



# Creating Calm in a Chaotic World

Ebook

---

from Sandra Owen



# *Creating Calm in a Chaotic World*

## ENGAGING THE CONSCIOUS MIND THROUGH OUR HANDS

The little voice in our head (some call it the 'Monkey Mind') is always chattering. You might think you don't have a 'voice in your head' but you do. We all do! It doesn't matter if you're male or female, an adult or a child!  
Shhhhh.....Listen.....

The words that are floating through your mind right now telling you there is no voice..... IS the voice!

When you know you should do something and have an argument with yourself over when to do it, why you didn't do it, does it really matter if you do it, no one cares if you do it so why bother.... etc!

It is a little bit like an actor in a play that takes on multiple rolls. In one scene he or she is the good guy, in the next he or she is the bad guy. We judge ourselves, feel sorry for ourselves, try to fix ourselves or pretend we don't really care and try to please everyone else.

**It's exhausting right!!!**



Add to this constant mind chatter all the other things we have to deal with on a daily basis.....

internet, emails, social media, television, radio, work noise, traffic, roadworks, telephone conversations with your spouse, your ex-spouse, friends, parents, kids.....

It's no wonder many adults today feel anxious, stressed, overwhelmed, tired and pressured. Television, newspapers and social media sites stream a LOT of negativity. We are bombarded with stories about murders, earthquakes, floods, pandemics, fires, riots, global warming..... and on and on it goes!

We need to be able to switch our focus to the present moment, relax our mind and recharge our body. Mental, Emotional and Physical Health are hot topics right now. We need to take time out!

The human body is extremely resilient and adaptable, but it was not designed to deal with the sustained levels of stress many people are experiencing today.



# *Colouring Mandalas is proven to reduce stress*

**“ART ENABLES US TO FIND OURSELVES AND LOSE OURSELVES AT THE SAME TIME.” - THOMAS MERTON**

A study carried out at Knox College in Galesburg, Illinois on a group of 84 students showed that colouring mandalas and plaid geometric shapes helped reduce stress.

The students were randomly split into three groups, with the first group being given a mandala to colour, the second group were given a plaid geometric design and the third group were given a plain piece of paper.

The stress levels of each student was assessed before and after the experiment and it was shown that the groups given a mandala or plaid geometric pattern to colour felt calmer than those given a plain piece of paper.

The conclusion reached was that the mandala and plaid geometric patterns were intricate enough to draw and hold the students attention into a calm, meditative-like state. Whereas the group given a plain piece of paper had to think of something to draw for themselves which caused more mental stress.

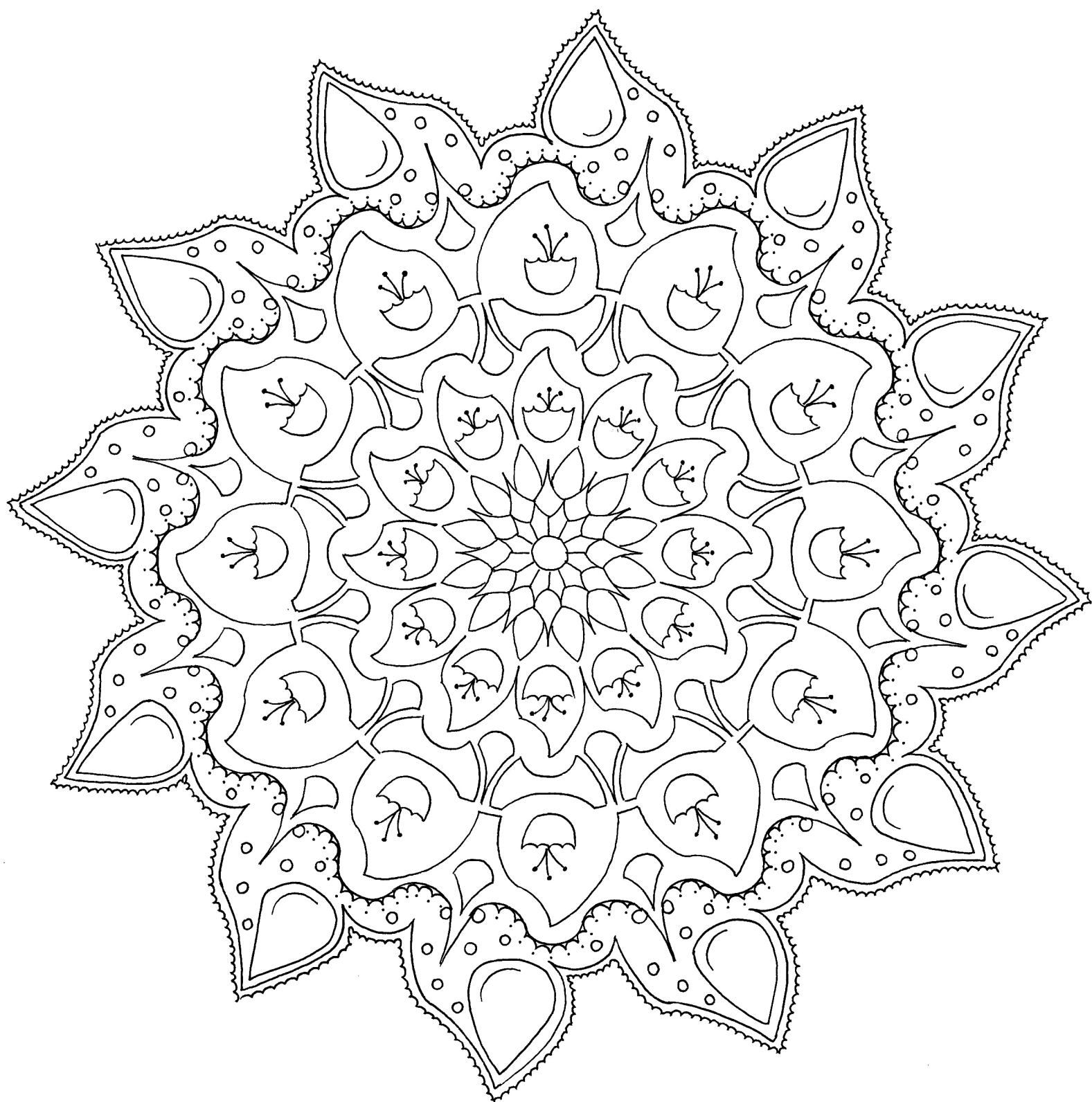
***"NEVER JUDGE A FISH BY ITS ABILITY TO CLIMB A TREE." - ALBERT EINSTEIN***

I personally find drawing mandalas extremely relaxing and have included some of my own hand-drawn designs for you to experiment with mindful colouring for yourself.

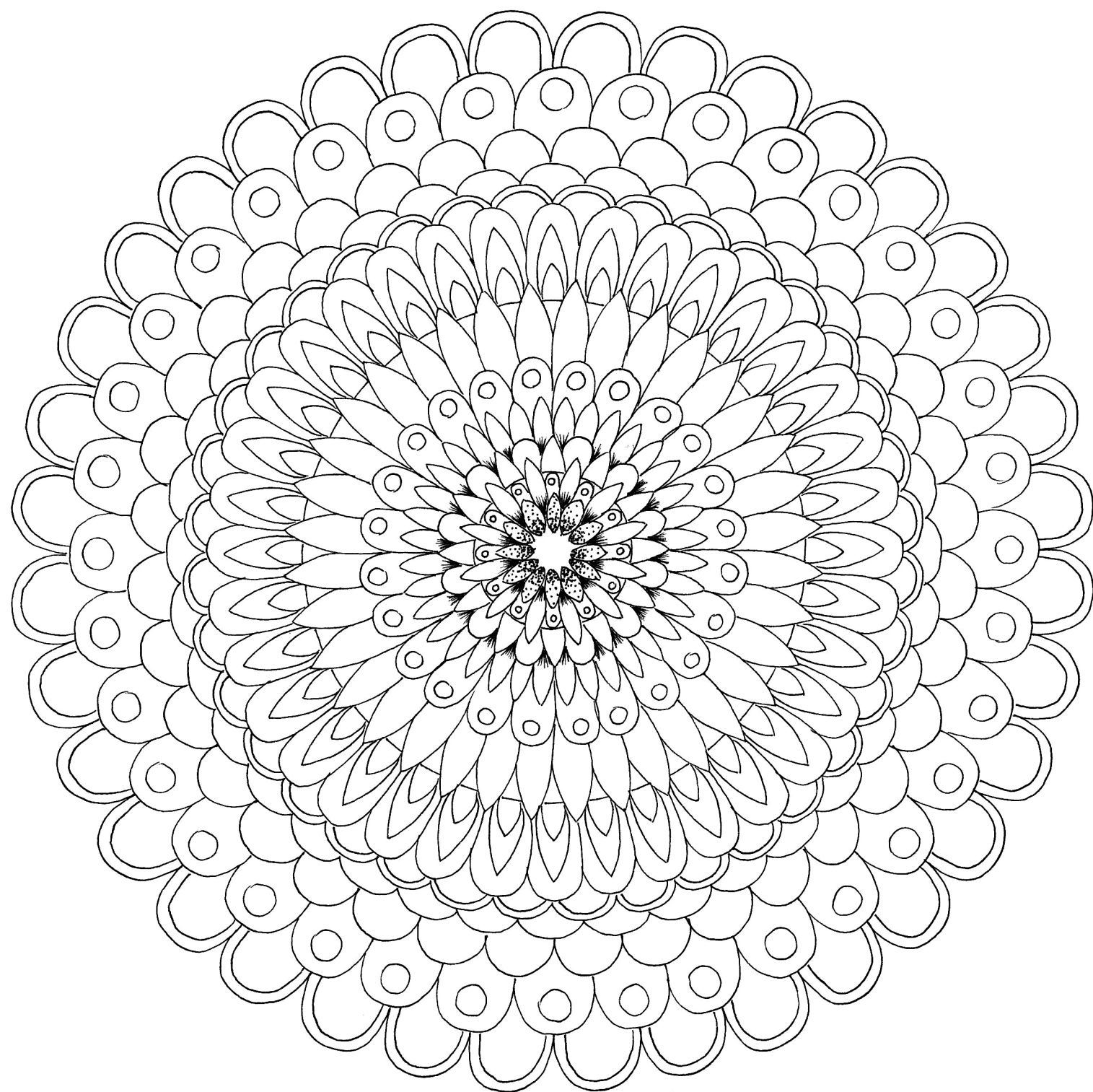
We are all different and what works extremely well for some person may have no effect on another. There is no right or wrong here. All I ask is you give it a go and see for yourself whether you find colouring helpful or not.

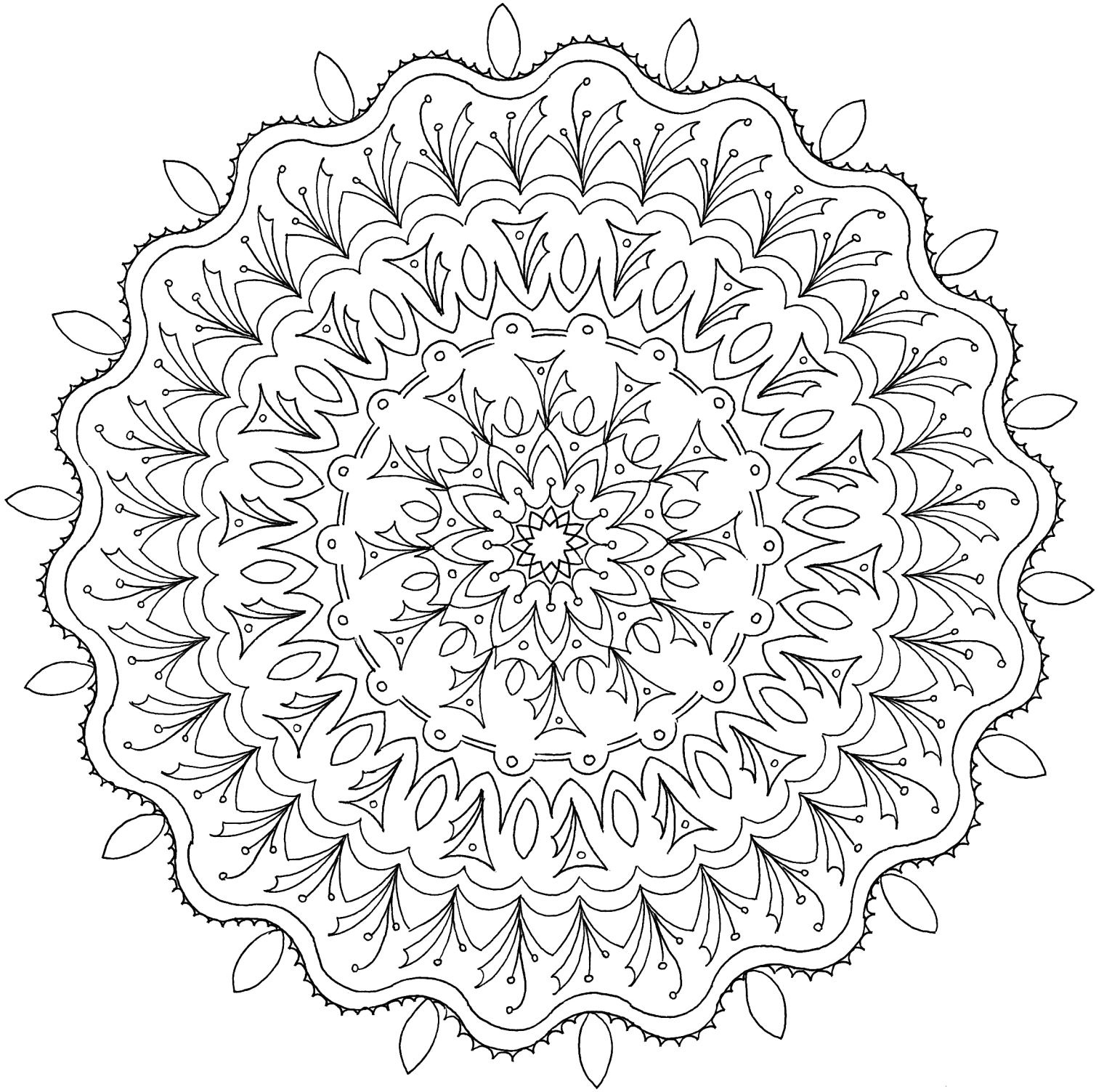
Print out additional copies for your children to colour too. A few years ago one of my clients had a son who was struggling emotionally in school. When he saw her colouring her mandala after one of my workshops and asked if he could have one too. He absolutely loved it and she messaged to ask if she could have some more.

I've included six mandalas for you to choose from. Colour one or all six over the next few weeks and notice how you feel.

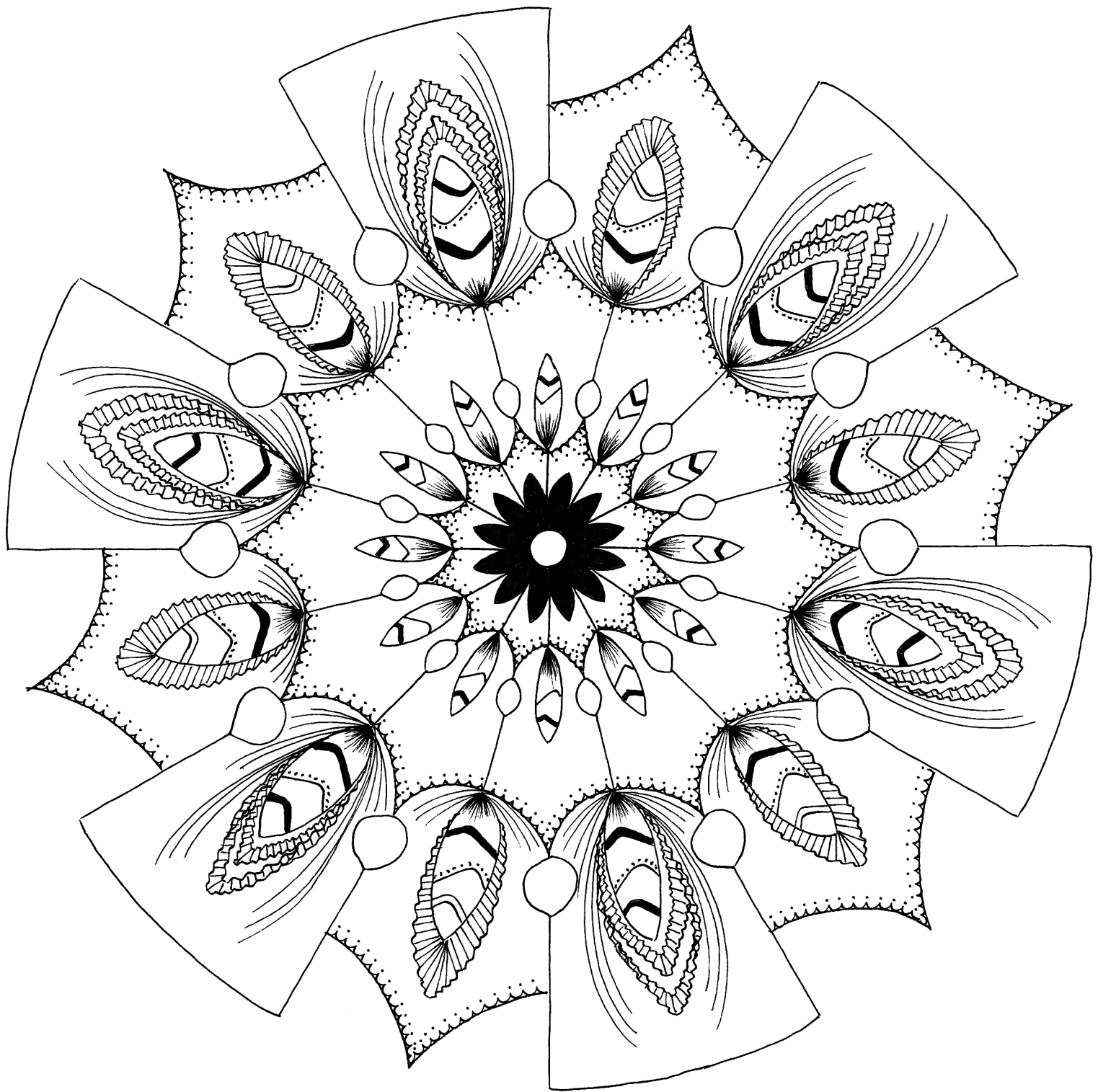


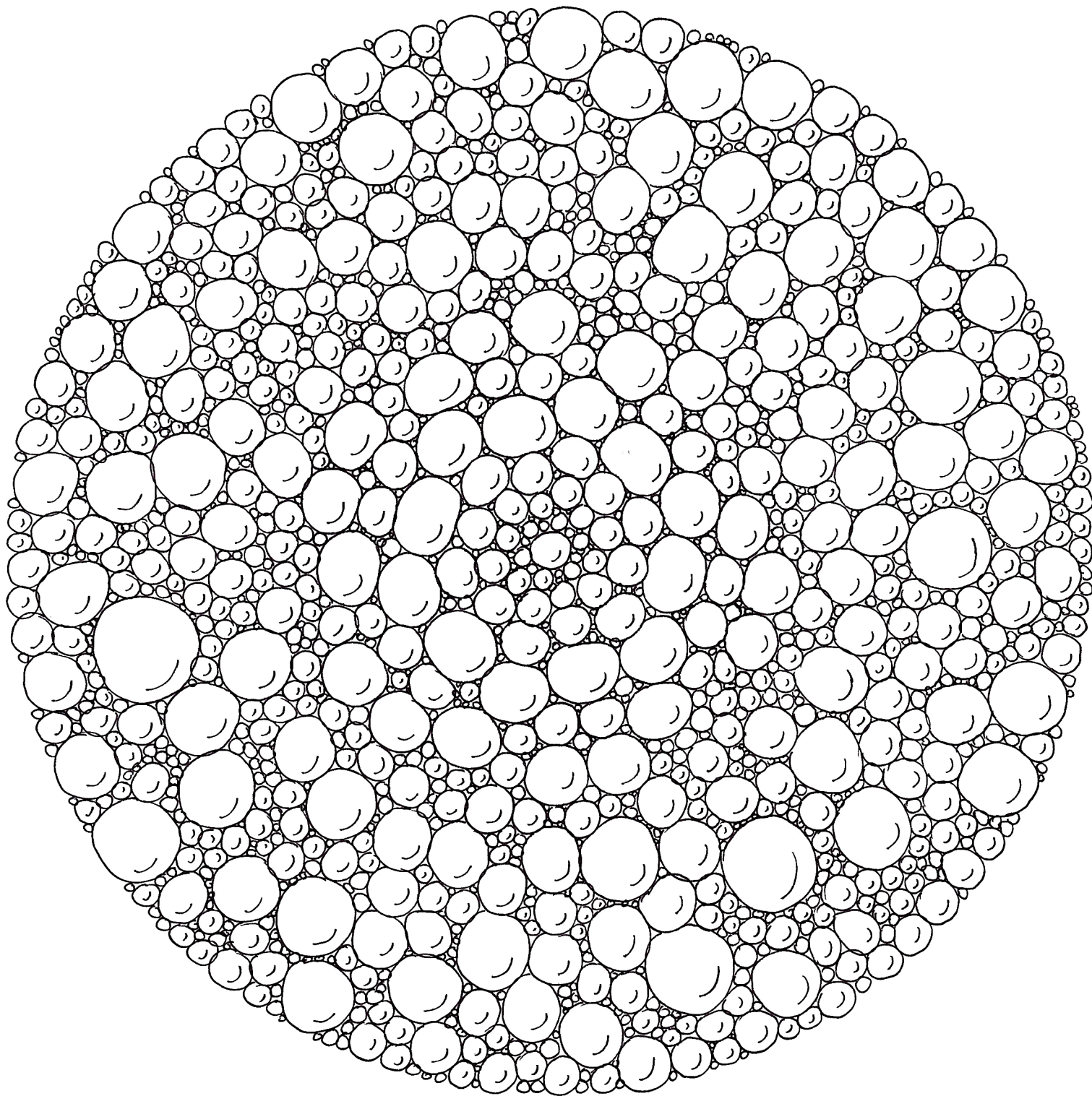




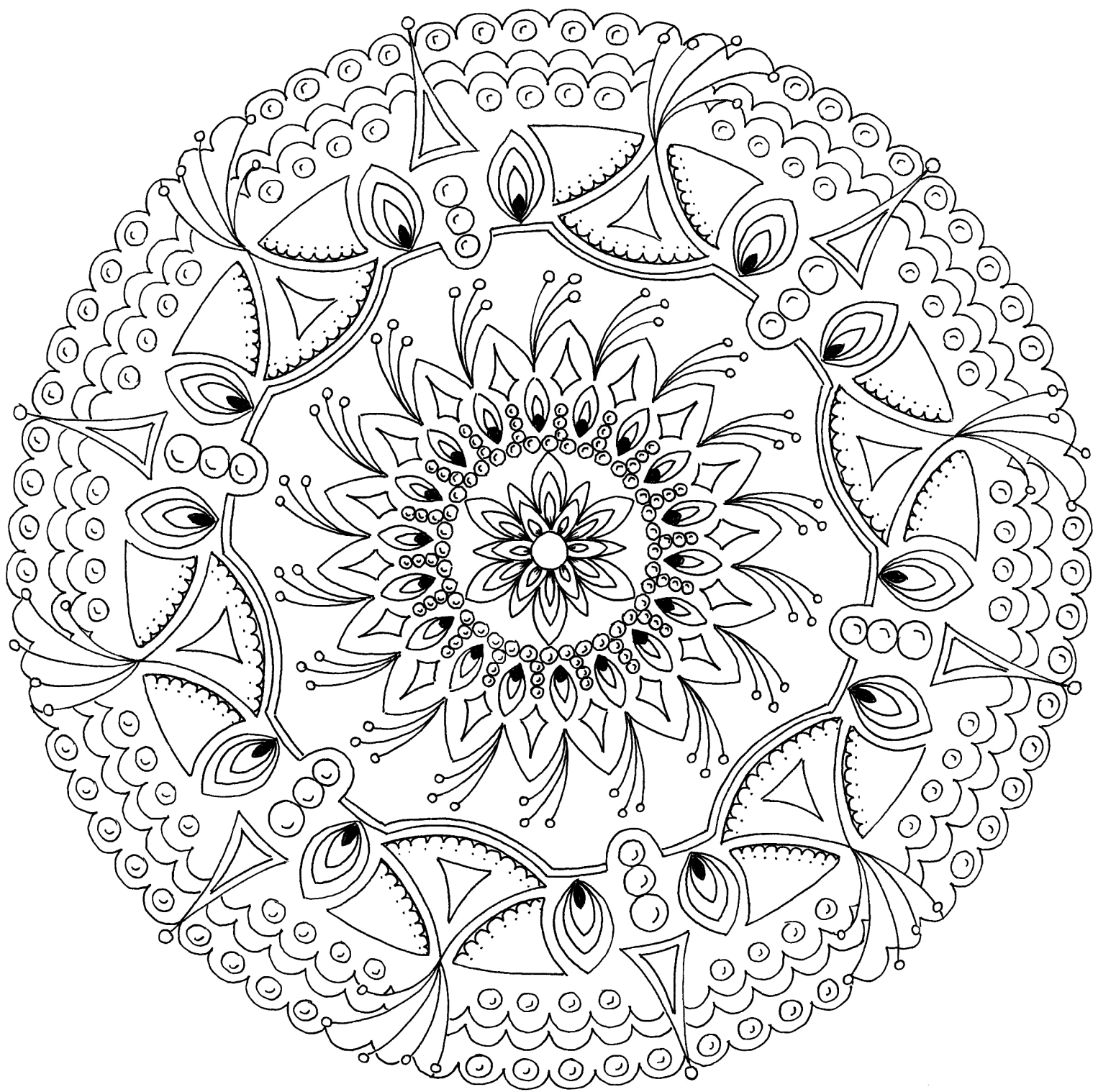












# *Thank You...*

Teaching Compassion and Consciousness through Creativity. Helping single parents to create a positive ripple effect within their family, personal life and business.

If you have any questions or would like to arrange a FREE 45-minute Connection Call (Value £150) please book a day and time to suit you through the link below.

*With Best Wishes,  
Sandra*



Book a Connection Call Now at  
[www.sandraowen.com/lets-talk](http://www.sandraowen.com/lets-talk)