**Colouring the mandala**

Lets first discuss the colours and their meaning. You may use certain colours to attract certain things into your life. Take a look at the table below for some colour meanings. Some people draw the mandalas and do the colouring out of meditative purpose and then the intention and the colours are important. Others draw the mandalas out of creative interest and relaxation and then the colours do not take such big importance apart from personal preference or intuitive flow.

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| **COLOURS** | **MEANINGS** |
|  Red | Strength, more energy and passion |
| Pink | Love, femininity and intuition |
| Orange | Creativity, self-awareness, intuition & transformation |
| Yellow | Wisdom, learning, laughter and happiness |
|  Green | Physical healing , psychic ability, nature and caring |
|  Blue | Emotional healing, inner peace and meditation |
|  Purple | All things spiritual, for spiritual focus |
| Black | Deep thinking, mystery and individuality |

The colouring of the mandalas is used as a healing tool and is associated with reducing stress and anxiety as well as combating depression whilst improving the immune system among other things. It also allows you express your creative side which often we are not able to do in our daily lives and stresses. To get started with the colouring of the mandala you can choose any medium such as colouring pencils, crayons, pastels, chalks or paint - whichever suits you best. Print the mandalas from the free ebook Indimode is offering for a limited period of time. Find a peaceful space where you can relax and start the colouring allowing any colour that enters your mind without analysing it too much or trying to match the colours. If you have an intention you want to meditate on you may want to look at the meaning of the colours from the table above. However, you should let your instincts guide you and the choice of colour will follow naturally. To download the free mandala colouring ebook enter your email and click on the download button below. The mandala colouring ebook will be sent to your email address provided on signing up to our news letter!