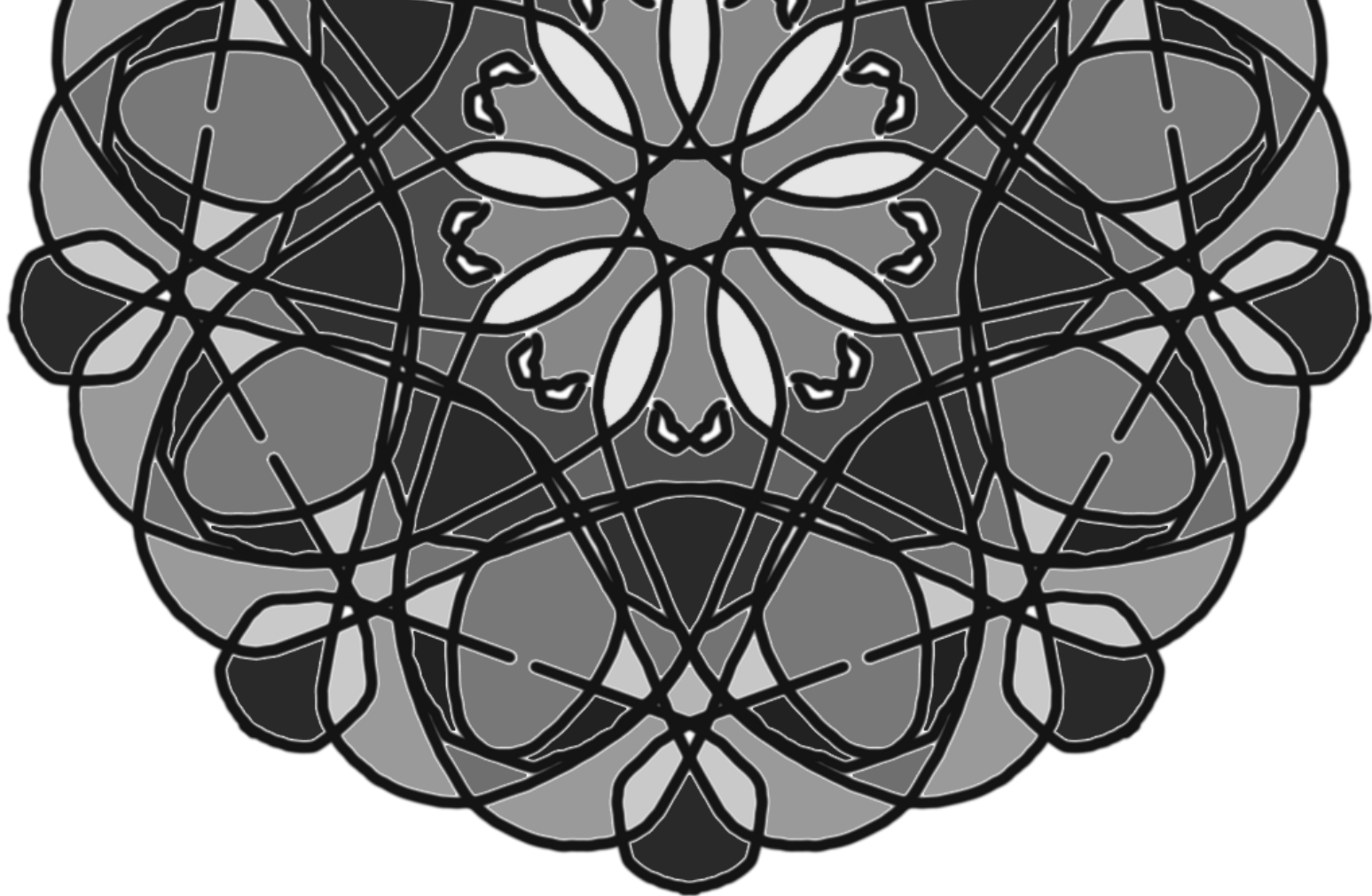




Coloring Mandalas with Gratitude

By

Meredith Martz & Kenneth Martz



Coloring Mandalas with Gratitude

*By
Meredith Martz & Kenneth Martz*

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To all those seeking
gratitude and a few
moments of freedom,
for swift travel to our
goals.

Why Mandalas?

Mandalas have been used since approximately 1,000 BCE. They are a wonderful tool for stress management and to help develop focus and concentration.

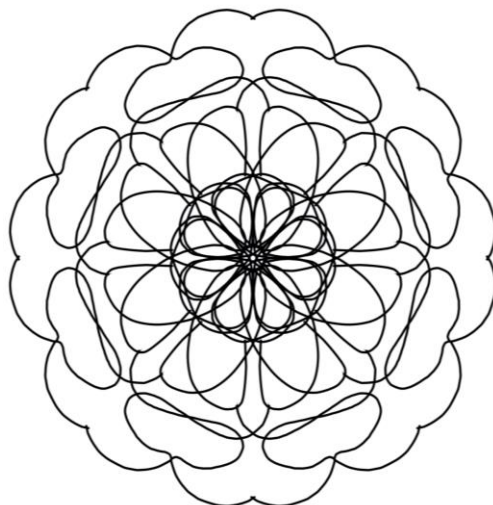
Research finds that mandalas can support a number of areas, including anxiety, stress management, pain management, and well-being. A sampling of research can be found below.

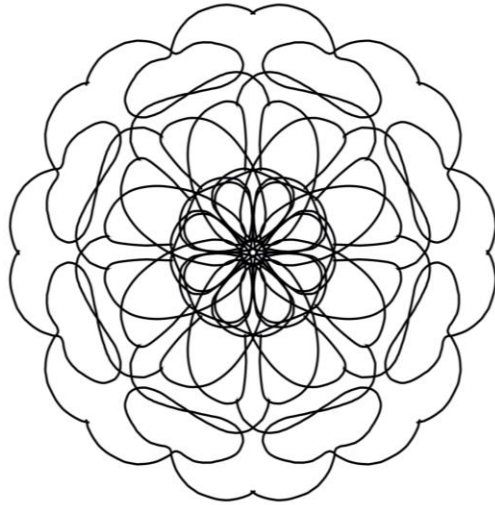
How to Use Your Mandalas

There is not a right or wrong way to use your mandalas. Most use colored pencils, but some can use other mediums such as crayons, fine-tipped markers, etc.

You do not need to understand for the process to be effective. The process of coloring the mandala focuses attention for a period of time. You may find that you approach the mandala in an organized manner, or you may jump around to different parts. You may use a variety of colors within a single family of colors (blue, light blue, royal blue, etc.) or combine a vivid range of colors of the rainbow.

However you approach your mandalas, enjoy!





Bi, Y., & Liu, Y. (2019). Creating mandalas reduces social anxiety in college students. *Social Behavior and Personality: An International Journal*, 47(10), 1j.

<https://doi-org.lopes.idm.oclc.org/10.2224/sbp.8410>

Campenni, C. E., & Hartman, A. (2020). The Effects of Completing Mandalas on Mood, Anxiety, and State Mindfulness. *Art Therapy: Journal of the American Art Therapy Association*, 37(1), 25–33. <https://doi-org.lopes.idm.oclc.org/10.1080/07421656.2019.1669980>

Han Choi, Suk-Chan Hahm, Yo-Han Jeon, Jin-Woo Han, Soo-Yeon Kim, & Jong-Min Woo. (2021). The Effects of Mindfulness-Based Mandala Coloring, Made in Nature, on Chronic Widespread Musculoskeletal Pain: Randomized Trial. *Healthcare*, 9(642), 642. <https://doi-org.lopes.idm.oclc.org/10.3390/healthcare9060642>

Liu, C., Chen, H., Liu, C.-Y., Lin, R.-T., & Chiou, W.-K. (2020). Cooperative and Individual Mandala Drawing Have Different Effects on Mindfulness, Spirituality, and Subjective Well-Being. *Frontiers in Psychology*. <https://doi-org.lopes.idm.oclc.org/10.3389/fpsyg.2020.564430>

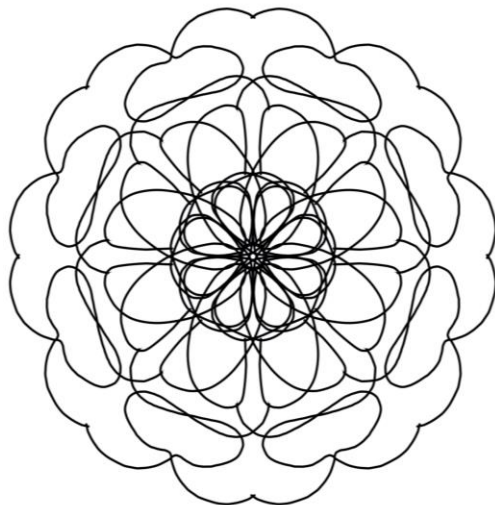
Muthard, C., & Gilbertson, R. (2016). Stress Management in Young Adults: Implications of Mandala Coloring on Self-Reported Negative Affect and Psychophysiological Response. *Psi Chi Journal of Psychological Research*, 21(1), 16–28. <https://doi-org.lopes.idm.oclc.org/10.24839/2164-8204.JN21.1.16>

Yakar, H. K., Yilmaz, B., Ozkol, O., Gevher, F., & Celik, E. (2021). Effects of art-based mandala intervention on distress and anxiety in cancer patients. *Complementary Therapies in Clinical Practice*, 43. <https://doi-org.lopes.idm.oclc.org/10.1016/j.ctcp.2021.101331>

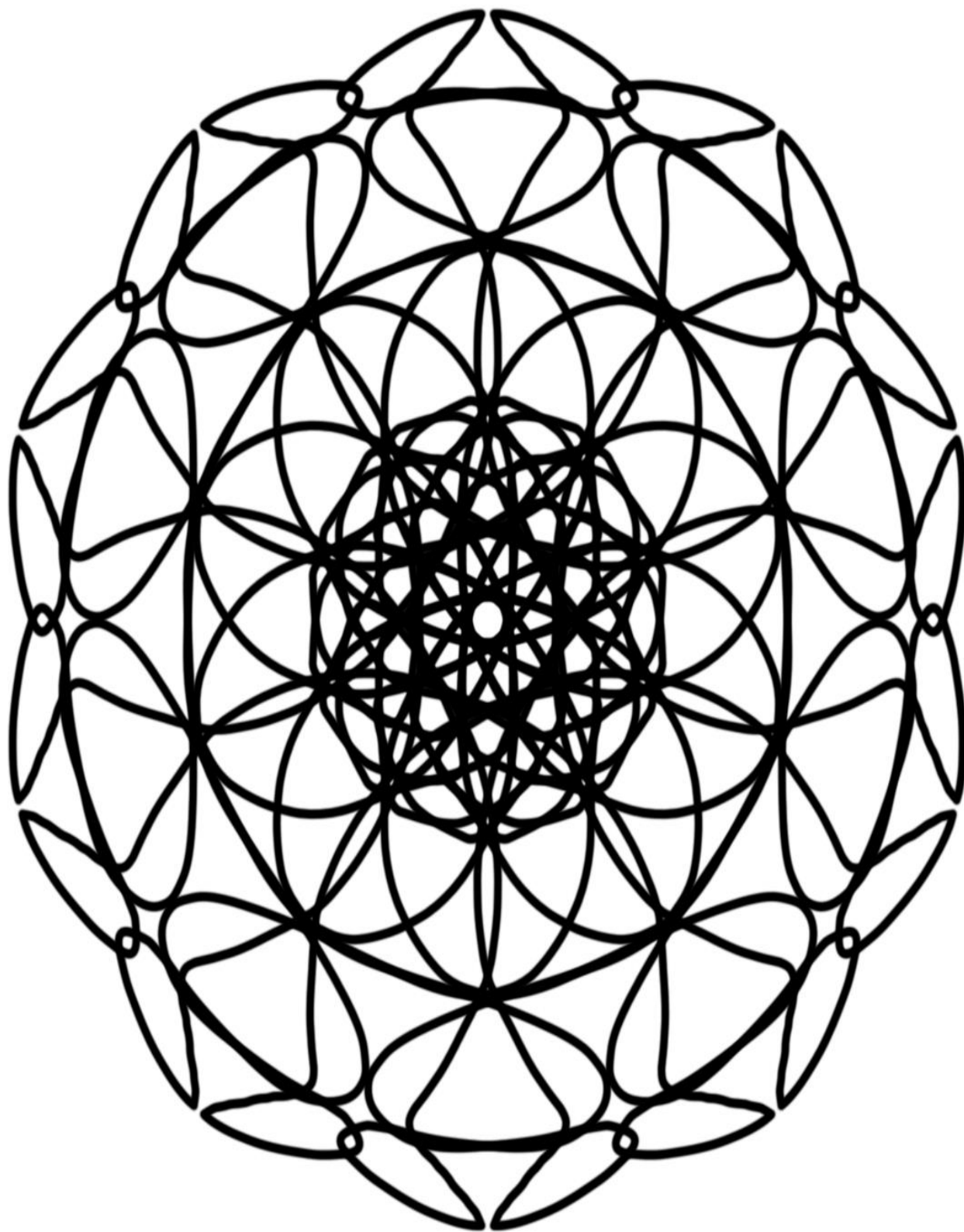
IMPORTANT NOTE

This is a book of coloring mandalas. It is not intended for use in an ebook format. Feel free to preview these materials as an ebook. If you choose to purchase this as an ebook, please go to the link at the end of the book, where you can download a free printable copy that you can print and color.

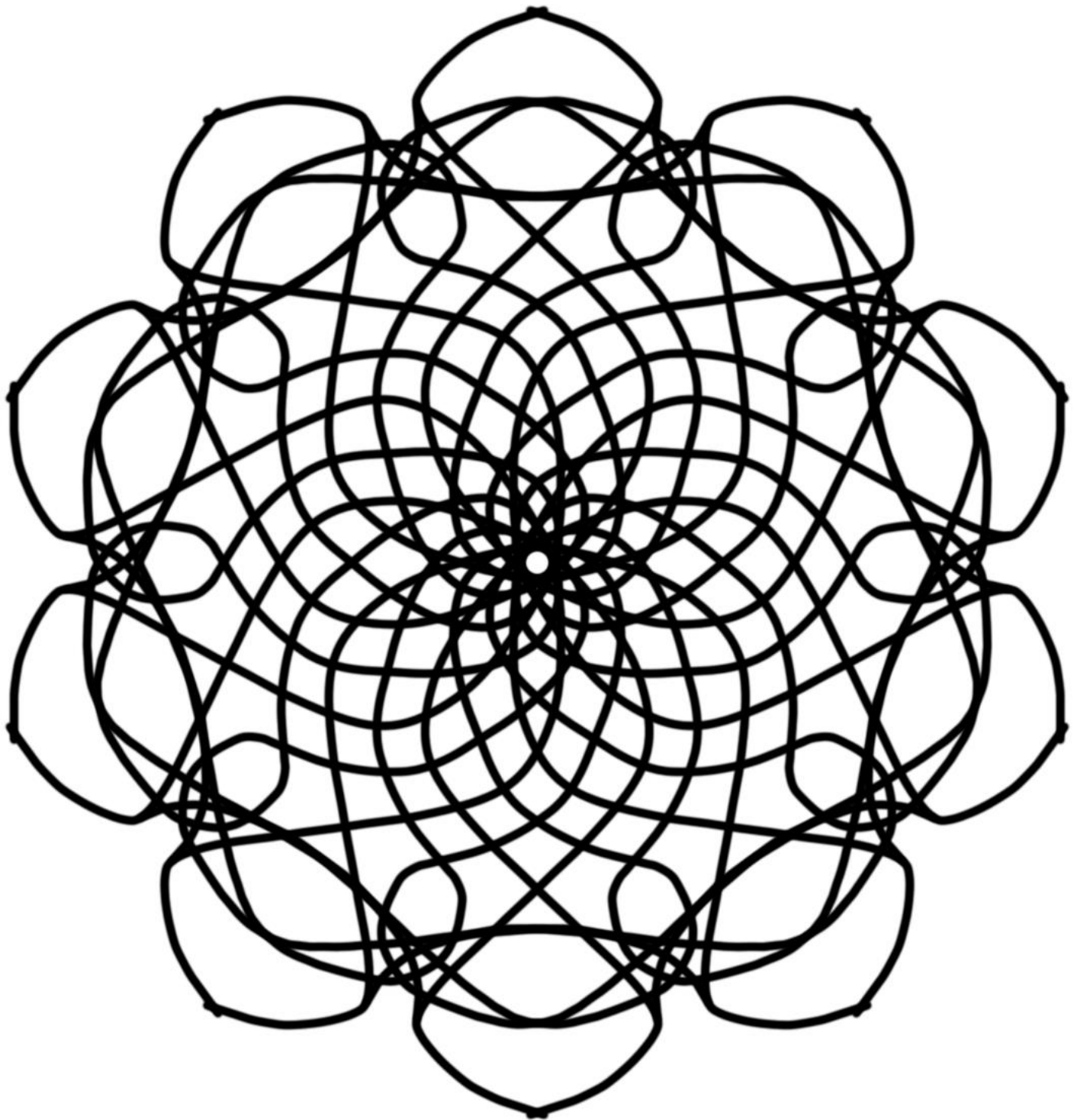
Enjoy!



Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude. --A.A. Milne

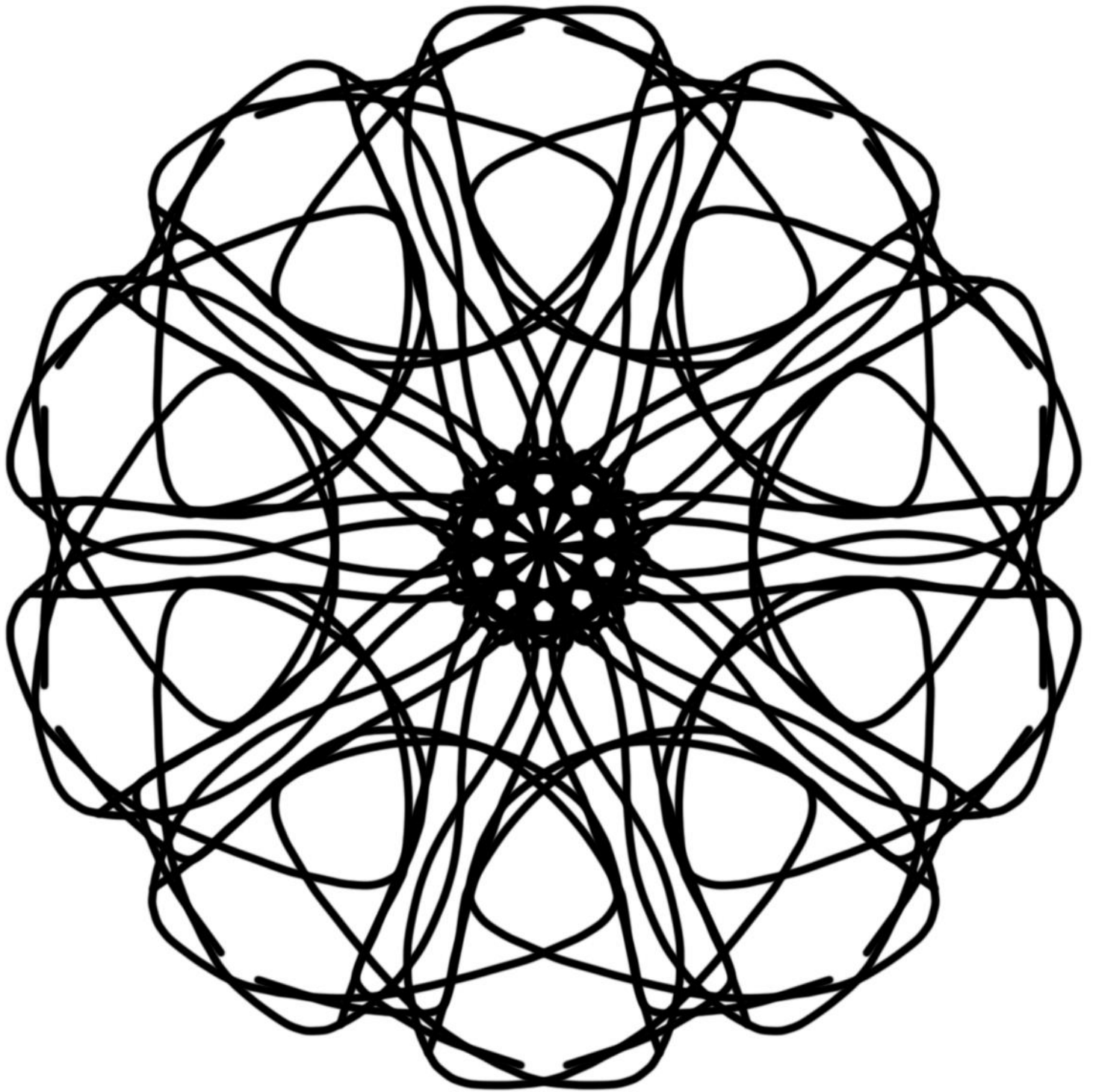


If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul. --Rabbi Harold Kushner

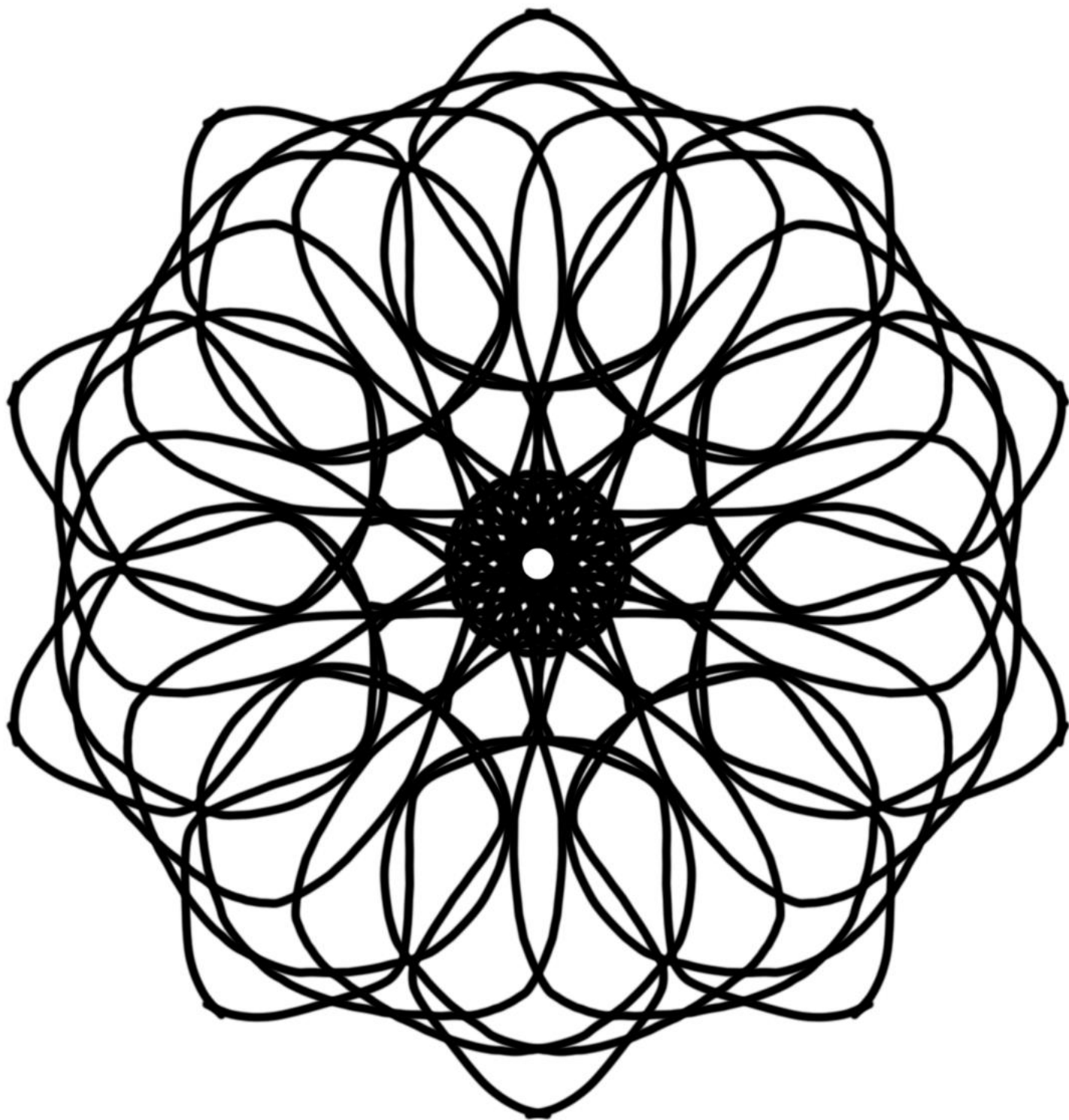


Happiness cannot be traveled to owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.

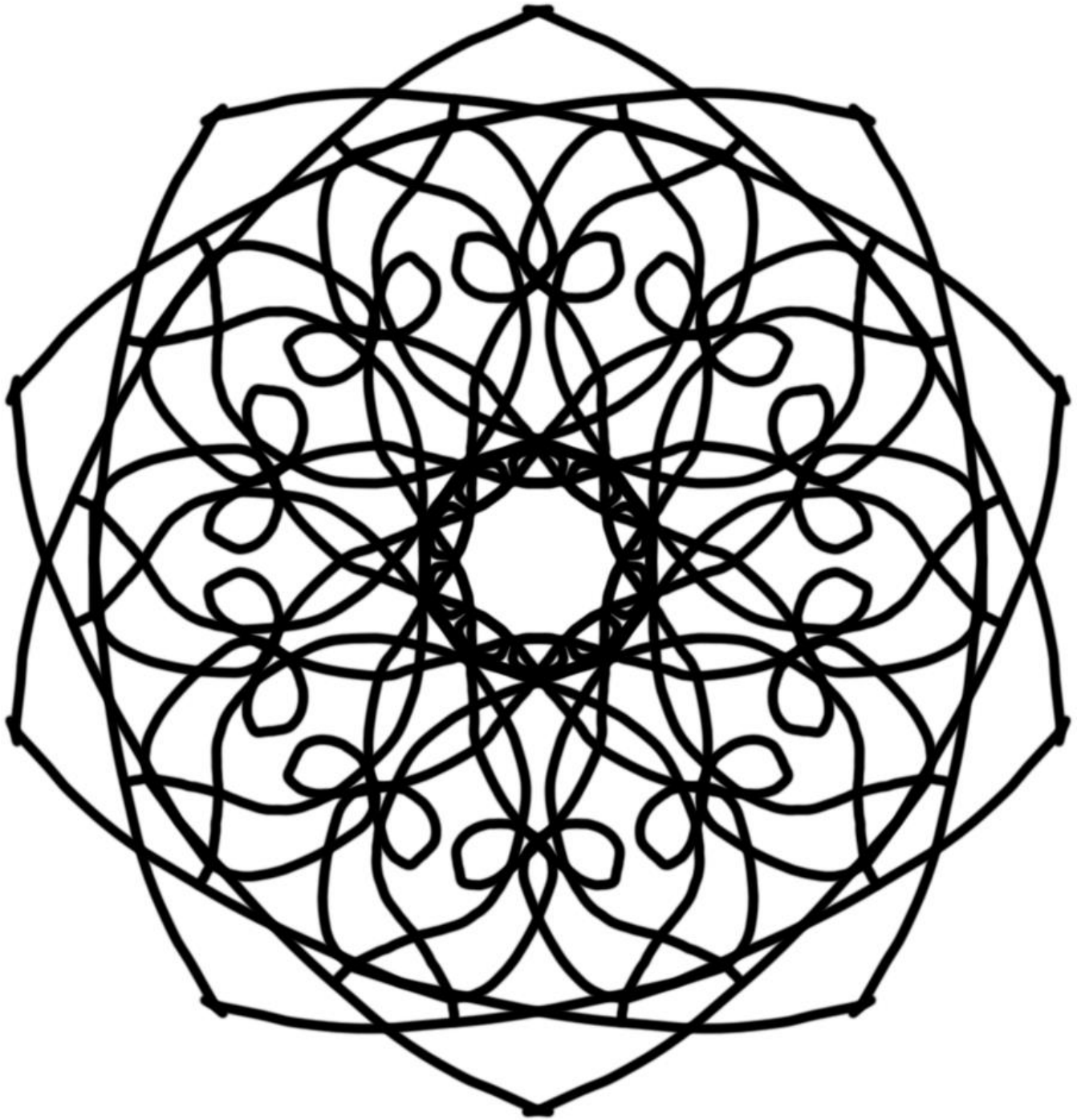
-- Denis Waitley



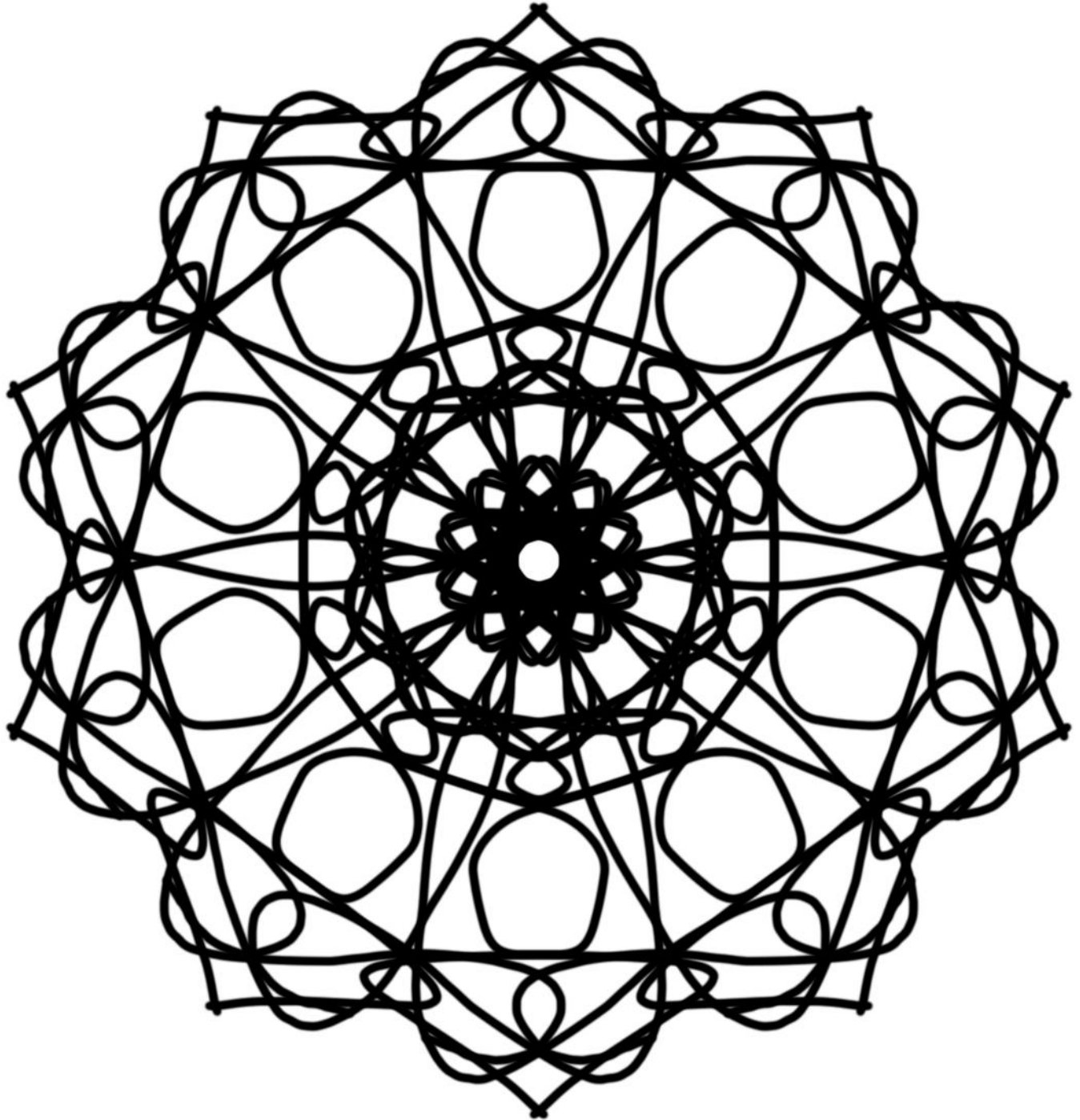
The vibration of gratitude attracts more positive things into your life. --Cherie Roe Dirksen



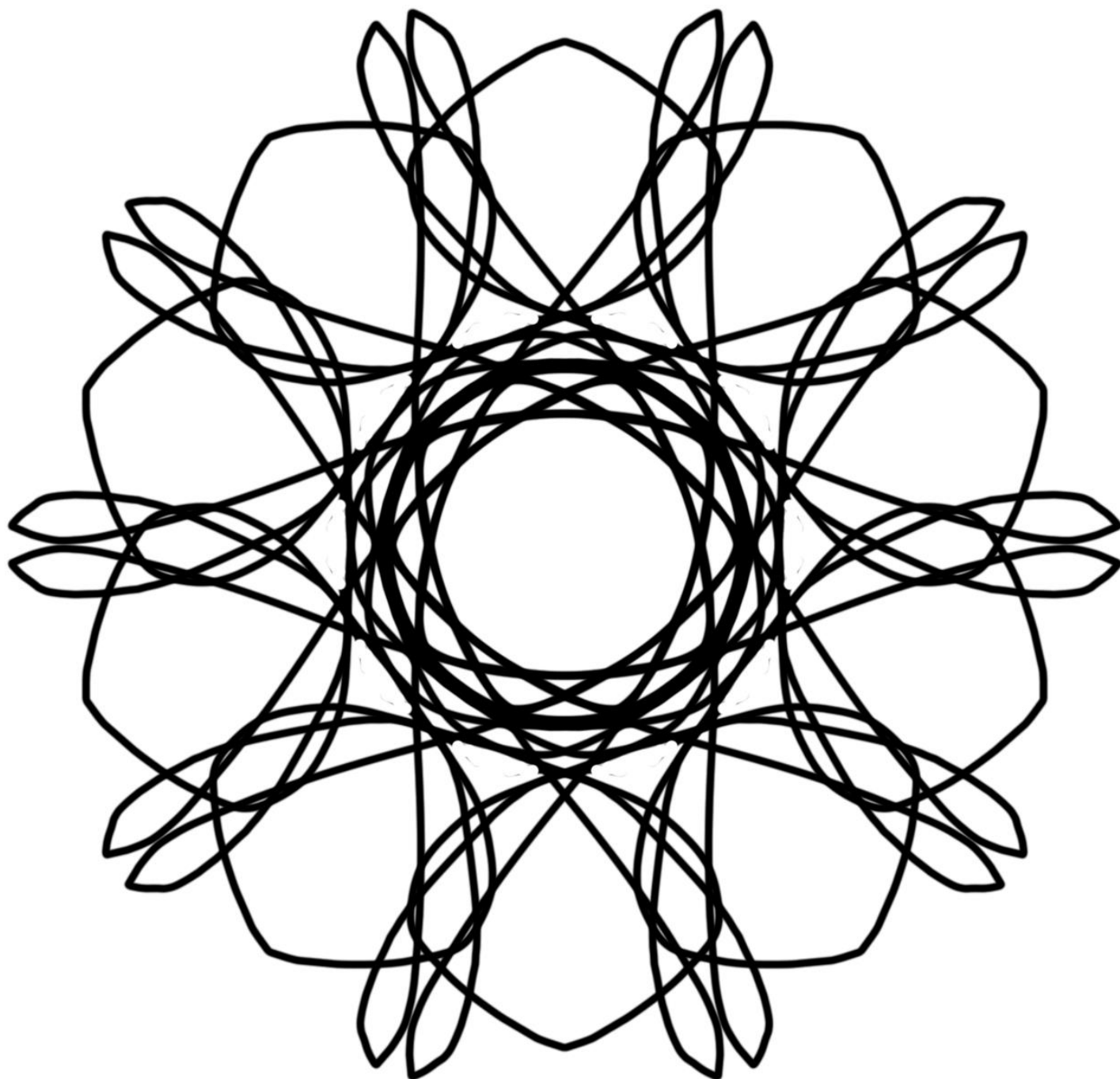
*As we express our gratitude, we must never forget
that the highest appreciation is not to utter words,
but to live by them. --John F. Kennedy*



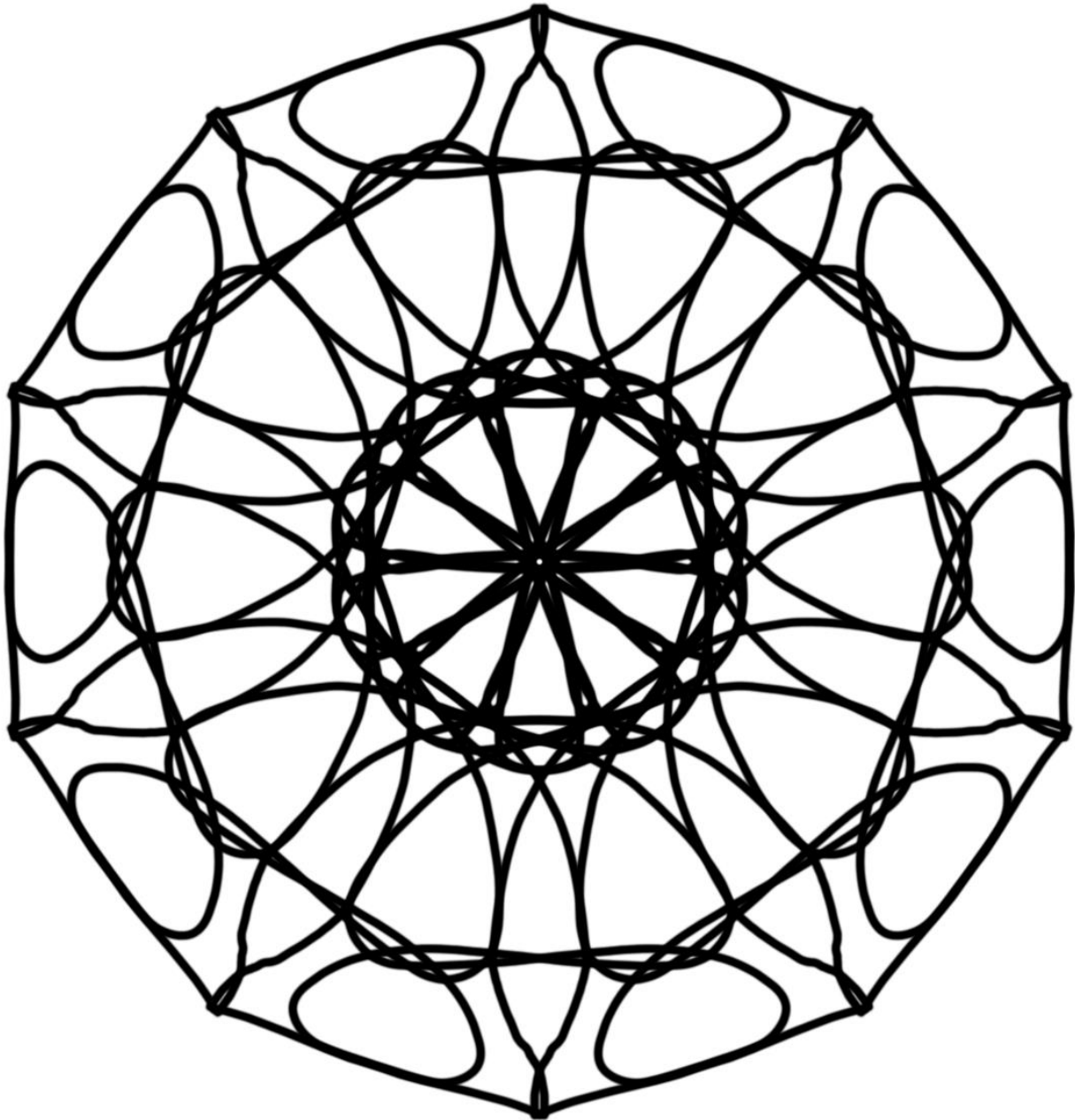
*Enjoy the little things, for one day you may look
back and realize they were the big things.*
-- Robert Brault



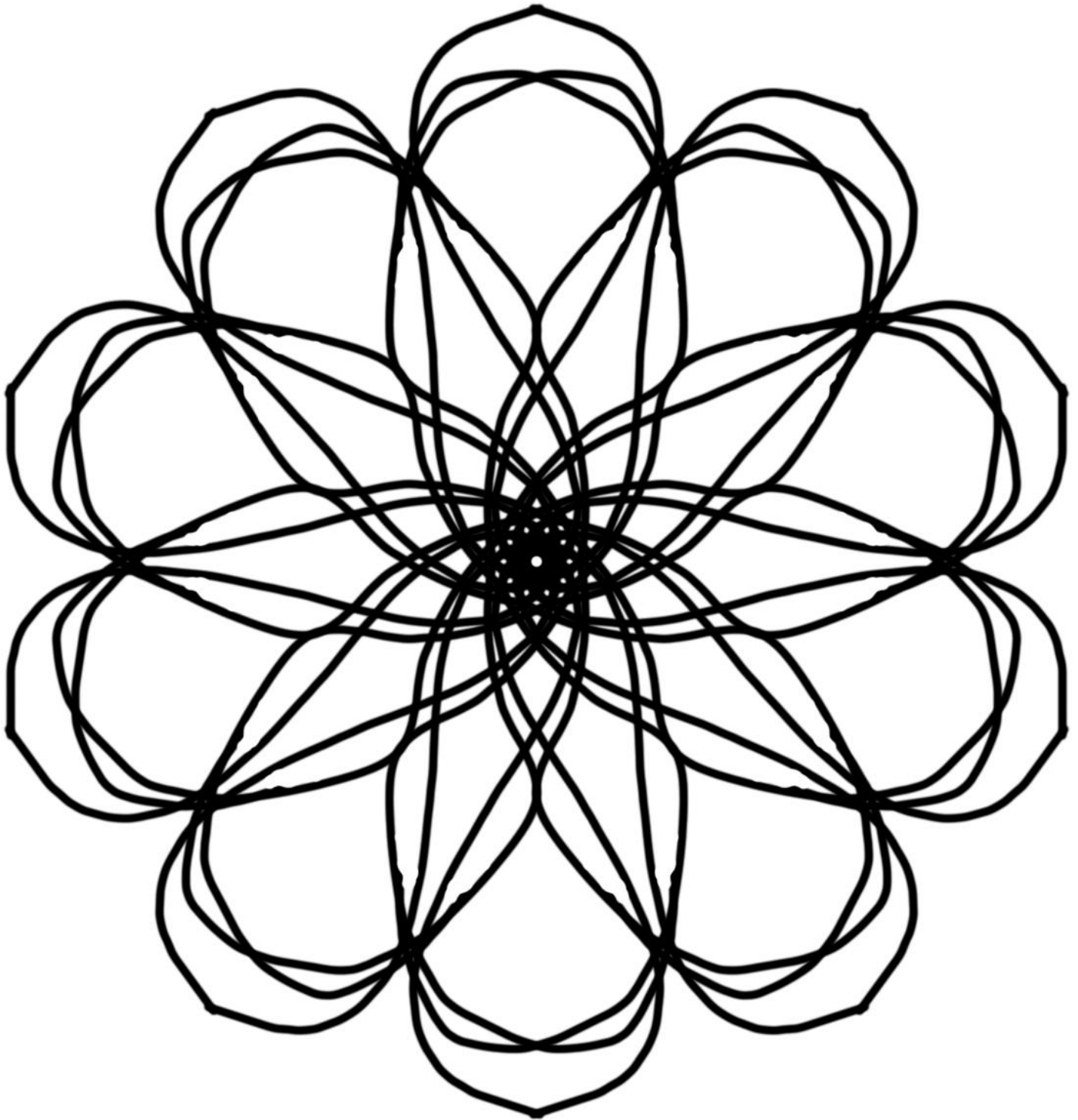
At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. --Albert Schweitzer



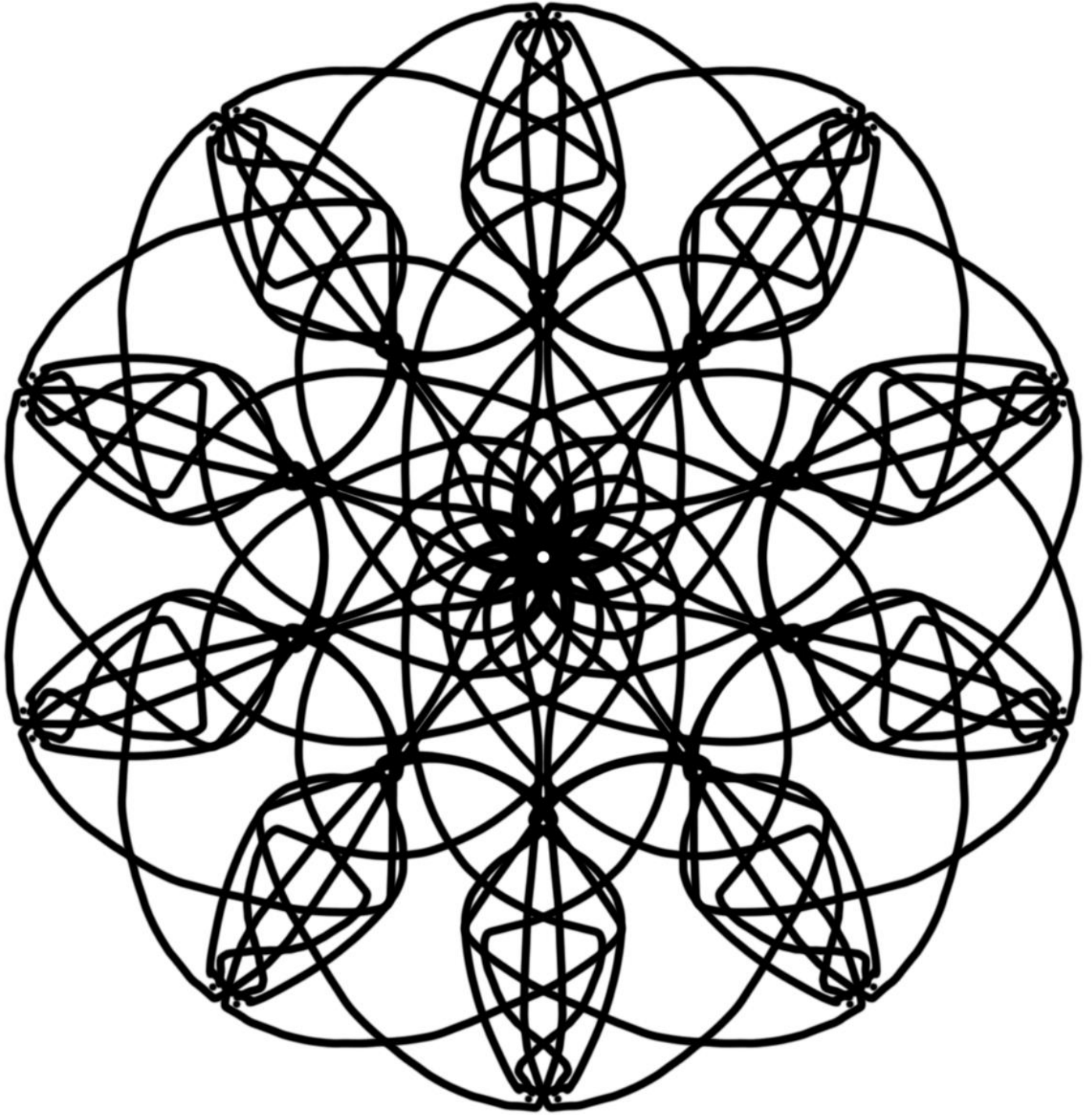
*When we focus on our gratitude, the tide of
disappointment goes out and the tide of love
rushes in—Kirsten Armstrong*



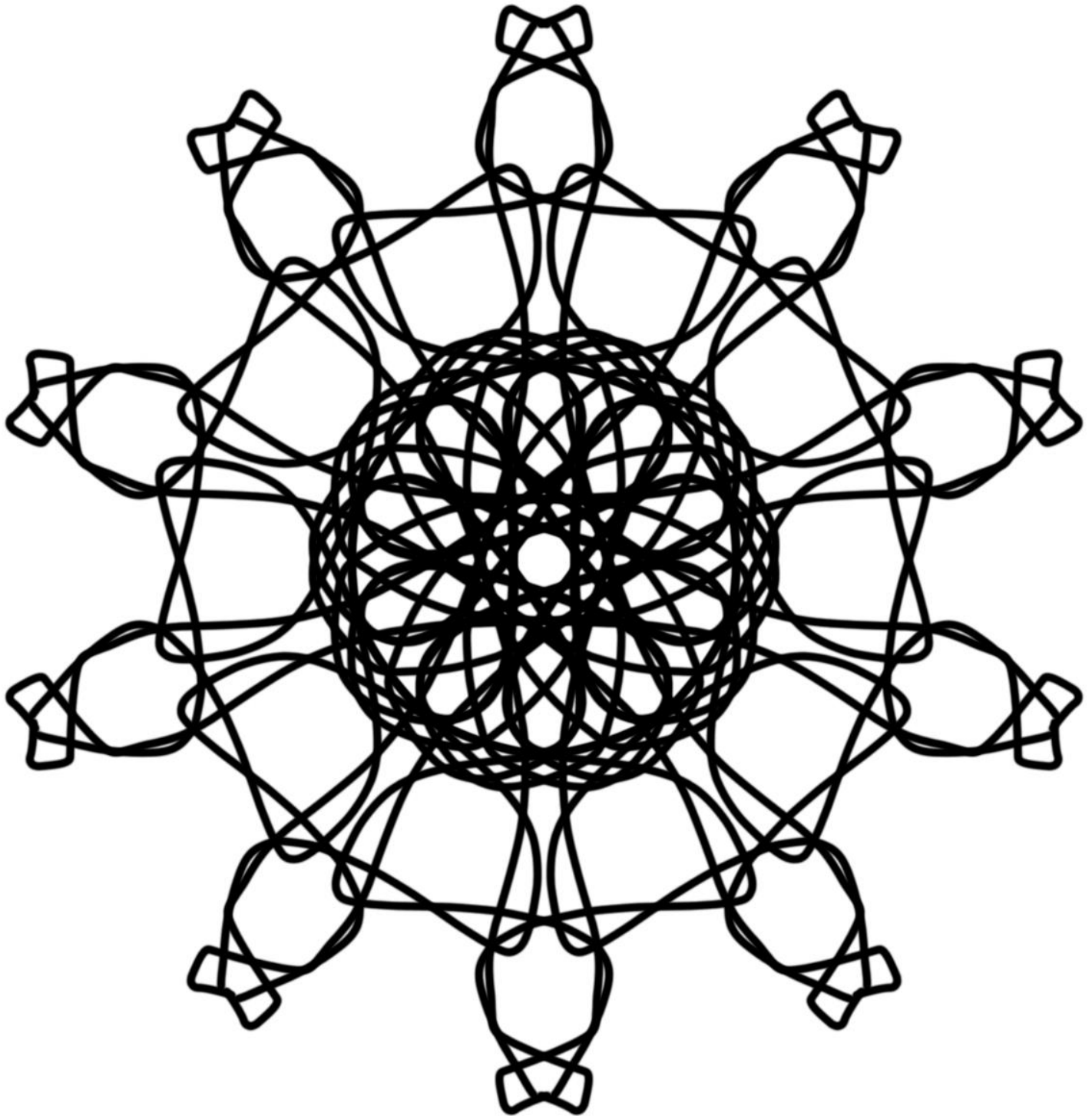
Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow. --Melody Beattie



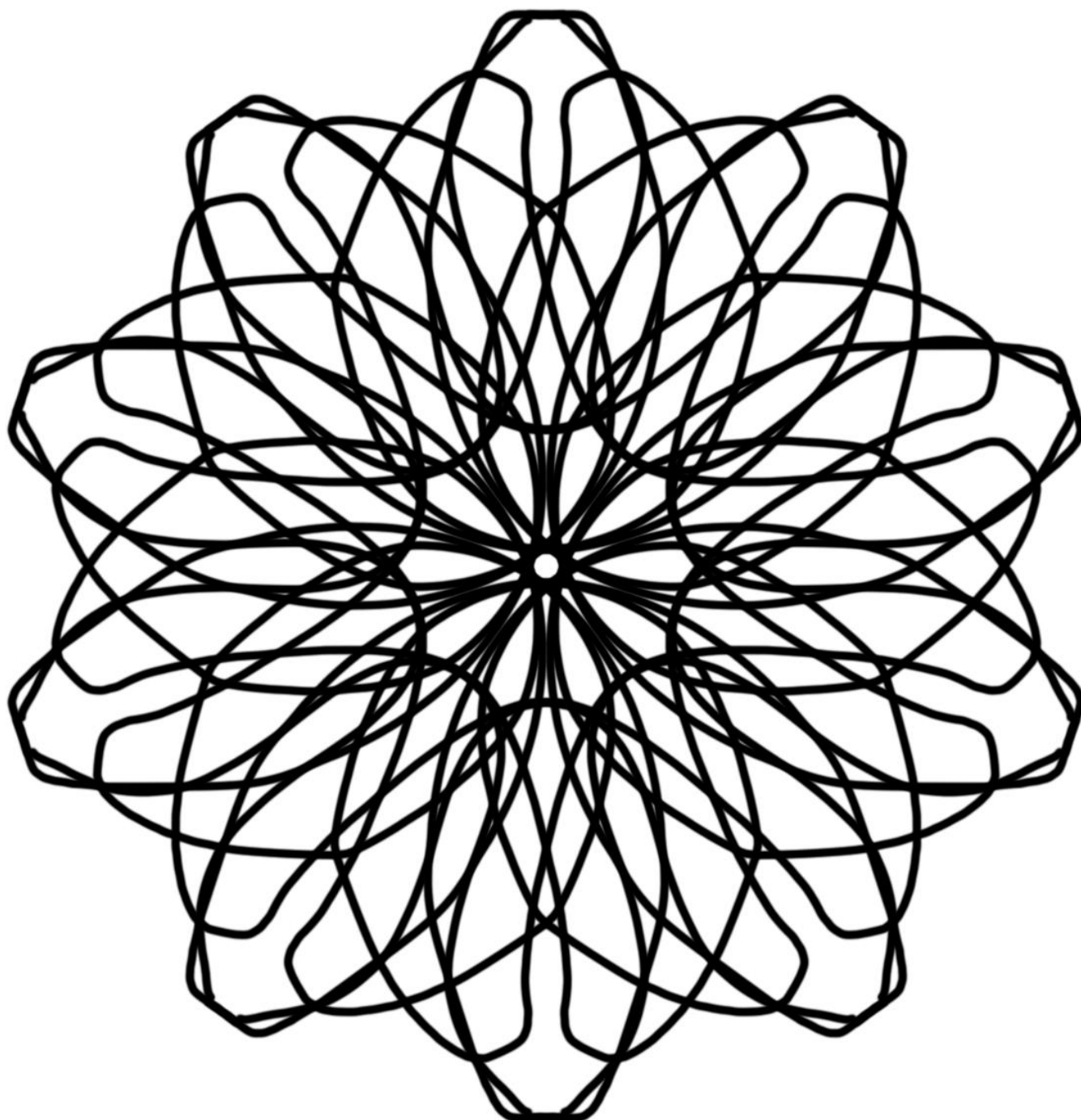
*Feeling gratitude and not expressing it is like
wrapping a present and not giving it.
--William Arthur Ward*



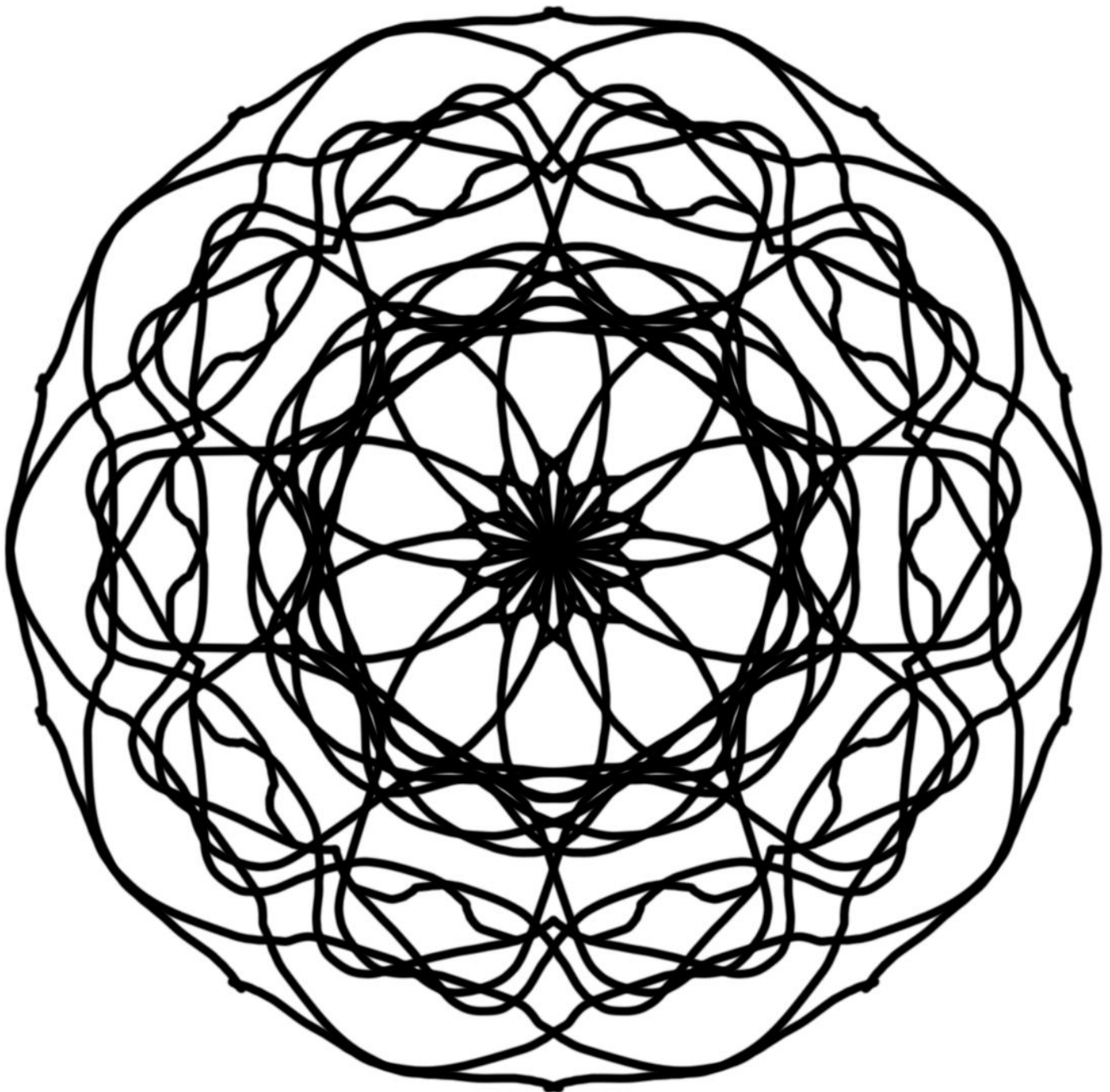
When you know in your bones that your body is a sacred gift, you move in the world with an effortless grace. Gratitude and humility rise up spontaneously. --Debbie Ford



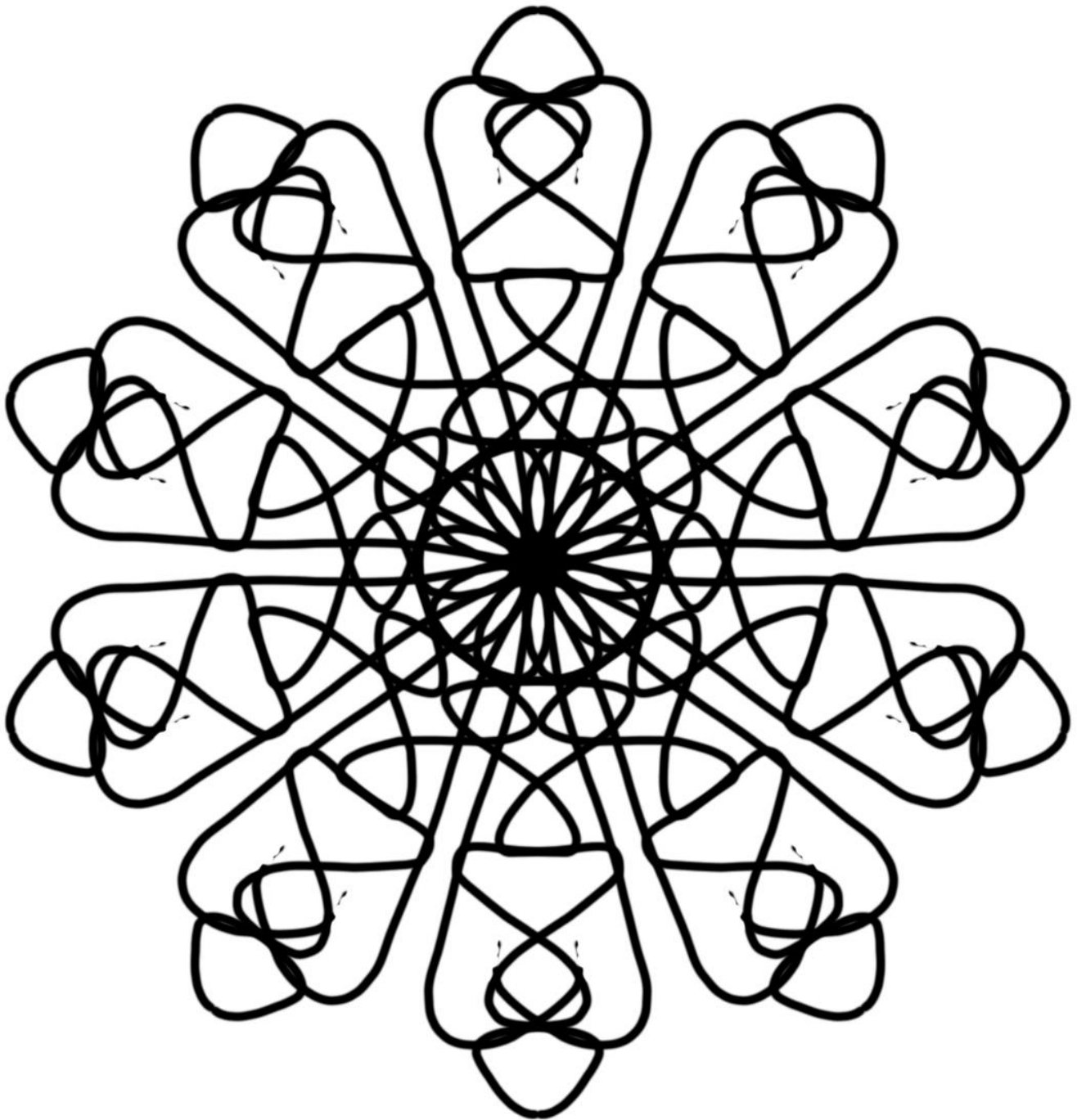
*When eating fruit, remember the one who planted
the tree. --Vietnamese Proverb*



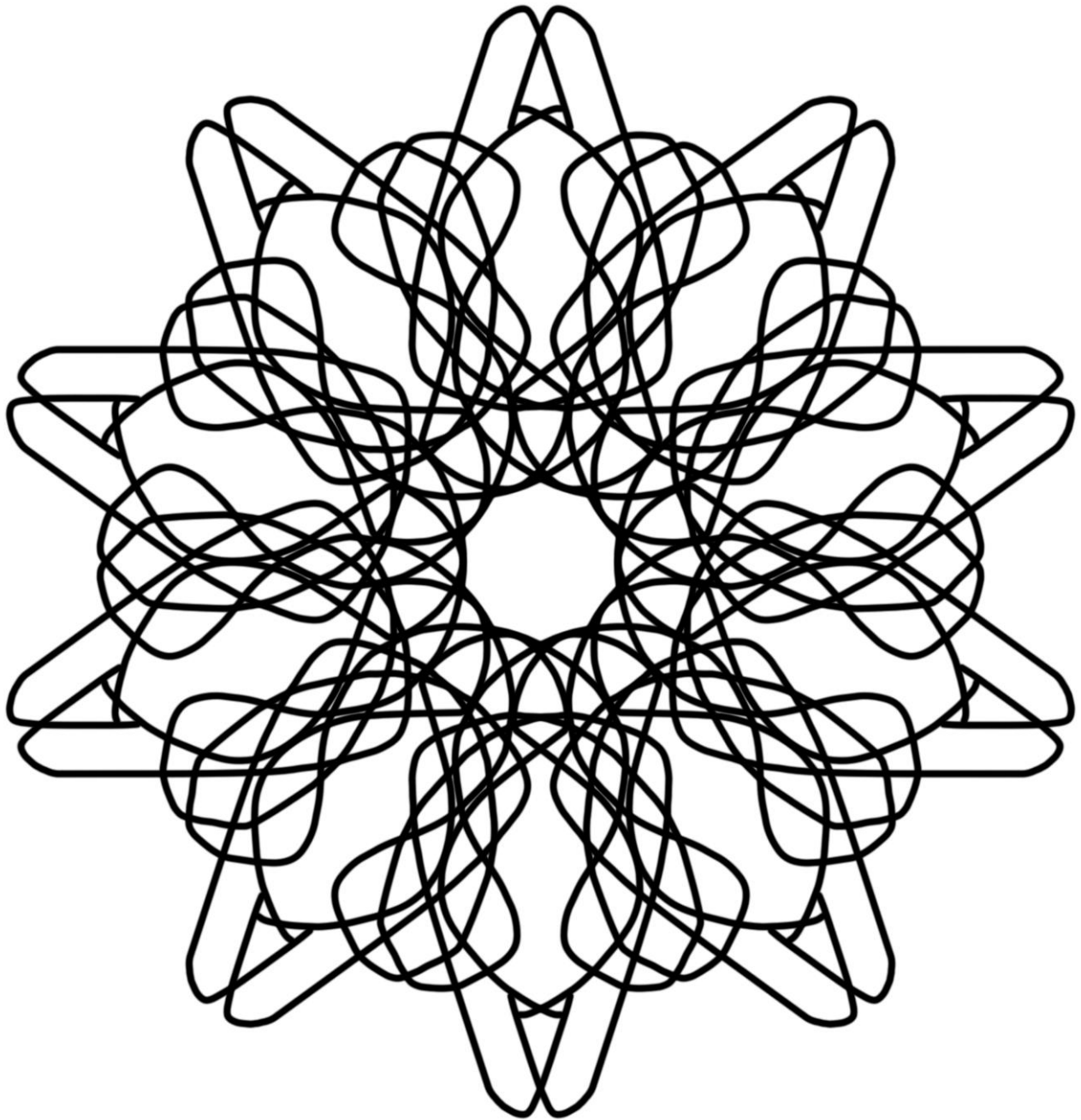
*Let gratitude be the pillow upon which you kneel to
say your nightly prayer. And let faith be the bridge
you build to overcome evil and welcome good.
--Maya Angelou*



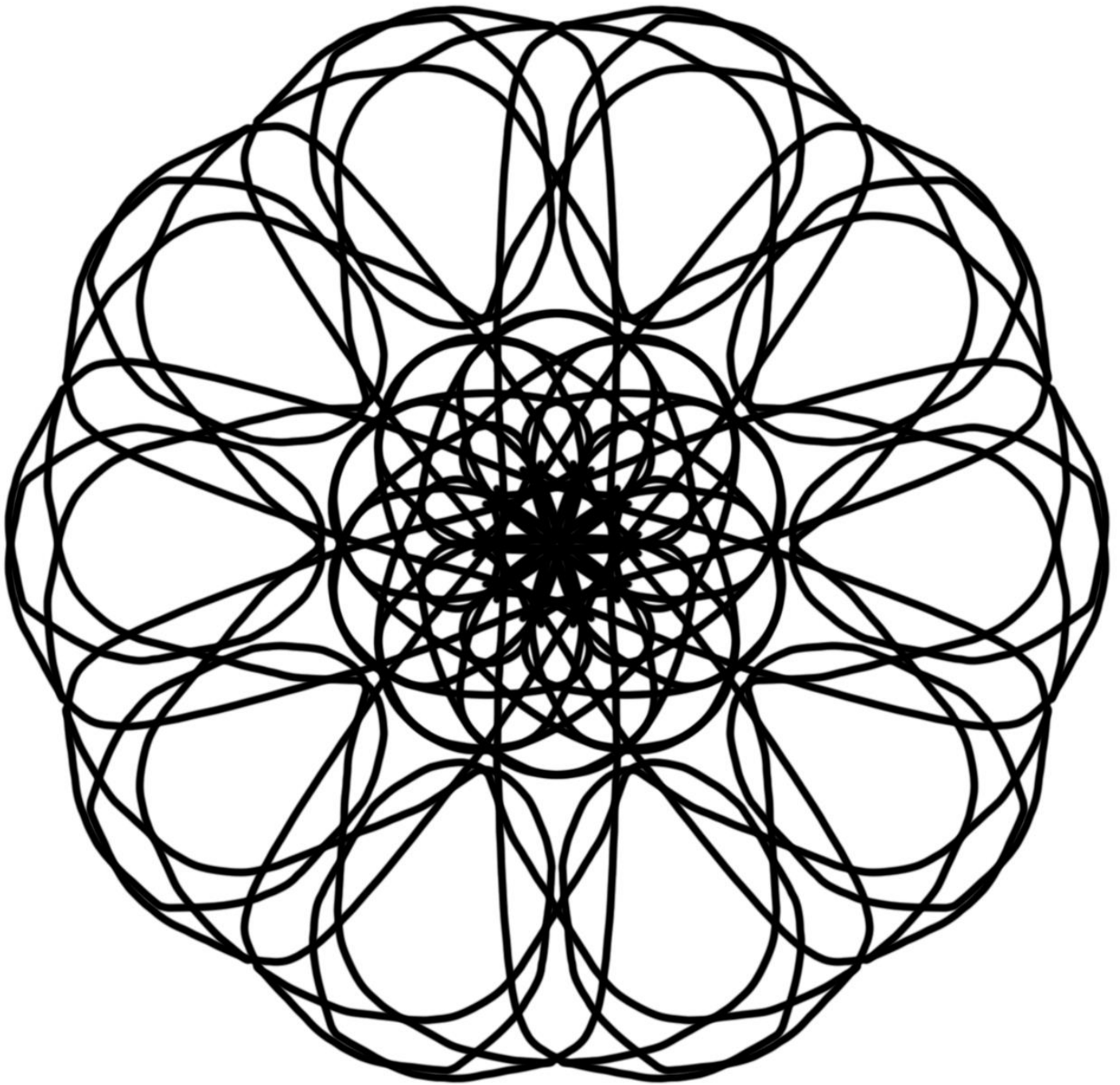
*Be thankful for what you have; you'll end up
having more. If you concentrate on what you
don't have, you will never, ever have enough.*
-- Oprah Winfrey



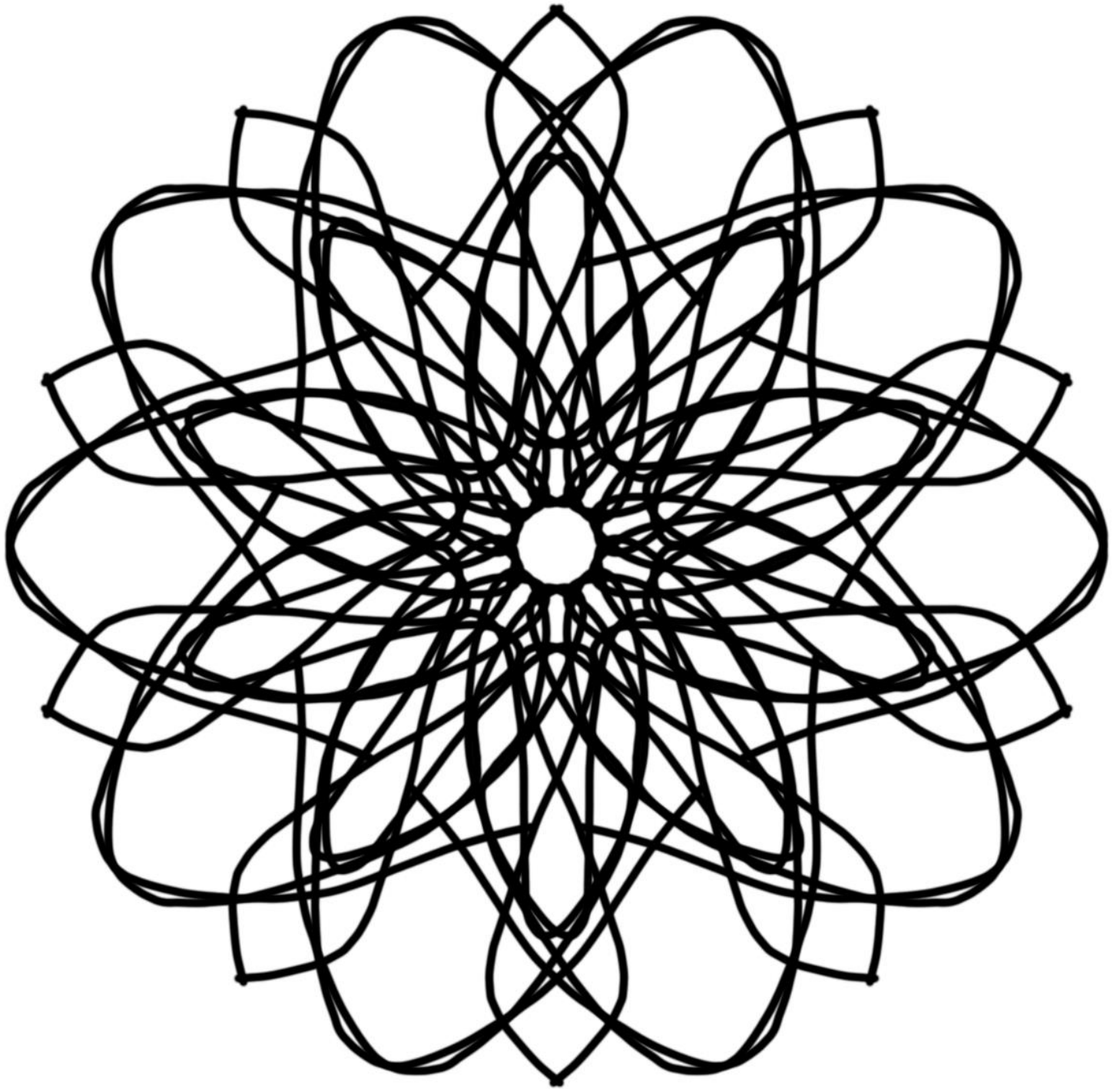
*No duty is more urgent than giving thanks.
-- James Allen*



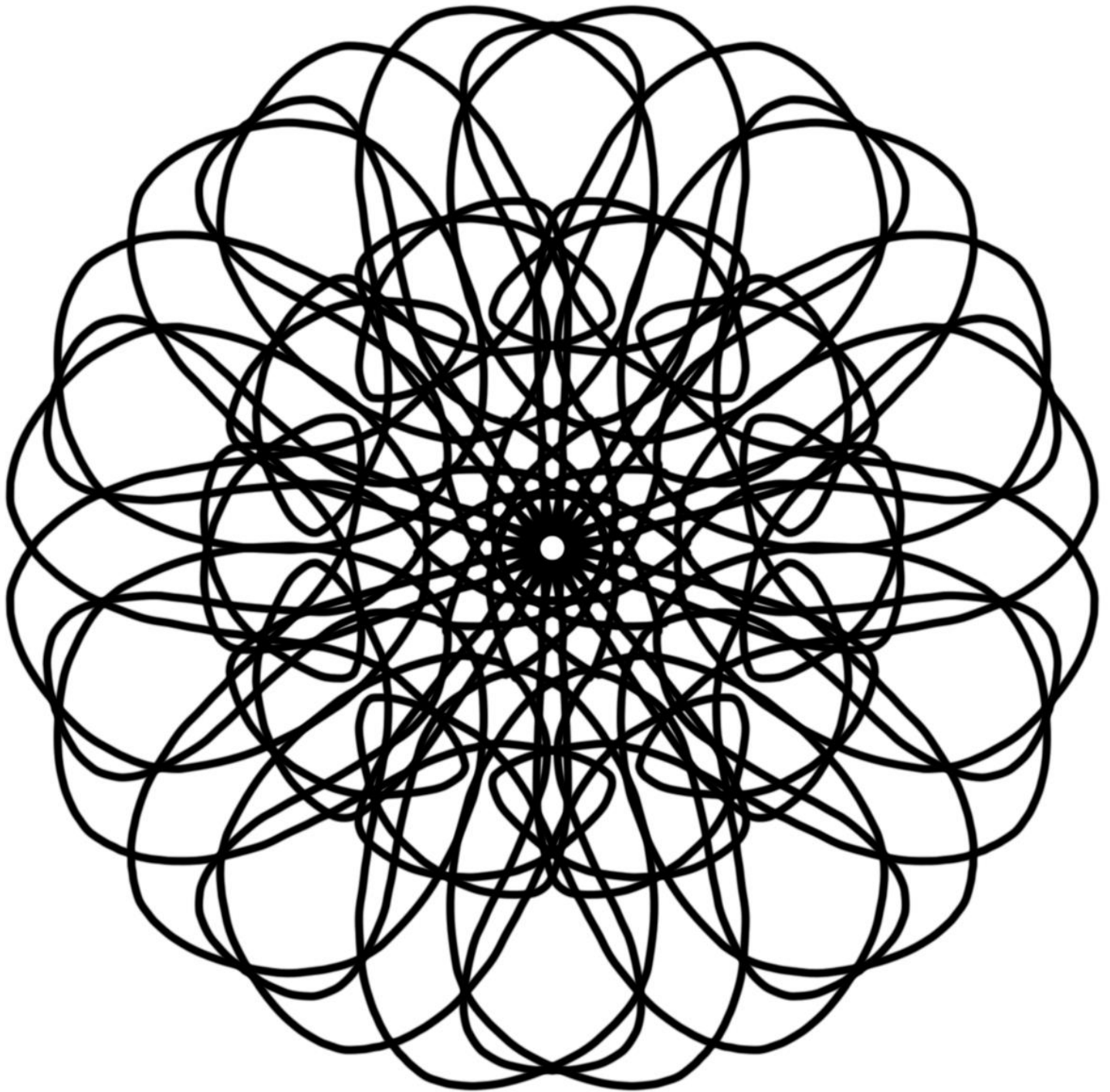
*Nature's beauty is a gift that cultivates
appreciation and gratitude- Louie Schwartzberg*



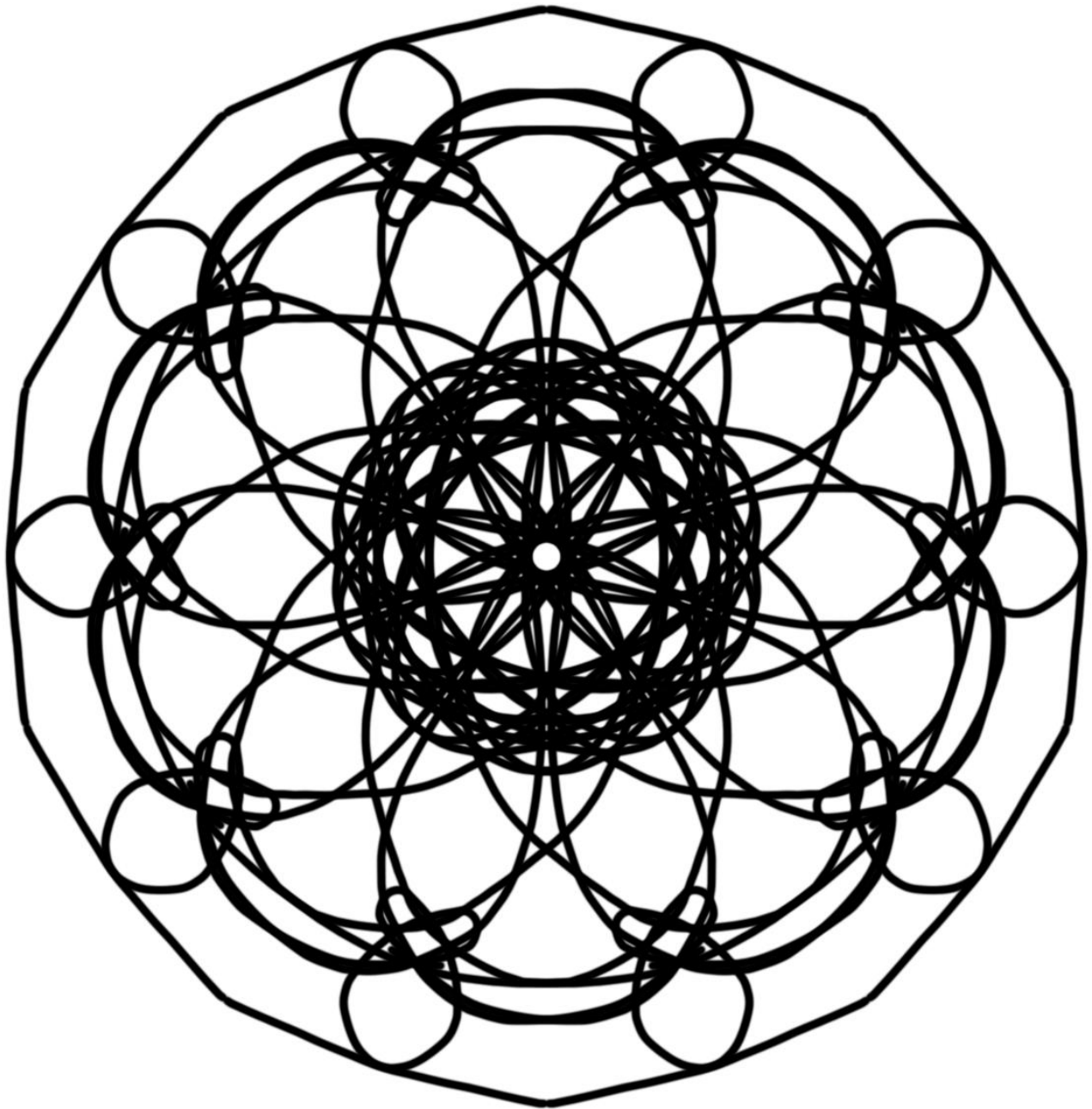
Gratitude is riches. A complaint is poverty.
-- Doris Day



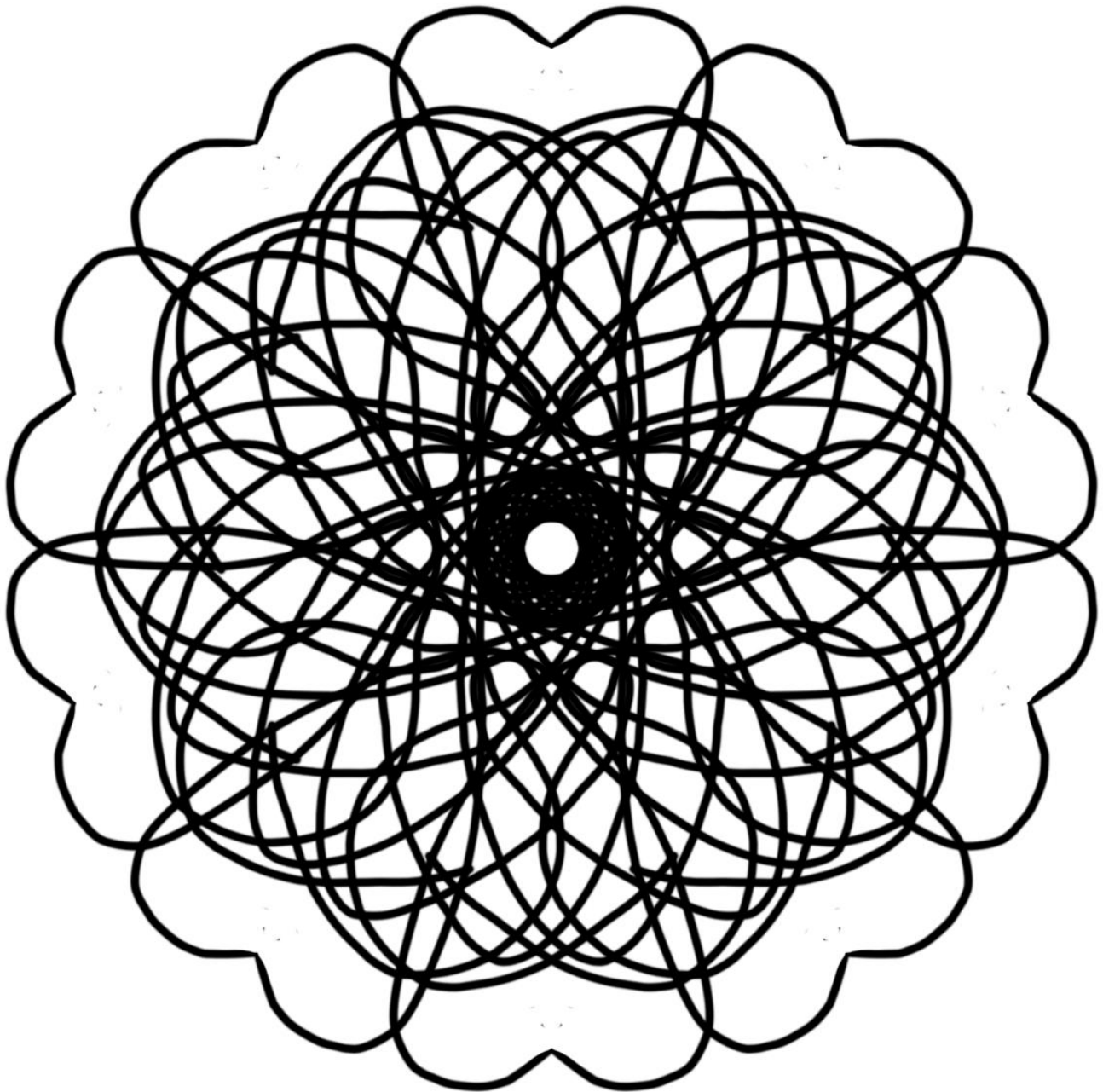
*Thankfulness is the beginning of gratitude.
Thankfulness may consist merely of words.
Gratitude is shown in acts.
-- Henri Frederic Amiel*



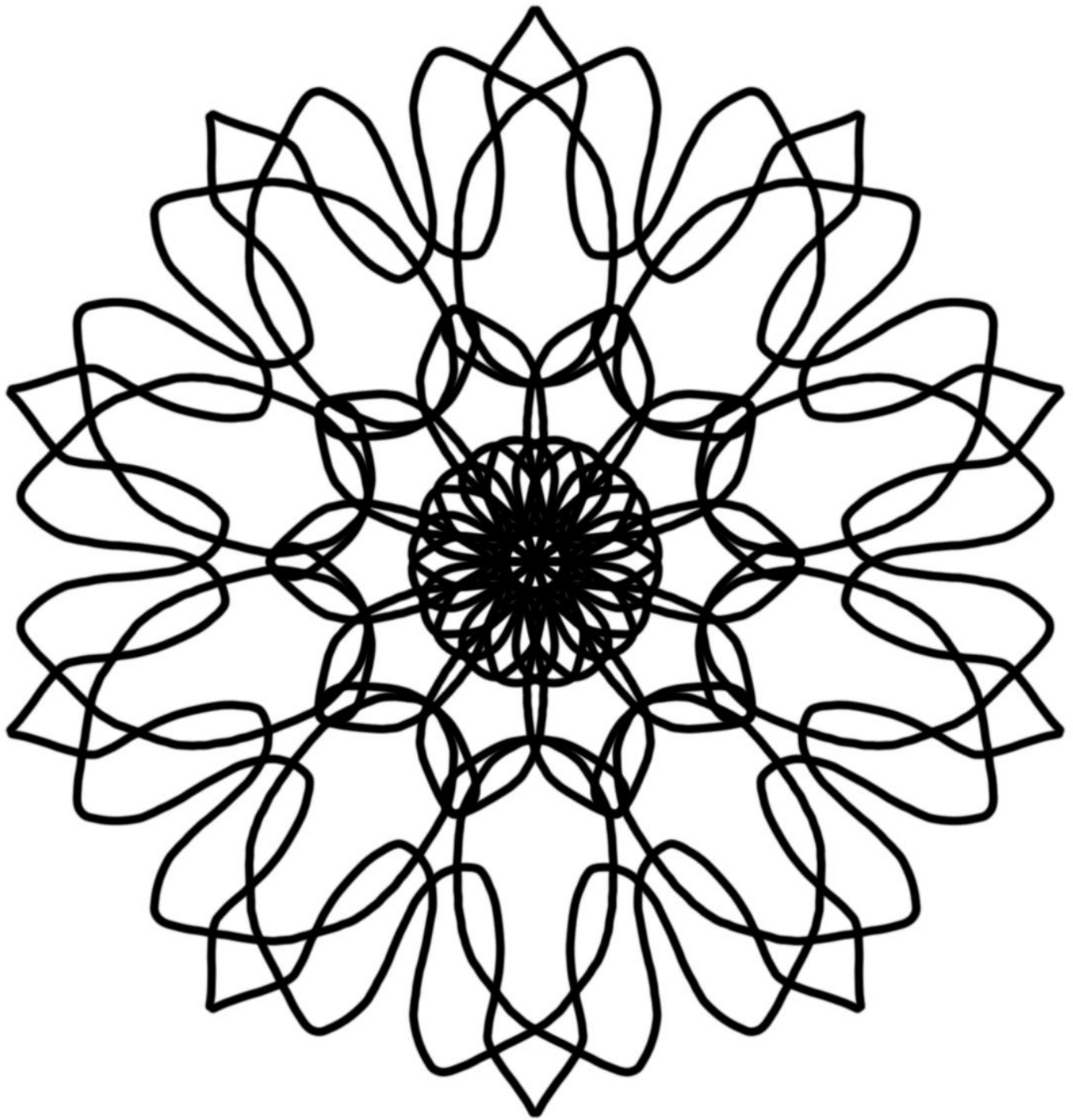
*True forgiveness is when you can, Thank you for
the experience. --Oprah*



*When you arise in the morning give thanks for the
food and for the joy of living. If you see no reason
for giving thanks, the fault lies only in yourself.
--Tecumseh*

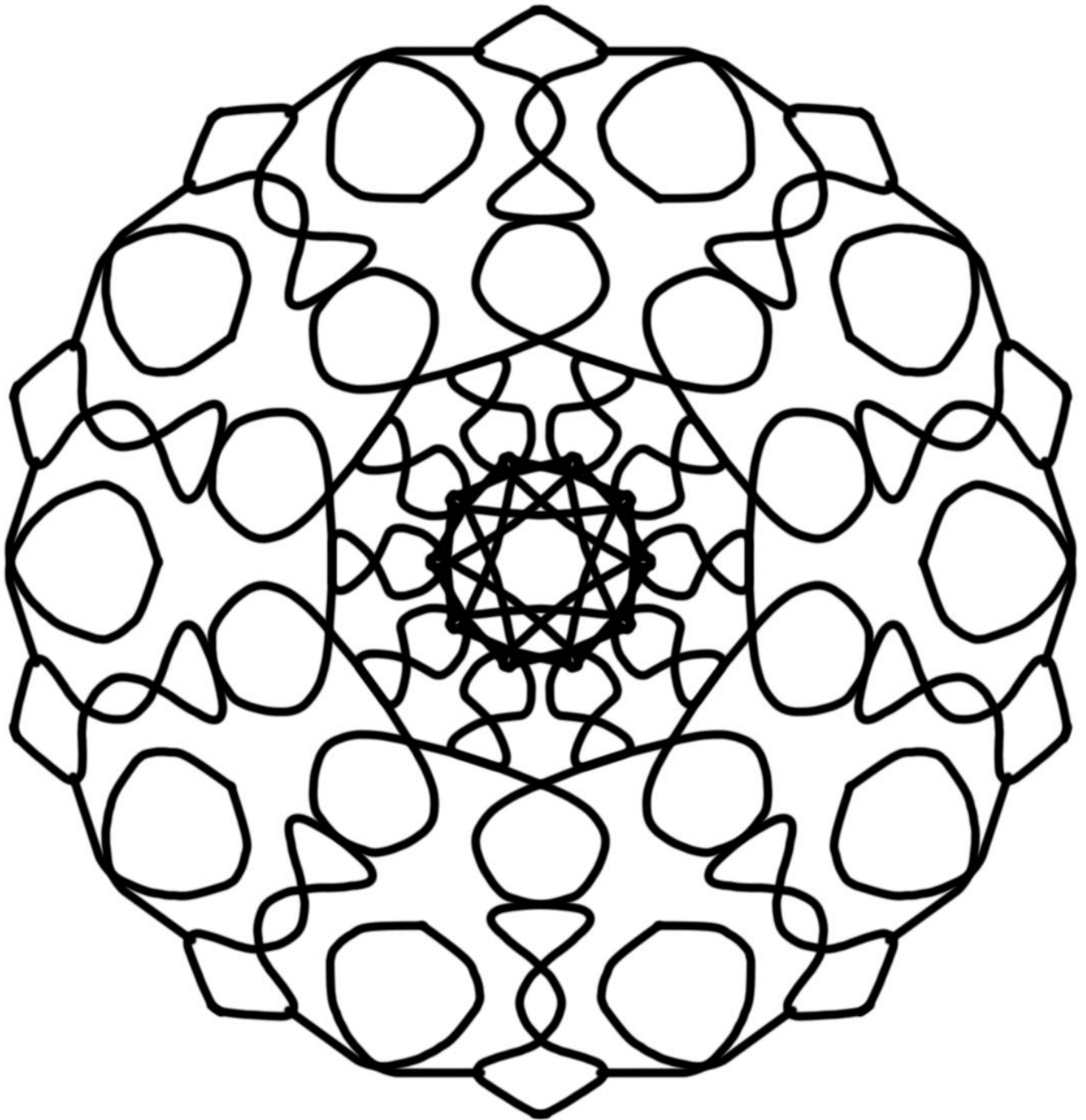


*He is a wise man who does not grieve for the things
which he has not, but rejoices for those which he
has. --Epictetus*

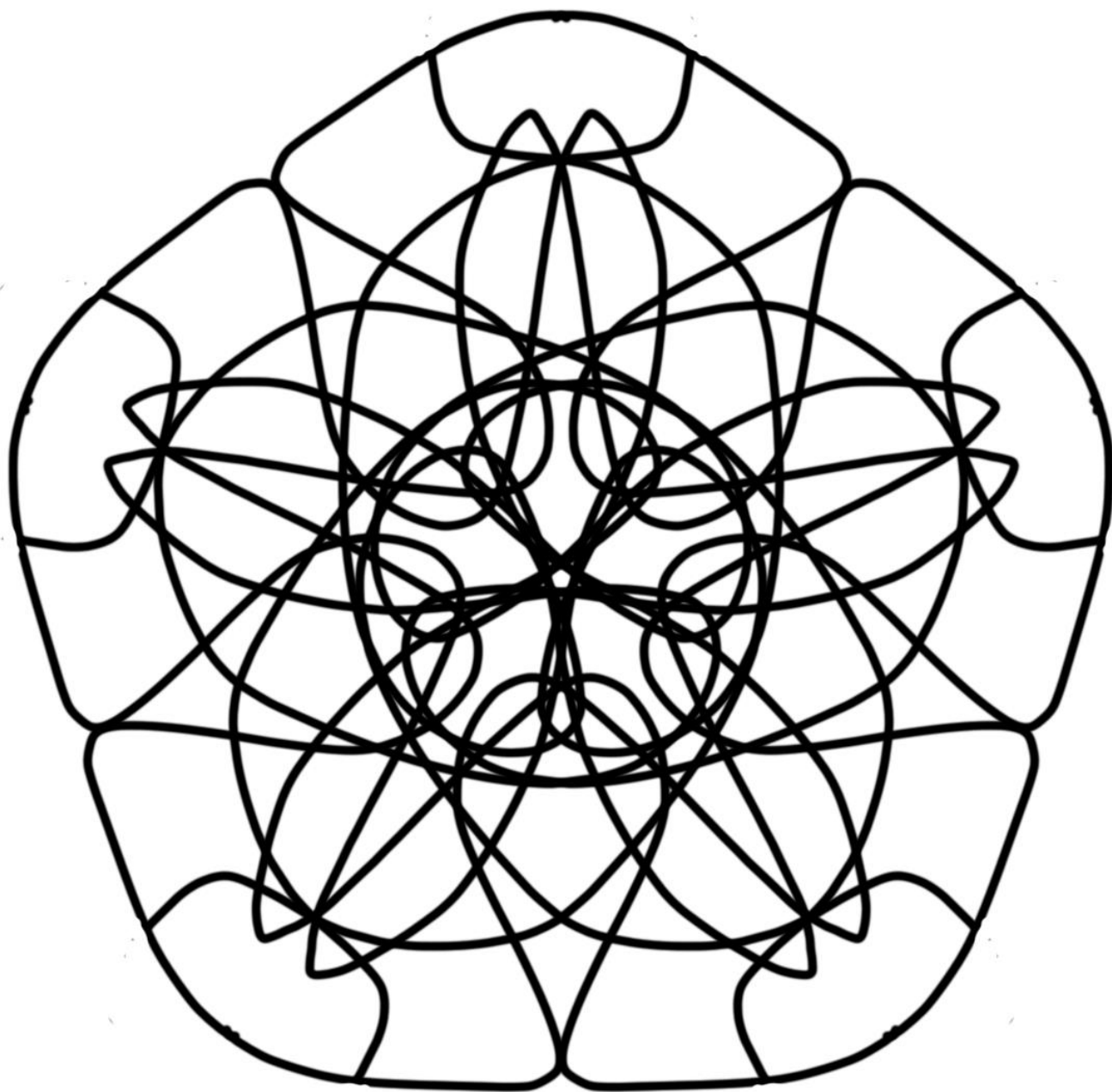


*We should certainly count our blessings, but we
should also make our blessings count.*

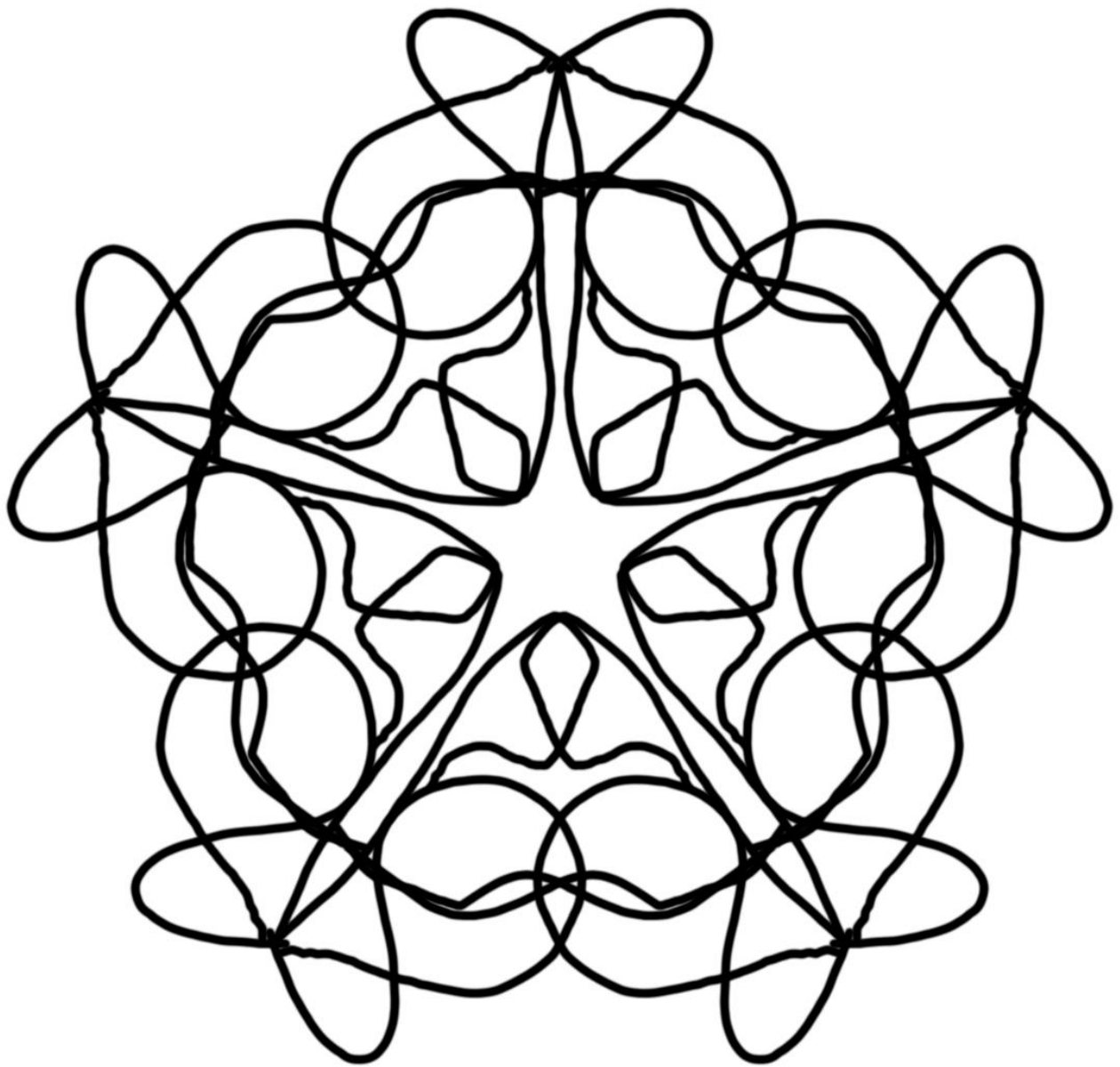
-- Neal A. Maxwell



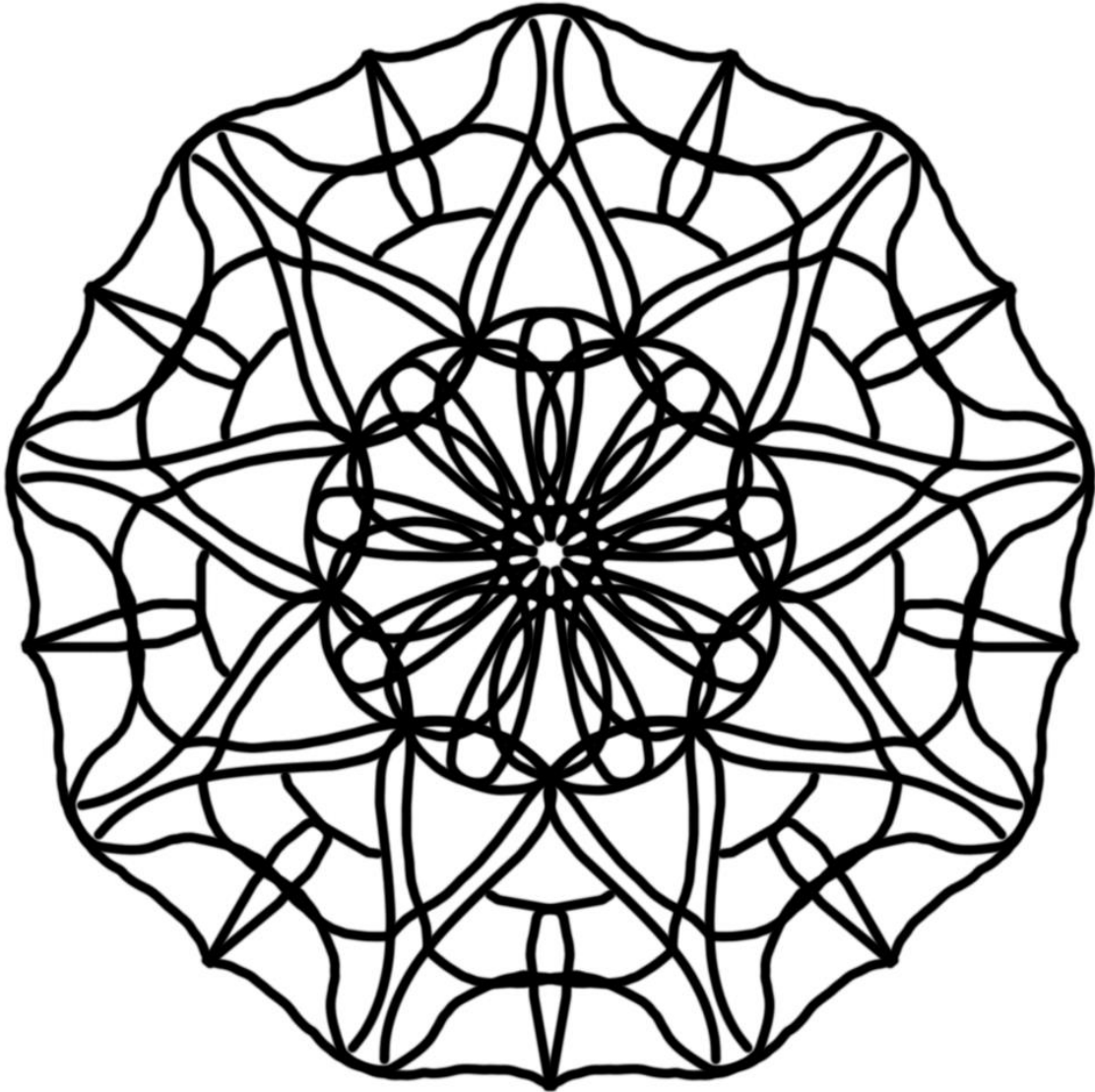
*Let us be grateful to the people who make us happy;
they are the charming gardeners who make our
souls blossom. --Marcel Proust*



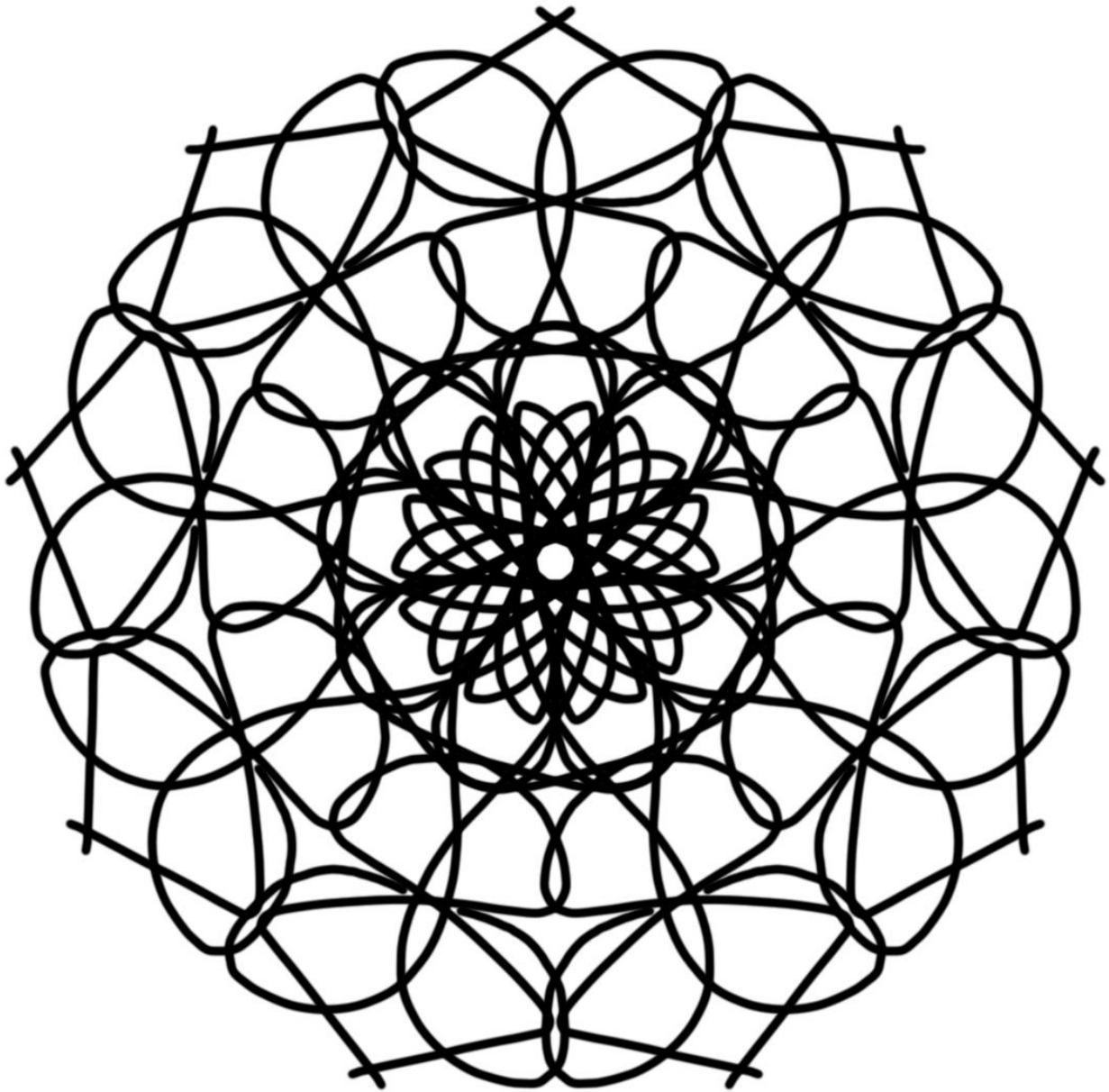
*Gratitude is more of a compliment to yourself than
someone else. --Raheel Farooq*



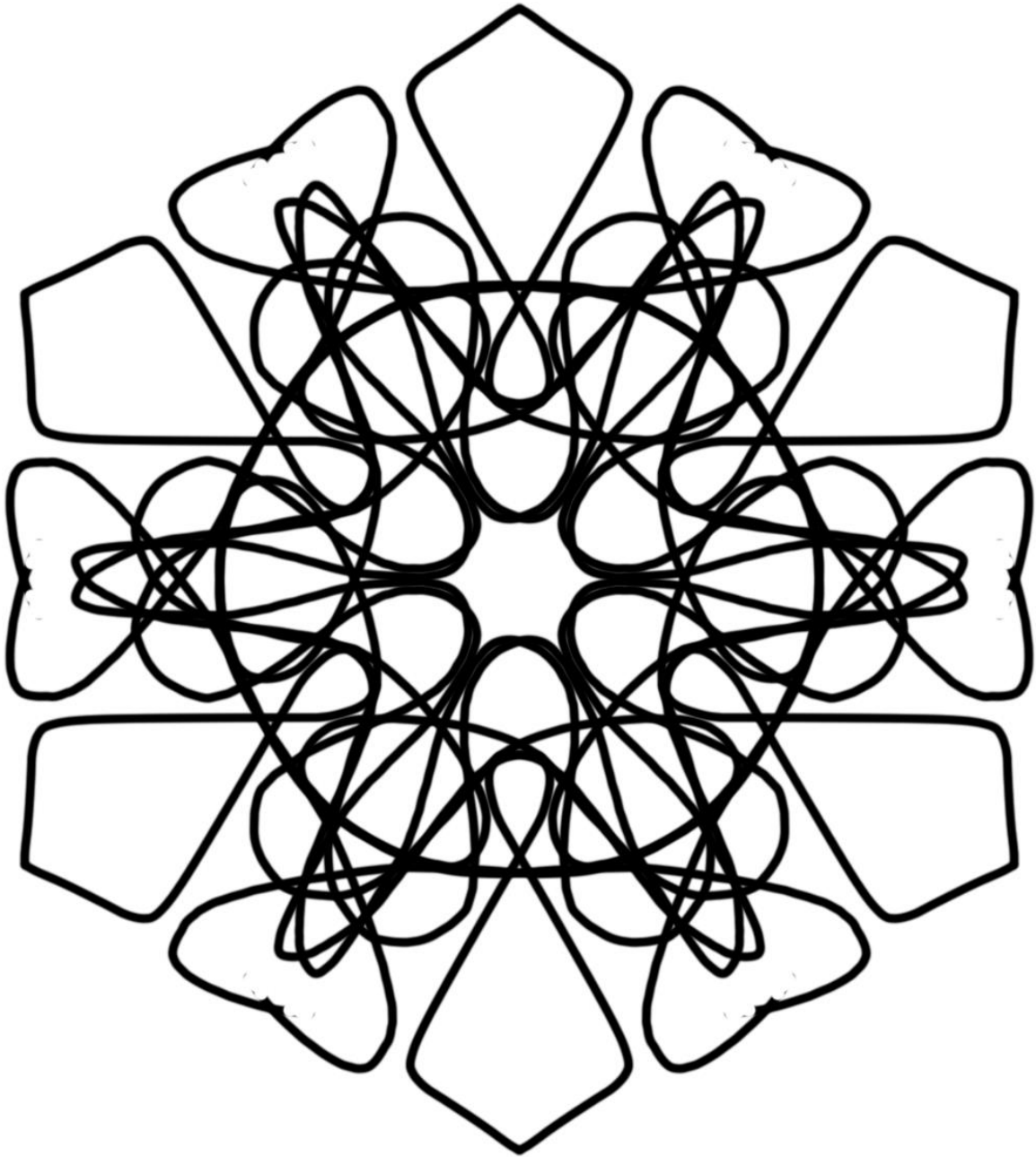
*Things turn out best for people who make the best
of the way things turn out. --John Wooden*



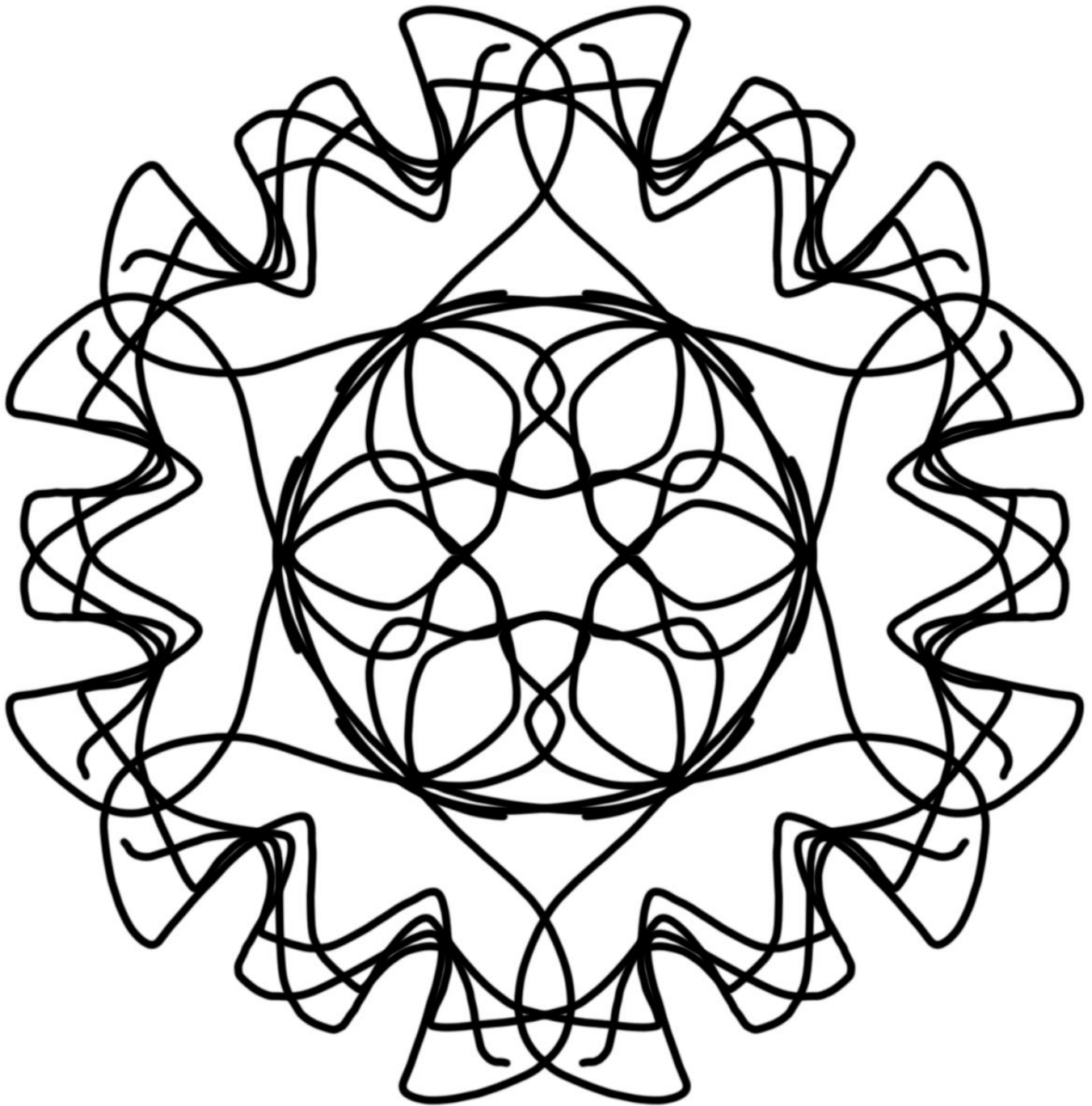
*Gratitude is the healthiest of all human emotions.
The more you express gratitude for what you have,
the more likely you will have even more to express
gratitude for. -Zig Ziglar*



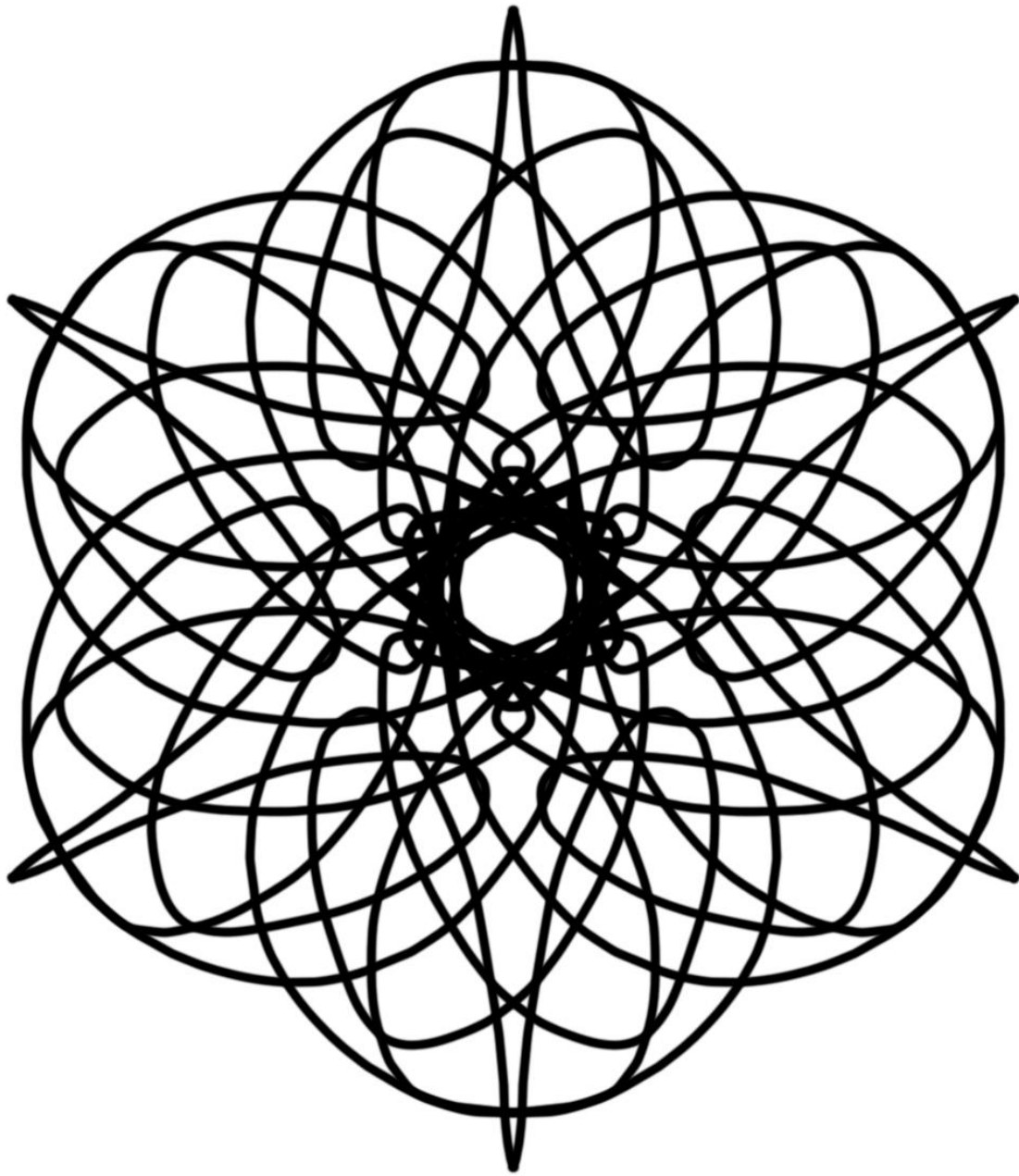
*We must find time to stop and thank the people
who make a difference in our lives.
--John F. Kennedy*



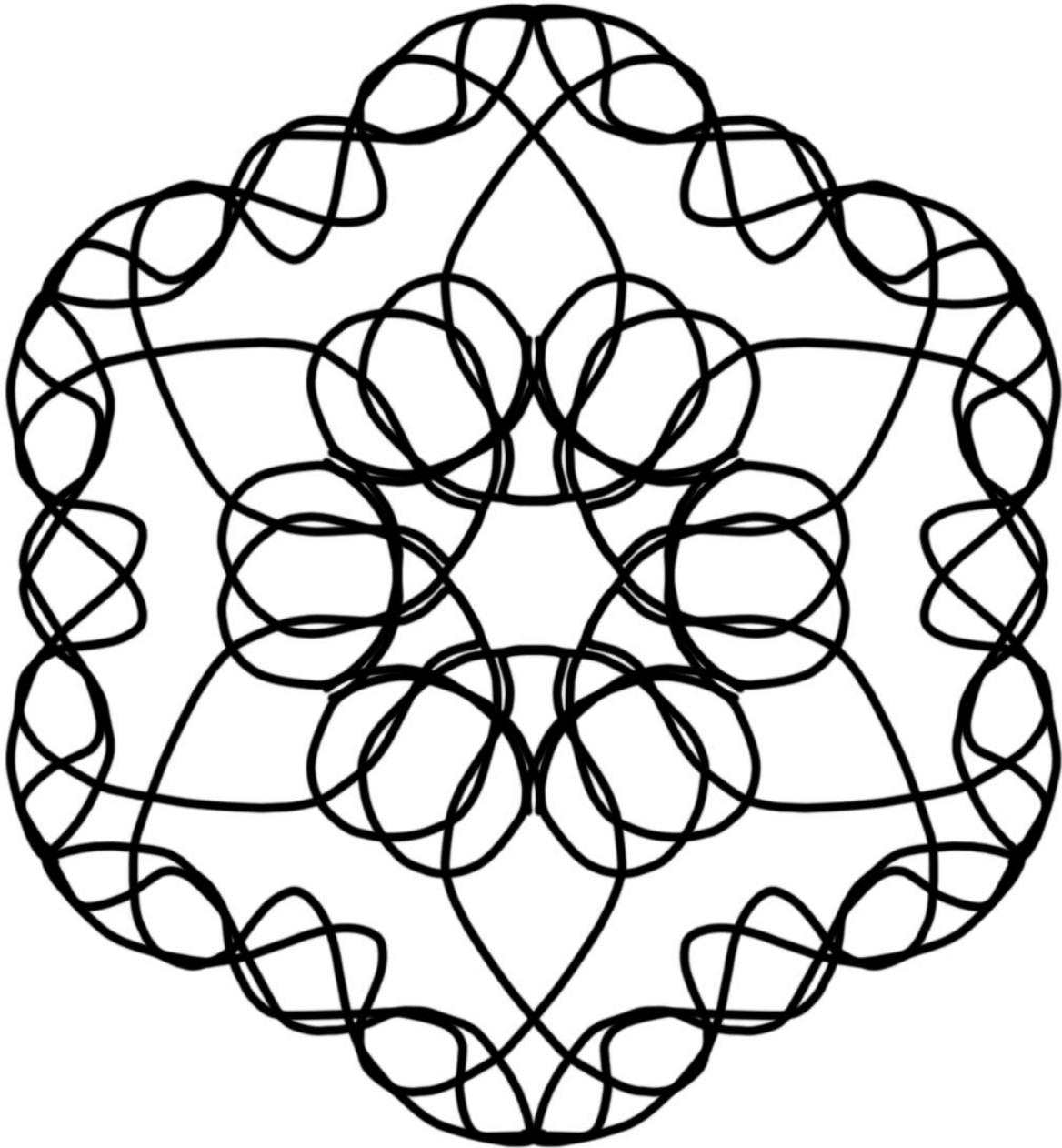
Gratitude is not only the greatest of virtues, but the parent of all others. --Marcus Tullius Cicero



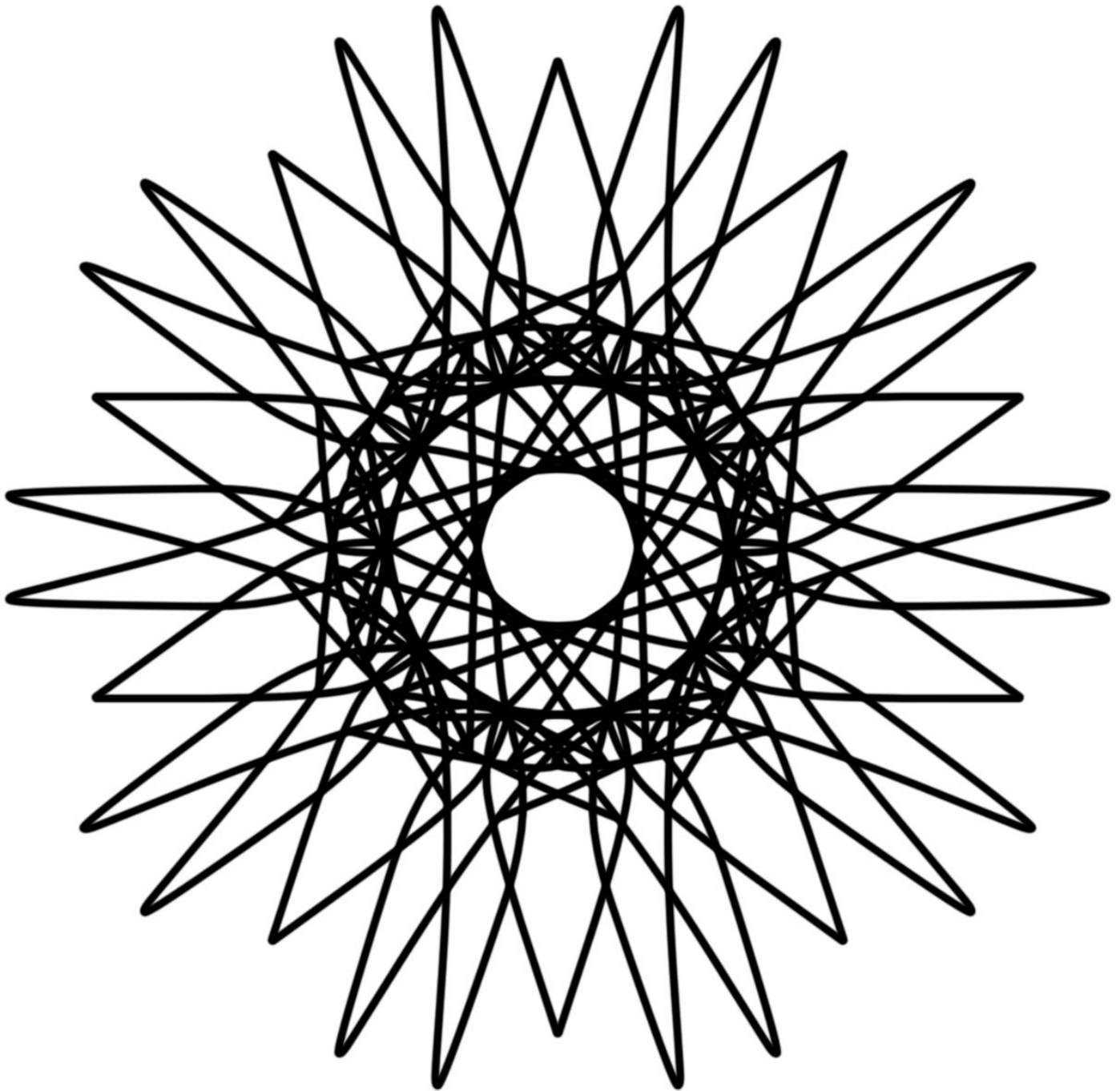
*○ Lord that lends me life, lend me a heart replete
with thankfulness. --William Shakespeare*



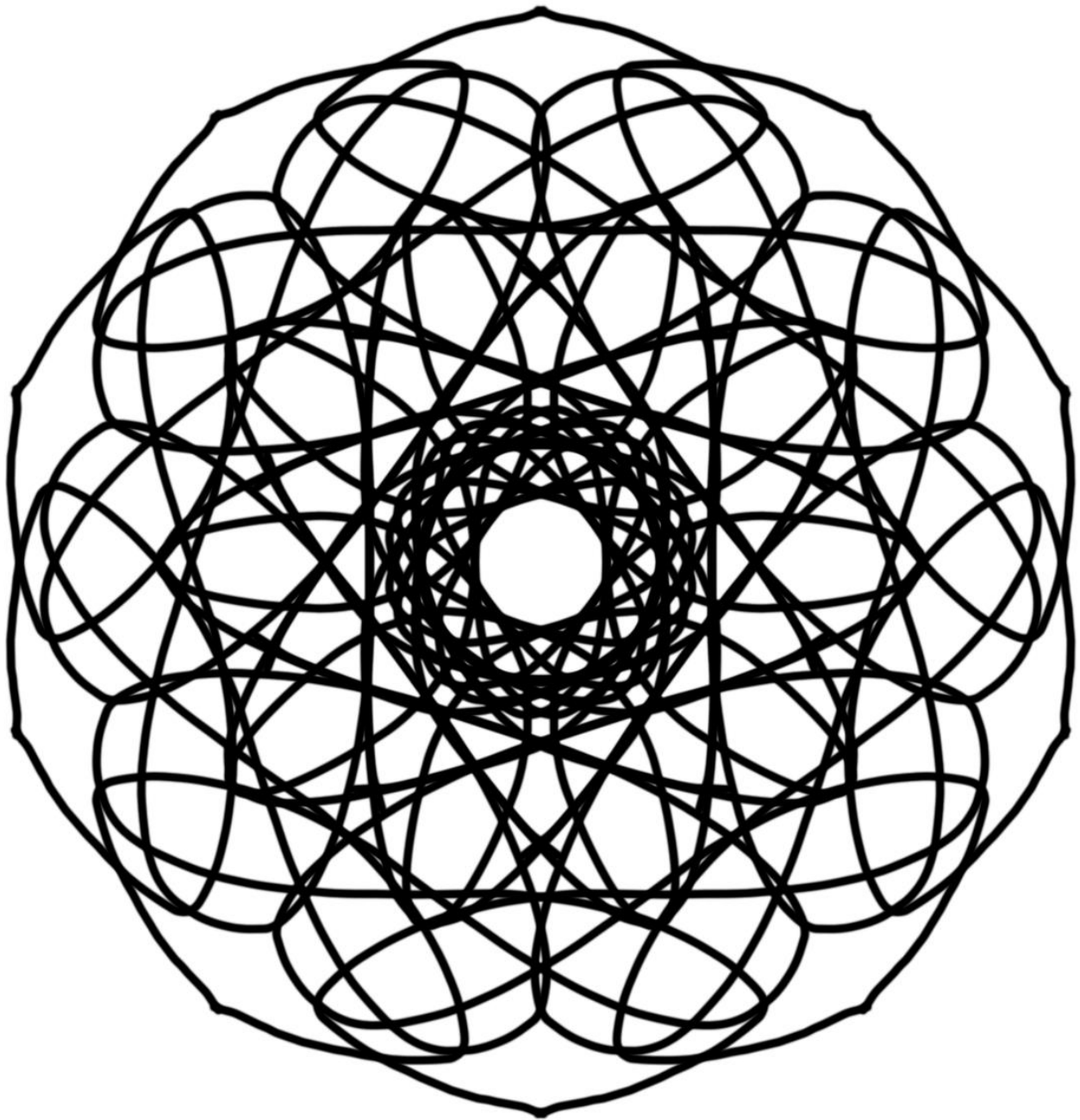
Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful. --Buddha



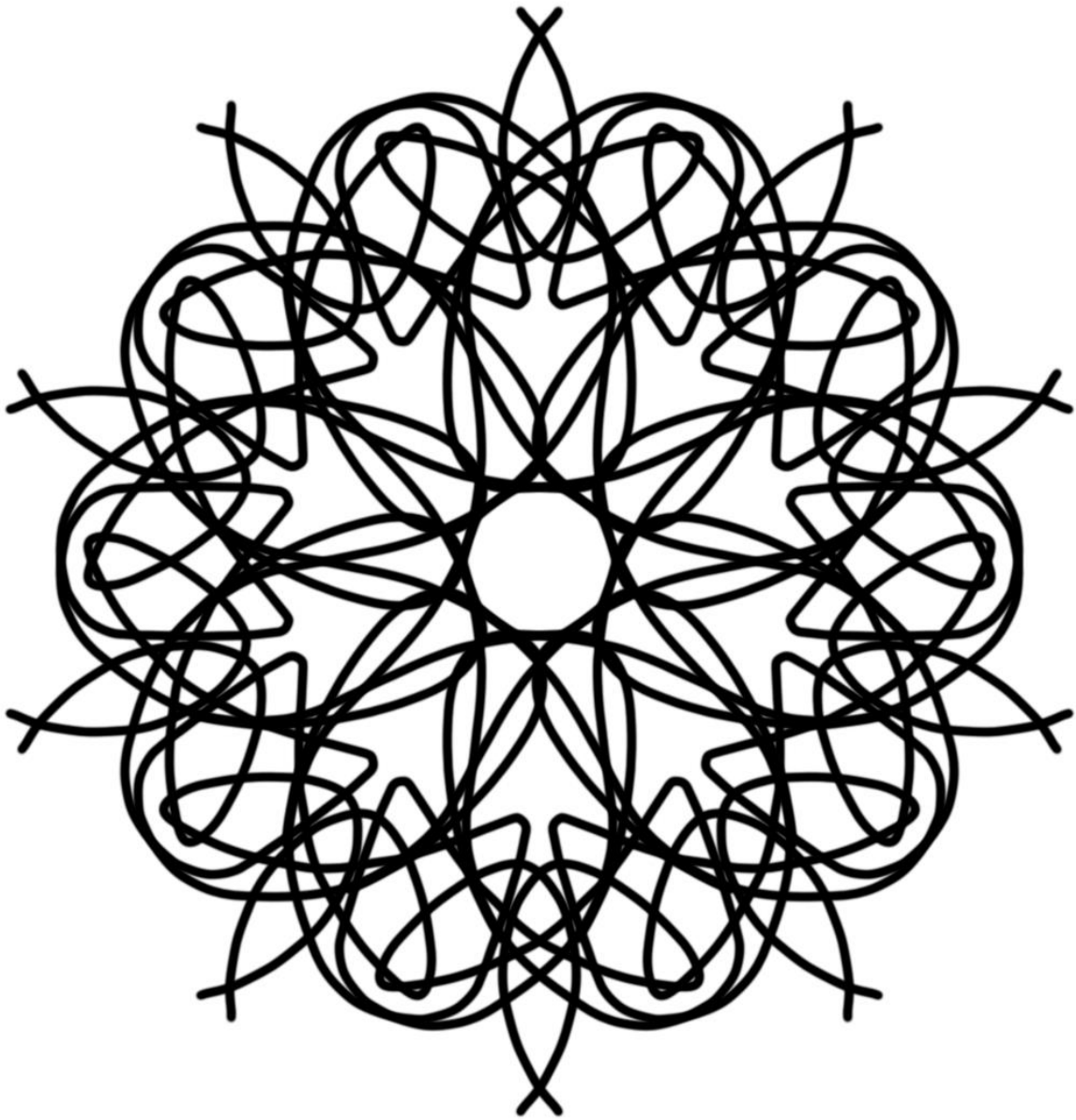
*What separates privilege from entitlement is
gratitude. --Brene Brown*



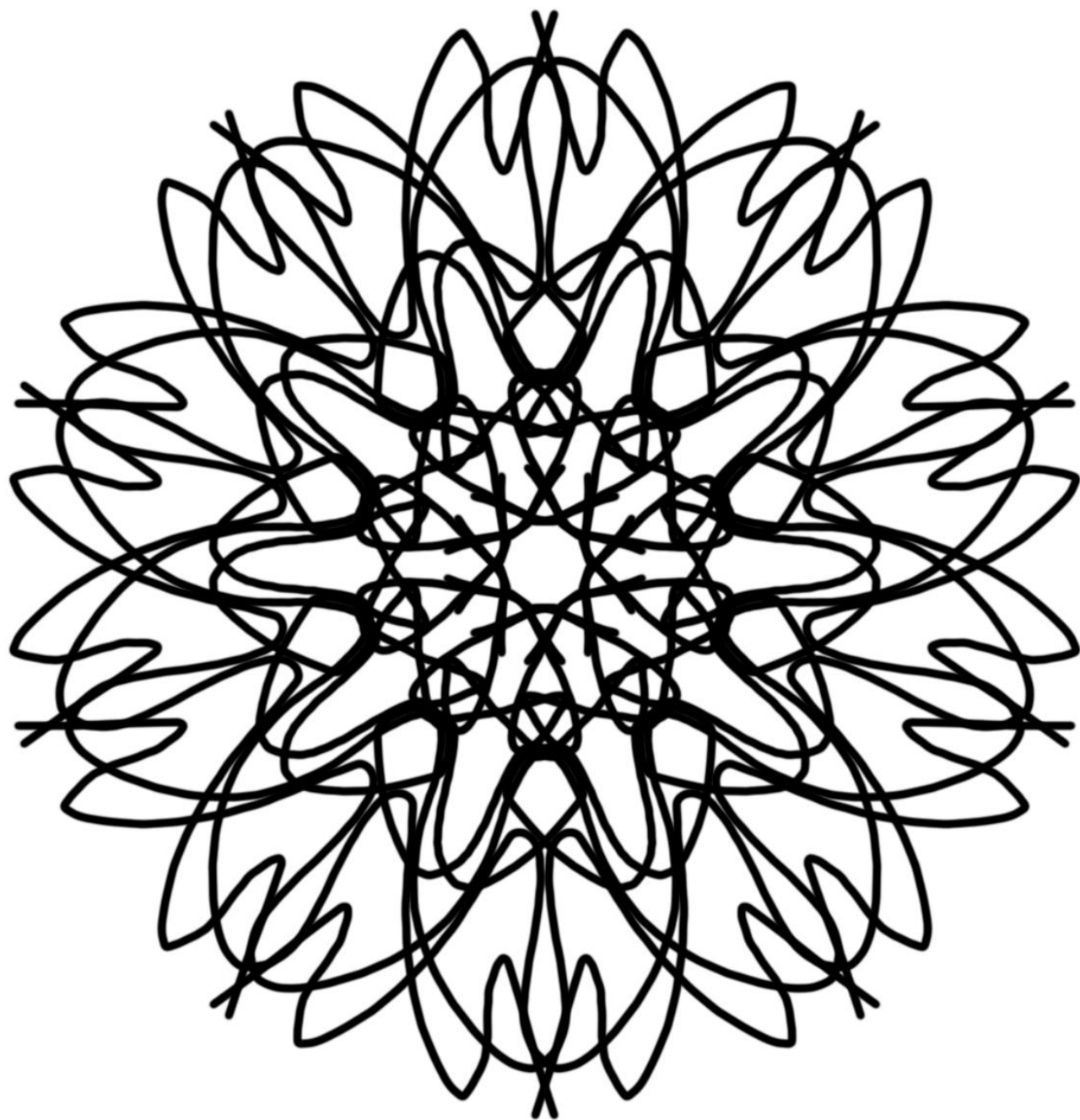
*Gratitude is a powerful catalyst for happiness. It's
the spark that lights a fire of joy in your soul.
--Amy Collette*



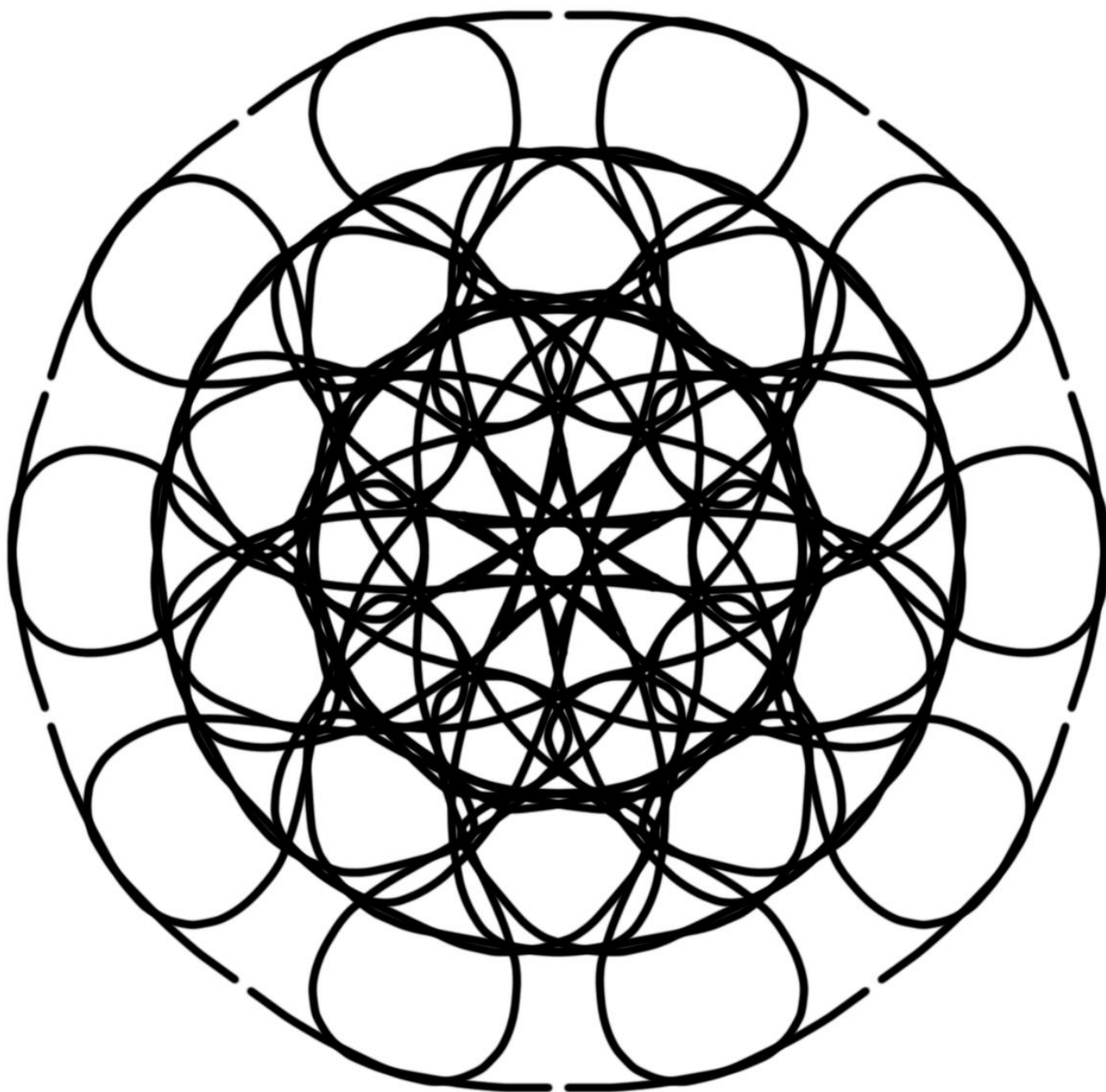
*When I started counting my blessings, my whole
life turned around. --Willie Nelson*



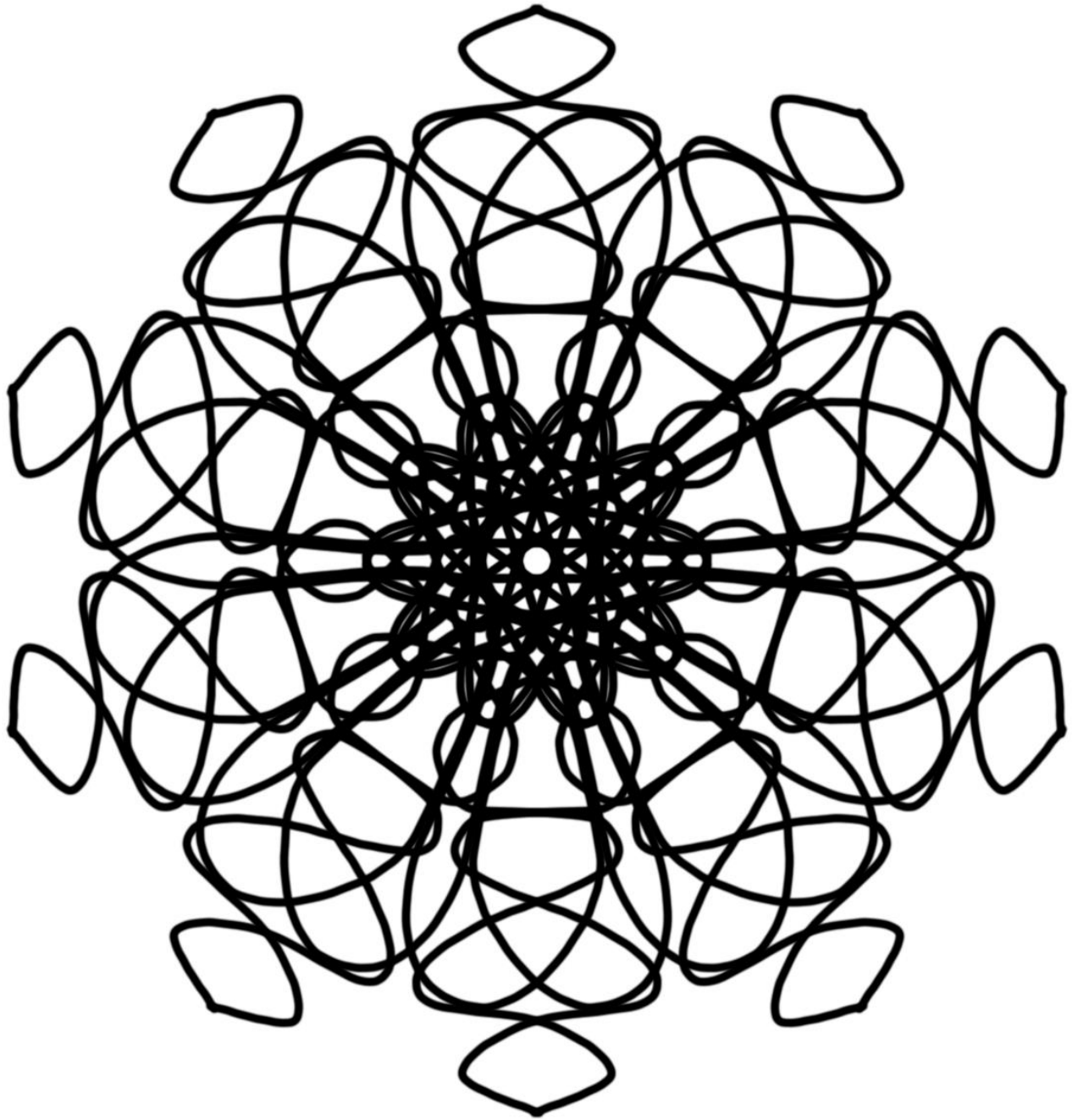
*We often take for granted the very things that most
deserve our gratitude. --Cynthia Ozick*



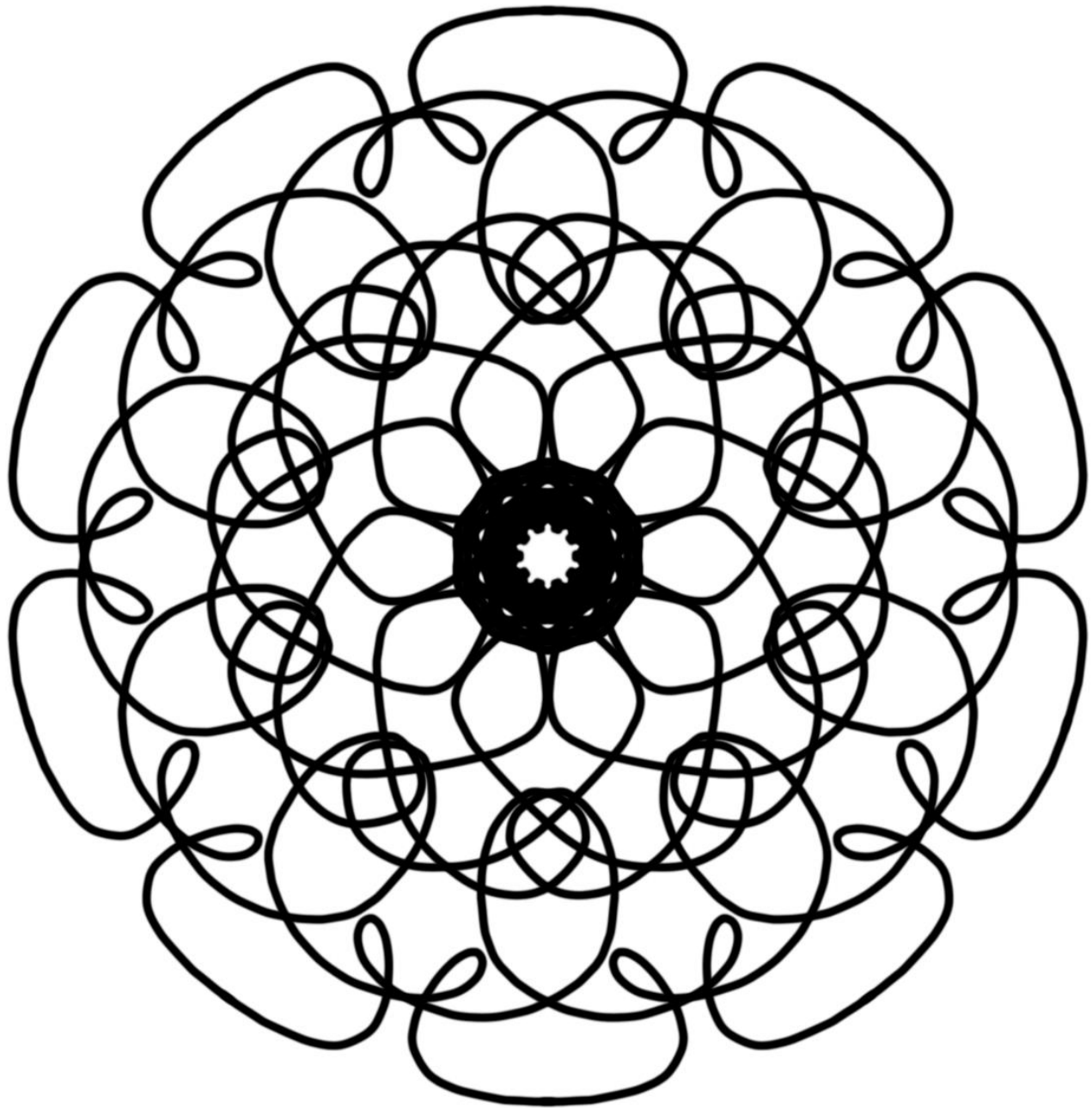
Sometimes we should express our gratitude for the small and simple things like the scent of the rain, the taste of your favorite food, or the sound of a loved one's voice. --Joseph B. Wirthlin



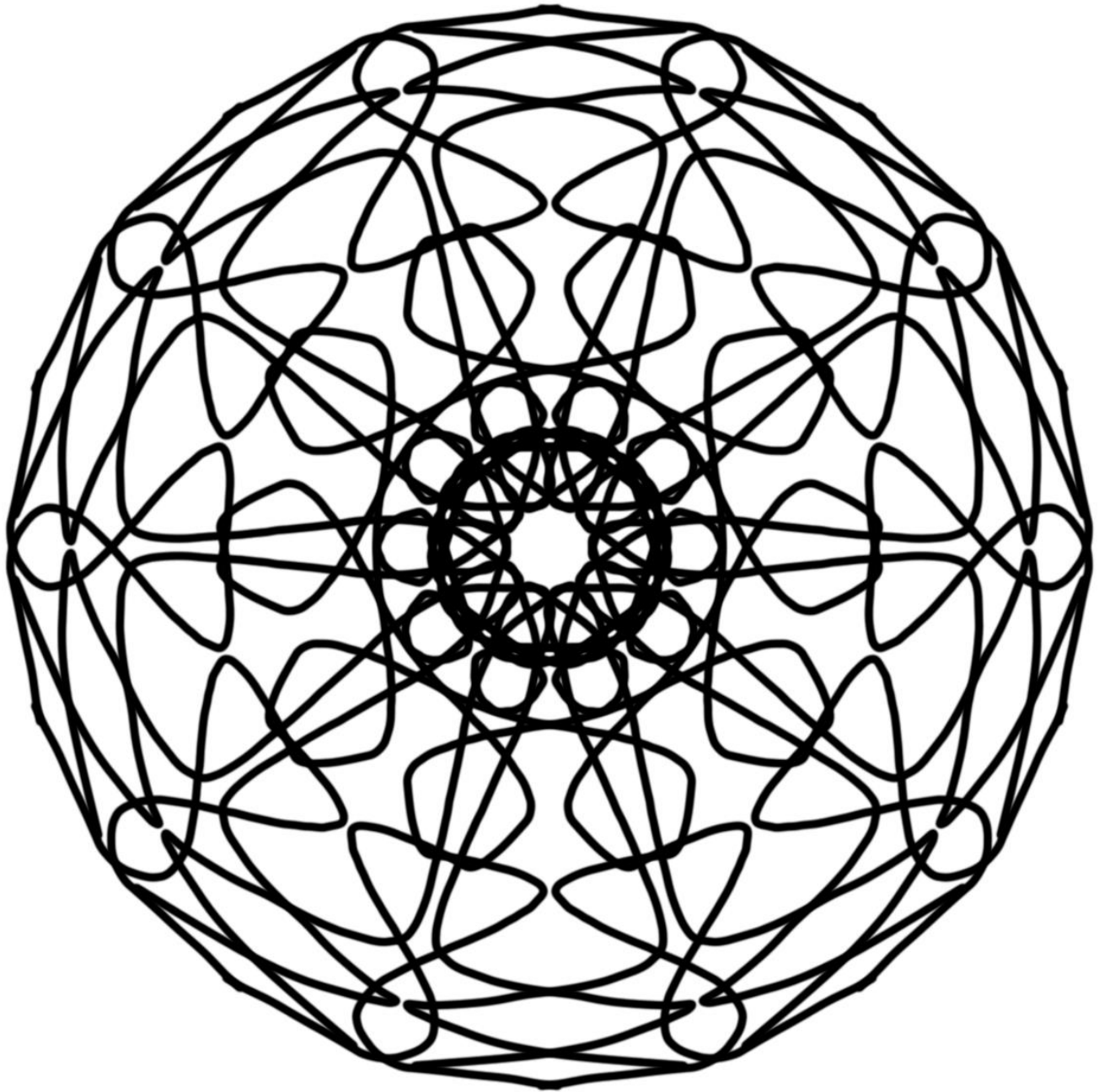
*In ordinary life, we hardly realize that we receive
a great deal more than we give, and that it is only
with gratitude that life becomes rich.
--Dietrich Bonhoeffer*



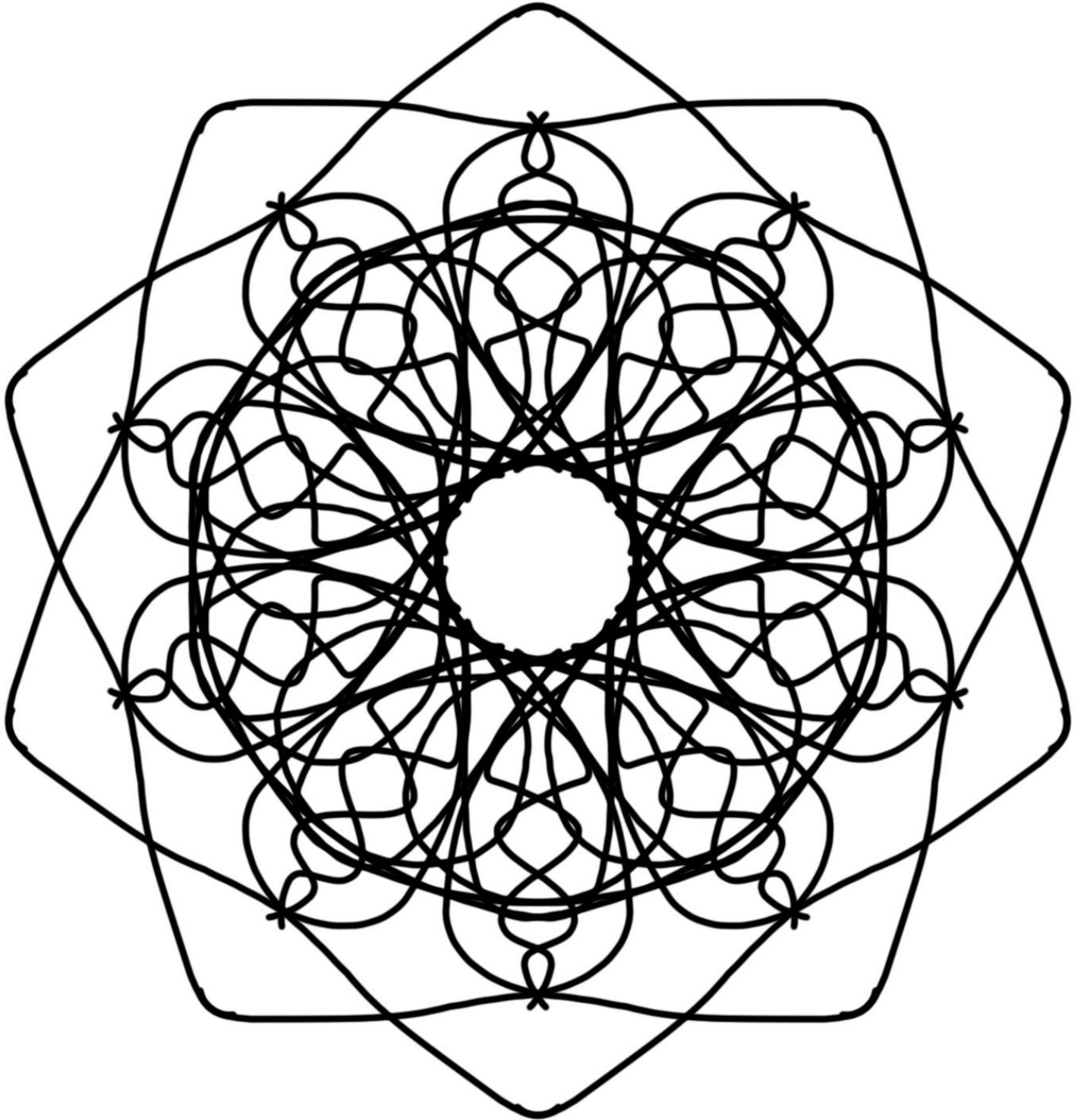
We learned about gratitude and humility - that so many people had a hand in our success, from the teachers who inspired us to the janitors who kept our school clean... and we were taught to value everyone's contribution and treat everyone with respect. --Michelle Obama



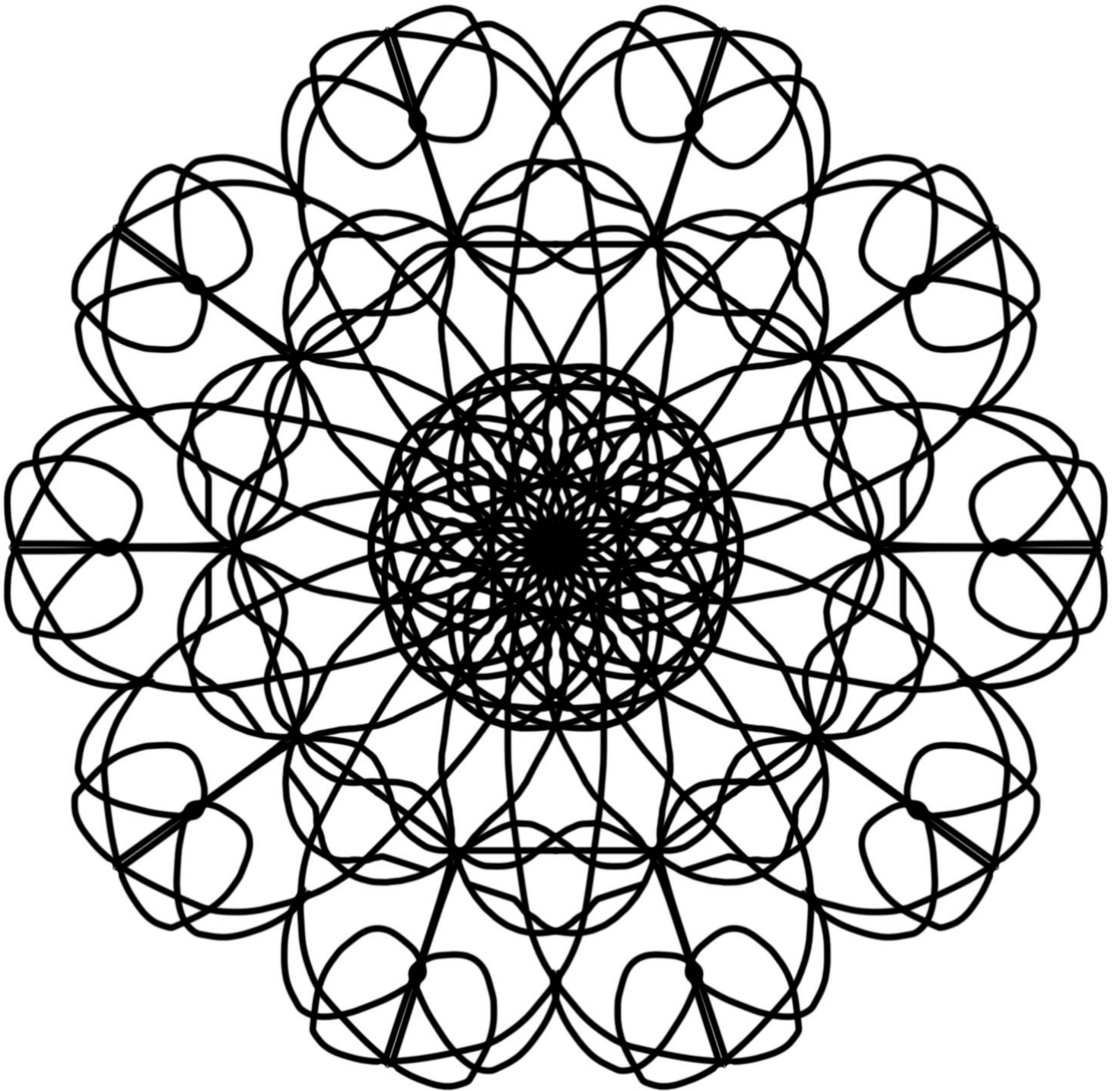
*Gratitude bestows reverence, allowing us to encounter
everyday epiphanies. Those transcendent moments of
awe that change forever how we experience life and
the world- John Milton*



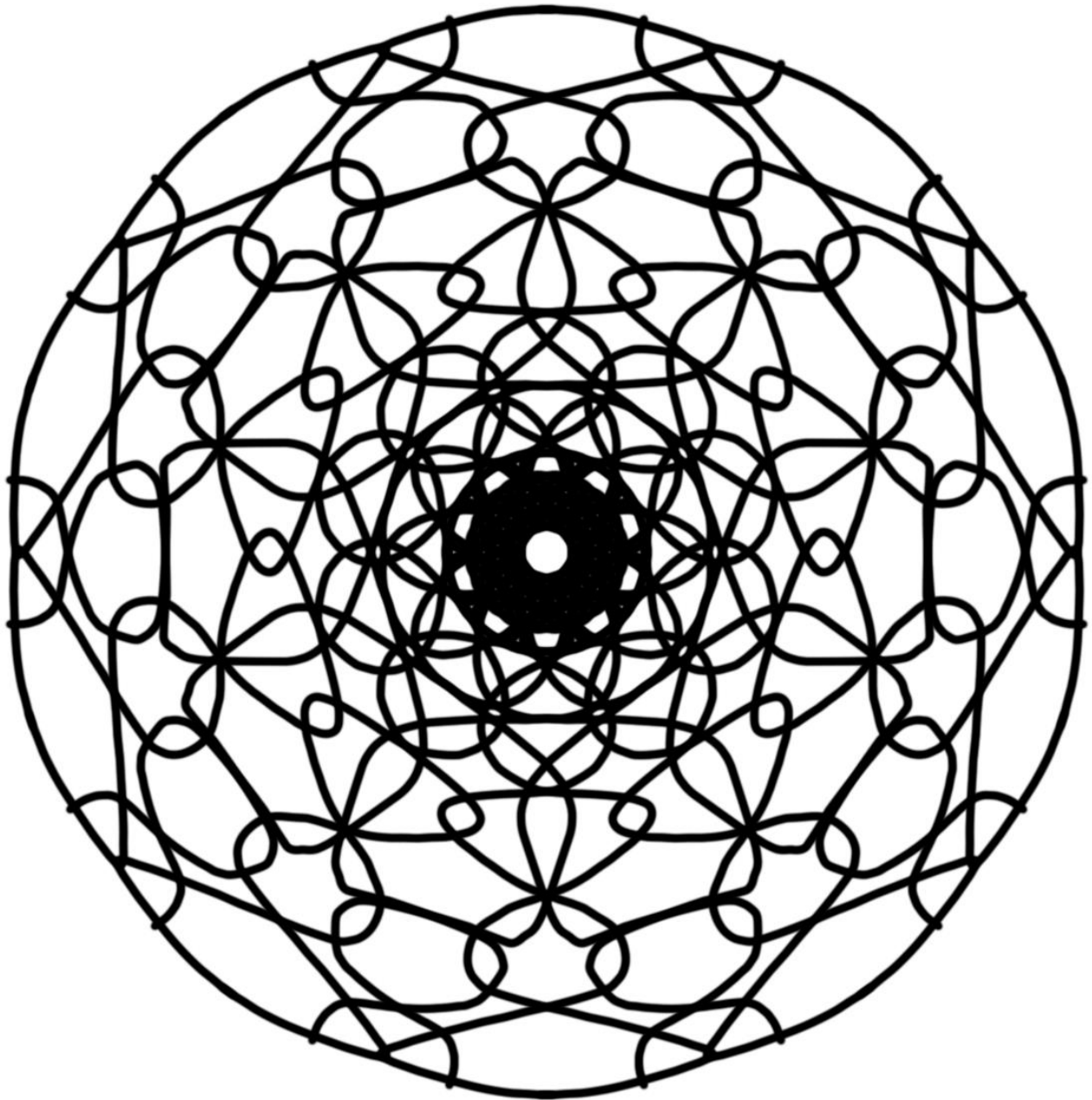
*The root of joy is gratefulness.
--David Steindl-Rast*



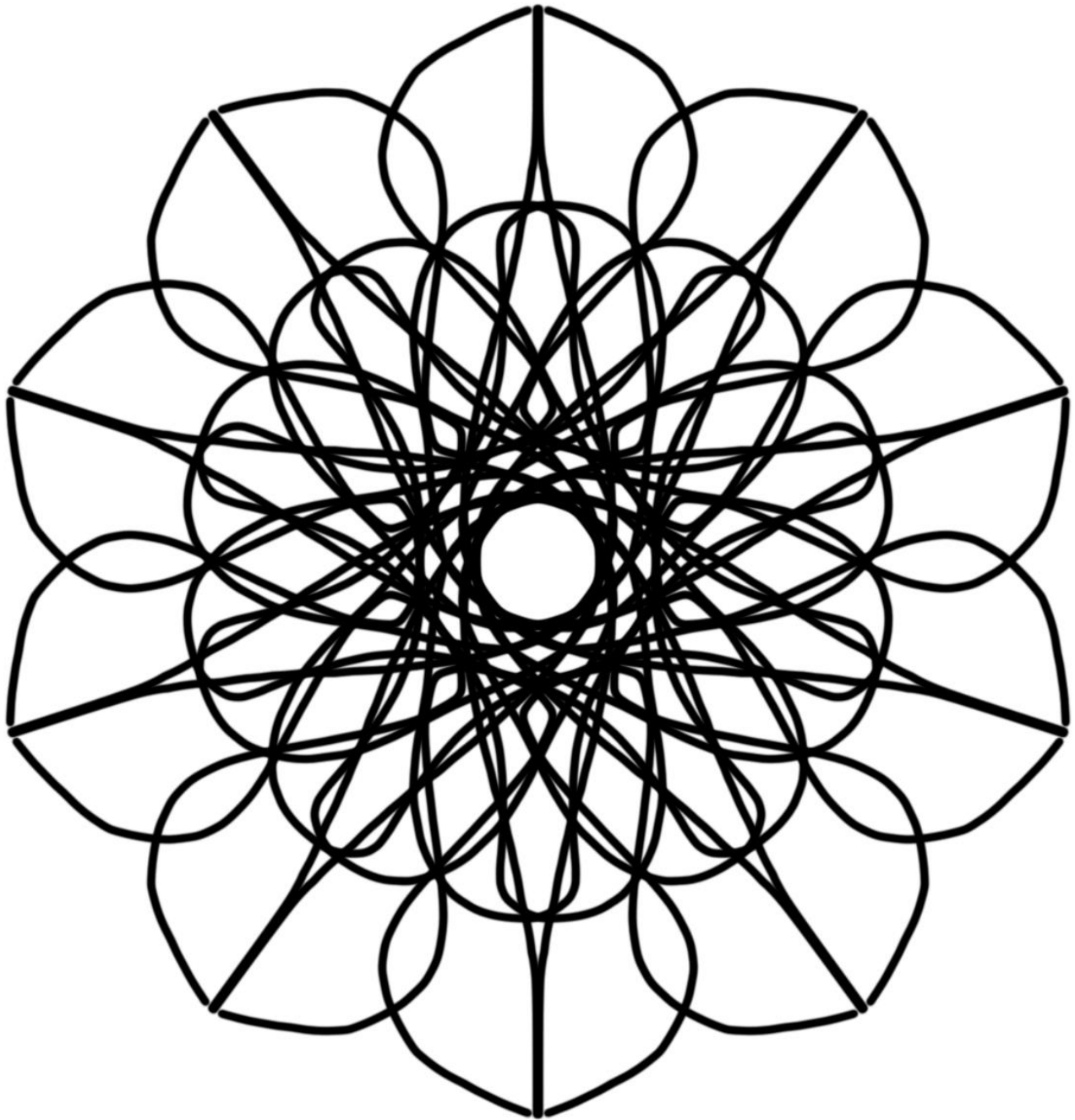
*Thank you is the best prayer that anyone could
say. I say that one a lot. -- Alice Walker*



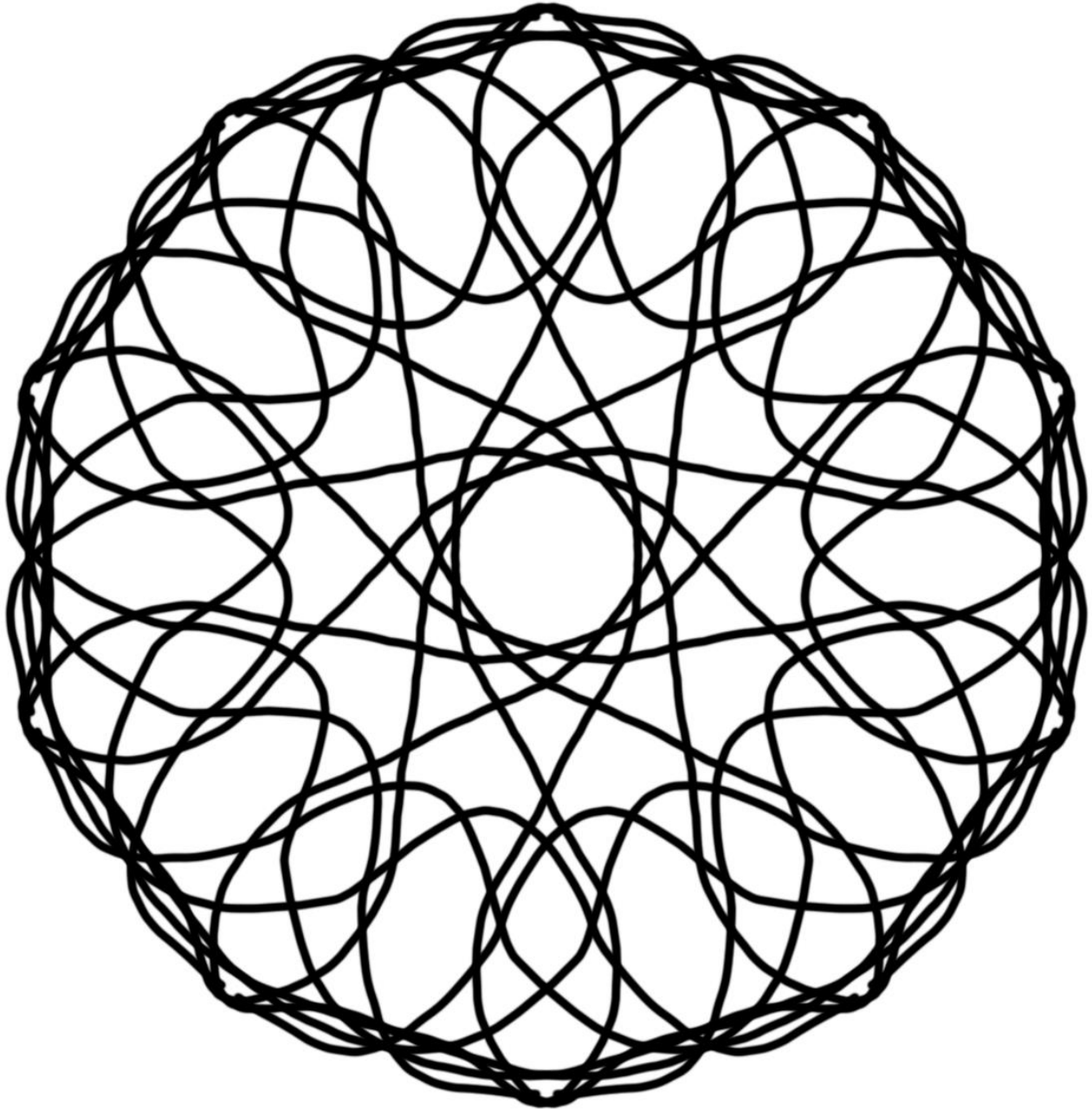
*No one who achieves success does so without
acknowledging the help of others. The wise and
confident acknowledge this help with gratitude.
--Alfred North Whitehead*



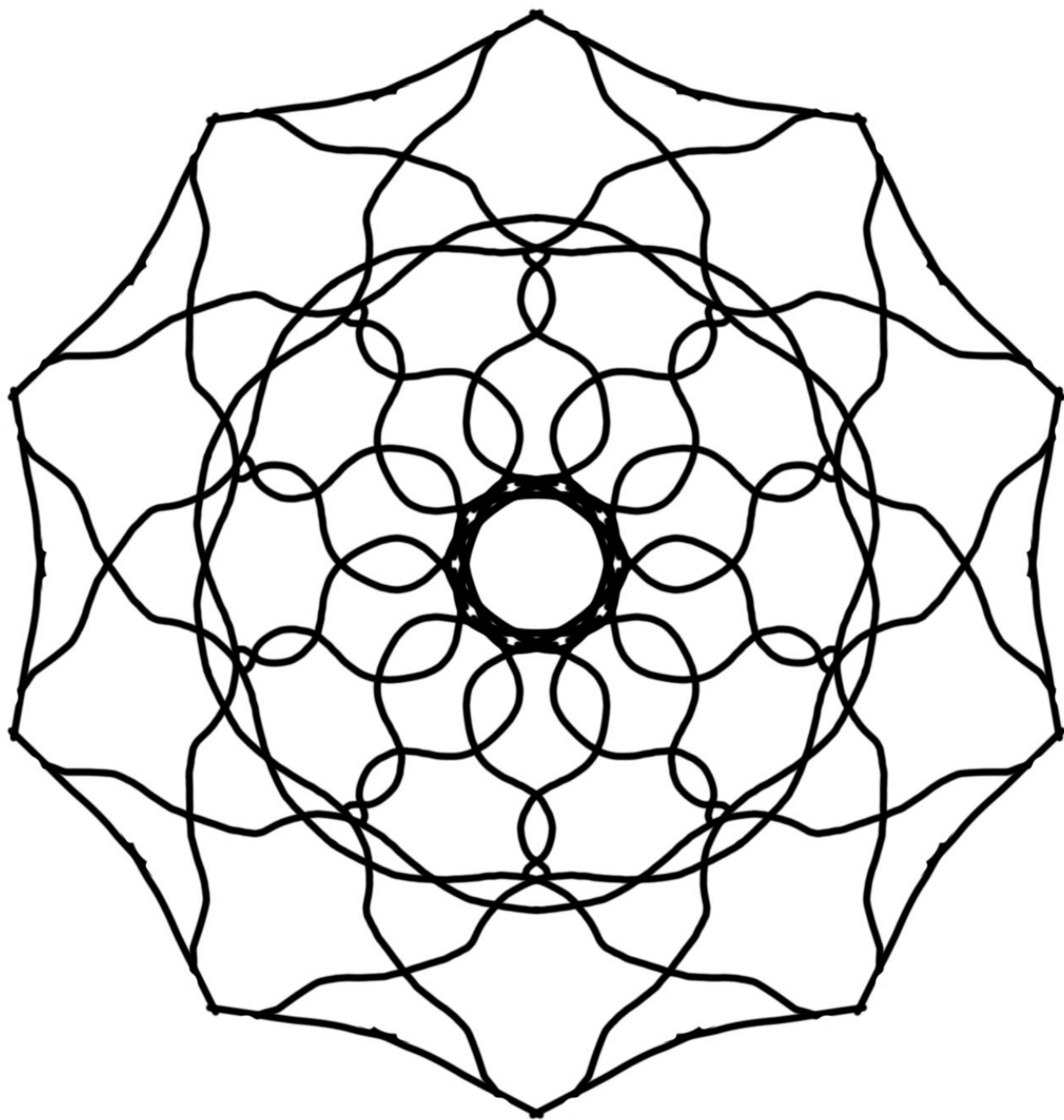
*I don't have to chase extraordinary moments to
find happiness - it's right in front of me if I'm
paying attention and practicing gratitude.
--Brene Brown*



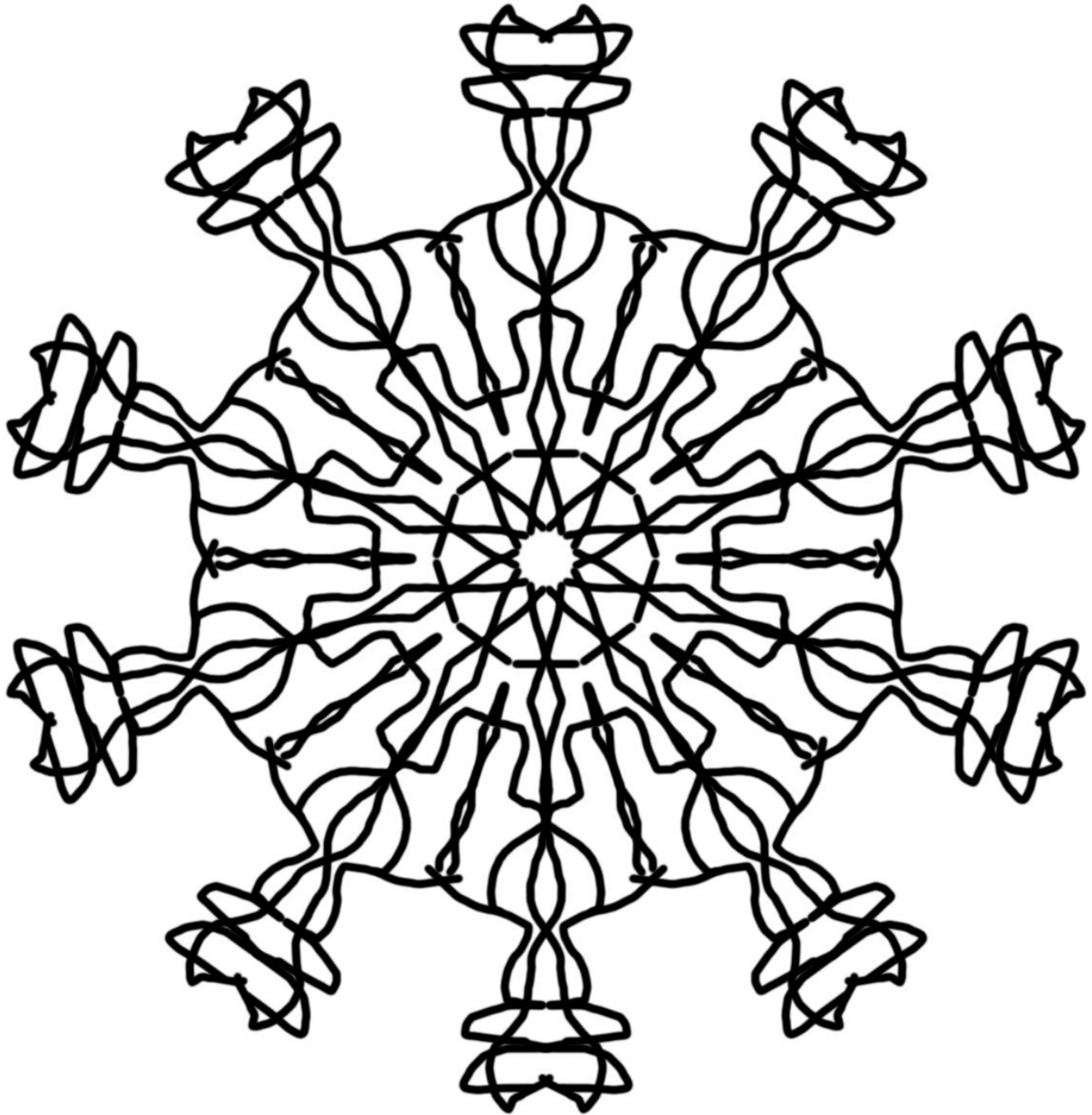
*The deepest craving of human nature is the need
to be appreciated. --William James*



*Gratitude makes sense of our past, brings peace for
today, and creates a vision for tomorrow.*
-- Melody Beattie



*The roots of all goodness lie in the soil of
appreciation.
--The Dalai Lama*



About the Authors



Dr. Ken Martz is a licensed psychologist with more than 25 years experience. He is the bestselling author of Manage My Emotions: What I Wish I'd Learned in School about Anger, Fear, and Love



Meredith Martz is a high school student. She is an avid reader. She is also a member of the National Charity League, donating her time in community service to children and older adults in need.

Visit us to learn more and receive free resources such as new releases at www.DrKenMartz.com

AUTHOR'S NOTE



First of all, thank you for purchasing this book, *Coloring Mandalas with Affirmations*. I know you could have picked any number of books, but you picked this book, and for that, I am extremely grateful.

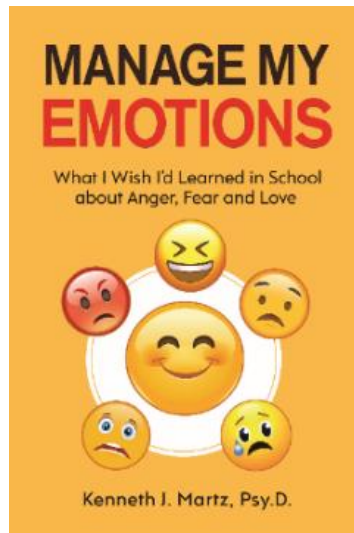
This is a book that started decades ago. With all the stress and isolation of COVID-19, I felt compelled to finish the work so it can be available to more people as we work together to pass through these difficult times.

I hope you were able to enjoy the range of mandalas here. If you enjoyed this book, please take a moment to help someone else, sharing with friends.

If you enjoyed this process, I'd love to hear from you, so please take a moment to leave a review on your preferred bookseller website. Your feedback and support are needed to help improve future books and are deeply appreciated.

Feel free to continue your journey with me on my website, www.DrKenMartz.com, where you will find new resources, tools, and advance notice of new books. (If you join my advance reading team, you can get new books for free)

Meanwhile, I wish you all the best!



See also *Manage My Emotions*

In this valuable self-improvement guide for managing emotions, you will learn:

- What emotions really are, how they become ingrained into your daily life
- Amazingly effective self-assessment exercises
- 8 powerful ways to conquer fear
- 14 thoughtful tools to manage anger
- 12 easy exercises to quiet our worry
- To find the motivation to succeed, passion for life, and learn to cherish positive relationships with spouses, your children, and your friends

What Are They Saying About Manage My Emotions?

- “A highly recommended read”

5 Star Rating *Tammy Wong*

- “Take back control and live our lives to the fullest.” **5 Star Rating** *Rabia Tanveer*

- “Exactly the book I needed...and I believe it will resonate with many other readers.”

5 Star Rating *Jamie Michele*

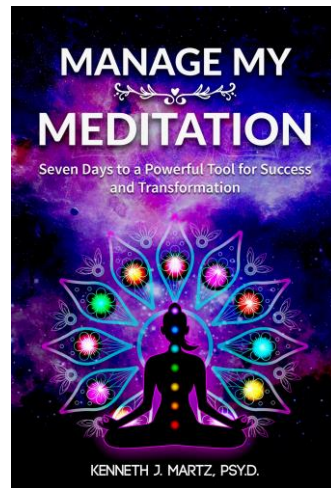
- “Manage your emotions and learn to live well!”

Dr. Sandra Rasmussen

- “An outstanding job of offering solutions”

Joel Elston

Continue your journey. Get your copy today.



See also *Manage My Meditation*

I meditate so that my mind cannot complicate my life.” - Sri Chinmoy

Do you feel depressed, unmotivated, or struggle with “brain fog”? Would you like to learn how to live with clarity and purpose, based on your heart’s desire? If so, *Manage My Meditation* will teach you proven and powerful meditation techniques that anybody can learn in under a week, even if you have tried meditation before and failed, or you have a hectic schedule and barely have time to breathe.

In this life-changing, but practical meditation guide, Dr. Kenneth Martz draws on a lifetime of personal meditation experience and over 20 years of teaching others how to meditate and overcome a multitude of life challenges to offer you a selection of easy meditation exercises that are sure to help you find stress relief and success.

In this mindful meditation and deep relaxation book, you will learn:

- Why meditation has been an important part of over 500 million people’s lives, since 5,000 BC... and why it will work for you, too
- Proven Yoga meditation methods that have been used for thousands of years with excellent results, including simple breathing exercises and Yoga postures that will bring you calmness and clarity of mind in just minutes
- A 7-Day ‘Meditation 101’ program that anybody can use to quickly learn to meditate and steadily improve your natural abilities to manage stress and reduce anxiety
- How to find motivation to succeed, passion for life and learn to cherish positive relationships with spouses, your children and your friends
- How to develop the self-confidence that you have the skills to successfully meditate and continue to establish a lifelong meditation practice to transform your life.

Manage My Meditation teaches readers that you may not be able to stop all stress in your life, but you can build a large source of resiliency to contain it. This is a journey not a destination, so the time to start down your own road to happiness and success is right now.

IMPORTANT NOTE

This is a book of coloring mandalas. It is not intended for use in an ebook format. Feel free to preview these materials as an ebook. If you have purchased this as an ebook, please go to the link below, where you can download a free printable copy that you can print and color.

Enjoy!

<https://drkenmartz.com/free-deal-cmwg>

