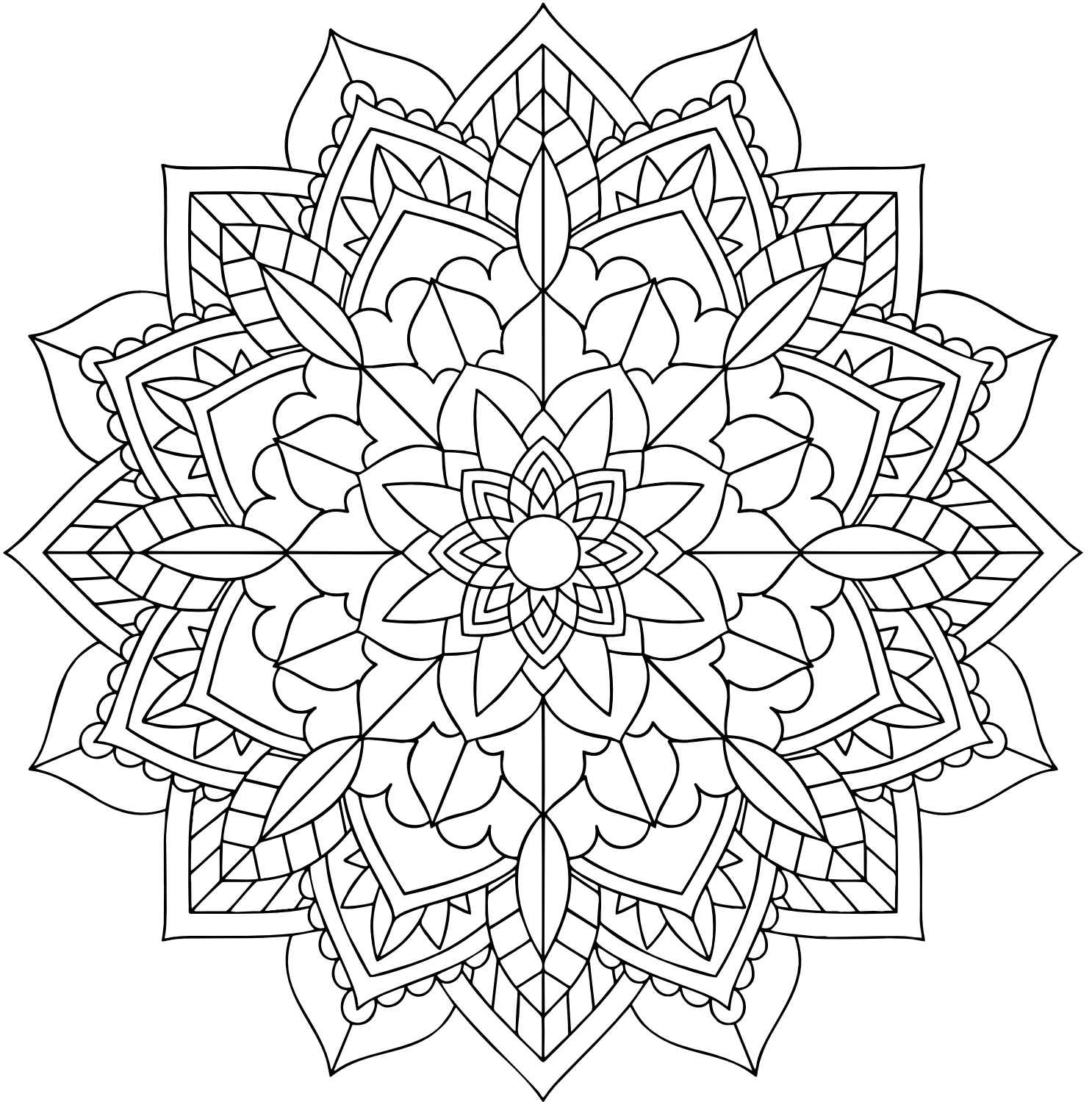


# I am living consciously

Mindful Mantra November 2024

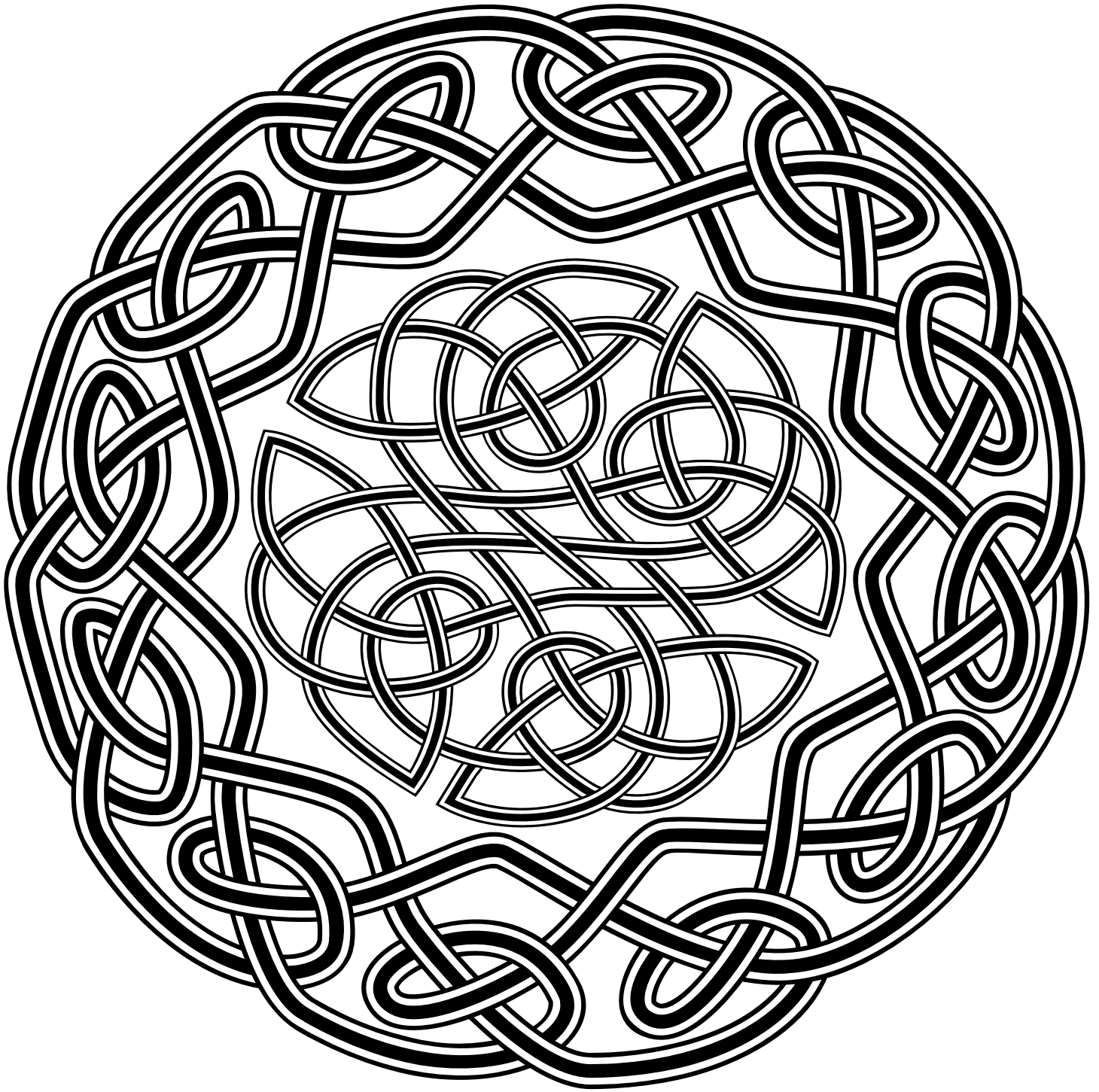


Find joy and relaxation while you colour, without expectation! Breathe slowly and deeply, be fully present in this moment... and if it feels helpful and you find your mind drifting you may want to repeat the mantra as you colour.



# I am Divinely supported & protected.

Mindful Mantra November 2024



Mandalynths are great for mindfully breathing, calming and grounding. Trace with your finger, or a pencil or pen, or even a chopstick and keep breathing slowly and deeply! If it is helpful repeat the mantra as you breathe and trace.

