

EAST SIDE ELDERS
COLORING BOOK
VOLUME 12





Santa Fe, New Mexico, USA.

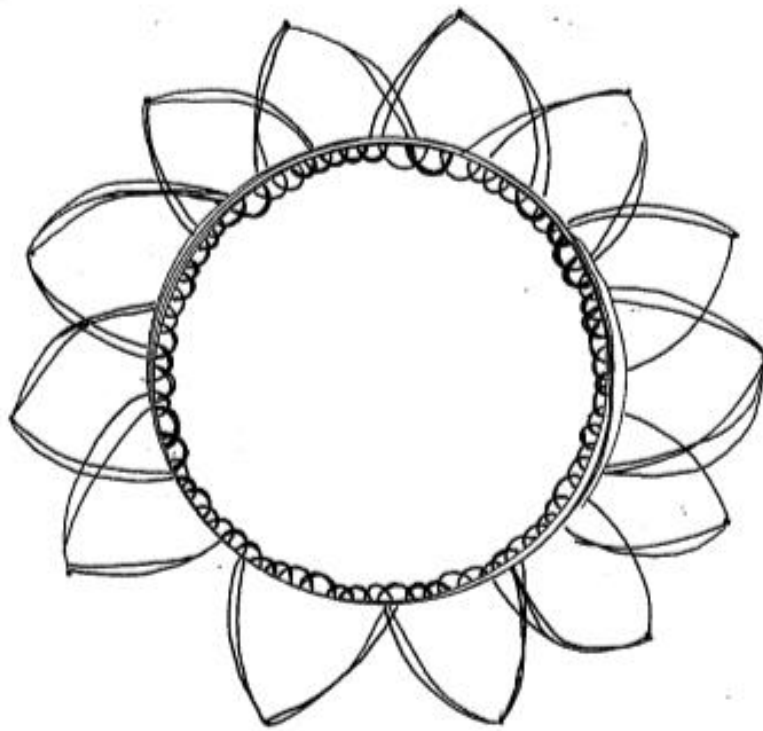
Kelly Perez



Alyssa E.

Mandala:

[Sanskrit: "circle" or "discoid object"]
in Hindu + Buddhist Tantrism,
a symbolic diagram used in
the performance of sacred
rites and as an instrument
of meditation. The mandala
is basically a representation

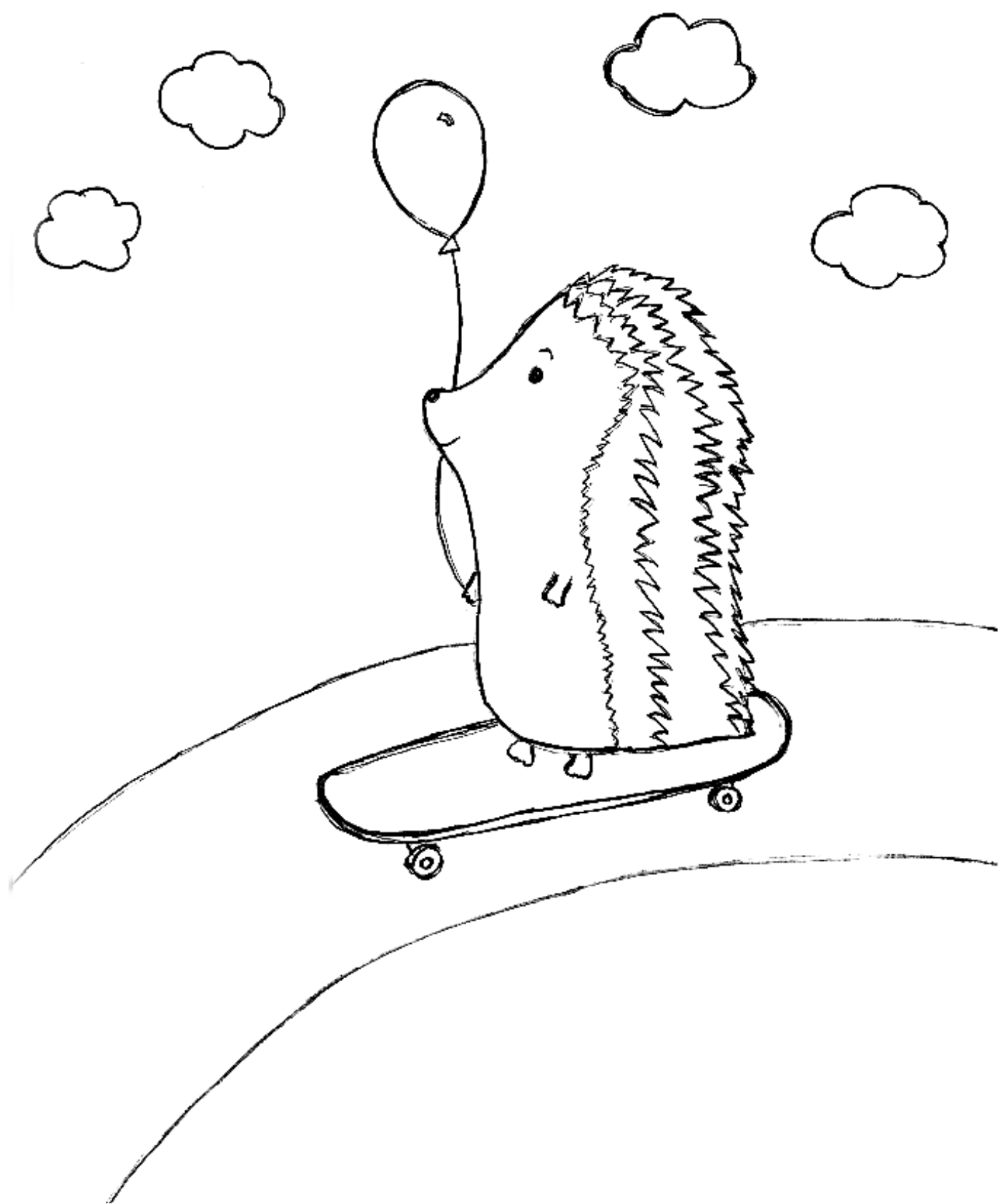


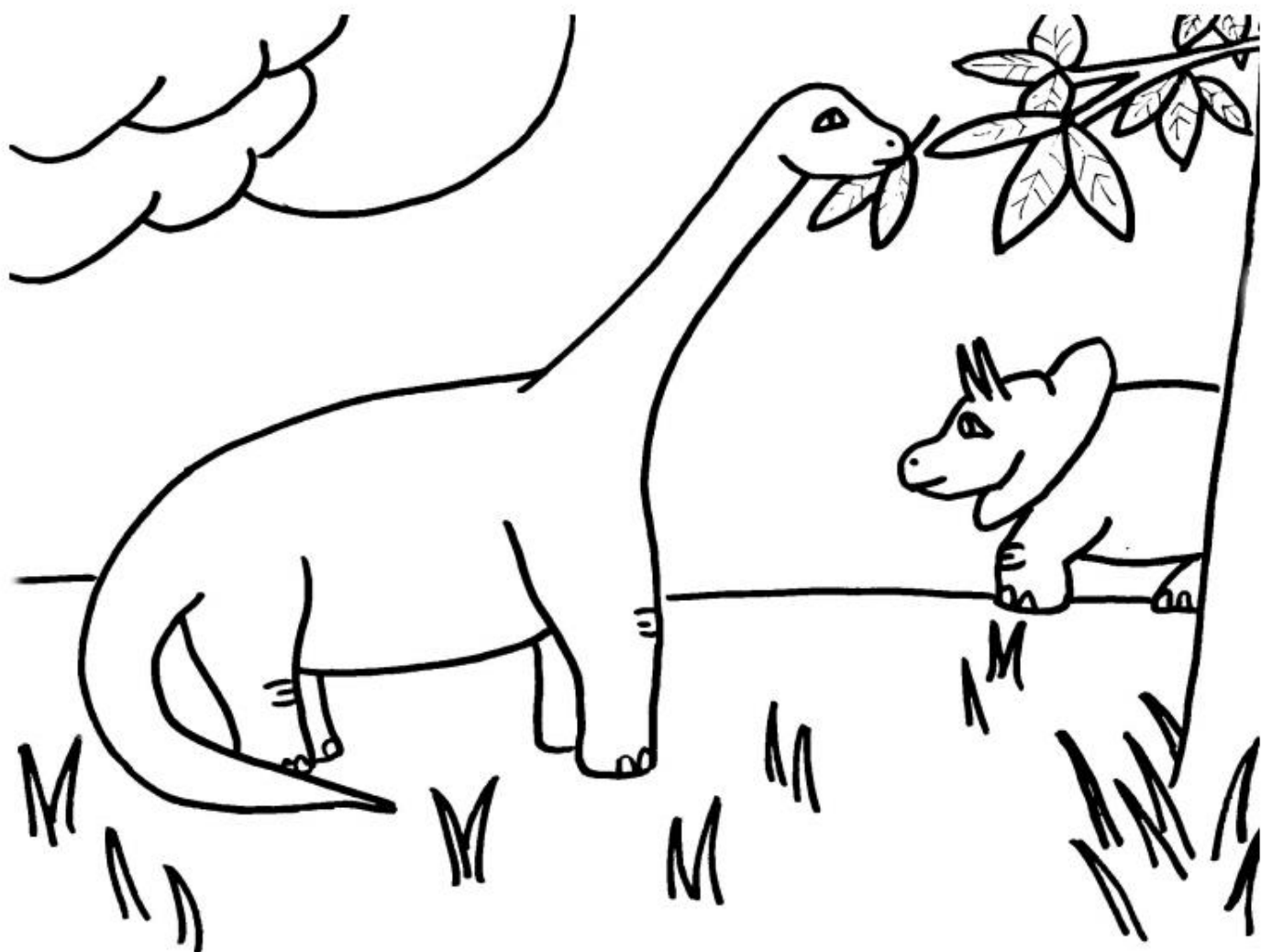
of the universe, a
consecrated area
that serves as a
receptacle for the
gods and as a
collection point of
universal forces. Man
(the microcosm), by
mentally "entering"
the mandala and
"proceeding" toward
its centre, is by
analogy guided
through the cosmic
processes of
disintegration and
reintegration.

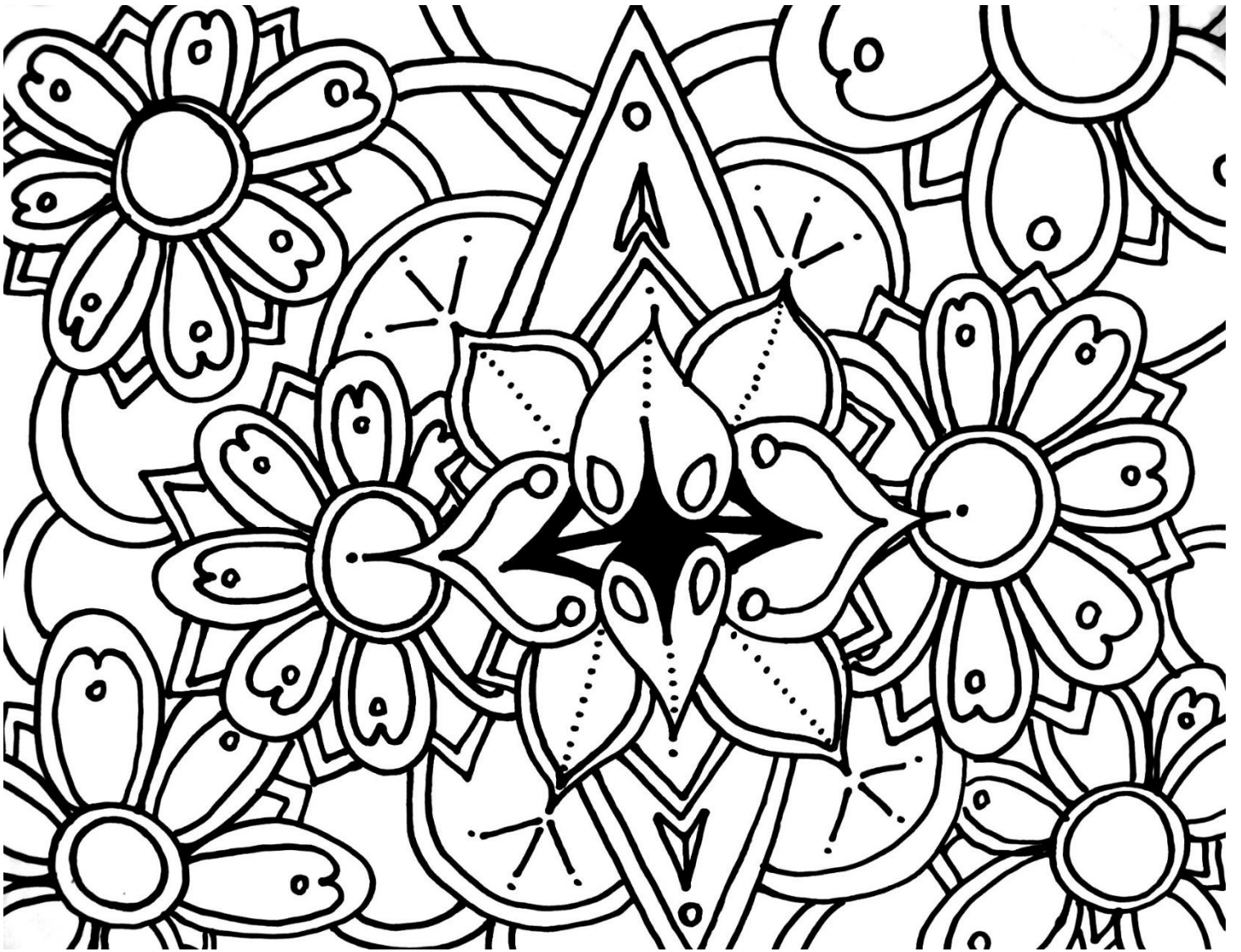
• ENCYCLOPEDIA •
BRITANICA

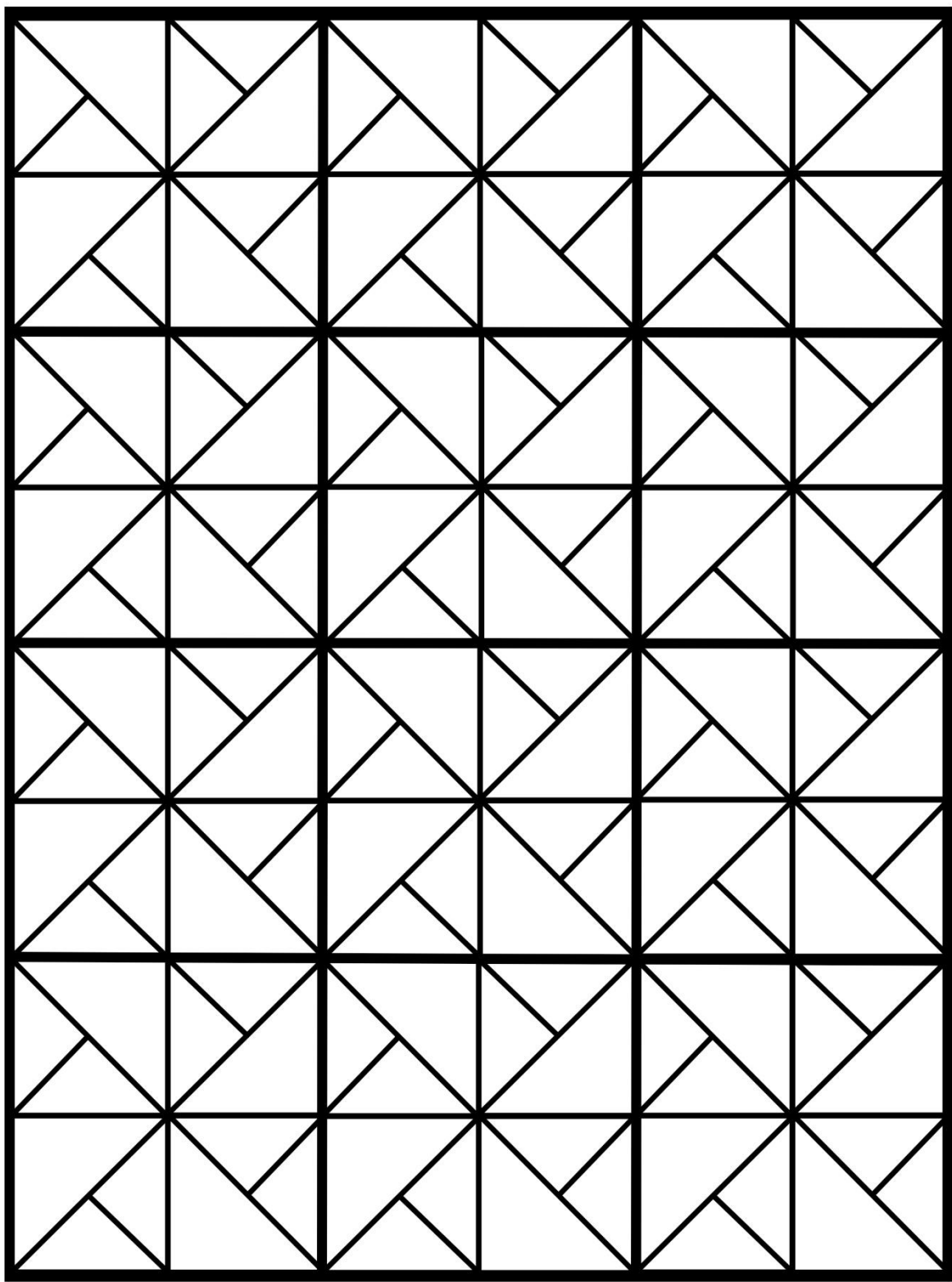
Here, for you, is an imperfect, unfinished
mandala to complete in a way that
holds meaning to you.

Danielle Johnson



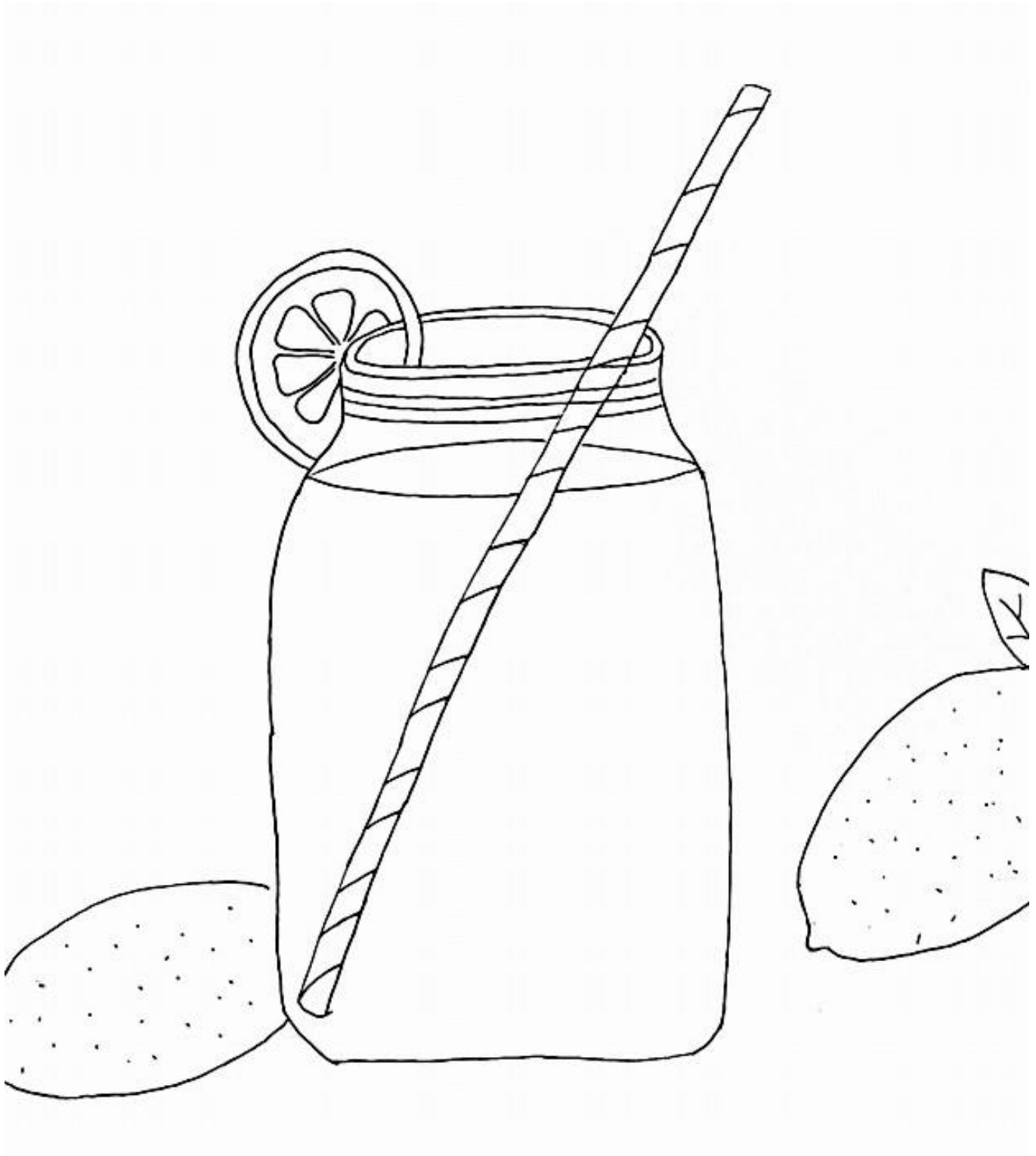


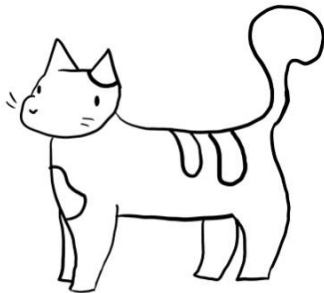
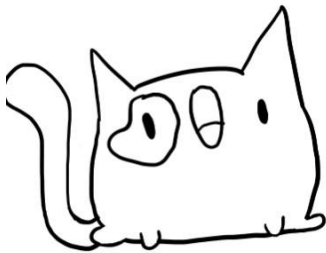






Alyssa E.





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We hope you enjoy Volume 12 of the East Side Elders Coloring Book! These coloring pages were created by volunteers who wanted to create a something special for seniors to enjoy. If you want to share your colored-in pages, please take a picture and send it to East Side Elders at Info@EastSideElders.org – we would love to see your art!

The mission of East Side Elders is to create a circle of care around the elders in Dayton's Bluff, Payne-Phalen, and Conway-Battle Creek neighborhoods, empowering seniors to live safe and independent lives in their homes.

You can contact East Side Elders to give help or receive help at:

651-683-2326

or

Info@EastSideElders.org

East Side Elders

