



Praying with Mandalas: A Colorful, Contemplative Practice

Sharon Seyfarth Garner

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Color your way to a closer relationship with God. Praying with Mandalas blends the relaxing practice of coloring with ancient spiritual practices. The mandalas in this book (10 each of 4 designs) help you grow closer to God through lectio divina, intercessory prayer, centering prayer, and the Examen. Contemplative coloring is a simple, enjoyable, and tangible way to let go of your distractions and focus on God. Sharon Seyfarth Garner invites you to "be with God on purpose"--to intentionally create space where you might hear God's holy whispers. Embrace the opportunity to nurture a deeper relationship with God through the colorful, contemplative practice of praying with mandalas.

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