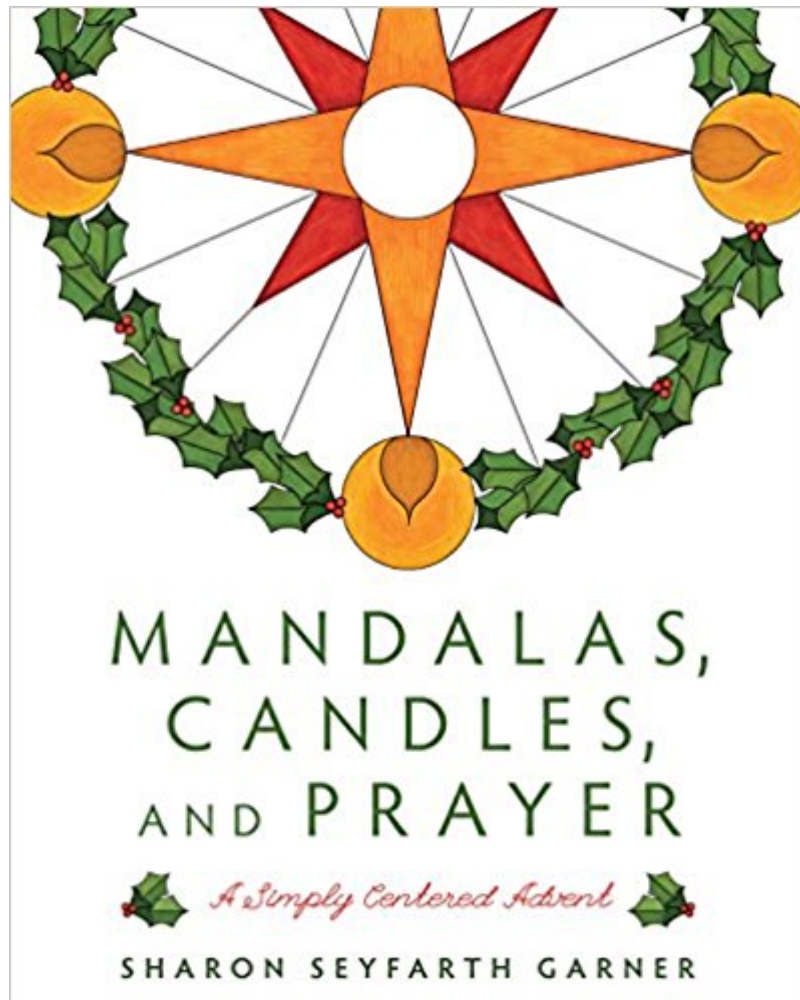




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# Mandalas, Candles, And Prayer: A Simply Centered Advent



## Synopsis

Slow down, simplify, and add a burst of color to your Advent this year. The spiritual practice of coloring mandalas, lighting candles, and praying regularly can help us stay centered on God during this busy time of year. Based on the four candles of the Advent wreath, this coloring book for adults weaves together the popular practice of coloring with four simple methods of contemplative prayer. Each chapter includes a short vignette, an explanation of the weekly theme and prayer method, a simple candle lighting liturgy, 7 mandalas for each week of contemplative coloring, and a closing prayer of illumination. Let the candles light the way and calm your spirit. Color and pray. And you will experience the most meaningful gift of all--a peace that passes all understanding as you journey toward the manger.

## Book Information

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## Customer Reviews

Mandalas, Candles, and Prayers offers a soup-to-nuts Advent experience, combining a weekly ritual of lighting the Advent wreath and a daily practice of contemplative coloring. Each week author Sharon Seyfarth Garner provides 7 copies of a simple but lovely circular coloring template to use with a suggested way to pray. The 4 different forms of prayer are praying for others, examining the day, mining a passage of scripture, and finding focus in stillness. Each is a rich way to concentrate on the Advent themes of hope, love, joy, and peace. These coloring pages and prayer practices are not only a great way to prepare for Christmas, but they also provide us with sturdy tools for the journey with God the other eleven months of the year. --Sybil MacBeth, Author of *Praying in Color: Drawing a New Path to God* and *The Season of the Nativity: Confessions and Practices of an Advent, Christmas, and Epiphany Extremist*

Rev. Sharon Seyfarth Garner is a United Methodist pastor, spiritual director, and retreat leader in Cleveland, Ohio. She is the founder and director of Belly of the Whale Spiritual Direction & Retreat Ministries. Sharon is the author of *Praying with Mandalas: A Colorful, Contemplative Practice*. She enjoys spending time with her family, kayaking, making pottery, singing loudly, and taking long walks with her husband and dog.

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