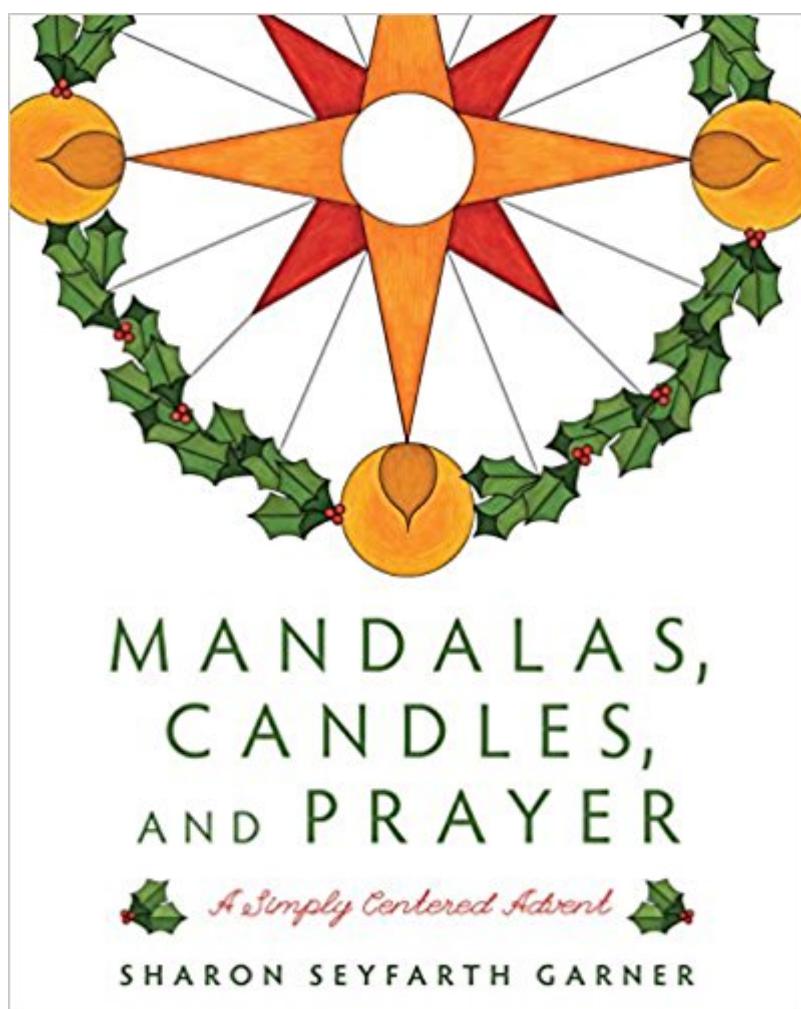


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# Mandalas, Candles, And Prayer: A Simply Centered Advent



## **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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Best Sellers Rank: #299,984 in Books (See Top 100 in Books) #127 in Books > Christian Books & Bibles > Christian Living > Holidays > Christmas #58895 in Books > Religion & Spirituality

## **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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Mandalas, Candles, and Prayer: A Simply Centered Advent Candle Making: Amazing Candles - 24 Easy Homemade Candle Recipes For Delightful Fragrance In Your Room! (Candles, Candle Making, Aromatherapy) CANDLES WITH CHRIS: Simplified eBook For Making Professional Looking Candles For Beginners #Mandalas Coloring Book: #Mandalas is Coloring Book No.6 in the Adult Coloring Book # Series Celebrating Mandalas (Coloring Books, Stress Relief, ... Series of Adult Coloring Books) (Volume 6) The Complete Works of E. M. Bounds: Power Through Prayer, The Reality of Prayer, The Essentials of Prayer, The Weapon of Prayer, Satan: His Personality, Power And Overthrow and More Reflecting on the Names of Jesus: Jesus-Centered Coloring Book for Adults (Jesus-Centered Devotions) Public Health Nursing - Revised Reprint: Population-Centered Health Care in the Community, 8e (Public Health Nursing: Population-Centered Health Care in the Community) Shorter Christian Prayer: The Four-Week Psalter of the Liturgy of the Hours Containing Morning Prayer and Evening Prayer Large Print Simple and Easy Mandalas: Simple, Easy, and Relaxing Large Print Mandalas Adult Coloring Book (Coloring books for grownups) (Volume 60) Prayer: The 100 Most Powerful Evening Prayer Every Christian Needs To Know (Christian Prayer Book 2) Prayer: 365 Days of Prayer for Christian that Bring Calm & Peace (Christian Prayer Book 1) My Kid's Prayer Journal: 100 Days of Prayer & Praise: Children's Journal to Inspire Conversation & Prayer with God Creating Mandalas with Sacred Geometry: Color and Draw Mandalas Using Ancient Principles Mindful Mandalas: A Mandala Coloring Book: A Unique & Uplifting Mandalas Adult Coloring Book For Men Women Teens Children & Seniors Featuring ... Relaxation Stress Relief & Art Color Therapy) Majestic Mandalas Volume 3: Adult Coloring Book featuring 65 hand-drawn unique mandalas Majestic Mandalas MIDNIGHT Edition: 100+ Gorgeous Mandalas on BLACK backgrounds to color Simply Country: 18 Current and Classic Hits (Easy Piano) (Simply Series) Simply Standards: 22 Most Requested Songs (Easy Piano) (Simply Series) Simply Chopin: The Music of FrÃ©dÃ©ric Chopin -- 25 of His Piano Masterpieces (Simply Series) Simply Ramen: A Complete Course in

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