

Adult Coloring Books – The New Zen Craze

I was a bit dubious when it was first suggested to me that I get some adult coloring books. (Thanks [Julia Treat!](#)) I kind of passed it off at first and then started to see articles and ads for them EVERYWHERE! I was amazed at how I had no knowledge of them and then saw ads and articles for them wherever I looked. I took it as a (second) sign from the Universe and ordered some.

I have found it to be one of the most relaxing, absorbing and meditative practices I've ever engaged in.

The first ones that I learned about were those with Mandalas.

According to Wikipedia, a Mandala (Sanskrit: मण्डल, lit, circle) is a spiritual and ritual symbol in Indian religions, representing the universe. In common use, mandala has become a generic term for any diagram, chart or geometric pattern that represents the cosmos metaphysically or symbolically; a microcosm of the universe.

I hopped on Amazon (my favorite place to shop) and got two books. (Scroll each link and click to see more on Amazon.)
