

## Centering Tools: Mandalas

Beth Collea, QREC Steering Circle

My tag line for teaching children about prayer and worship is, “It all starts with stopping!”

Coloring mandalas is a wonderful way to move from the overstimulation of daily life to a centered place of focus and calm. Use them during the week and during virtual worship. Like any spiritual practice, the more we use mandalas, the more quickly we respond to their invitation to settle and center.

The necessity of virtual worship has at least one silver lining. For many Quaker children, it vastly increases their experience of being in a gathered circle listening for God’s presence and motion among them.

Friends of any age can find coloring mandalas a pleasant way to step away from the pressures and worries of life into an open-hearted place of stillness and listening. It is empowering and life-giving to discover you can turn down the stress and make a space to receive comfort and guidance from Spirit.

There are free, downloadable mandalas available on-line and terrific coloring books to purchase. I especially like [Kids’ First Mandalas](#), by Arena Verlag, Sterling Publishing Company and [Kids’ Seasonal Mandalas](#), by Johannes Rosengarten and Arena Verlag. Sterling Publishing Company.

There are websites with [simple](#) mandalas, more [intricate](#) mandalas, and mandalas with a [variety](#) of complexities.

### SIMPLE MANDALA EXAMPLES

