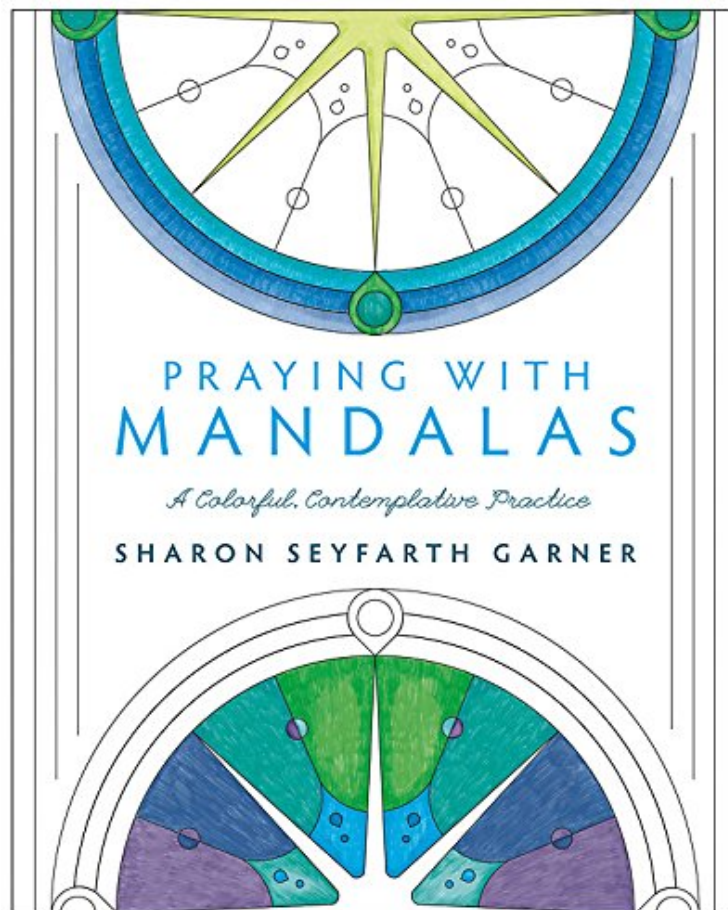


[FREE] Praying with Mandalas: A Colorful, Contemplative Practice

Praying with Mandalas: A Colorful, Contemplative Practice

Sharon Seyfarth Garner

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Sharon Seyfarth Garner : Praying with Mandalas: A Colorful, Contemplative Practice before purchasing it in order to gage whether or not it would be worth my time, and all praised Praying with Mandalas: A Colorful, Contemplative Practice:

4 of 4 people found the following review helpful. I have just ordered a second batch of Praying with ...By valerie w. stultzI have just ordered a second batch of Praying with Mandalas for family, friends and students. Though I am not a coloring book enthusiast, coloring under Sharon Seyforth Garner's direction has transformed my prayer life. Her clear explanation of various prayer forms sets the scene for contemplative coloring, leading the colorer to the heart of God and deeper friendship with humanity.0 of 0 people found the following review helpful. Praying with Mandalas--a new way to spiritually connectBy JanWhat I really enjoy is the focused quiet that happens when I'm coloring the mandala that engages the creative side of my brain so that I can pray and listen to my spirit. I appreciate Sharon's offerings on the types of prayers and feel that they gave me a starting point for each of the mandalas I used. For me, it was more about the process than the variety of mandalas for me. And I continue to find peace and connection in my praying with

mandalas. Thank you, Sharon, for this continuing gift. 0 of 0 people found the following review helpful. what a wonderful way to color with a purposeBy Vicki SnowdenIf one enjoys coloring, what a wonderful way to color with a purpose. The author provides such a beautiful way to pray and express one's feelings.

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.

Over the past few years, coloring books seem to have become part of our stress-filled lives. Yet I have not seen such a deeply spiritual coloring book as Praying with Mandalas by Sharon Seyfarth Garner. Sharon not only offers beautiful and inspiring mandalas to color, she provides readers with rich and understandable methods of prayer forms: intercessory prayer, lectio divina, centering prayer, and the Examen prayer. This book is a must for anyone seeking to enrich and deepen his or her spiritual life. --Marla J. Loehr, PhD, Spiritual companion, retreat director, and past president of Notre Dame College of OhioPraying with Mandalas is a unique resource for longtime spiritual sojourners as well as those delving into the depths of prayer life for the first time. Using personal stories, heartwarming illustrations, clear explanations, and step-by-step instructions, Rev. Seyfarth-Garner makes this creative practice both intriguing and accessible. Individuals and small groups will find this book to be a valuable guide as they explore the wonder of "being with God on purpose." --Rev. Sharon L. Vandegrift, Coach/Consultant, Bridge-the-Gap Life Coaching ServicesI have been such a fan of the adult coloring book trend, especially ones that facilitate prayer and contemplation. But Sharon Seyfarth Garner's book is a revelation. With short descriptions and guided meditations she invites us to enter into ancient prayer practices such as centering prayer and the Examen through coloring. Her book is accessible to people who have never tried these forms of prayer, and useful for those who are seasoned. Take up your crayons, pens, or pencils, and connect with God in new (yet ancient) ways. --Kristen E. Vincent, author of A Bead and a PrayerAbout the AuthorRev. Sharon Seyfarth Garner is an ordained United Methodist pastor, a certified spiritual director, and an experienced retreat leader. She is the founder and director of Belly of the Whale Spiritual Direction Retreat Ministries. Sharon finds great joy in sharing the journey of spiritual discovery with others. She also enjoys spending time with her family, kayaking, making pottery, singing loudly, and taking long walks with her husband and dog.