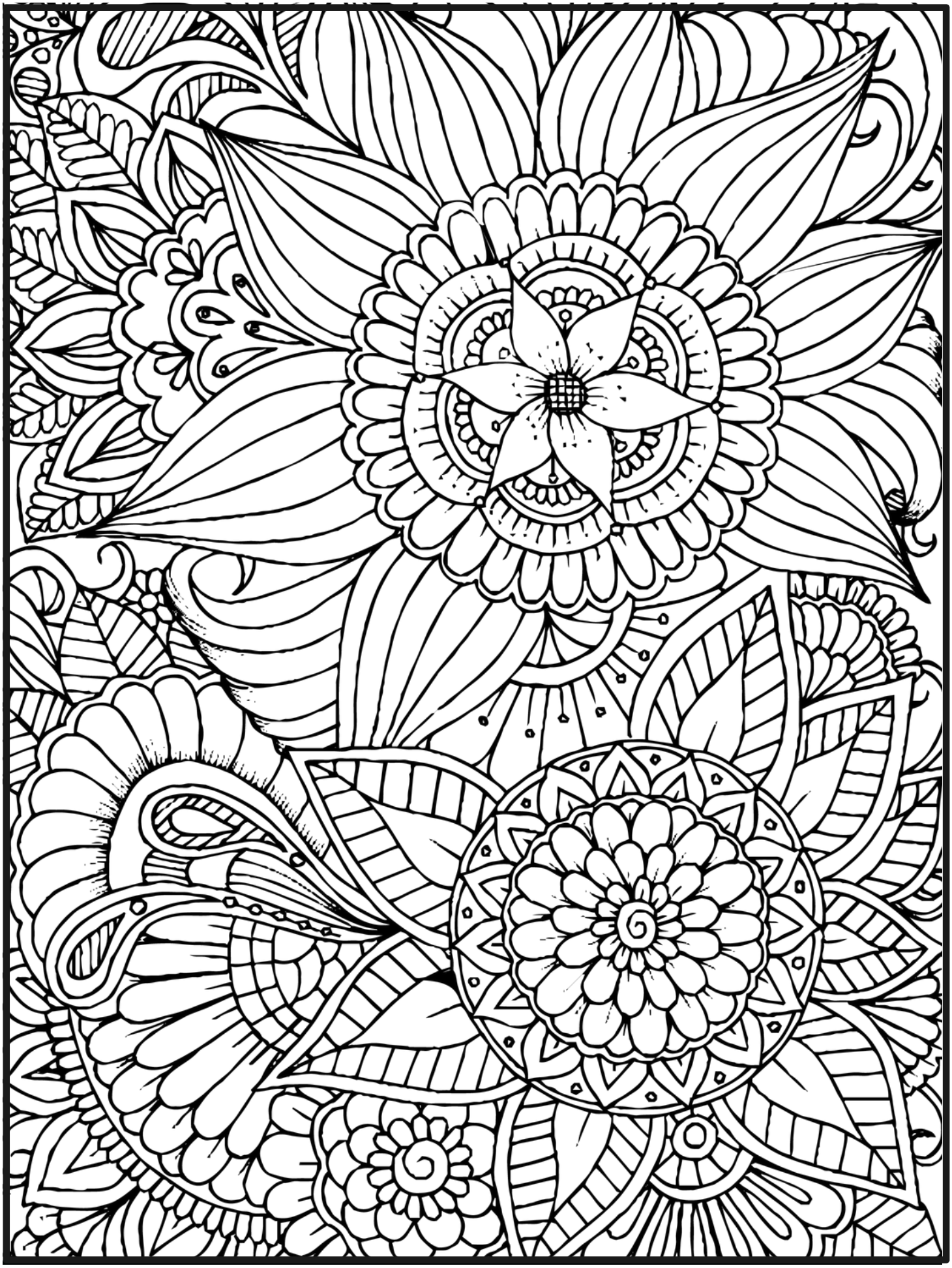
“You have a right to perform your prescribed duty, but you are not entitled to the fruits of action.”

— Bhagavad Gita 2:47



“Knowing yourself is the beginning of all wisdom.”
— Aristotle

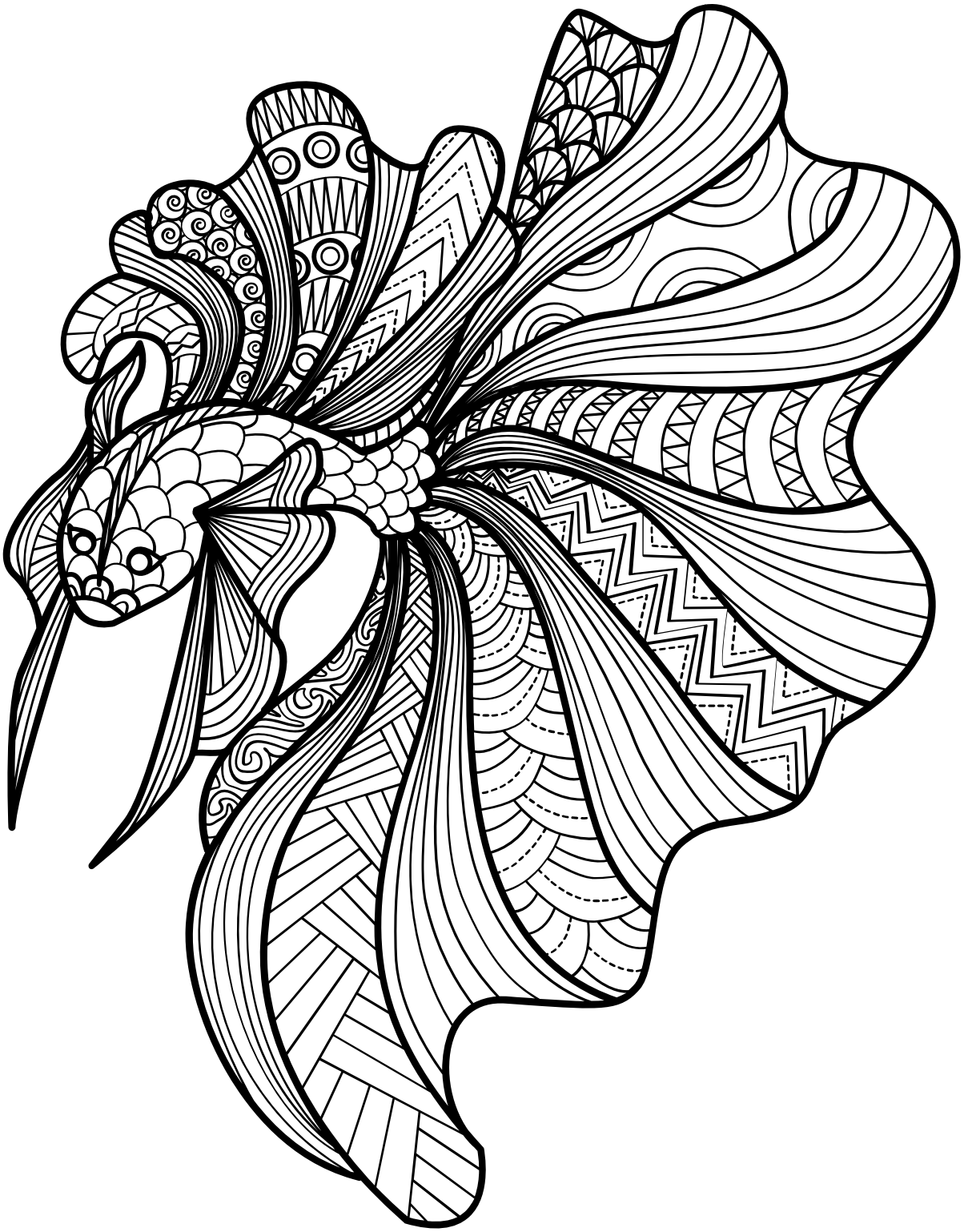




“Be kind whenever possible. It is always possible.”
— Dalai Lama



“There is no greater agony than bearing an untold story inside you.”
— Maya Angelou

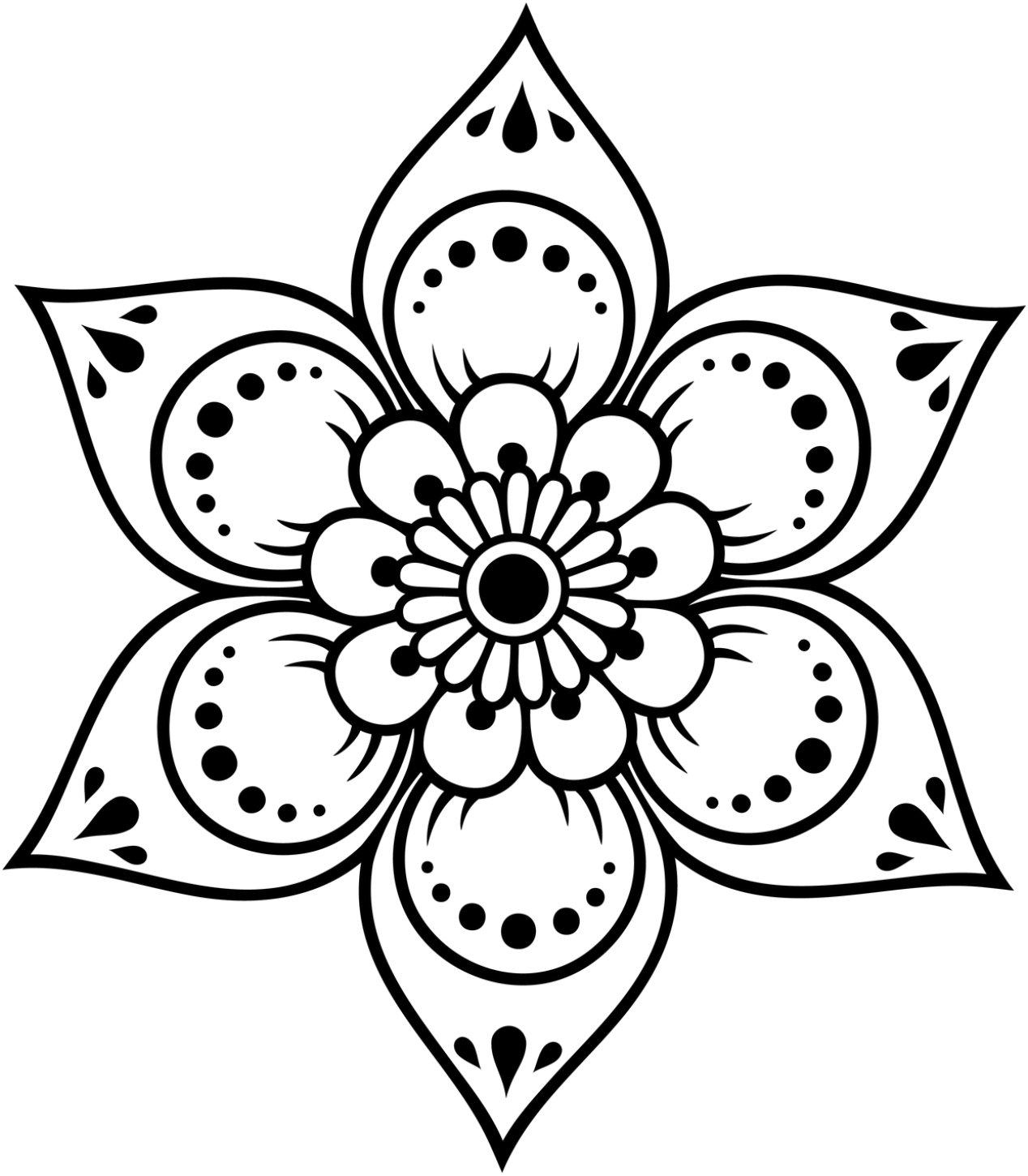




“The season of failure is the best time for sowing the seeds of success.”
— Paramahansa Yogananda



“To see takes time.”
— Georgia O'Keeffe



“One must elevate, not degrade, oneself by one's own mind.”
— Bhagavad Gita 6.5





“Between stimulus and response there is a space. In that space is our power to choose our response.”
— Viktor E. Frankl (popularly attributed; exact sourcing is disputed)

“Faith is the bird that feels the light when the dawn is still dark.”
— Rabindranath Tagore



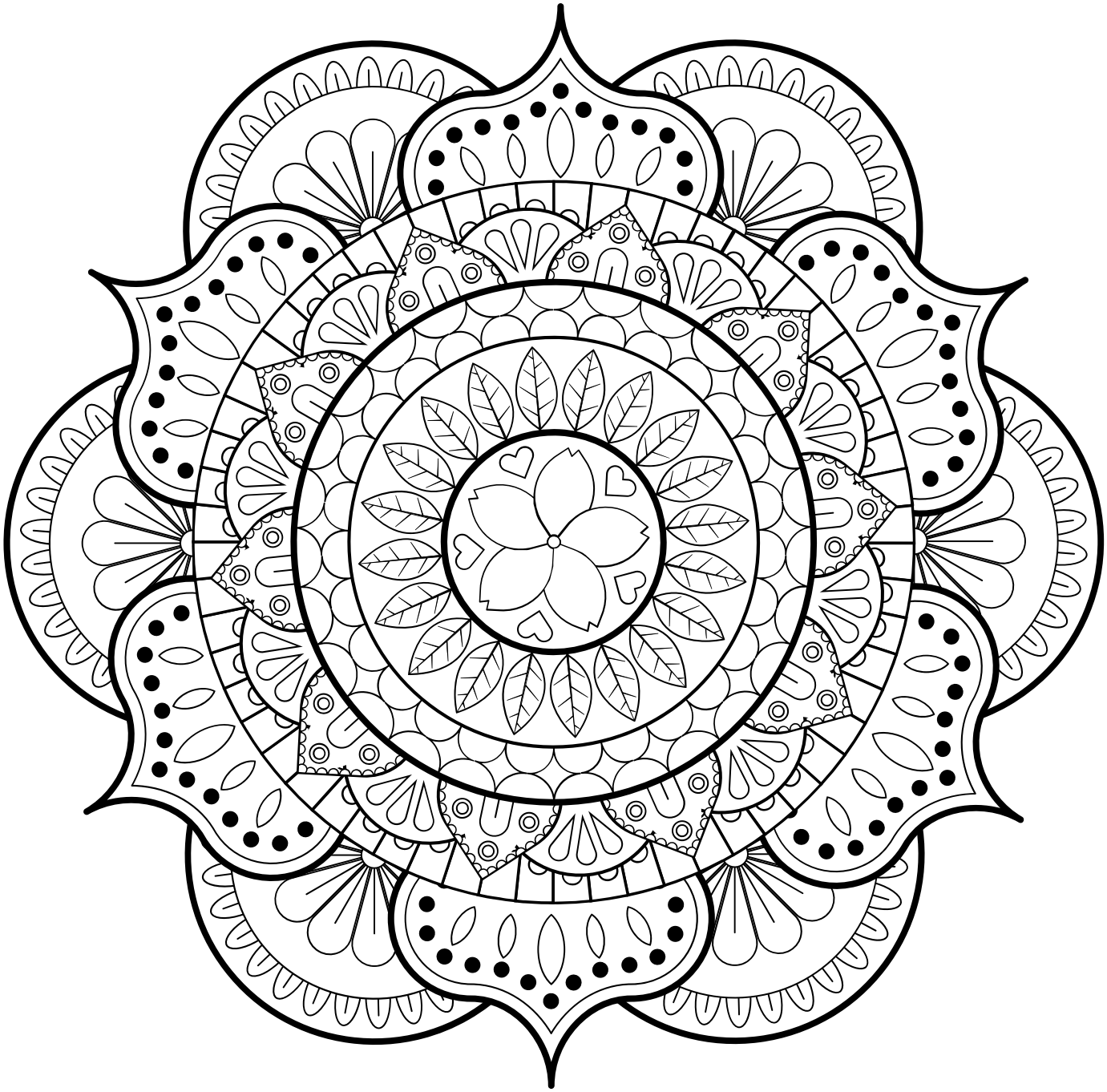
“Caring for myself is not self-indulgence,
it is self-preservation.”
— Audre Lorde



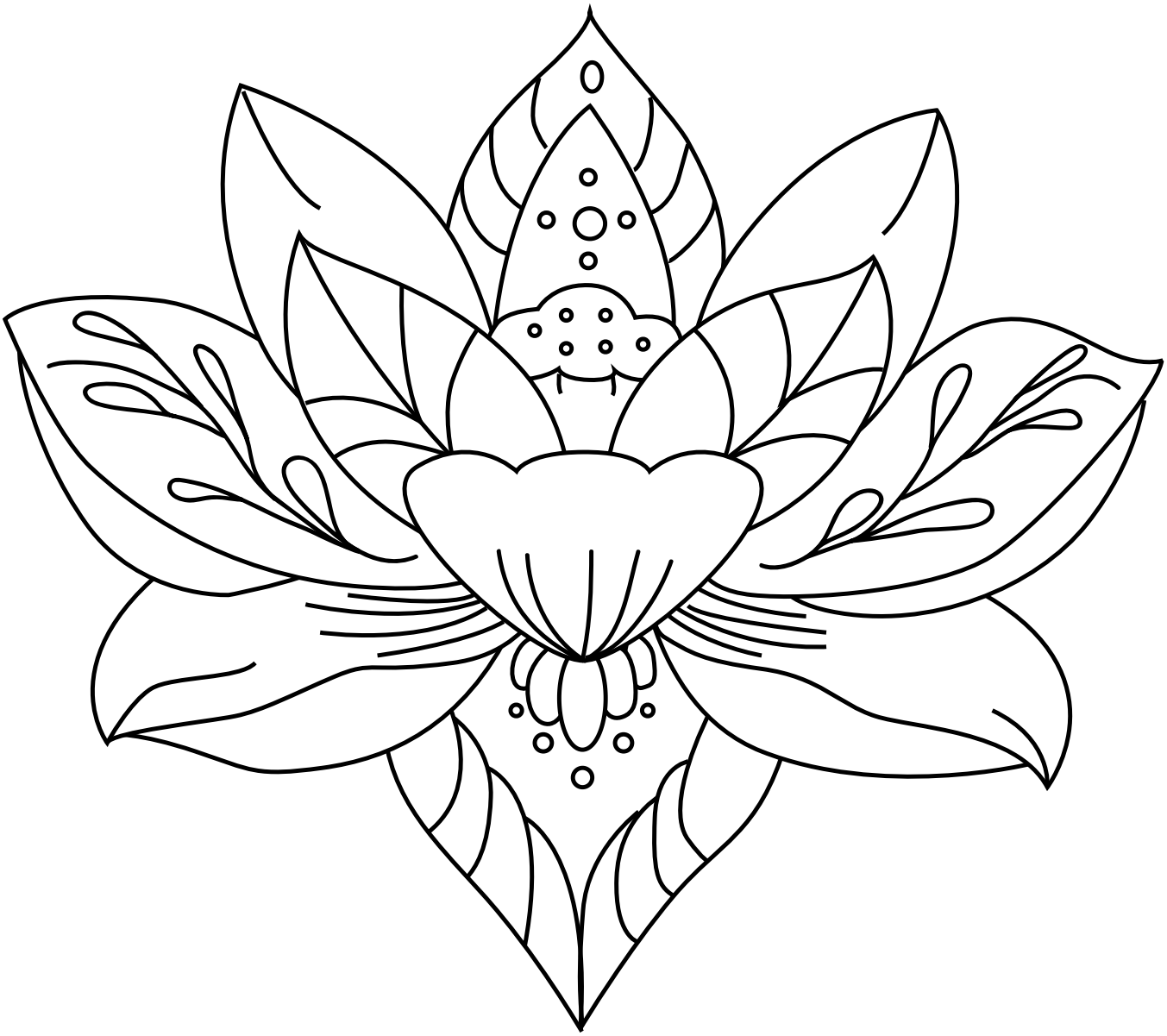
“Yoga is the stilling of the fluctuations of the mind.”
— Yoga Sutras 1.2



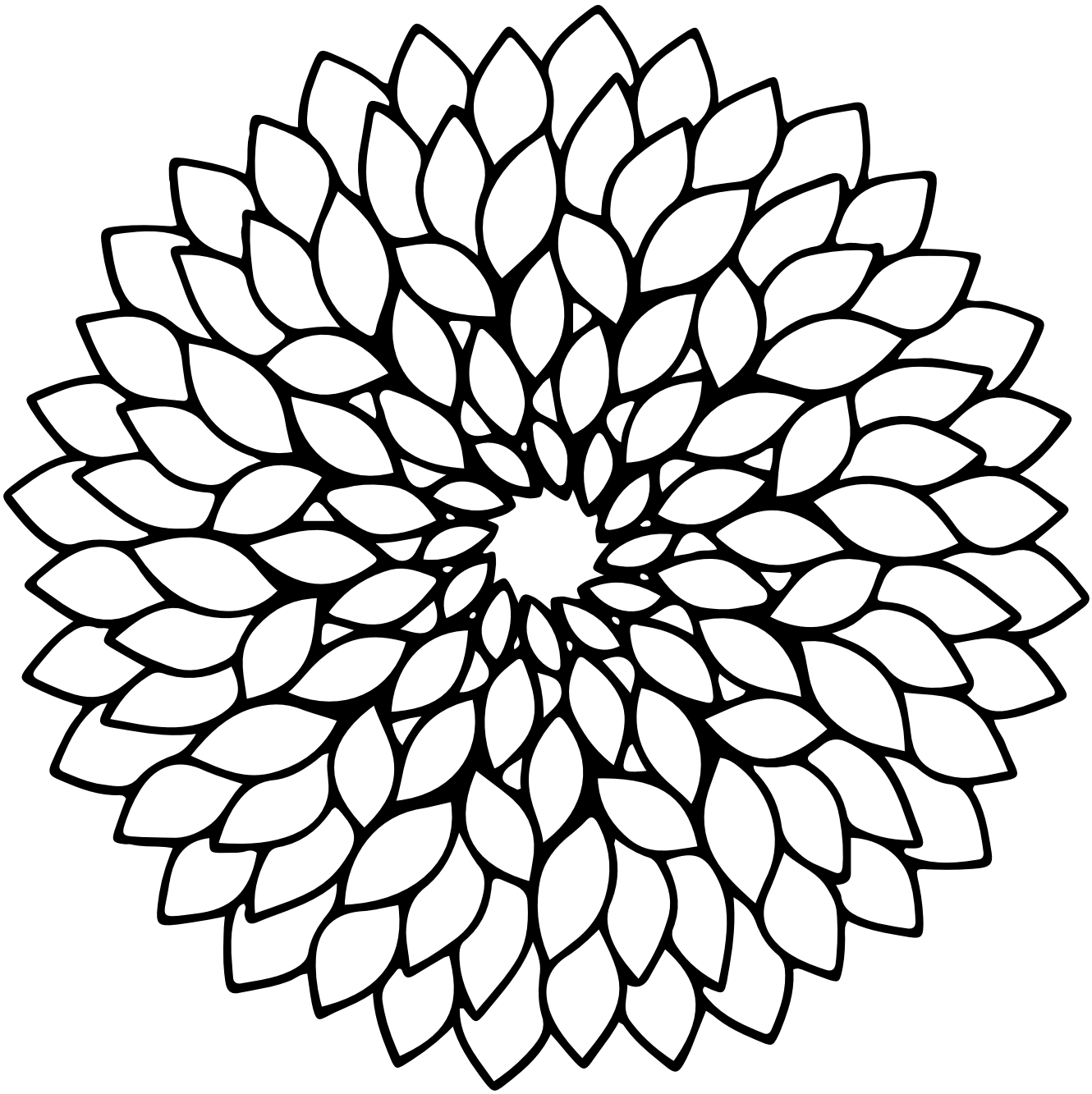
“Almost everything will work again if you unplug it for a few minutes, including you.”
— Anne Lamott



“Act, but do not be attached to your actions.”
— Bhagavad Gita (a paraphrase)



“Wherever you are, be all there.”
— Jim Elliot

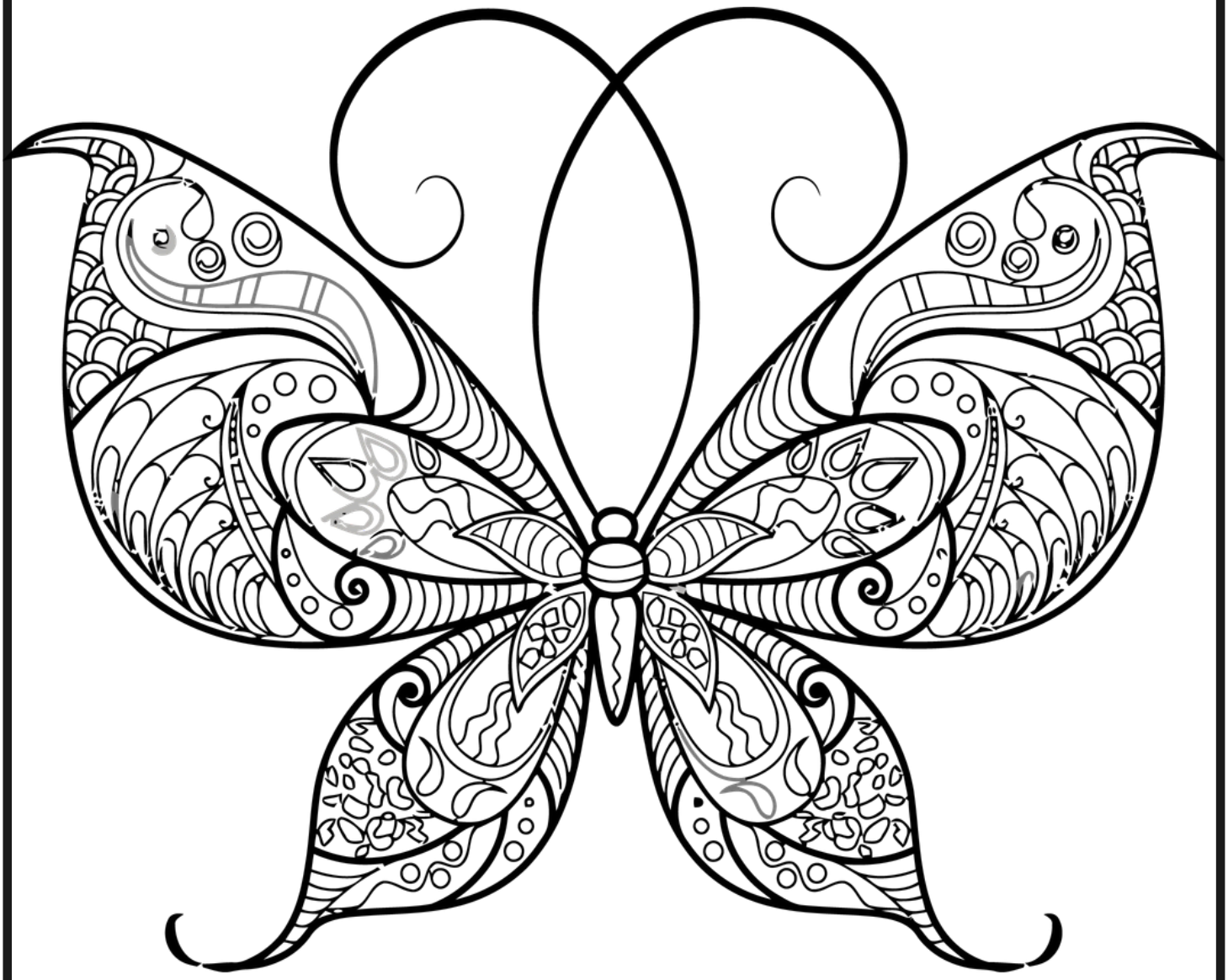


“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.”

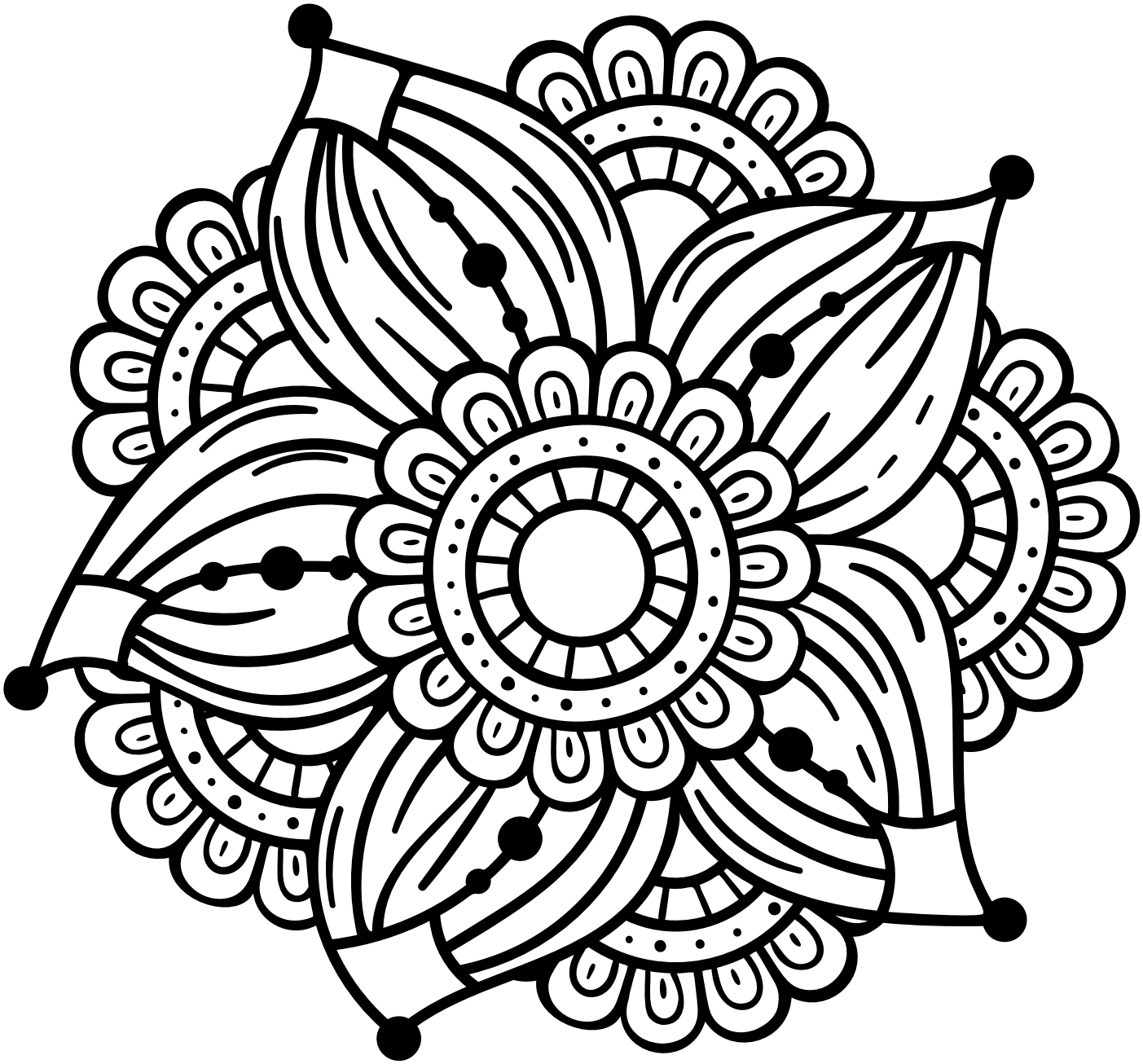
— Rumi (translation varies)

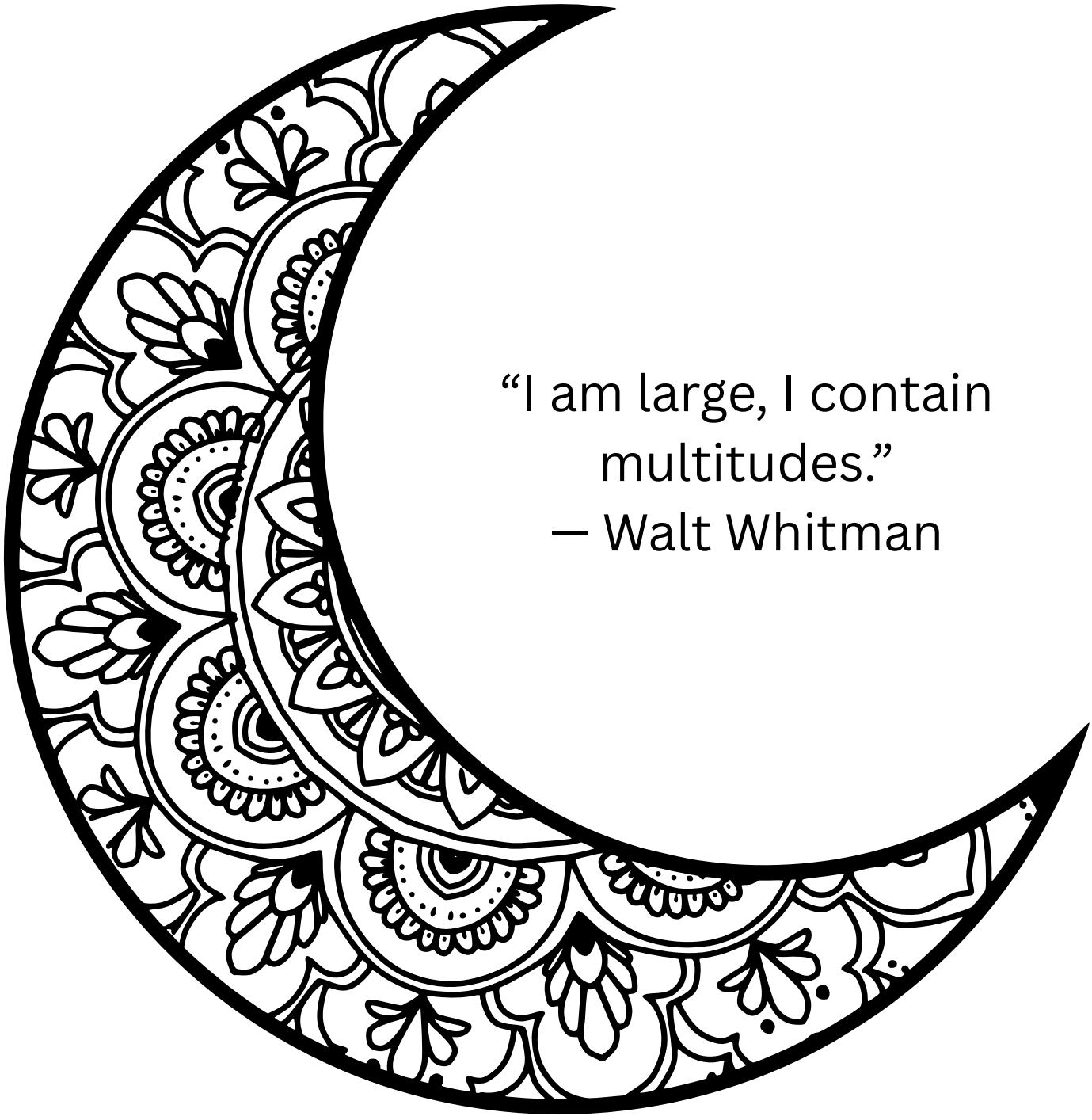


“The best guide in life is strength.”
— Swami Vivekananda



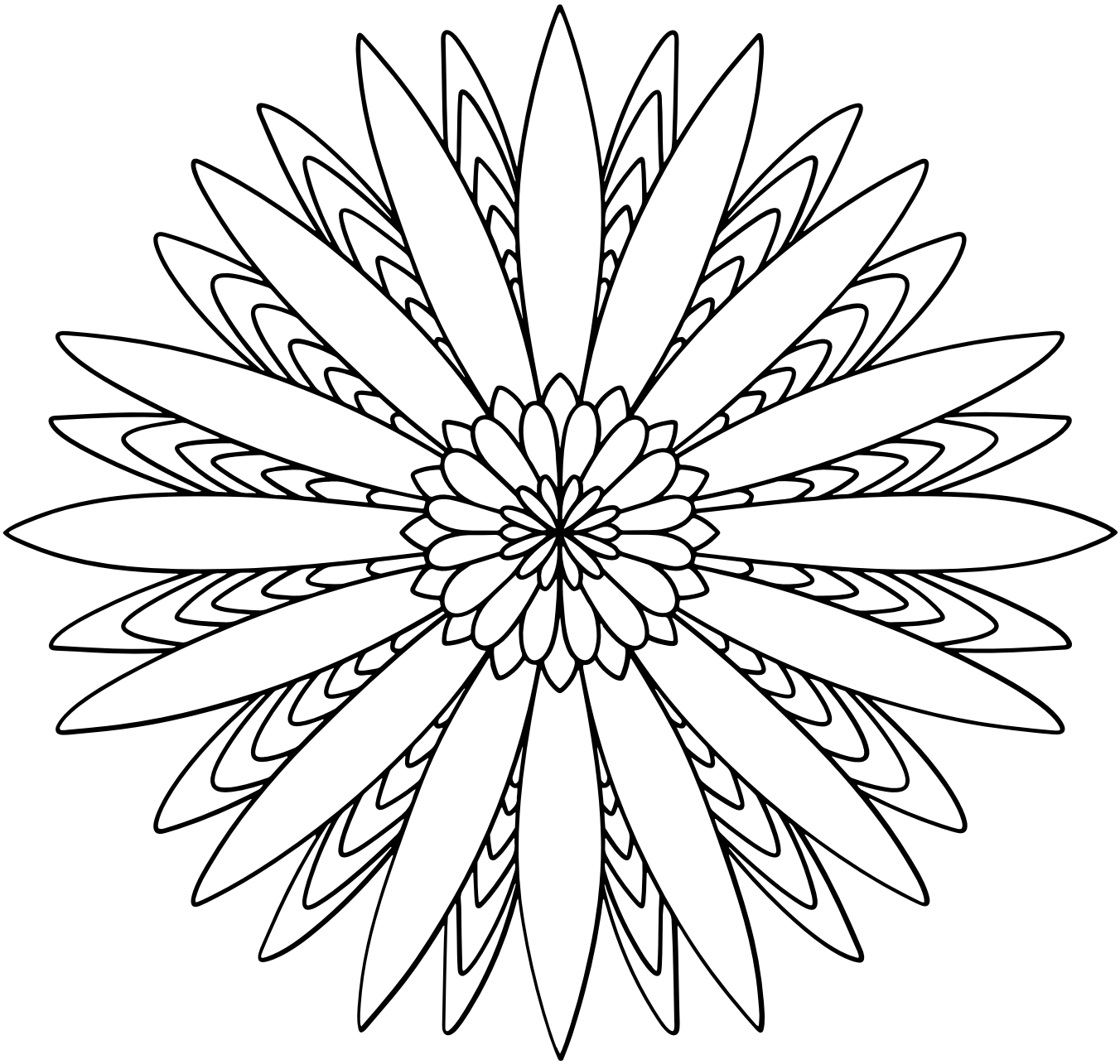
“Attention is the rarest and purest form of generosity.”
— Simone Weil





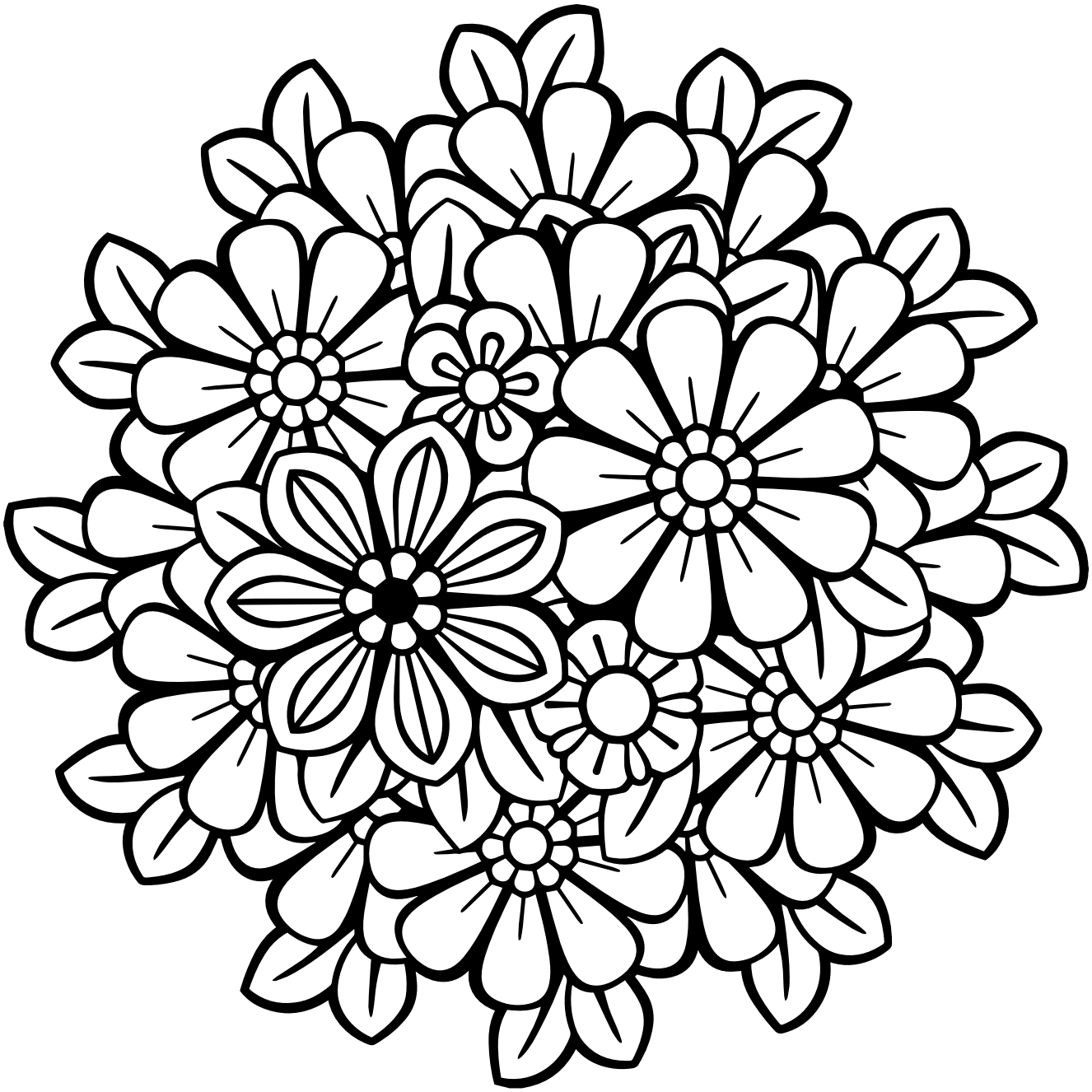
“I am large, I contain multitudes.”
— Walt Whitman

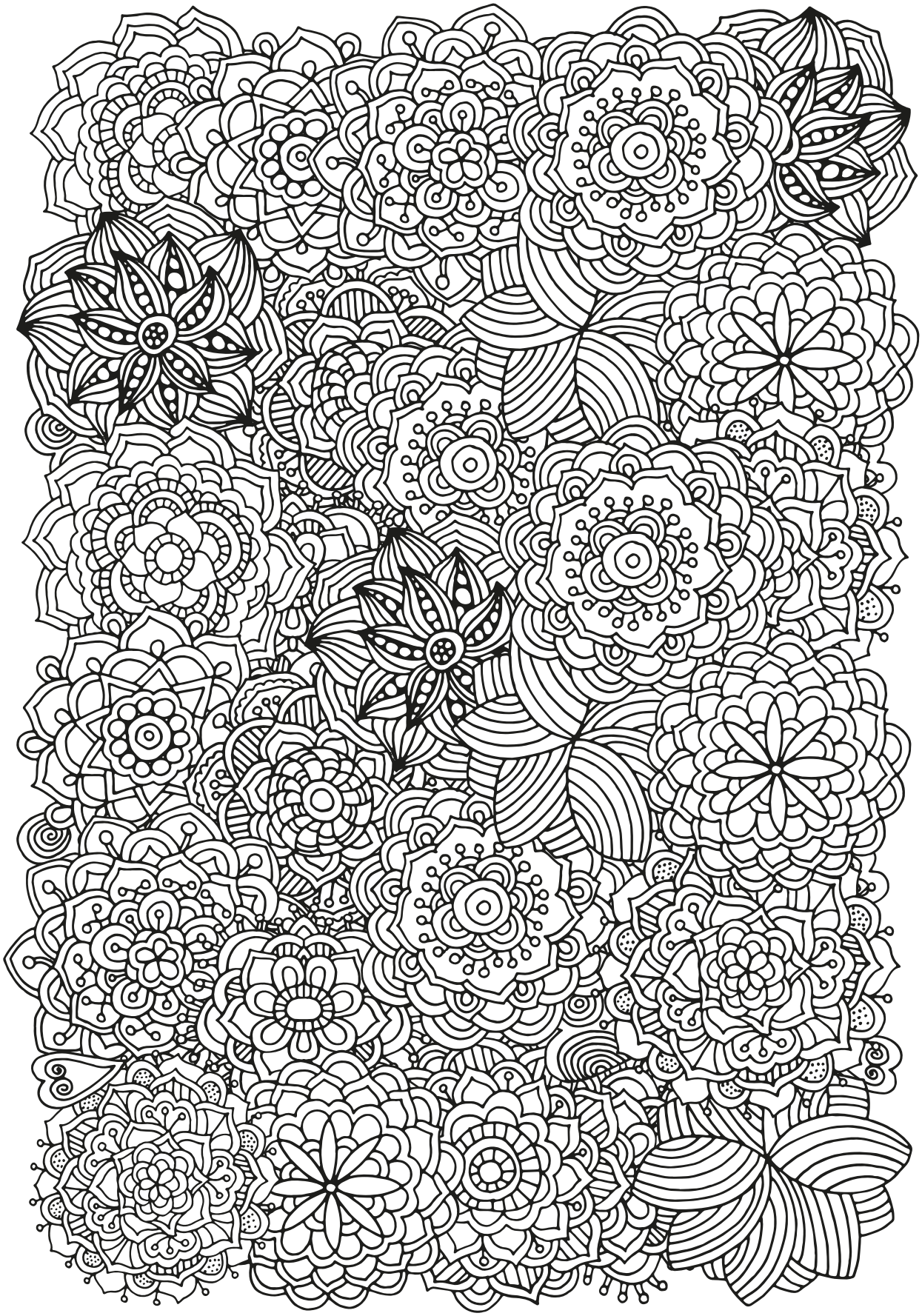
“Who looks outside, dreams; who looks inside, awakes.”
— Carl Jung



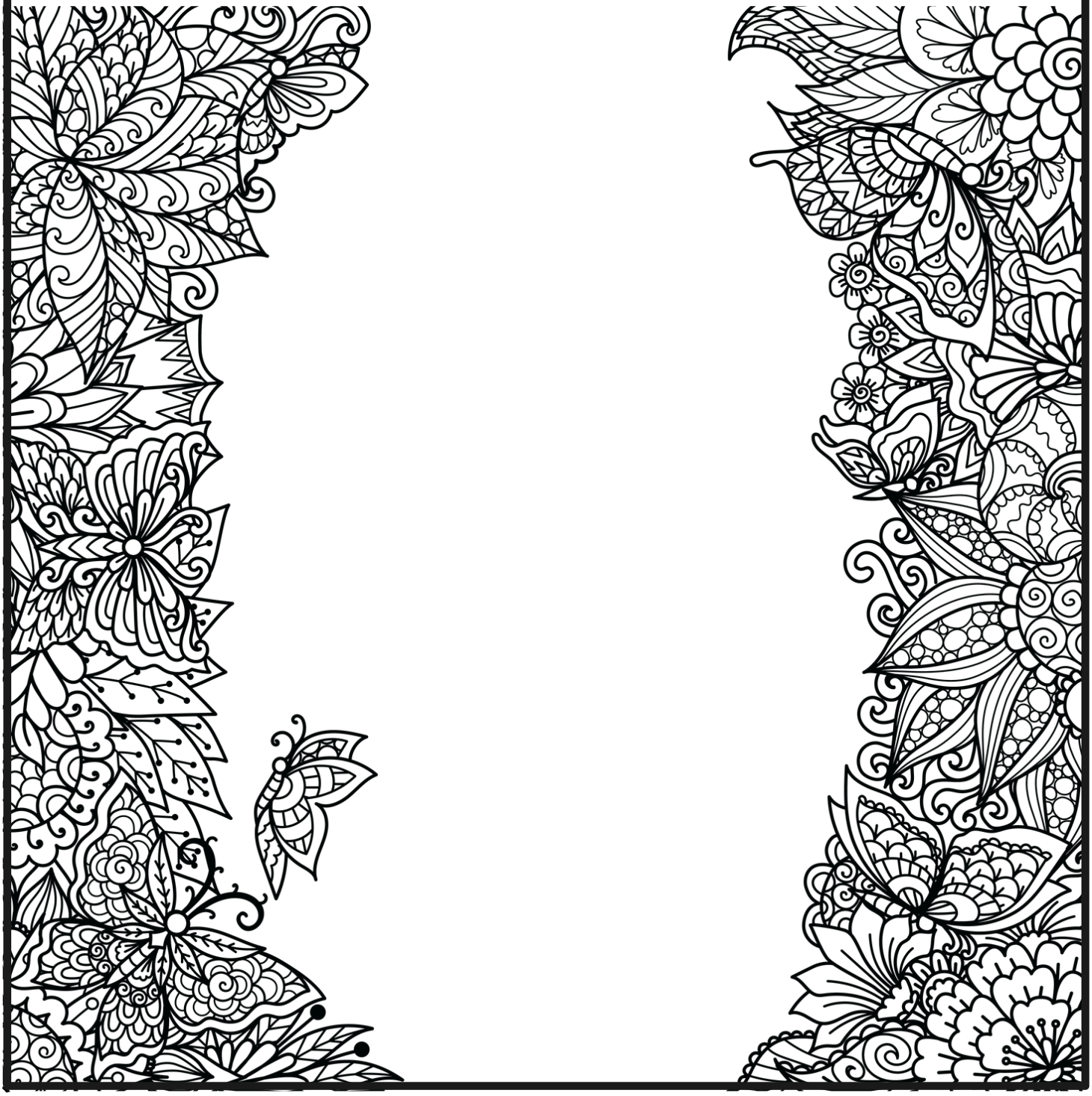
“We don't see things as they are, we see them as we are.”

— Anaïs Nin





“One's life has value so long as one attributes value to the life of others.”
— Simone de Beauvoir

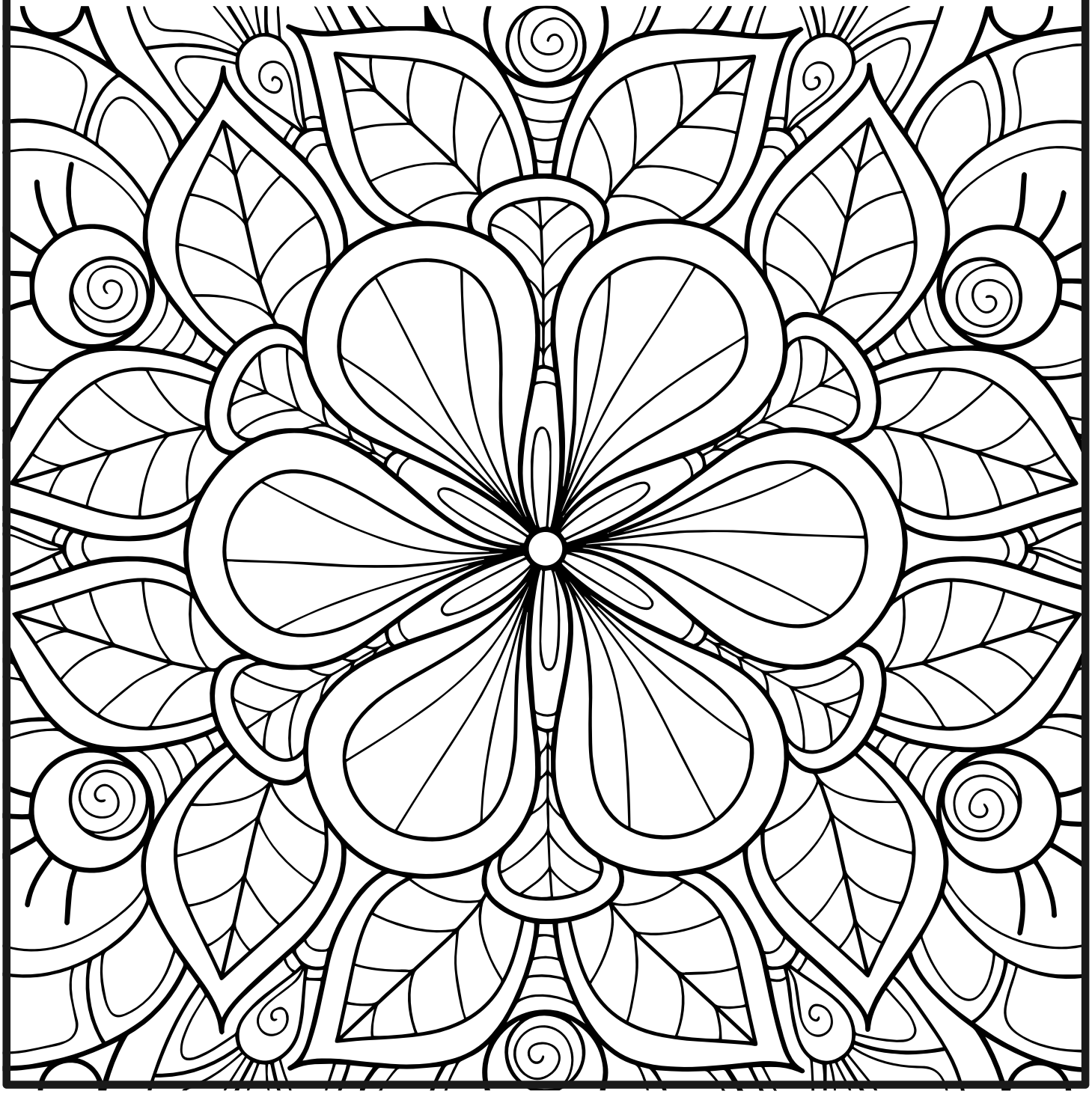


“Better than a thousand hollow words, is one word that brings peace.”
— The Dhammapada, verse 100



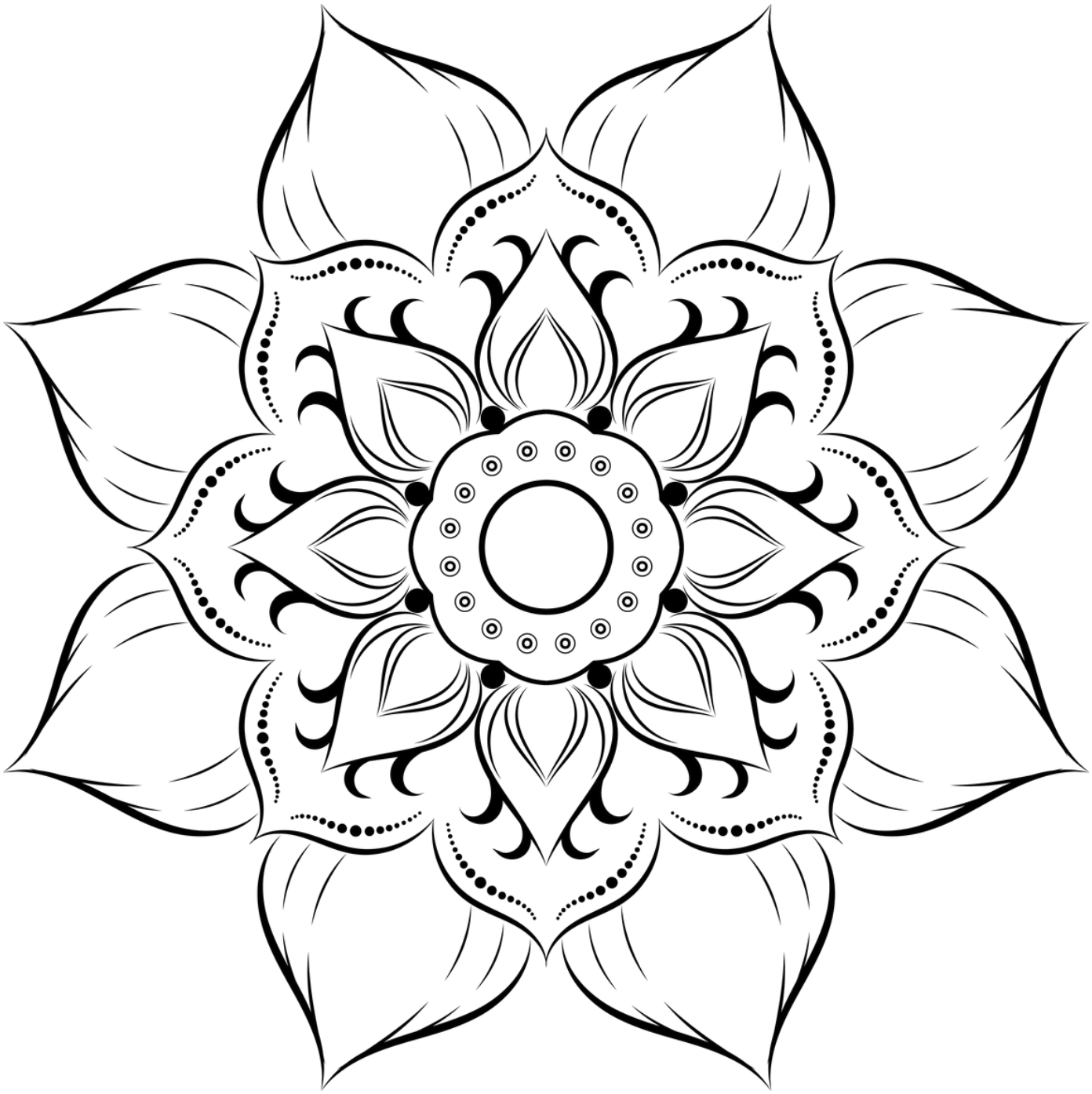
“Arise, awake, and stop not till the goal is reached.”

— Swami Vivekananda



“I offer the reader the key to the kingdom of health and happiness which is for all men to enjoy.”

— Buddha Bose



“Like water which can clearly mirror the sky and the trees only so long as its surface is undisturbed, the mind can only reflect the true image of the Self when it is tranquil and wholly relaxed.”

— Indra Devi

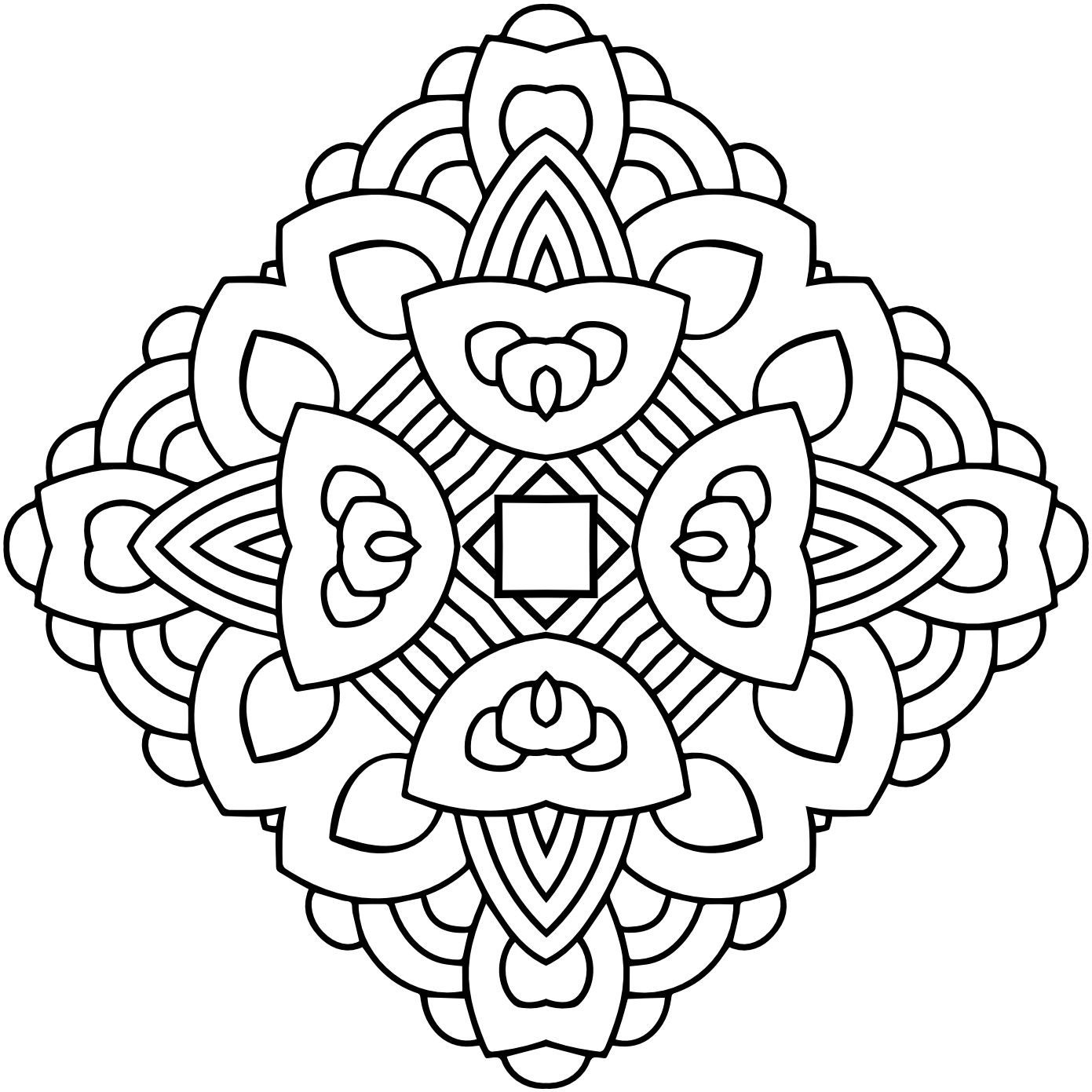


“The most common way people give up their power is by thinking they don't have any.”

— Alice Walker



“Life is very short and what we have to do must be done in the now.”
— bell hooks

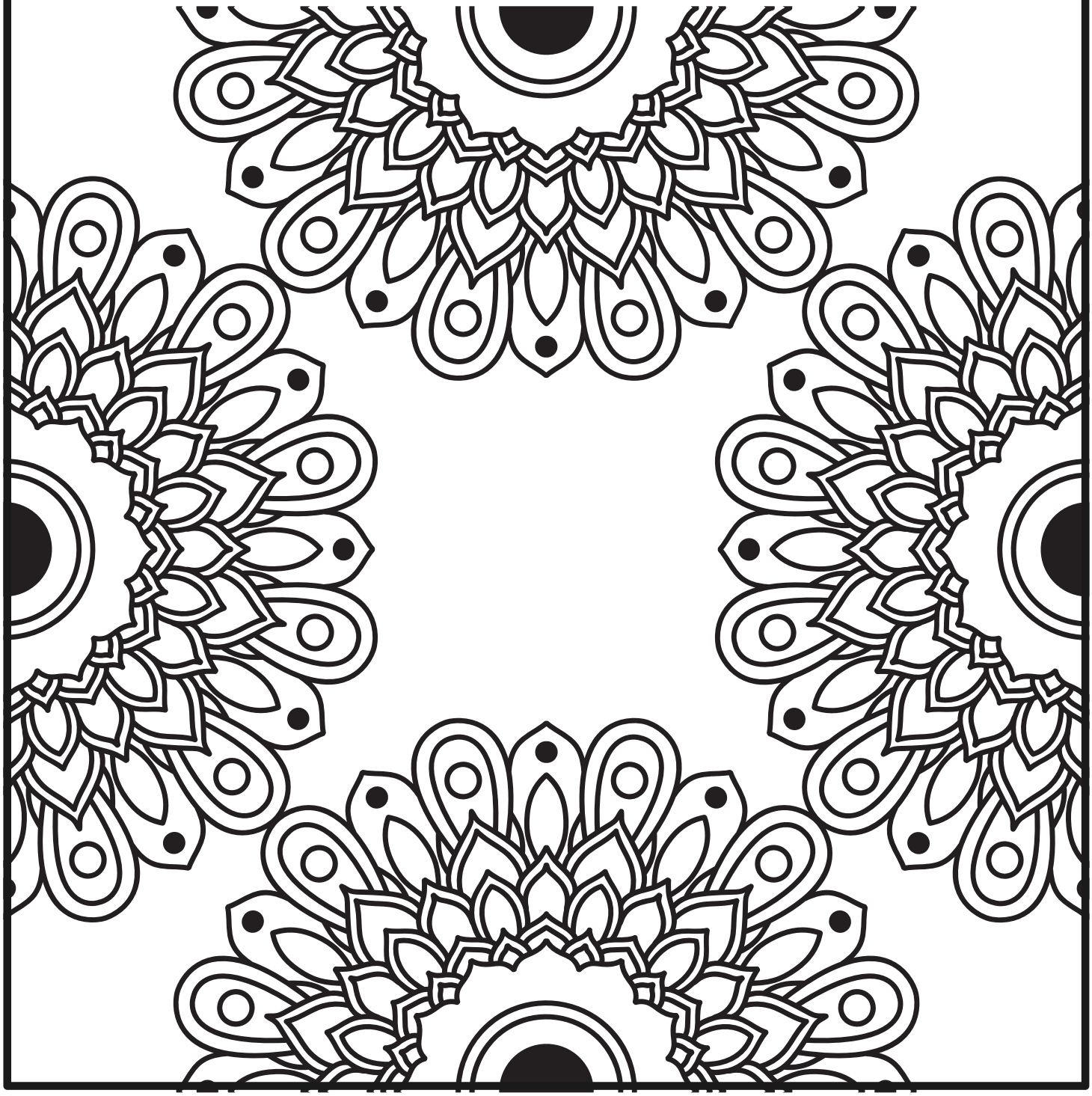


“The present moment is filled with joy and happiness. If you are attentive, you will see it.”

— Thich Nhat Hanh



“We cannot borrow perception. We cannot borrow experiences.”
— Vimala Thakar

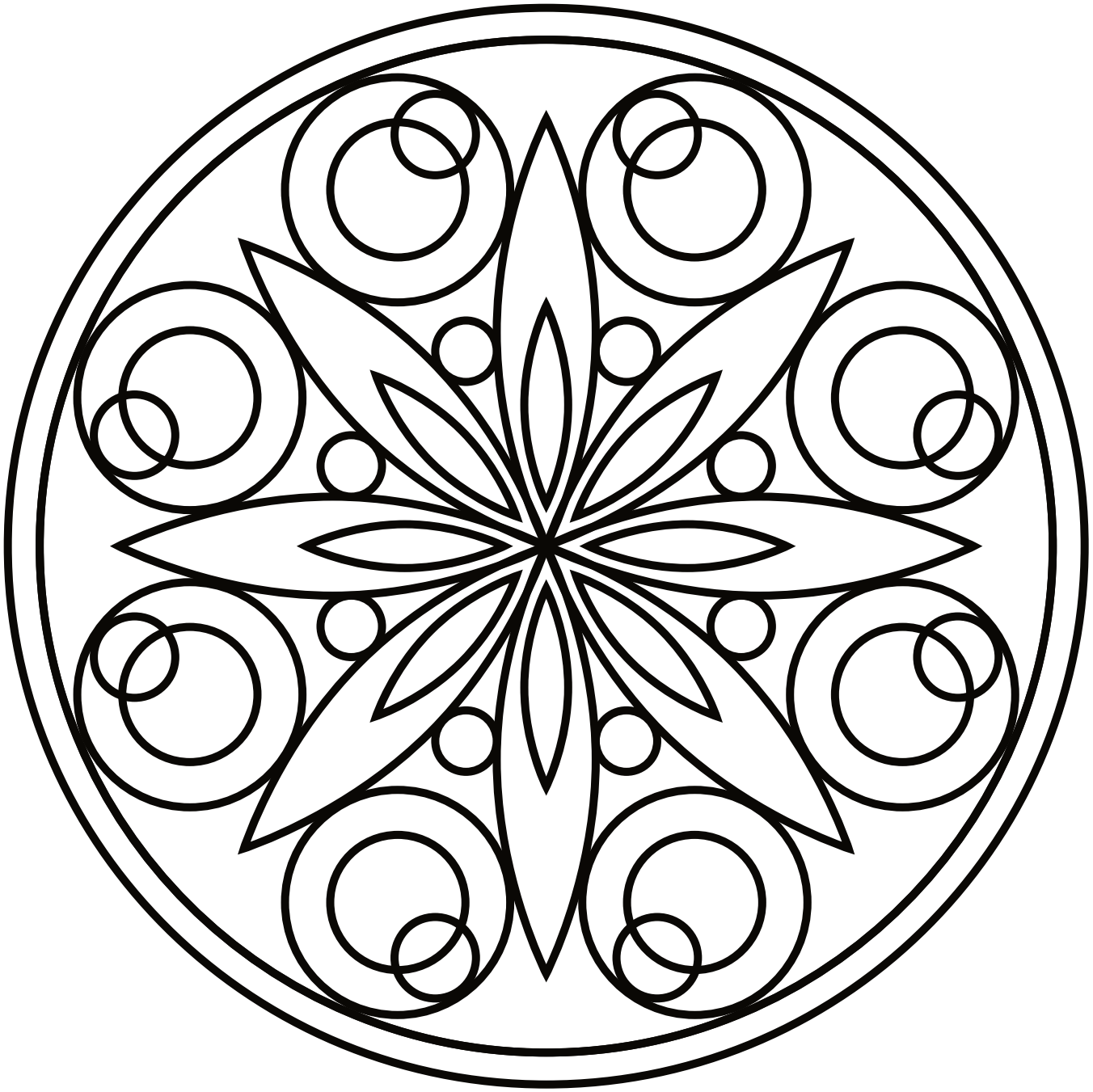


“The success of yoga does not lie in the ability to perform postures but in how it positively changes the way we live our life.”

— T.K.V. Desikachar

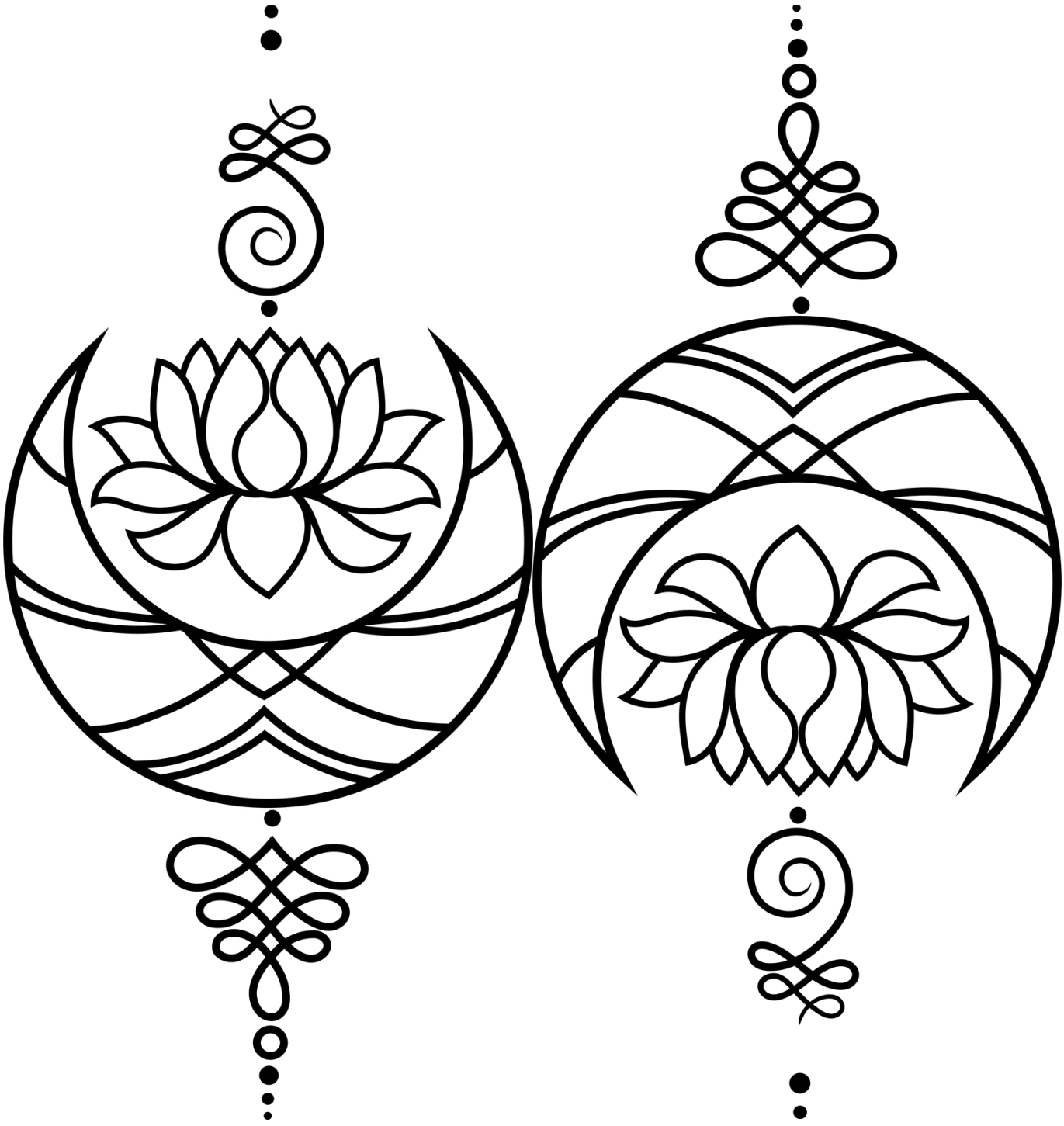


“Knowledge has a beginning but no end.”
— Geeta S. Iyengar



“The quieter you become, the more you can hear.”

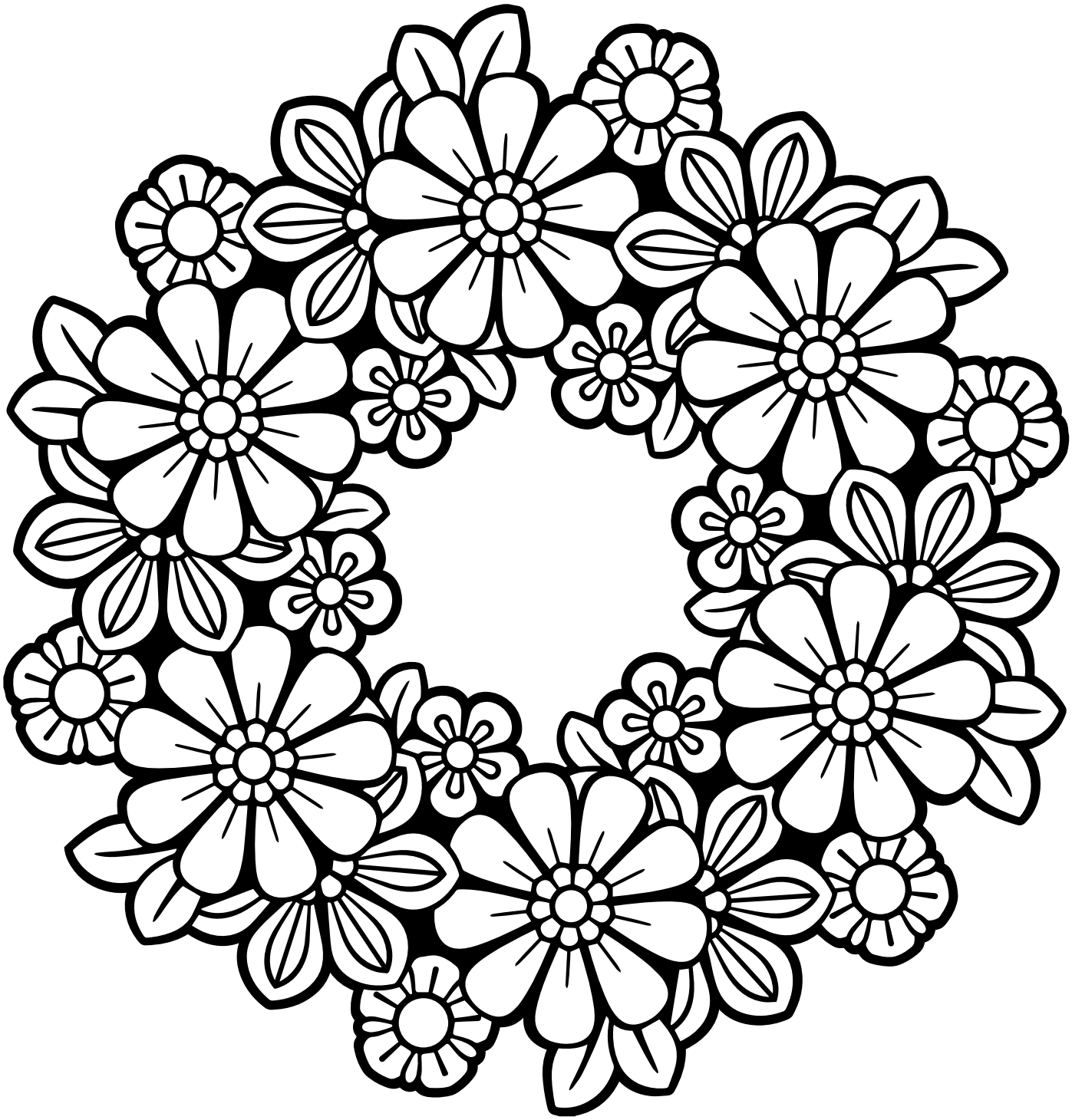
— Ram Dass



“Yoga is the practice of quieting the mind.”
— Patañjali (commonly paraphrased)



“Life is in the here and now. Either we meet it, we live it—or we miss it.”
— Vimala Thakar



“Yoga is the study of the functioning of the body, the mind and the intellect in the process of attaining freedom.”
— Geeta S. Iyengar

