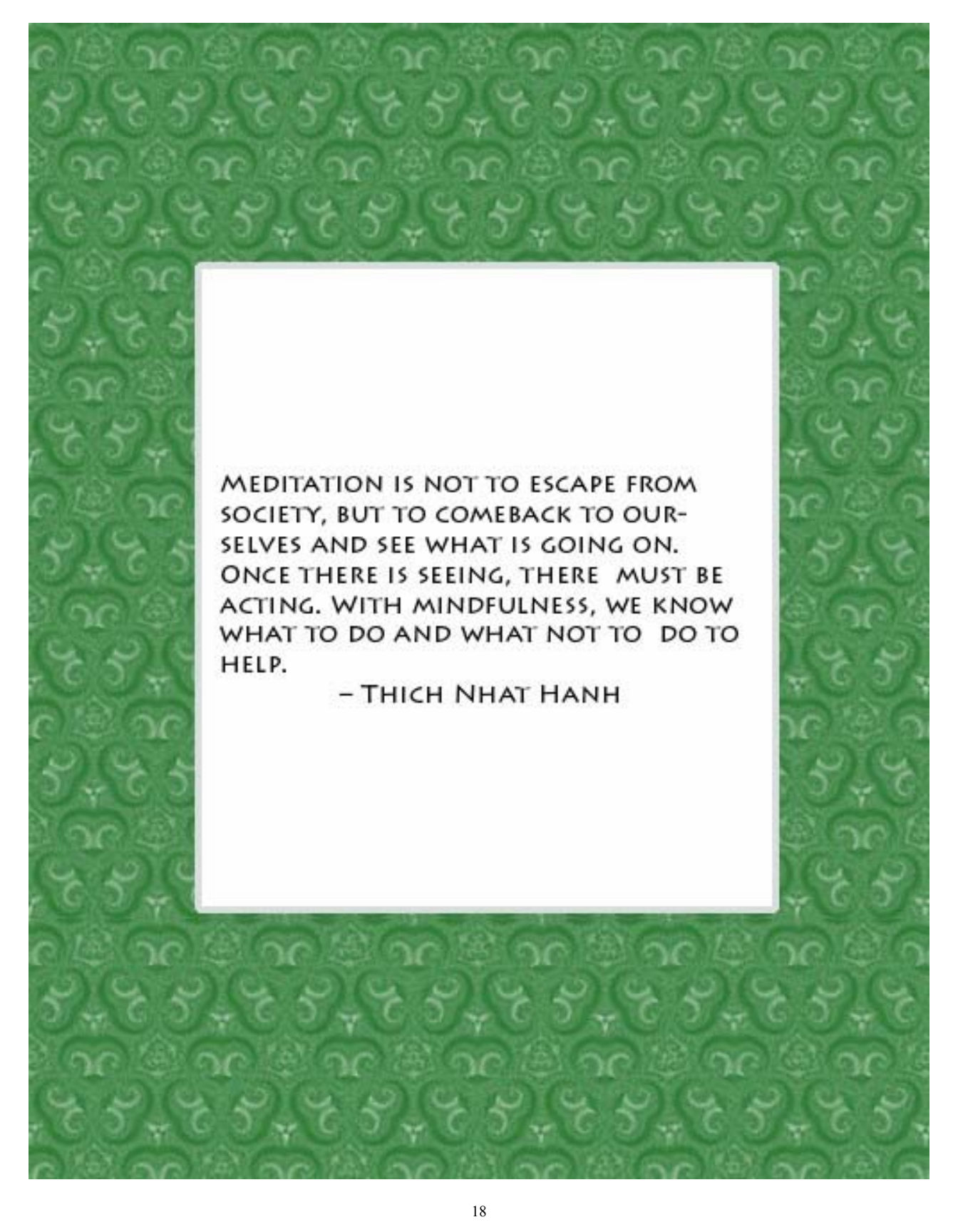


# **Mandalas for Meditating**

**52 Mandalas for Meditating, Relaxing, and De-Stressing**



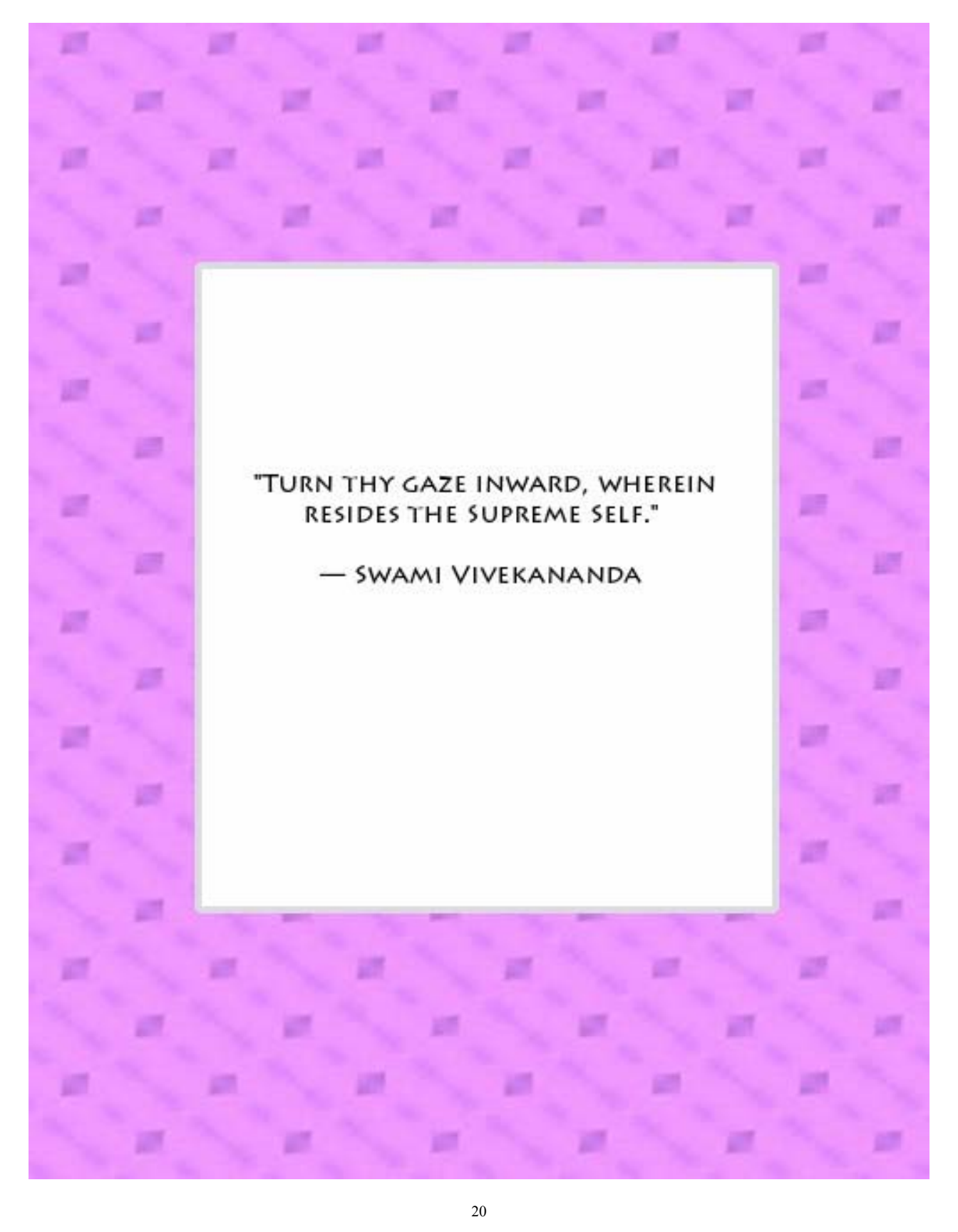
**by C.S. Clarke, Ph.D.**



MEDITATION IS NOT TO ESCAPE FROM  
SOCIETY, BUT TO COMEBACK TO OUR-  
SELVES AND SEE WHAT IS GOING ON.  
ONCE THERE IS SEEING, THERE MUST BE  
ACTING. WITH MINDFULNESS, WE KNOW  
WHAT TO DO AND WHAT NOT TO DO TO  
HELP.

– THICH NHAT HANH

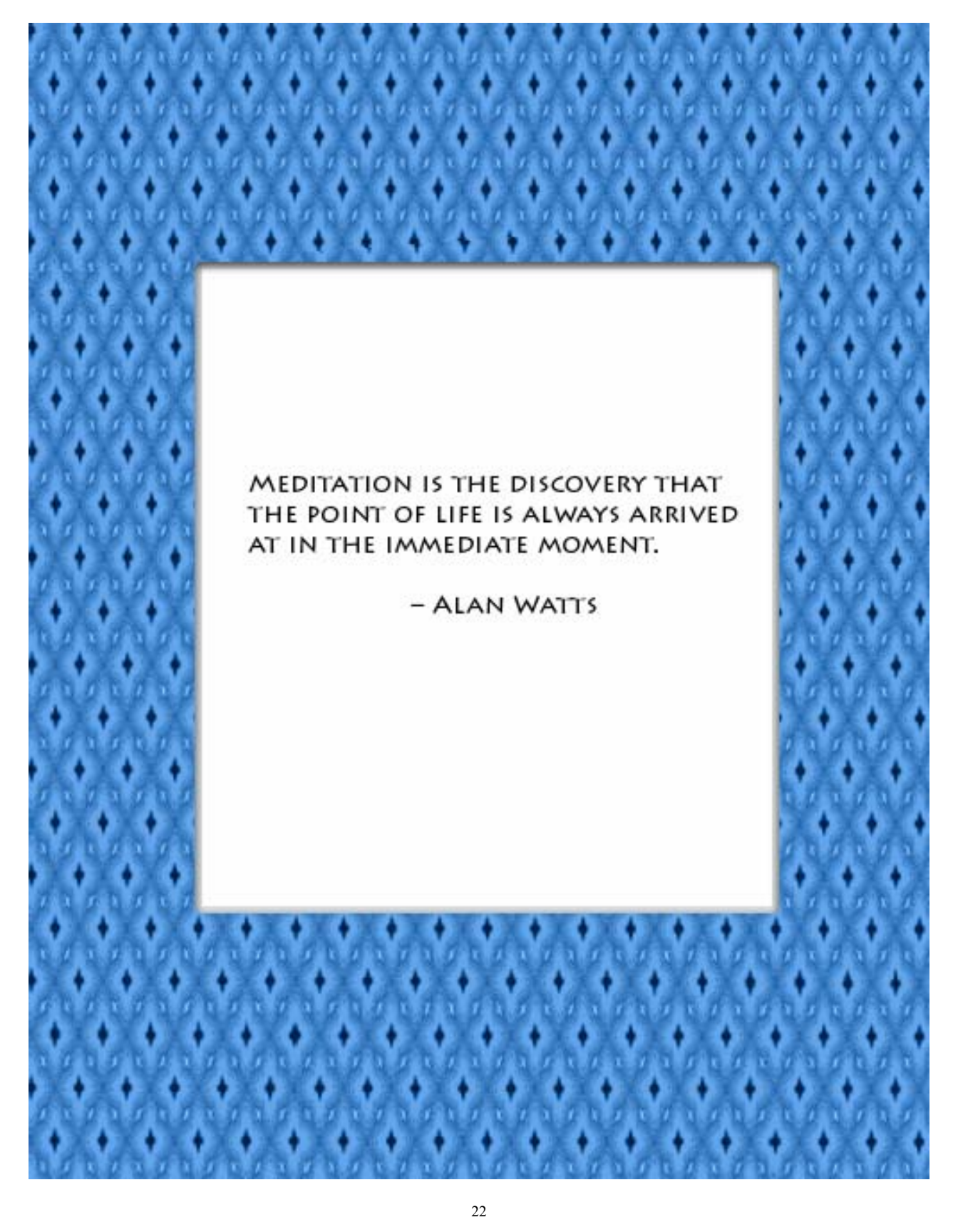




"TURN THY GAZE INWARD, WHEREIN  
RESIDES THE SUPREME SELF."

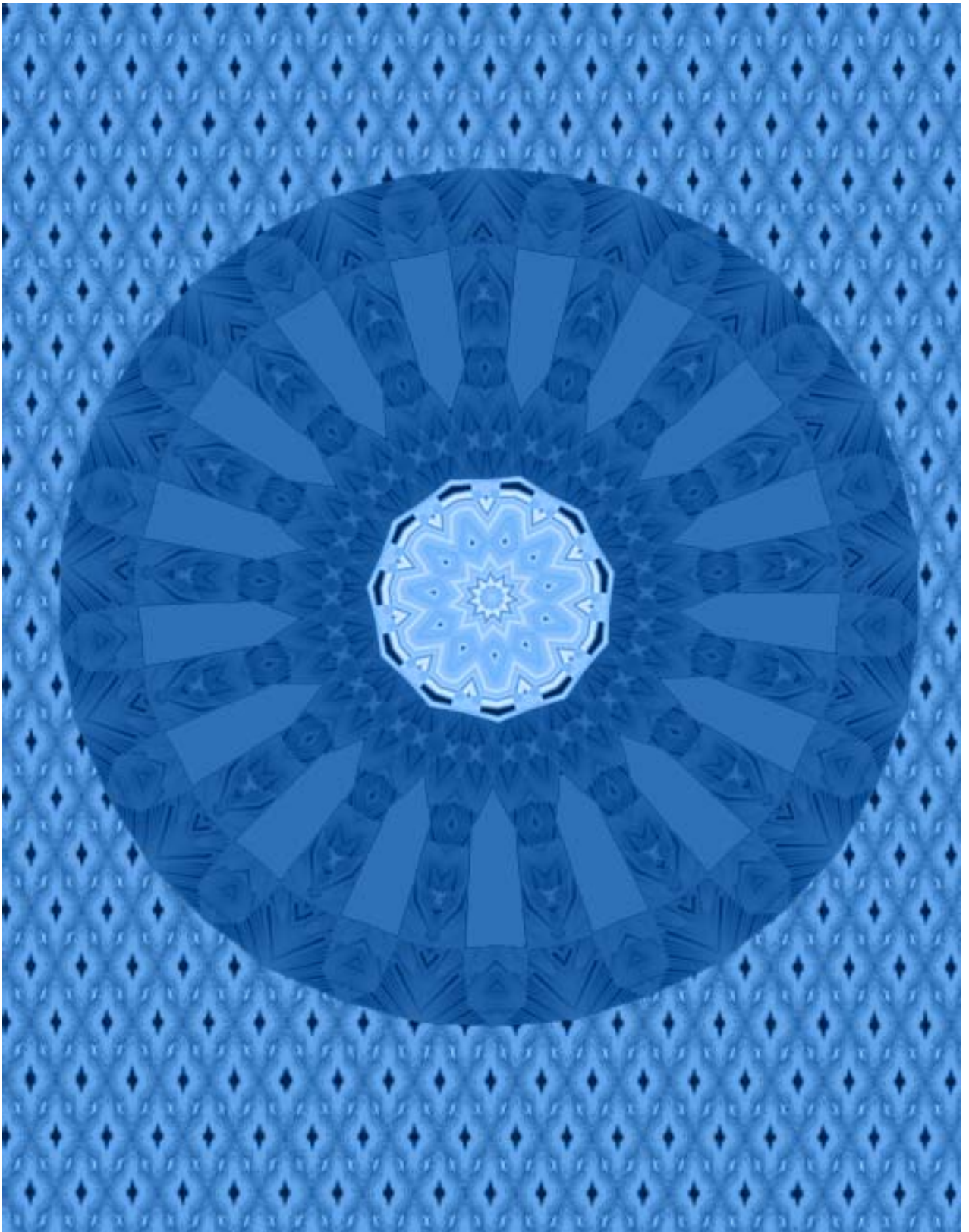
— SWAMI VIVEKANANDA





MEDITATION IS THE DISCOVERY THAT  
THE POINT OF LIFE IS ALWAYS ARRIVED  
AT IN THE IMMEDIATE MOMENT.

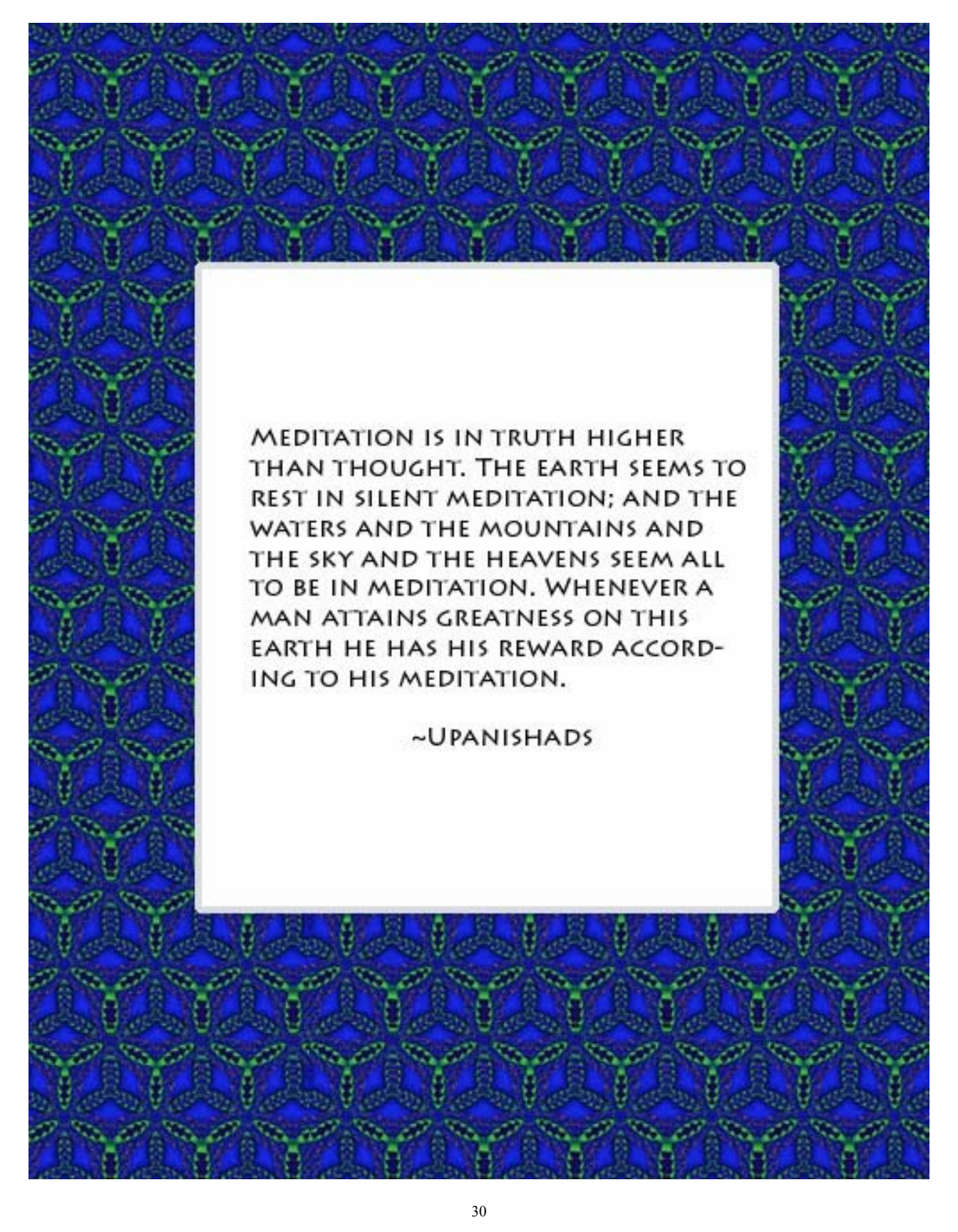
– ALAN WATTS



MEDITATION GIVES YOU AN OPPORTUNITY TO COME TO KNOW YOUR INVISIBLE SELF. IT ALLOWS YOU TO EMPTY YOURSELF OF THE ENDLESS HYPERACTIVITY OF YOUR MIND, AND TO ATTAIN CALMNESS. IT TEACHES YOU TO BE PEACEFUL, TO REMOVE STRESS, TO RECEIVE ANSWERS WHERE CONFUSION PREVIOUSLY REIGNED.

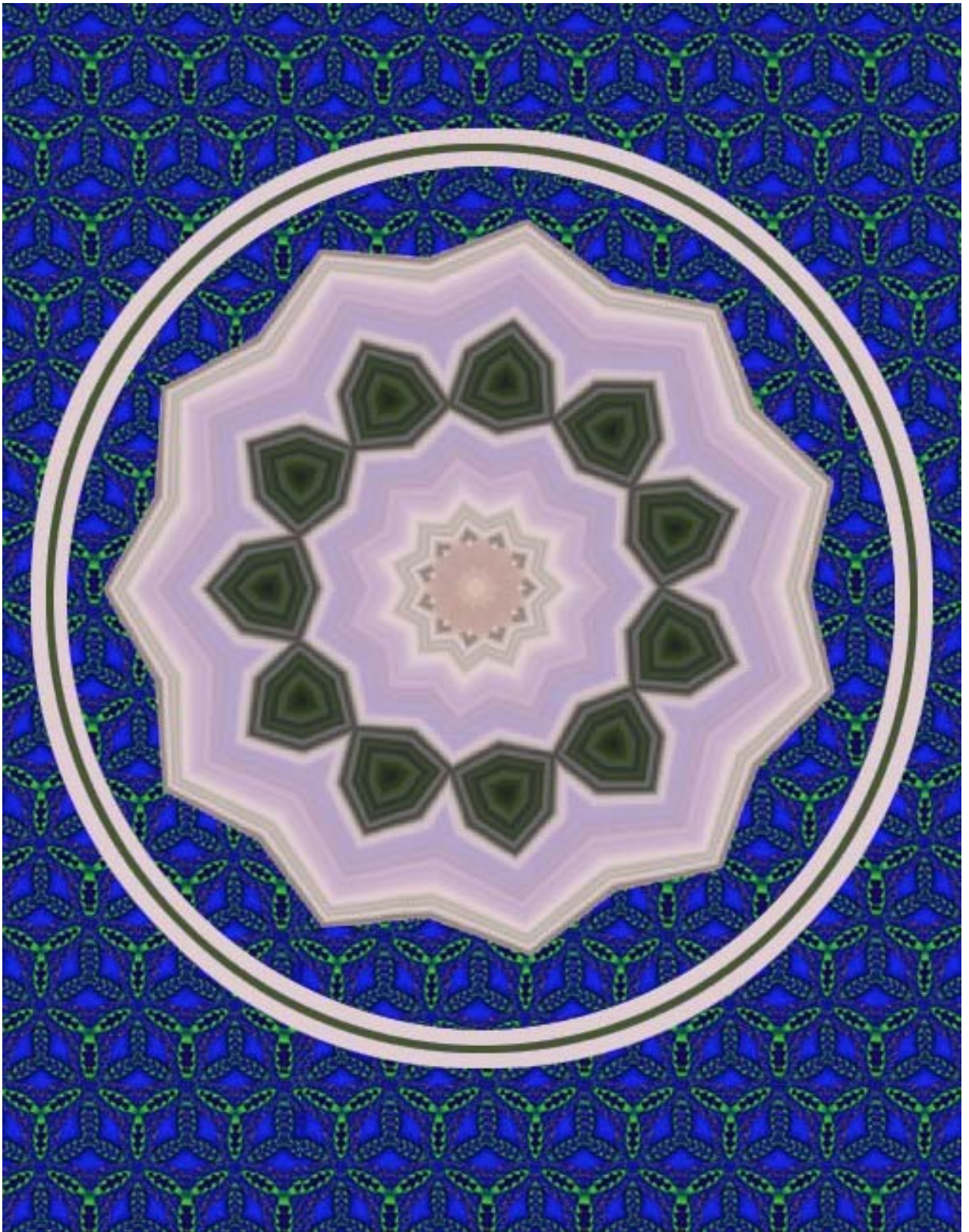
— DR. WAYNE DYER

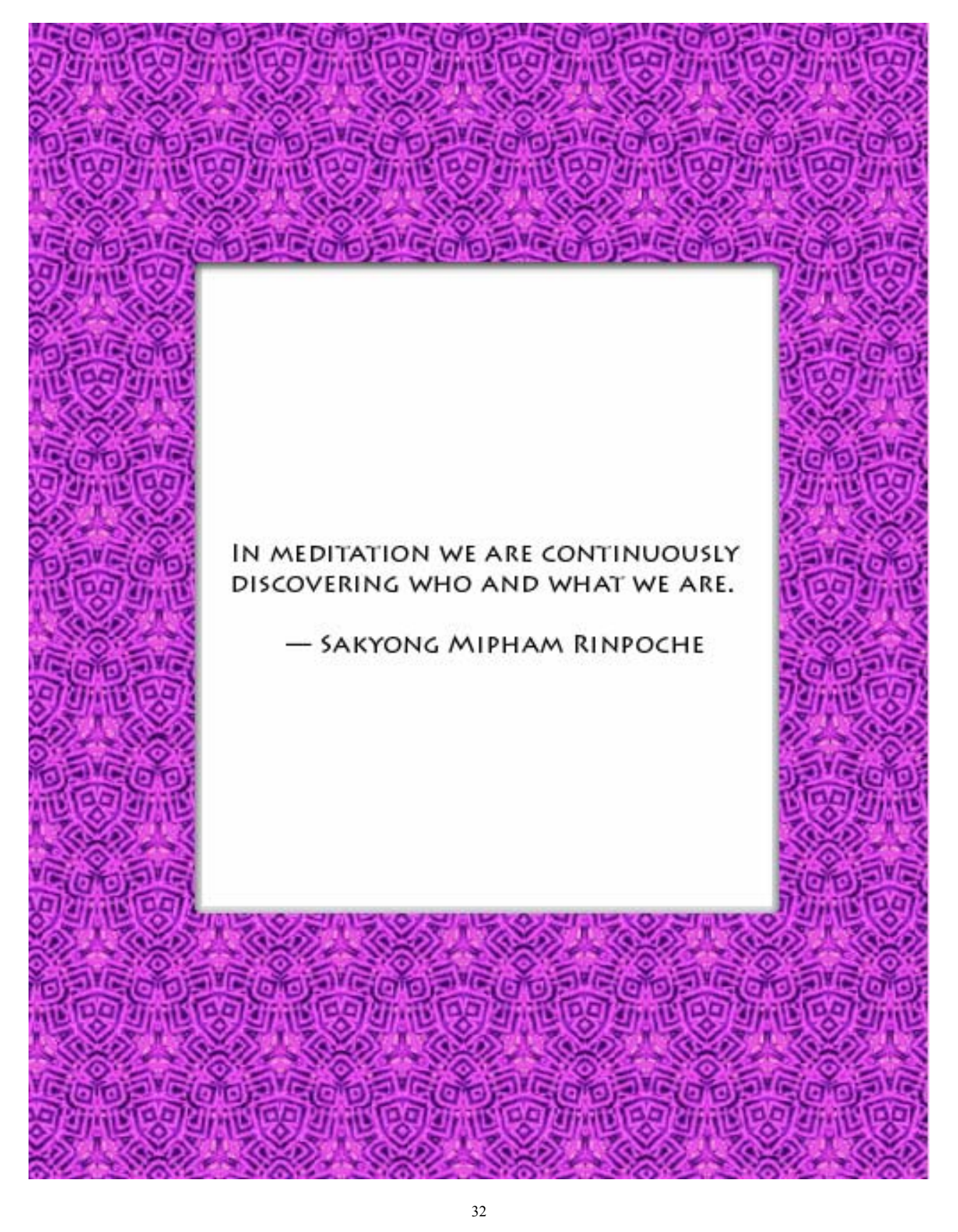




MEDITATION IS IN TRUTH HIGHER  
THAN THOUGHT. THE EARTH SEEMS TO  
REST IN SILENT MEDITATION; AND THE  
WATERS AND THE MOUNTAINS AND  
THE SKY AND THE HEAVENS SEEM ALL  
TO BE IN MEDITATION. WHENEVER A  
MAN ATTAINS GREATNESS ON THIS  
EARTH HE HAS HIS REWARD ACCORD-  
ING TO HIS MEDITATION.

~UPANISHADS





IN MEDITATION WE ARE CONTINUOUSLY  
DISCOVERING WHO AND WHAT WE ARE.

— SAKYONG MIPHAM RINPOCHE

