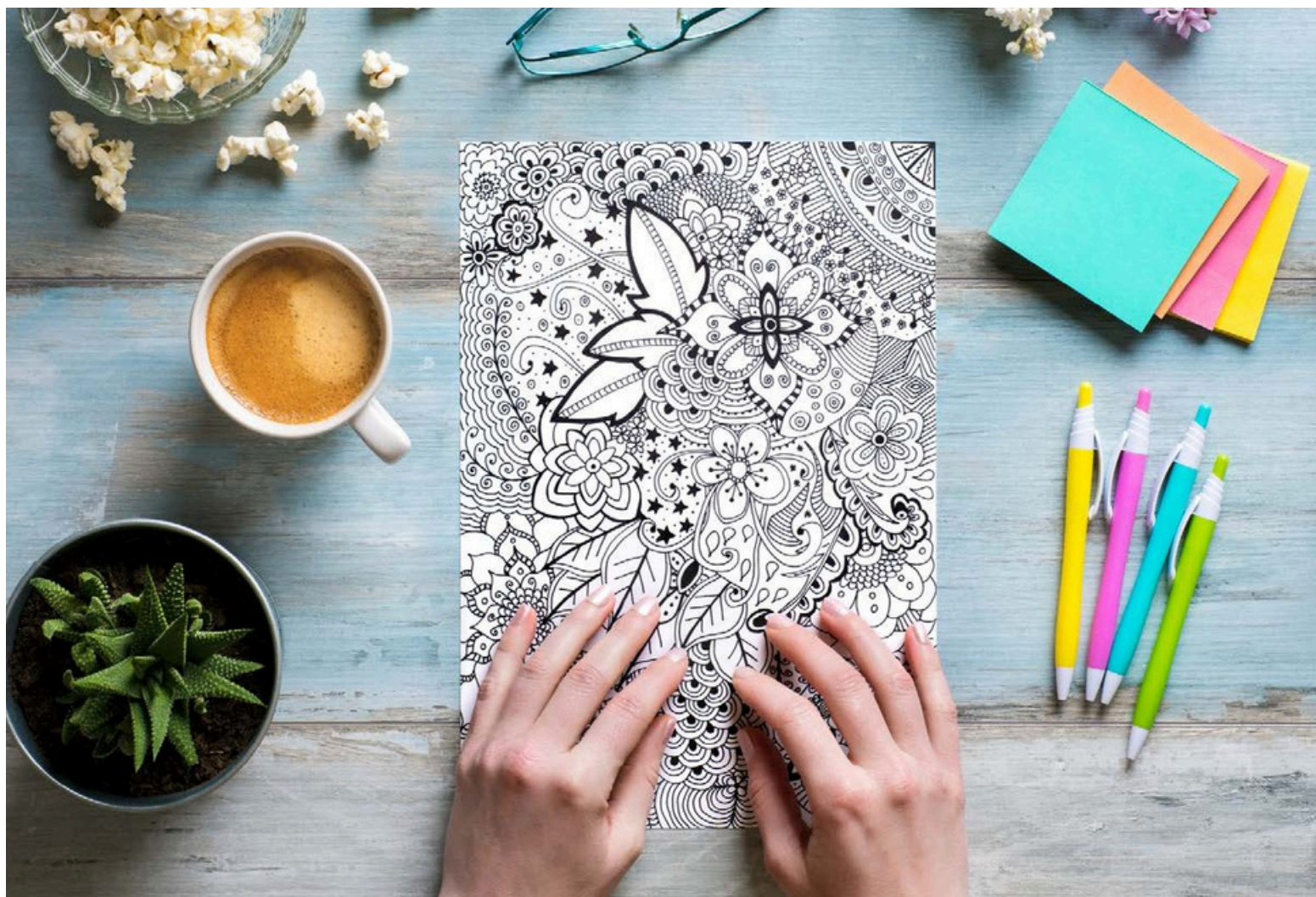


Jacquie's Mandala Colouring Book





A Note From Me...

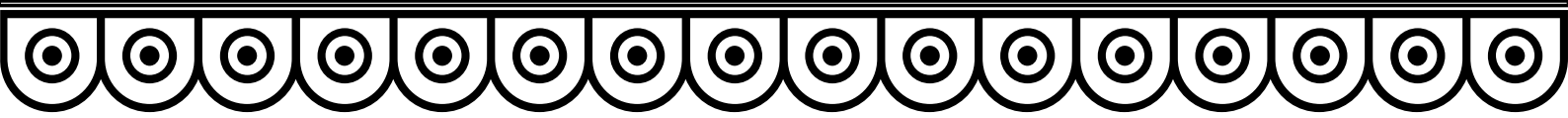
My gift to you is this beautiful inspirational colouring book filled with my favourite mandalas to get your creative energy flowing and acknowledge your own potential.

This book is divided into themes of Calm and Clarity, Joy and Play, Strength and Grounding, Vision and Abundance. Many pages have a powerful declaration you can tap into as well as creative prompt boxes to help your conscious awareness to expand further.

Mandalas promote healing, limitless potential, and positive states of being. As you add colour to these unique patterns, I hope you feel expressive and alive!

Happy colouring!

Jacquie xxx

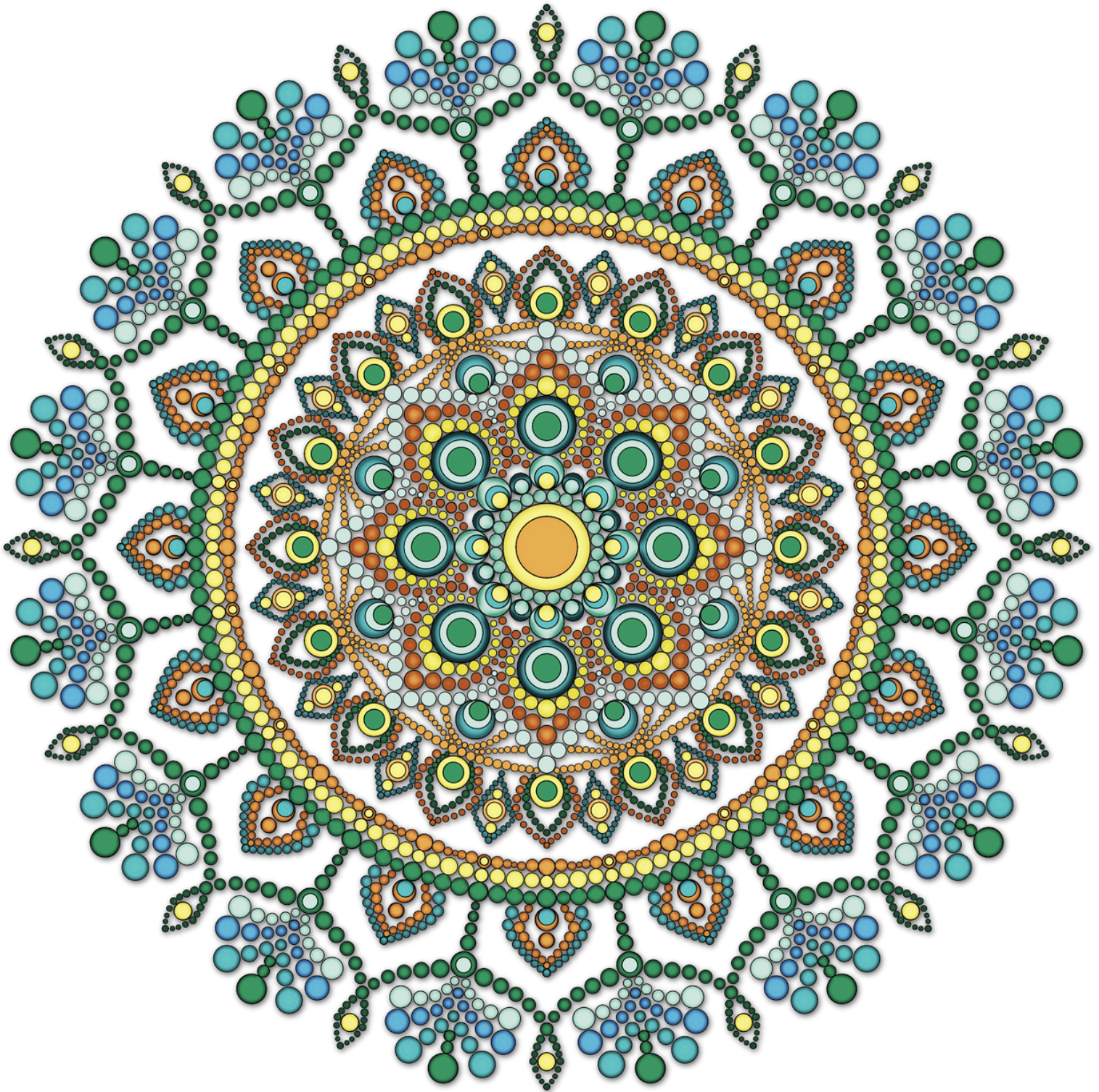


Materials To Try

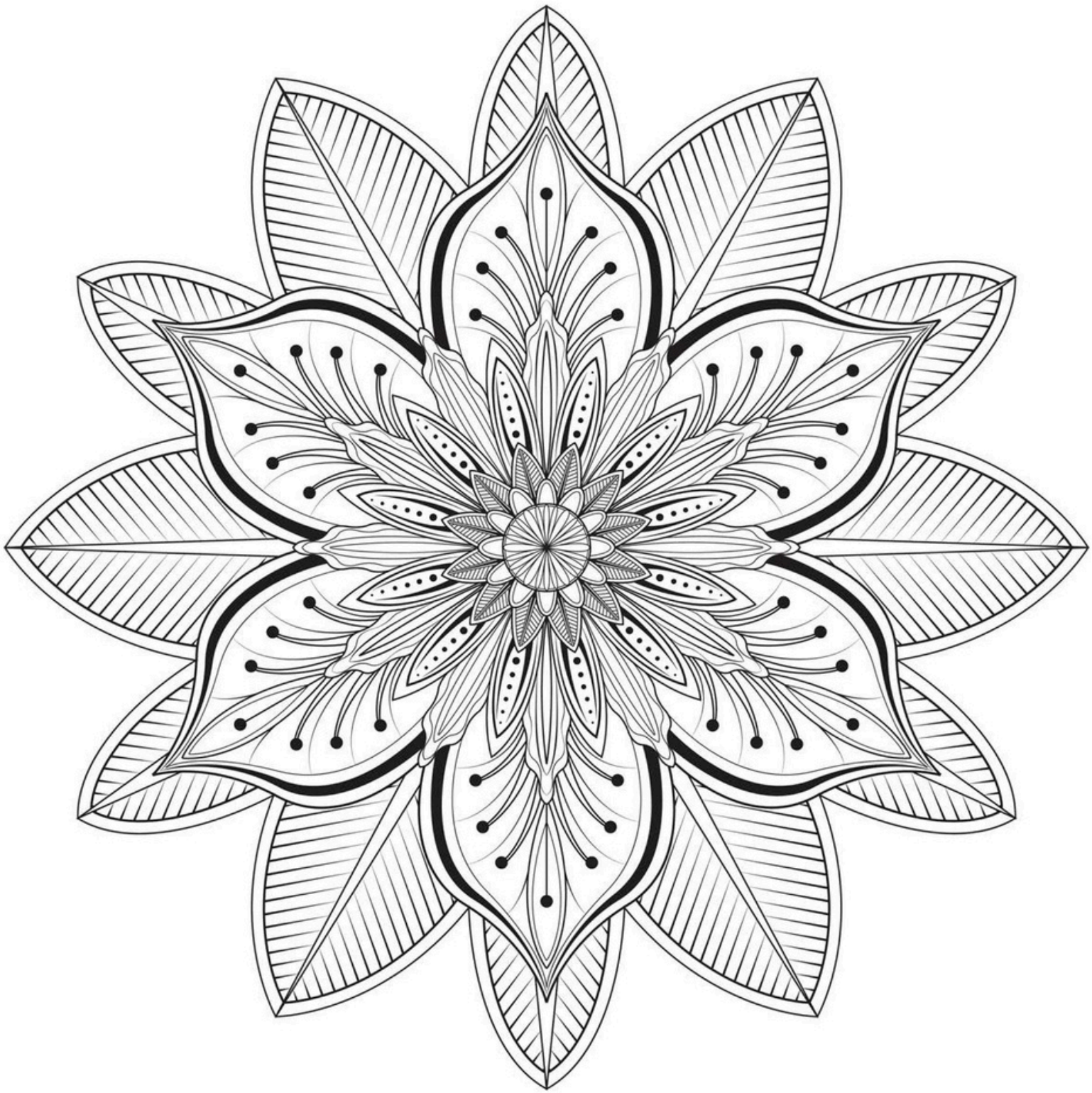
Coloured pencils, watercolours, markers, pastels, glitter, foil, collage scraps—whatever brings joy. Feel free to experiment with texture and layers. This is your creative space. Let your hands lead the way.

Calm and Clarity

Before you begin colouring, take a slow, deep breath. Let your shoulders soften and your jaw relax. With each exhale, allow tension to melt away. This is your space to settle, to release the noise of the day, and to return to yourself. As you colour, invite a sense of calm to rise within you, and let clarity gently unfold—without effort, without force. Trust that peace is already within you, and this moment is where it begins to rise.

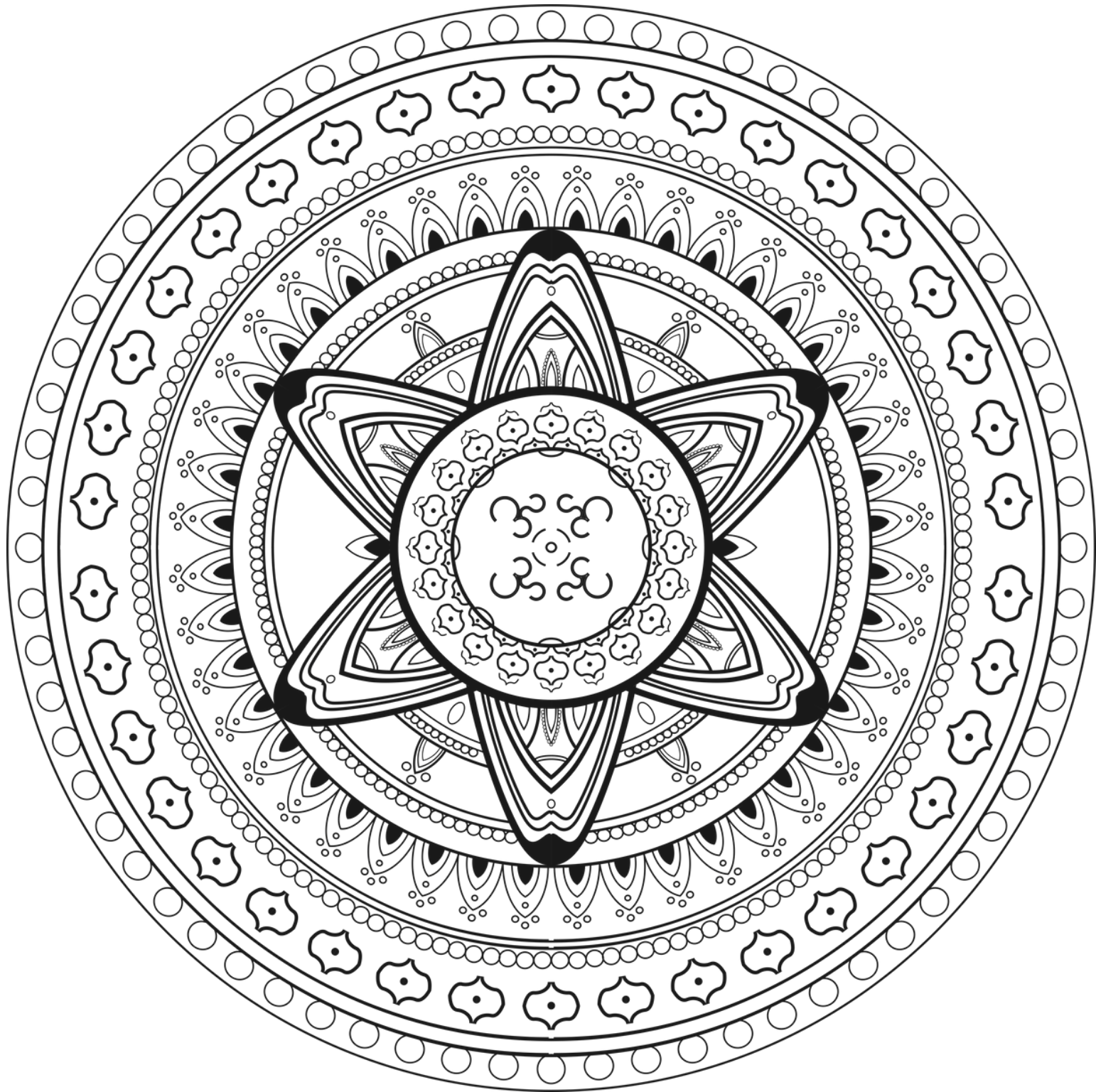


Calm Is My Power

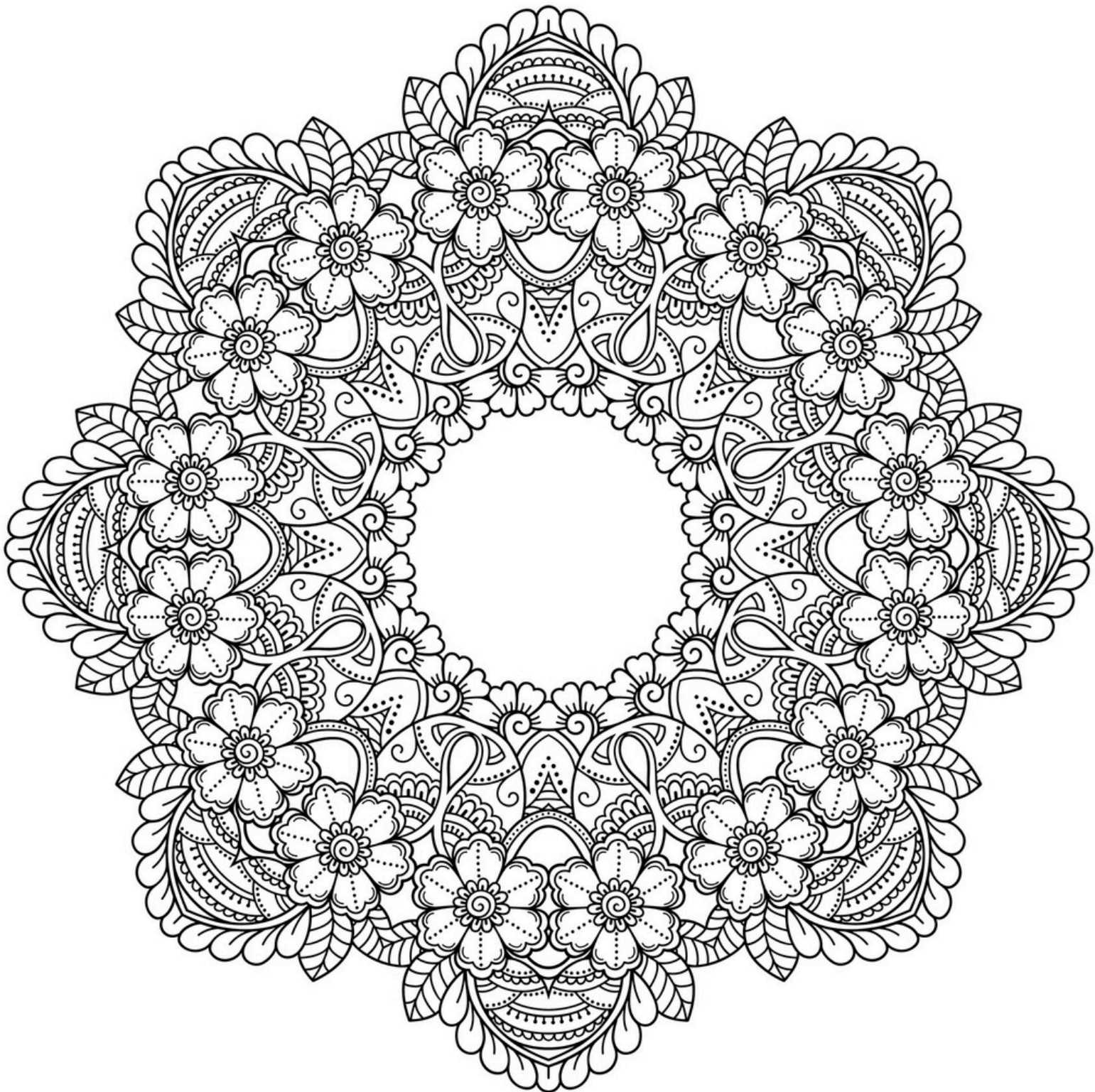


Today I Feel...

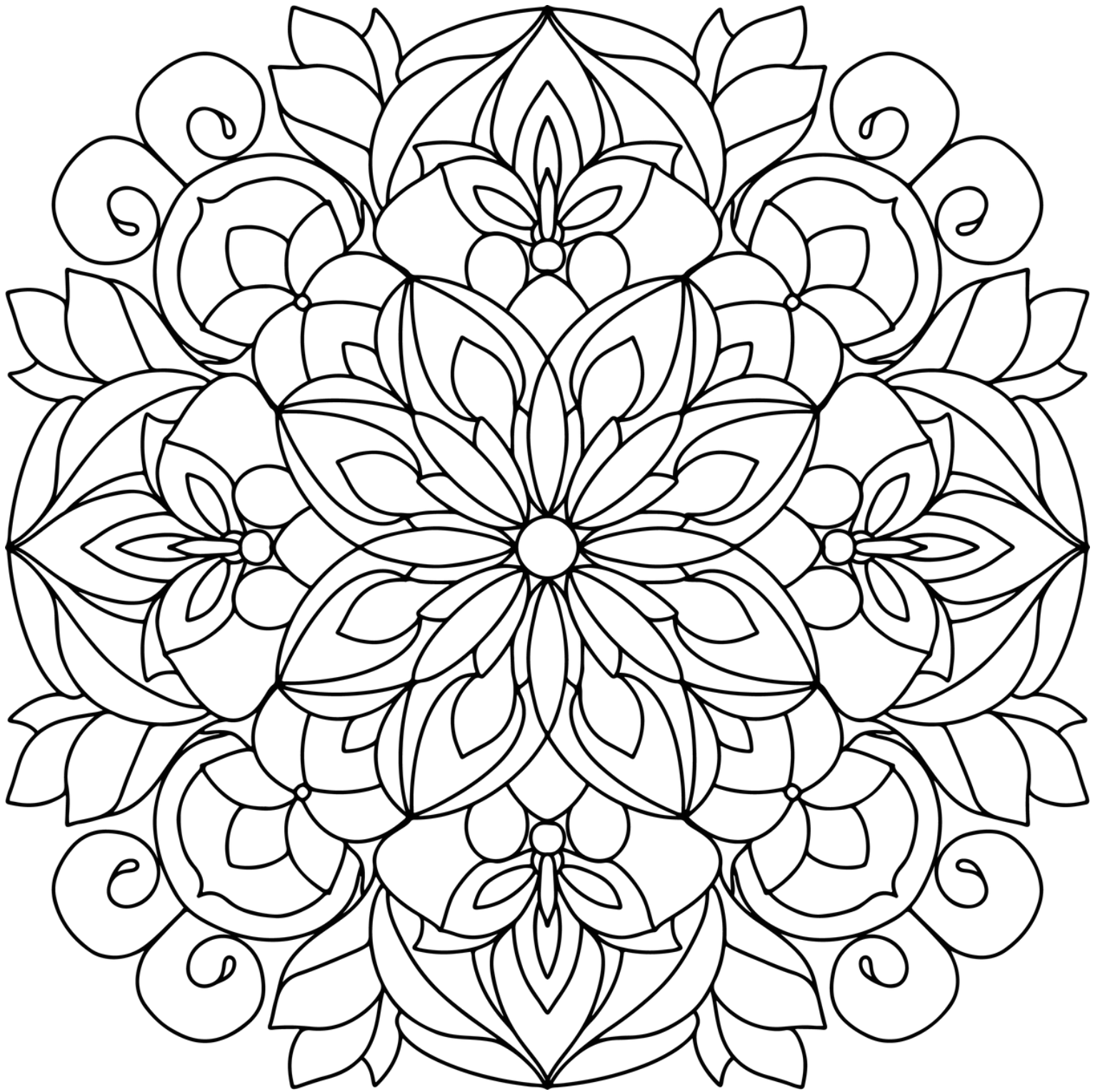
I Trust The Rhythm Of My Life
Is Unfolding Perfectly



Every Breath I Take
Nourishes My Body And Soul

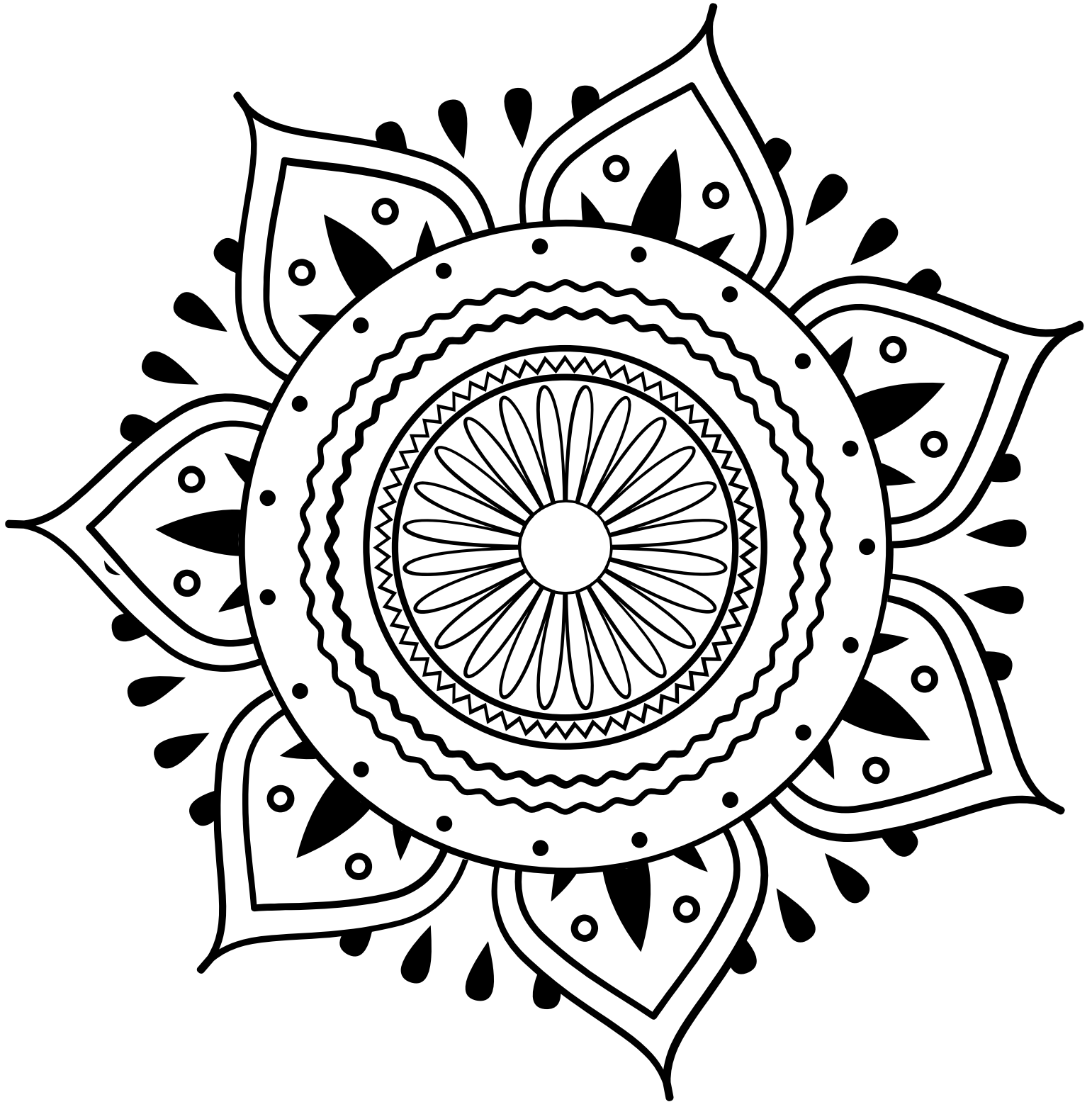


My Actions Are Clearly Directed
Toward My Highest Purpose

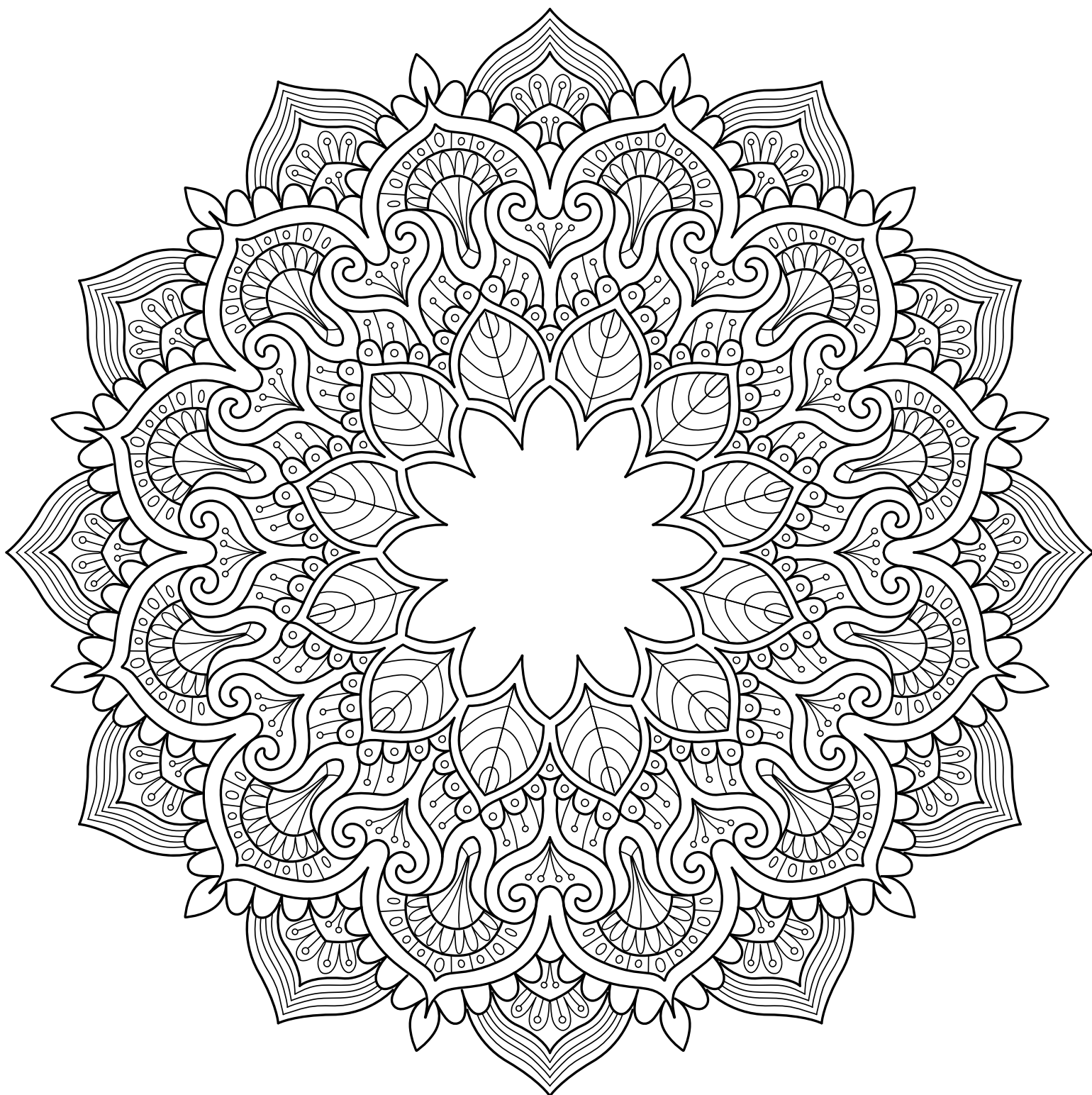


I'm Colouring With The Energy Of...

I Am Worthy Of Love, Happiness,
And Inner Peace

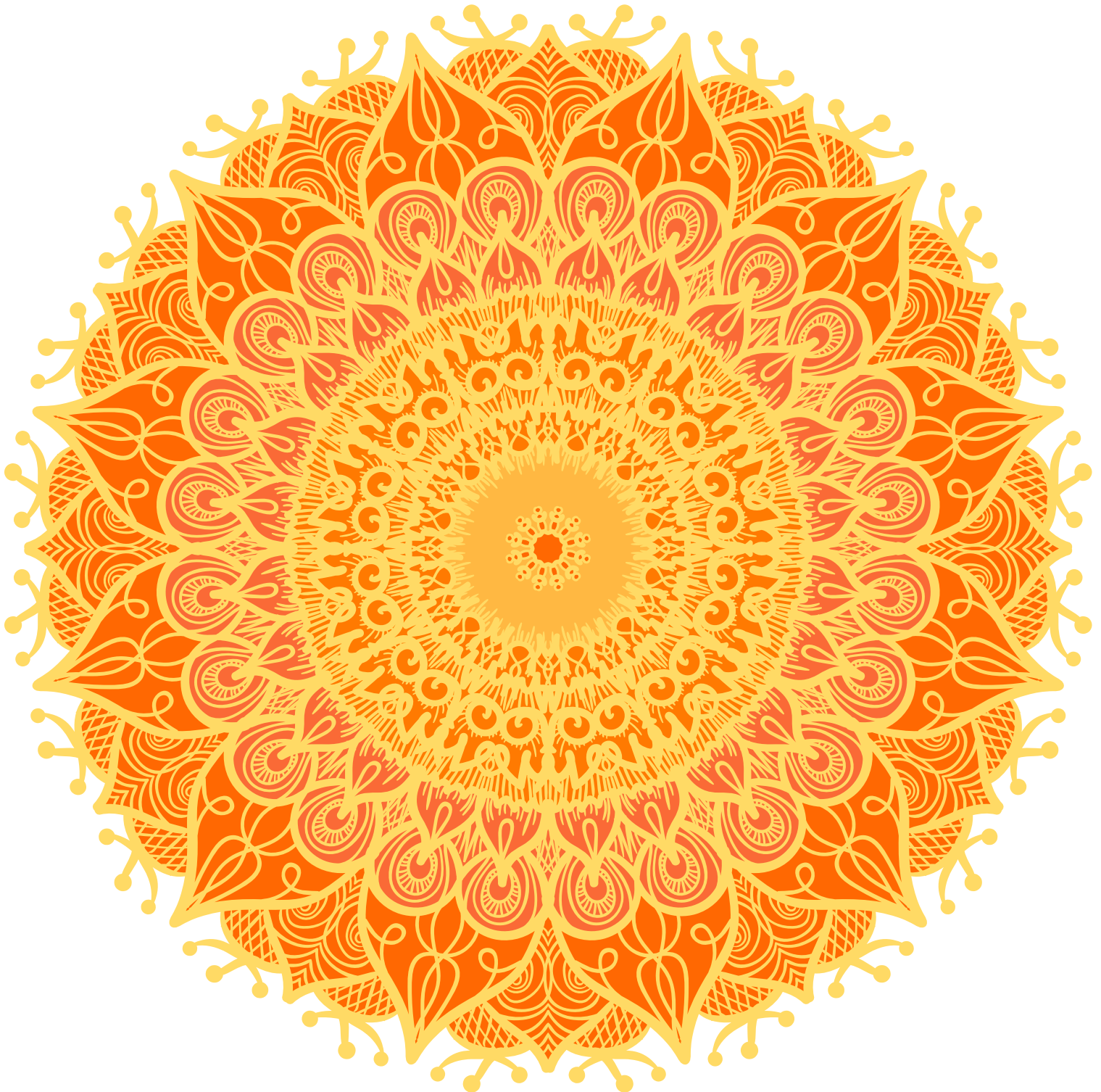


I Am At Ease With Uncertainty

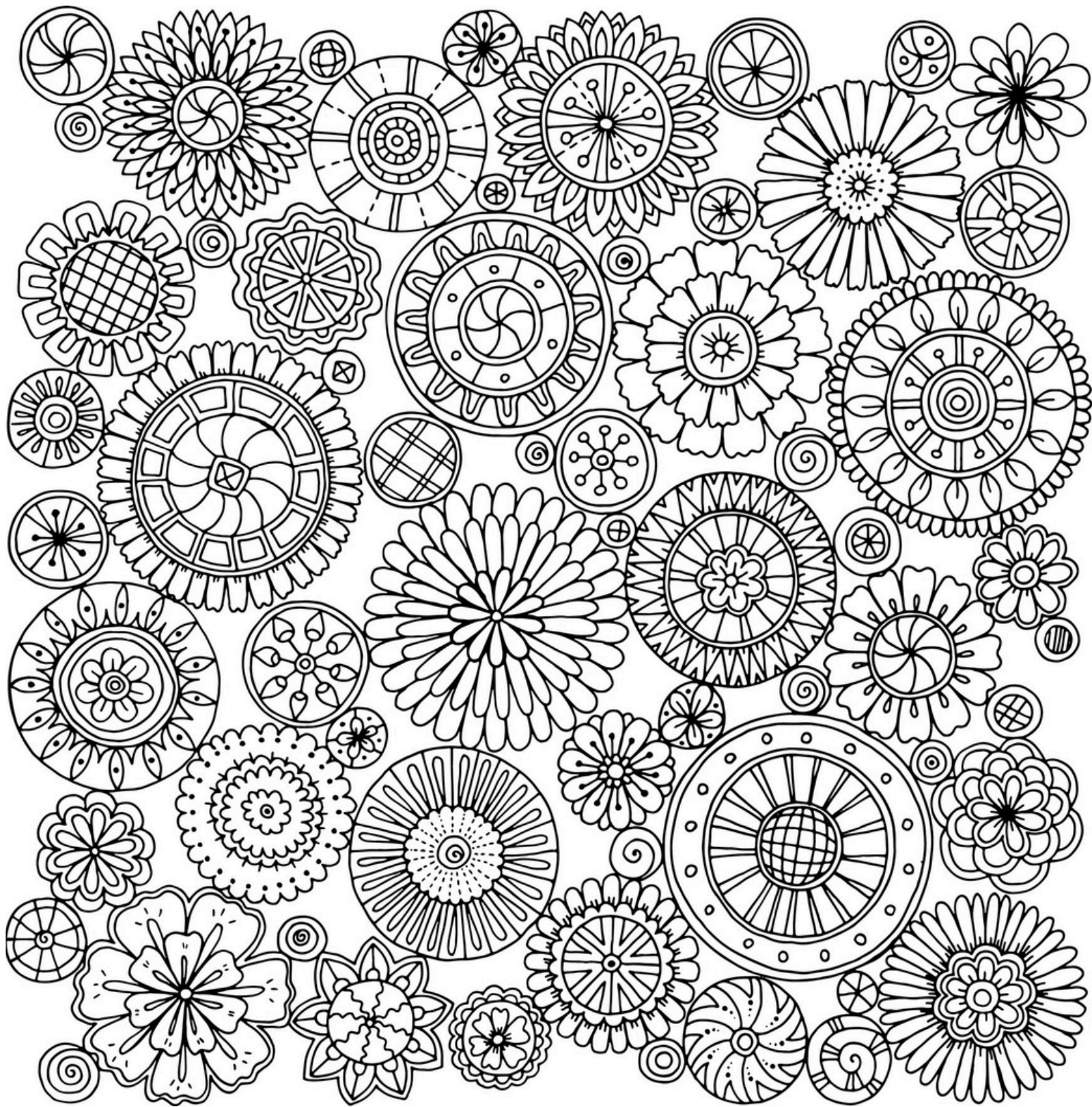


Joy and Play

Take a deep breath in and imagine it filling your heart with lightness. Exhale with a smile, even a small one. This is your time to be curious, expressive, and free. There's no right or wrong here—just colour, movement, and joy. Let your inner child choose the colours, dance with the shapes, and play without needing a reason. Laughter, wonder, and creativity live here—let them flow through your hands.

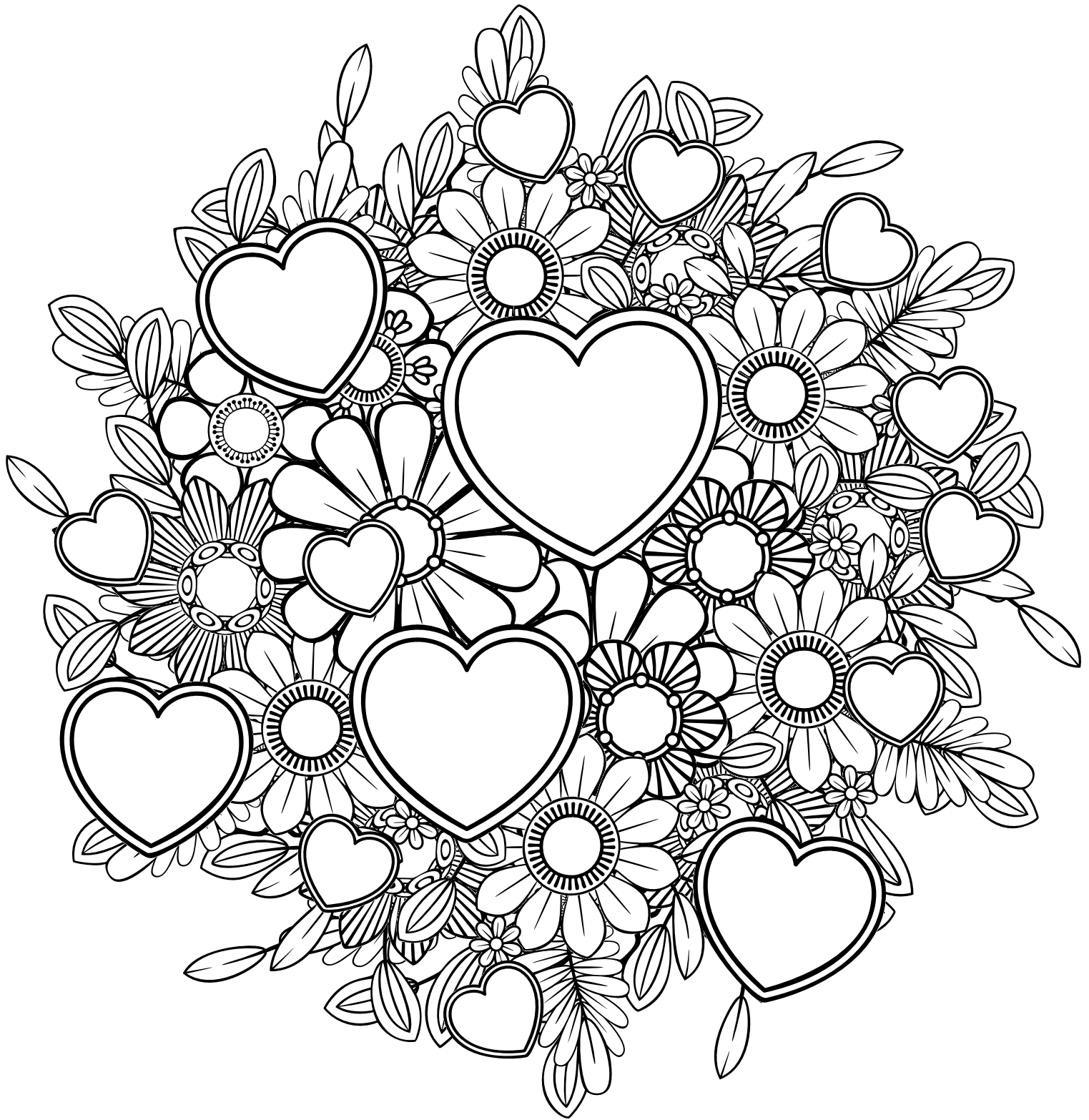


My Joy Is Not Determined By External Things

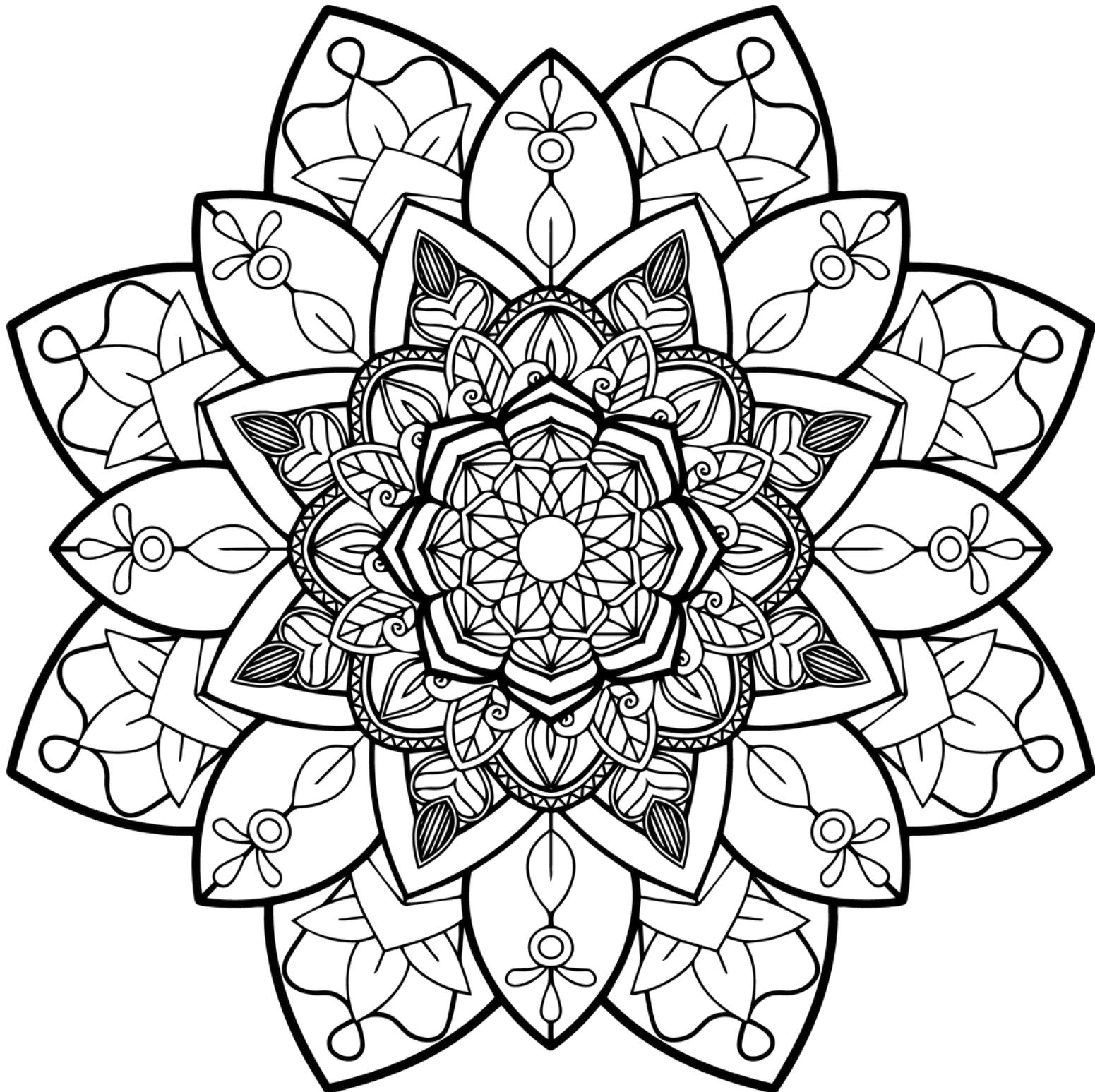


After Colouring, I Notice...

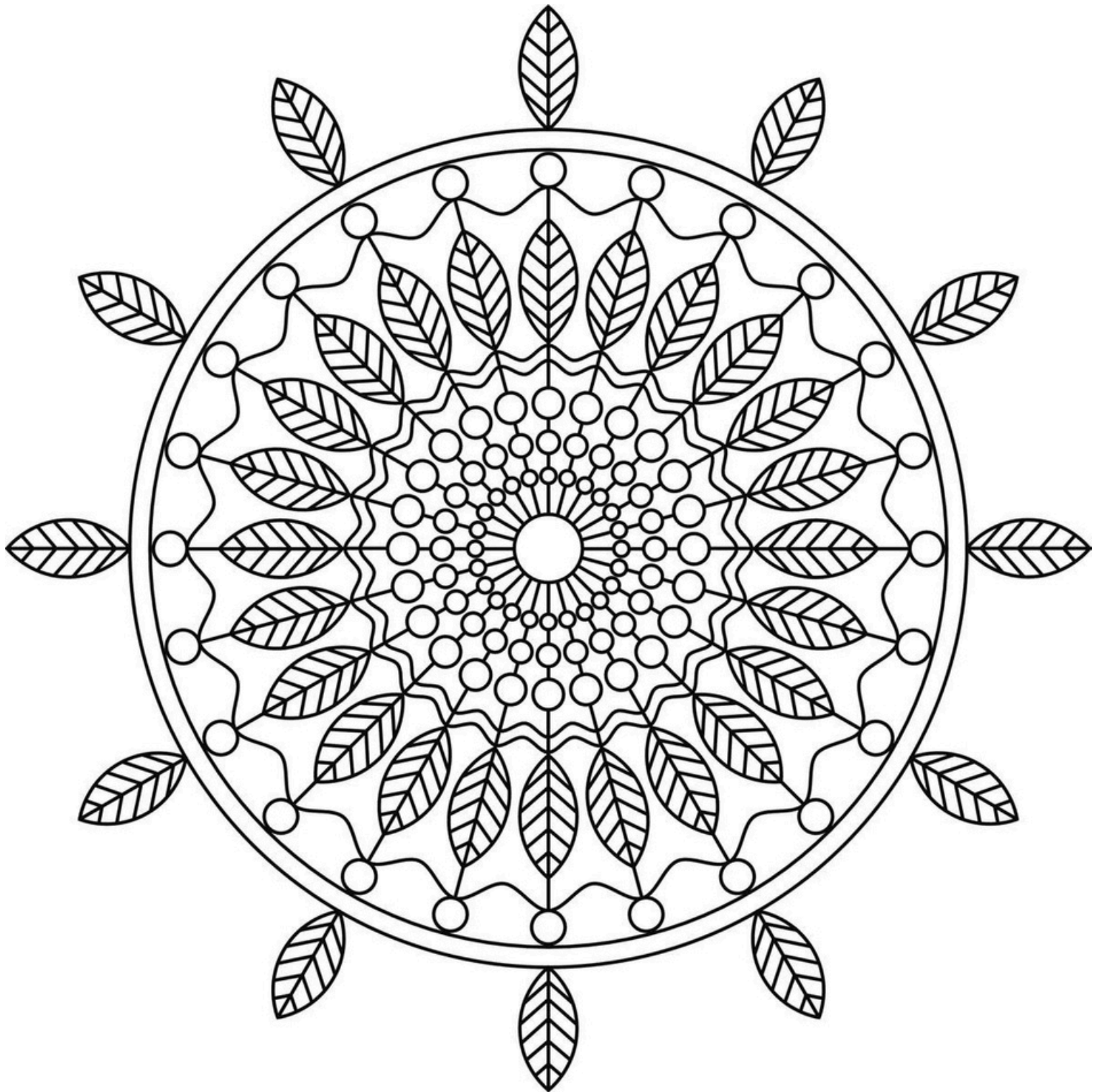
I Accept Joy As My Standard Of Living



My Heart Receives The Small Joys
Gifted To Me Each Day

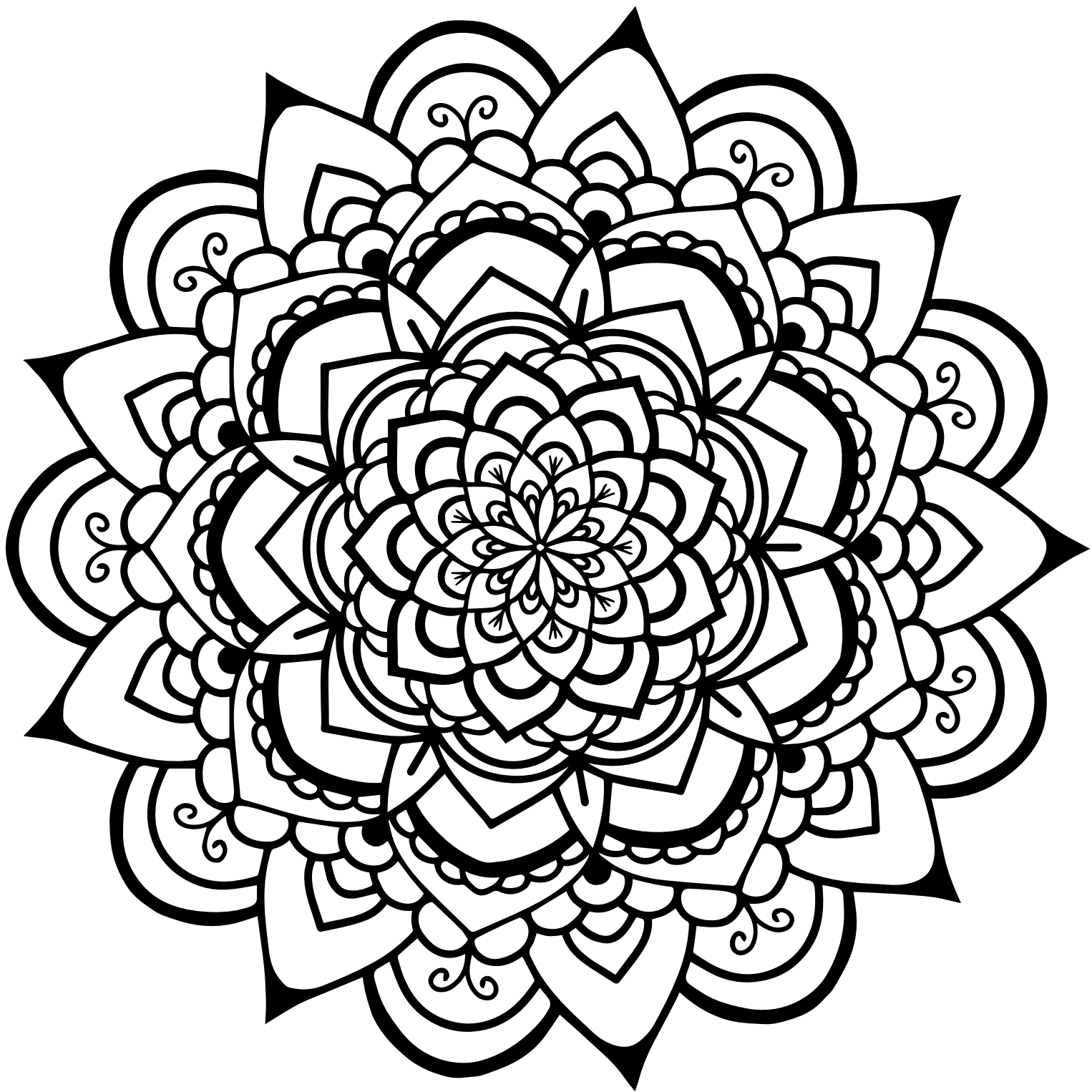


I Am A Magnet For Miracles



Today I Feel...

I Remind Myself That Play Is For All Ages

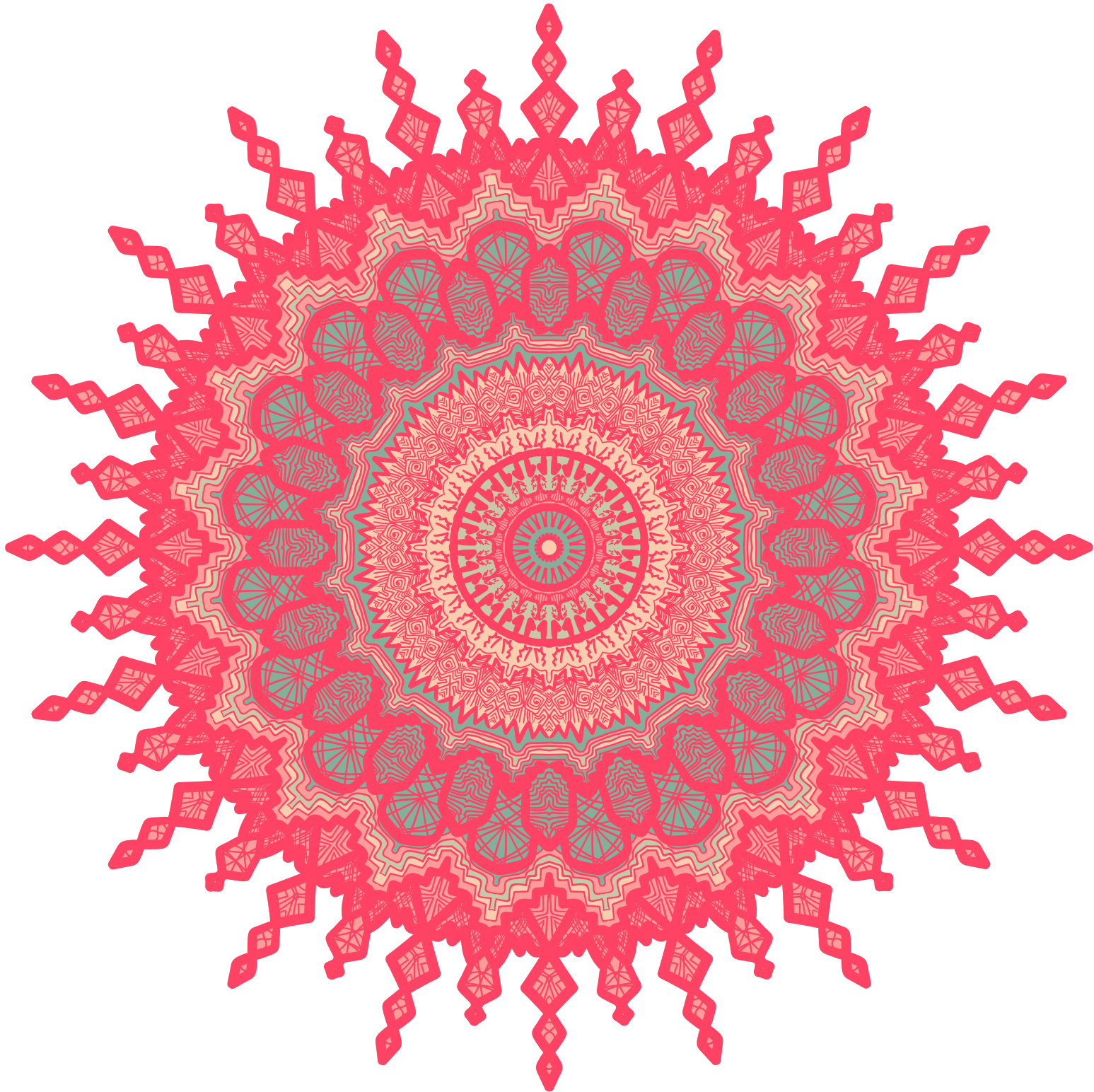


I Allow The Playful Part Of Me To Step
Forward Every Day.

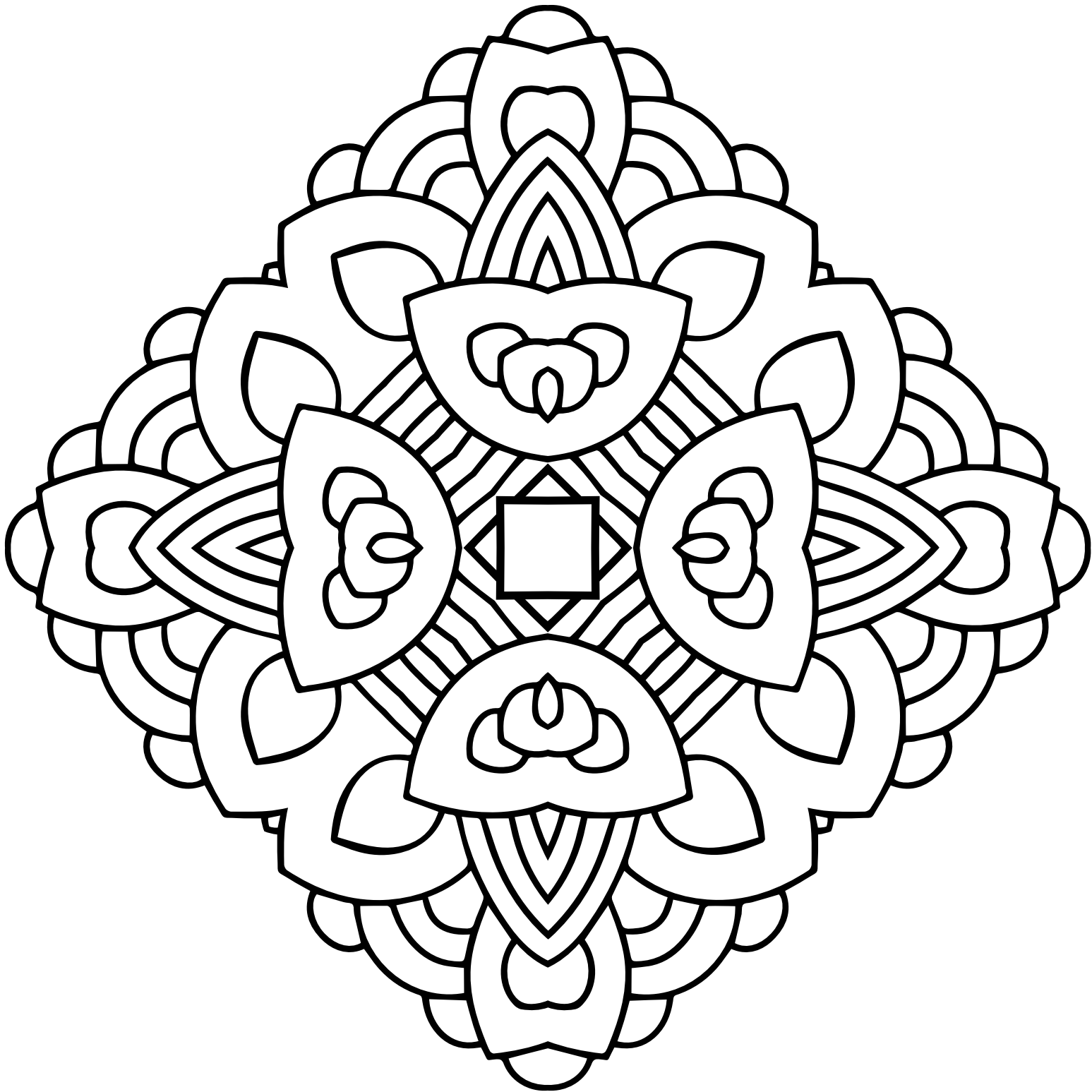


Strength and Grounding

Feel your feet or your seat supported by the earth beneath you. Take a slow, steady breath and let it anchor you. As you begin to colour, imagine each stroke reconnecting you to your strength—steady, quiet, and always present. You are grounded. You are capable. Let this mandala remind you of your power and stability, even in times of change.

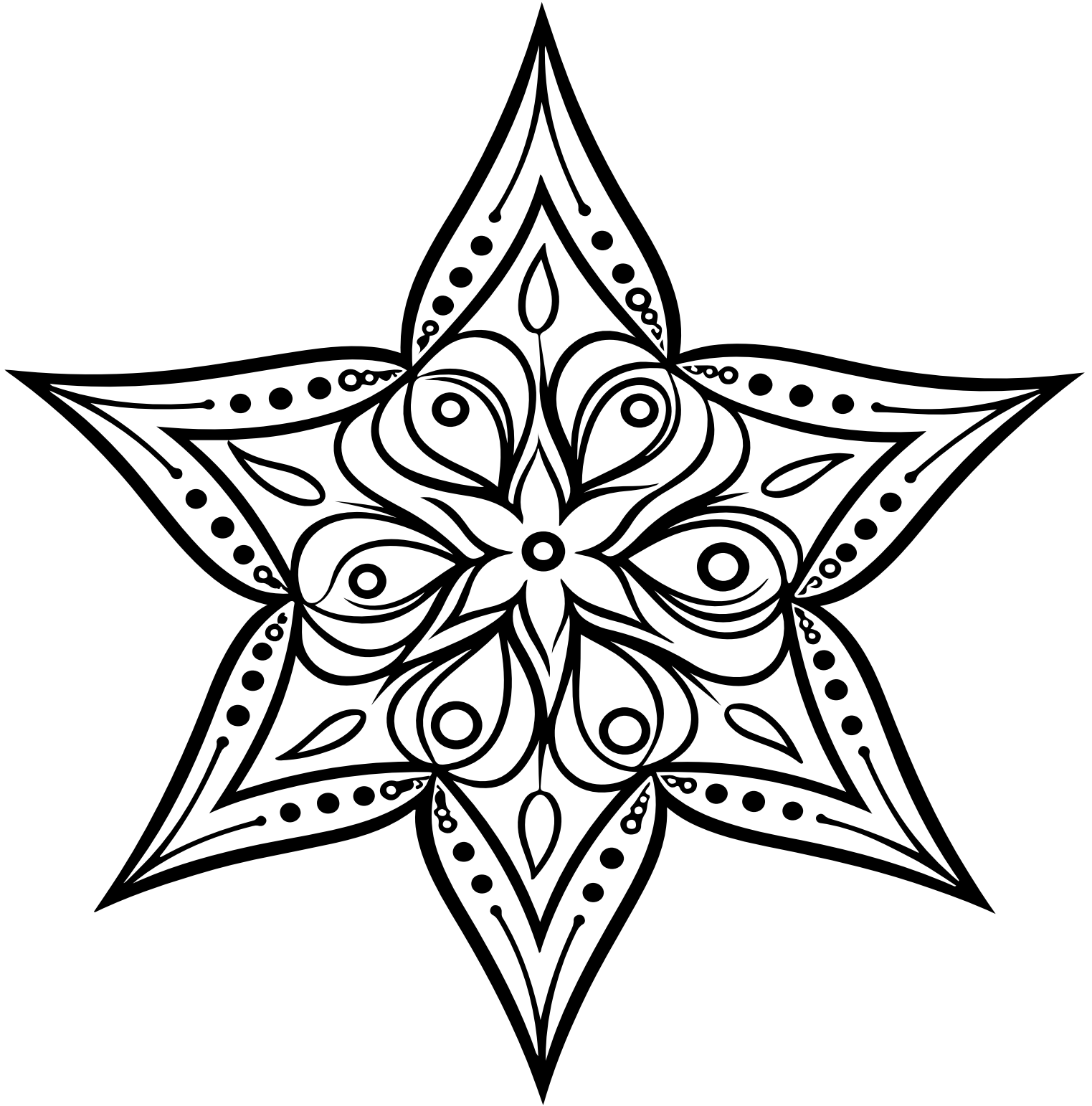


I Honour My Inner Wisdom
And Follow Its Lead.

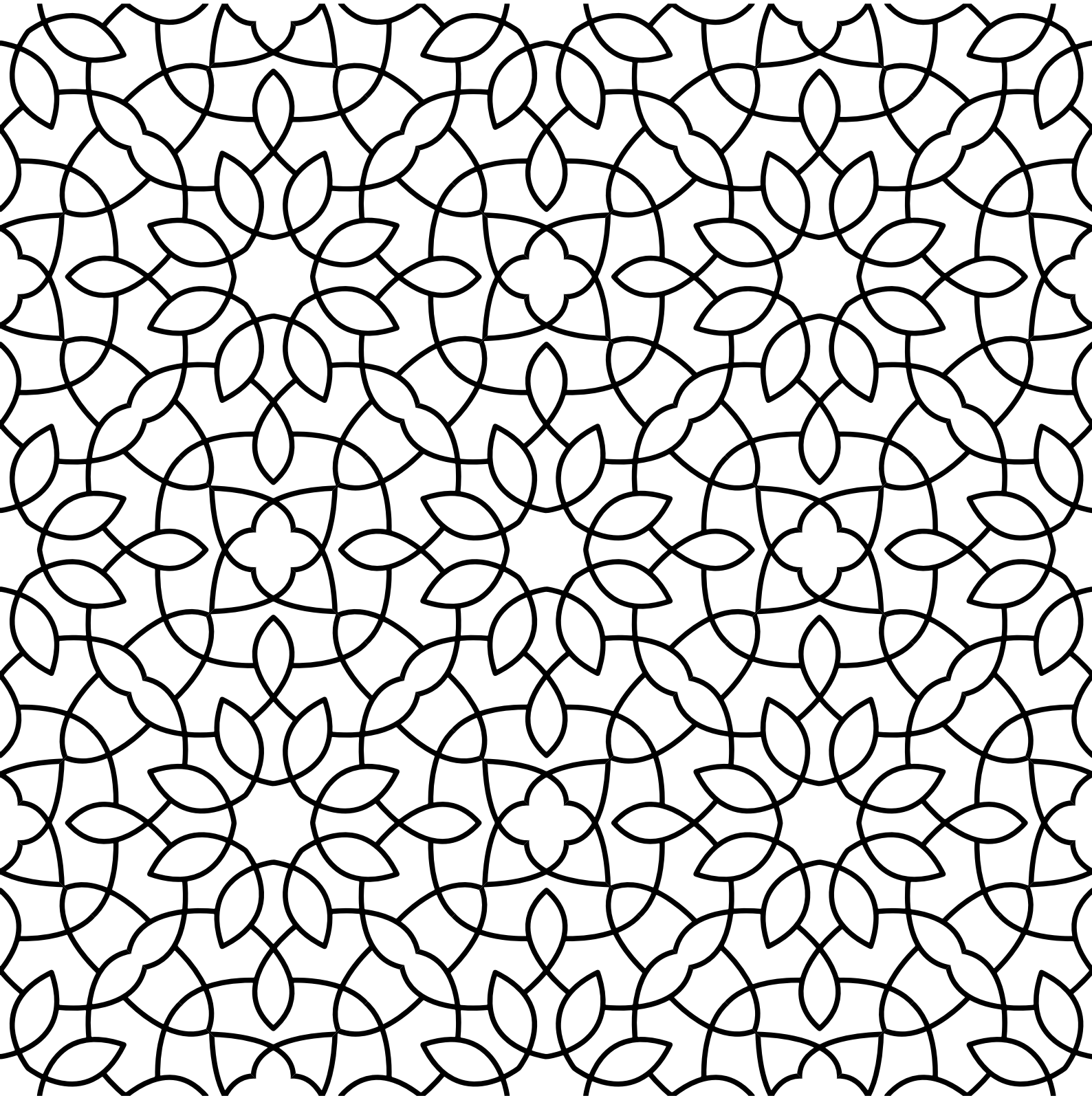


I'm Colouring With The Energy Of...

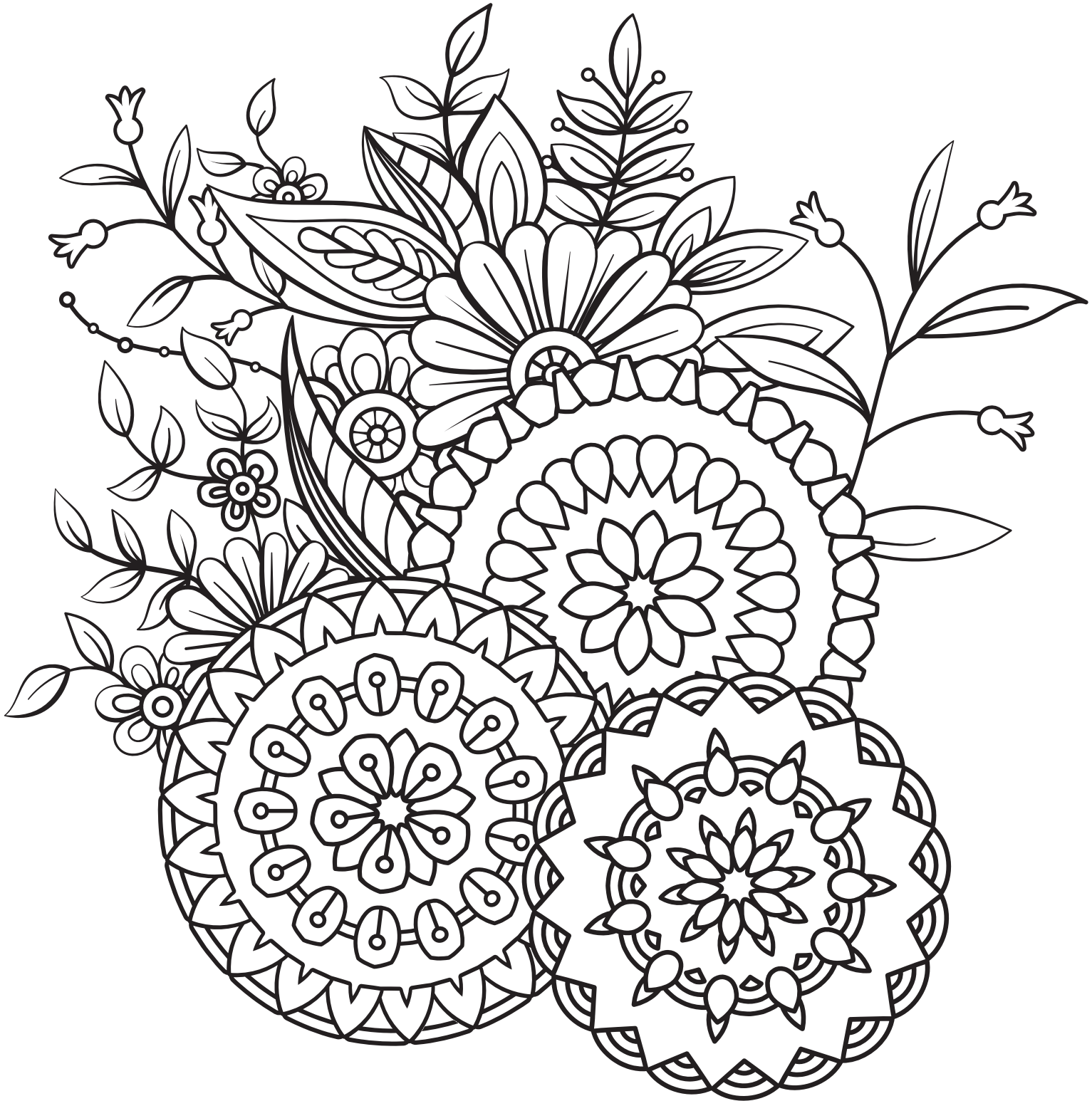
I Am Safe To Be Fully Seen And Heard



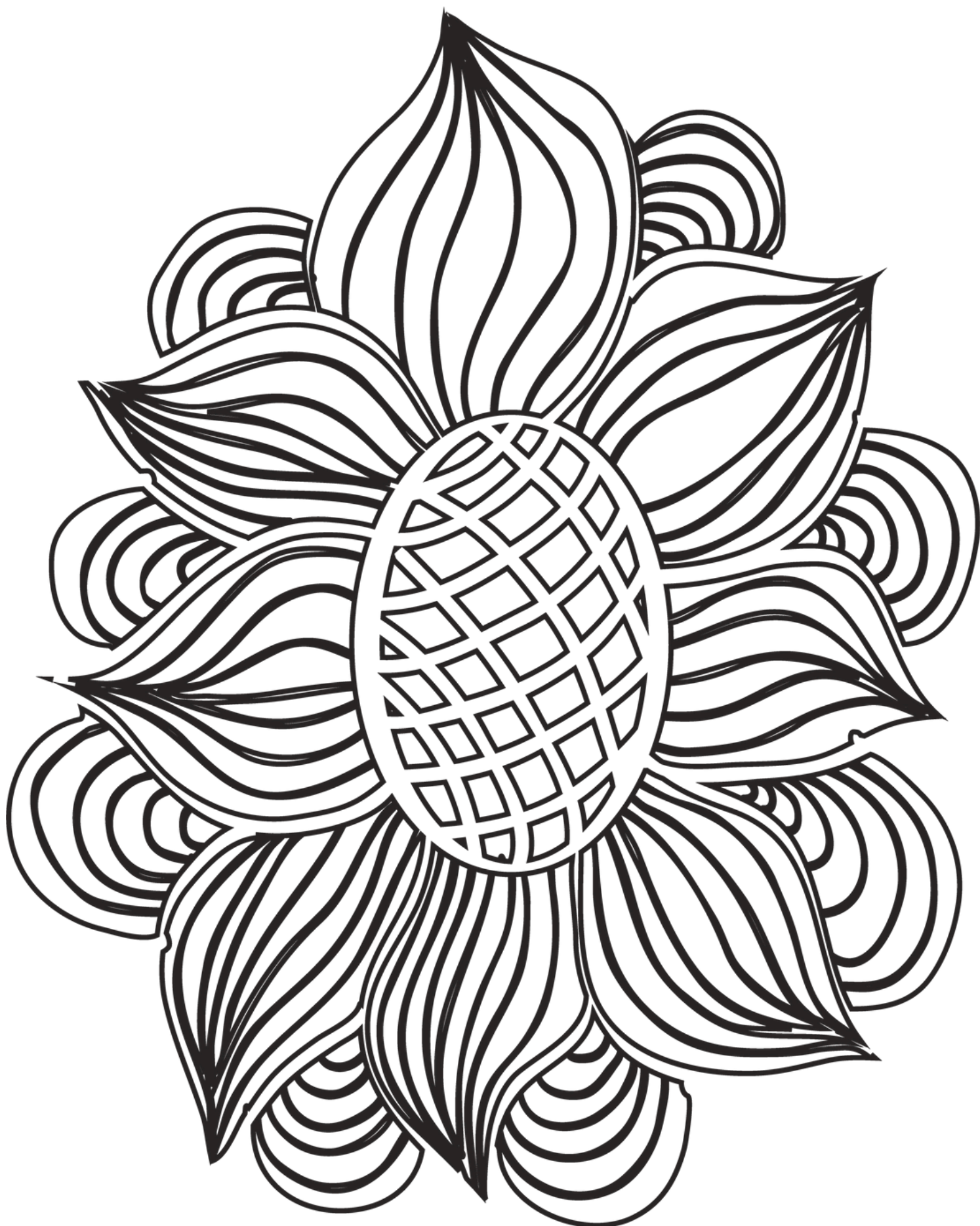
I Return To My Centre With Grace



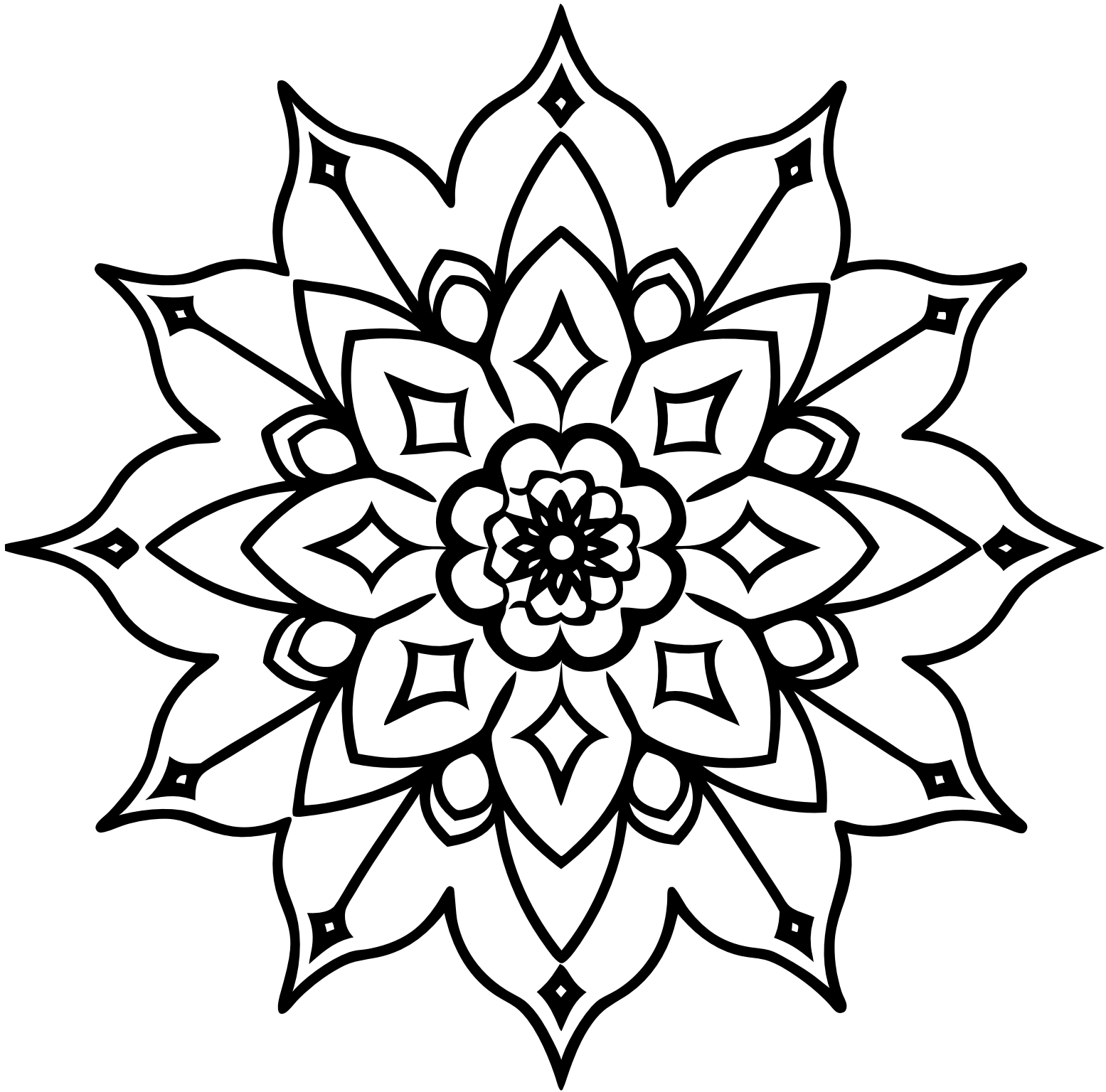
I Am Grounded And Strong



I Am Present In This Moment And Anchored
To The Earth



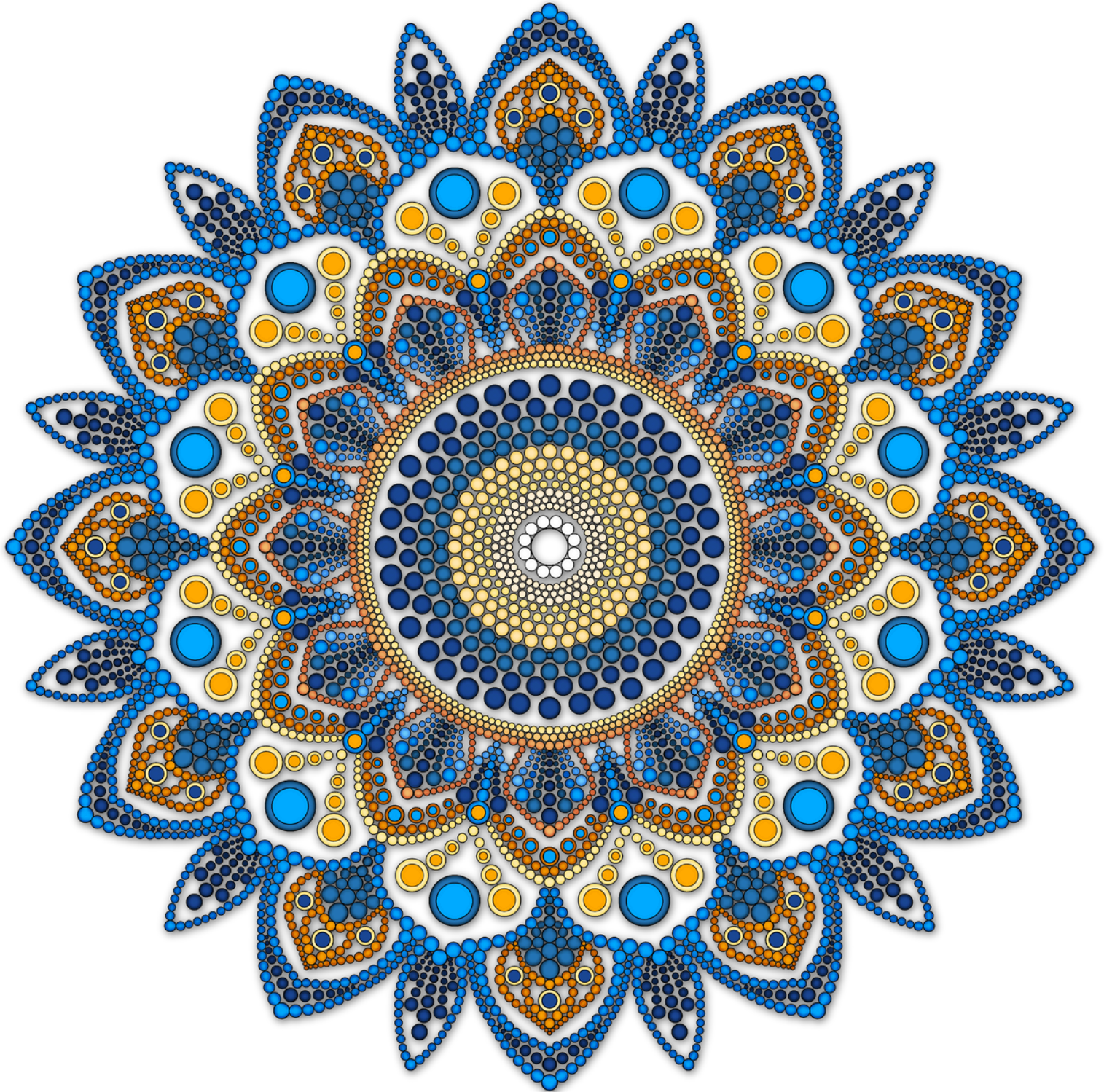
I Embrace Challenges As
Opportunities For Growth



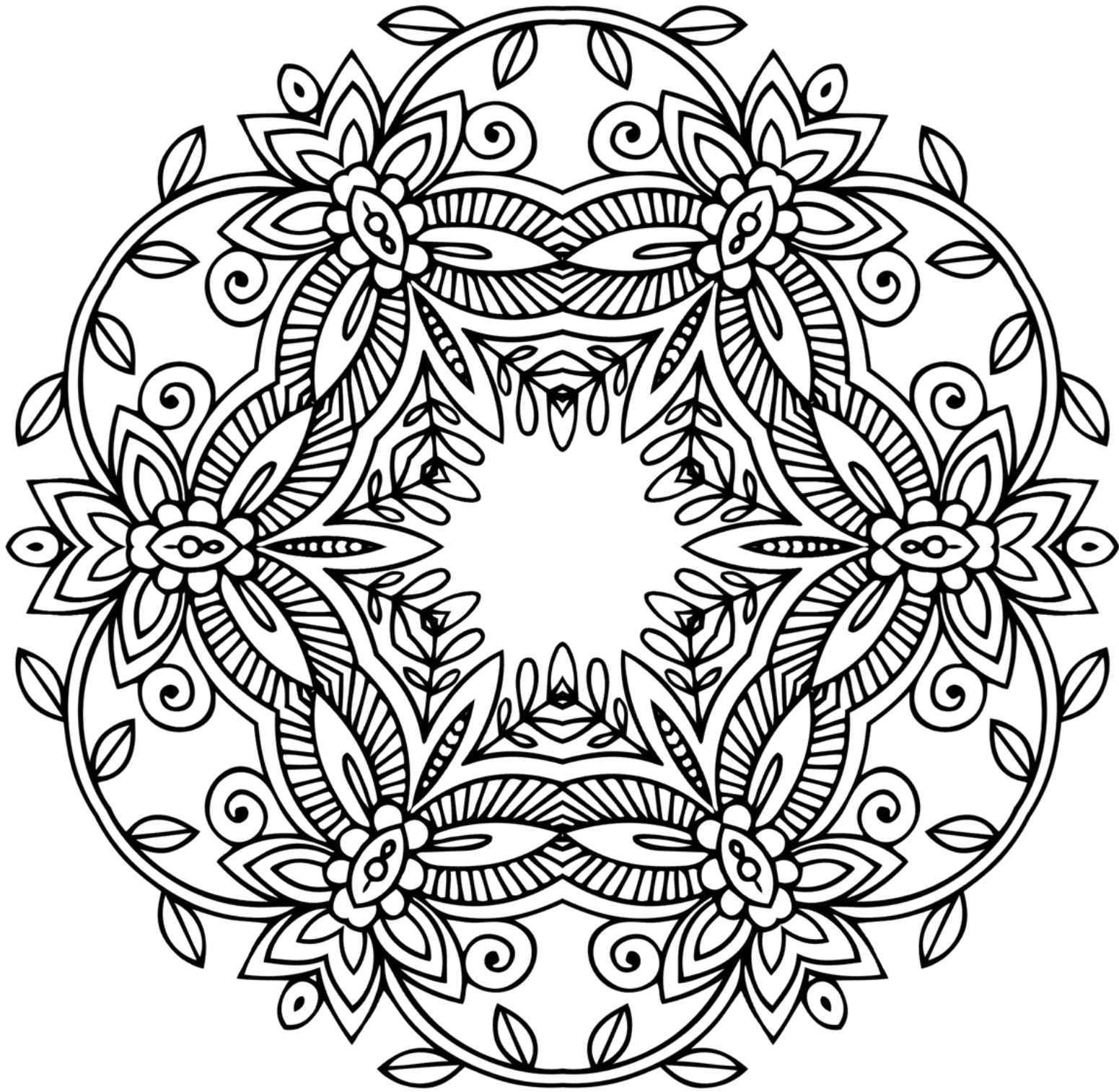
After Colouring, I Notice...

Vision and Abundance

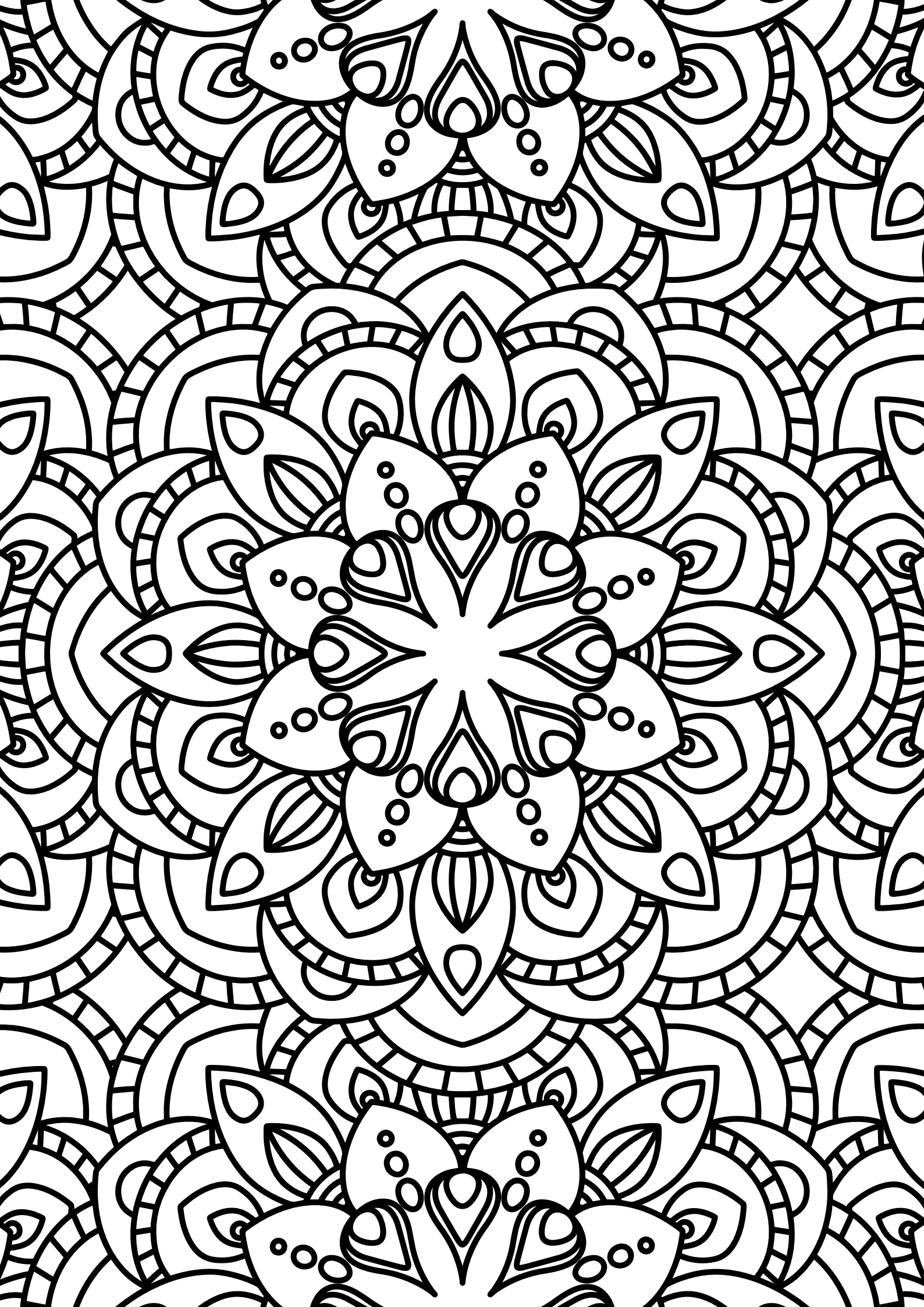
Close your eyes for a moment and bring to mind something you deeply desire –not from need, but from the joy of expansion. Inhale possibility. Exhale limitation. As you colour, imagine your energy aligning with that vision. Let each shape and colour represent the flow of abundance already finding its way to you. You are in harmony with the richness of life.



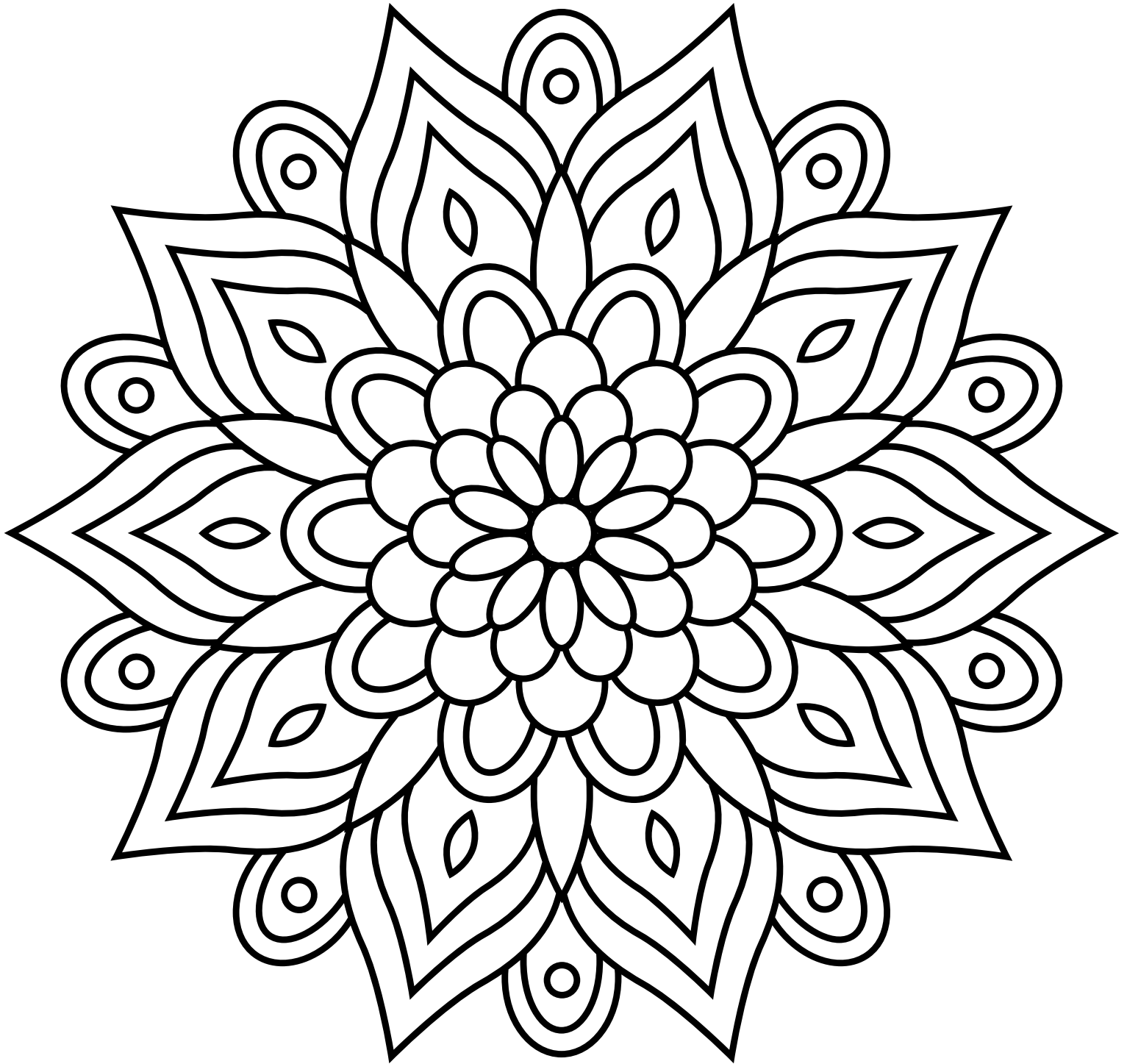
Today, I Choose Expansion Over Limitation



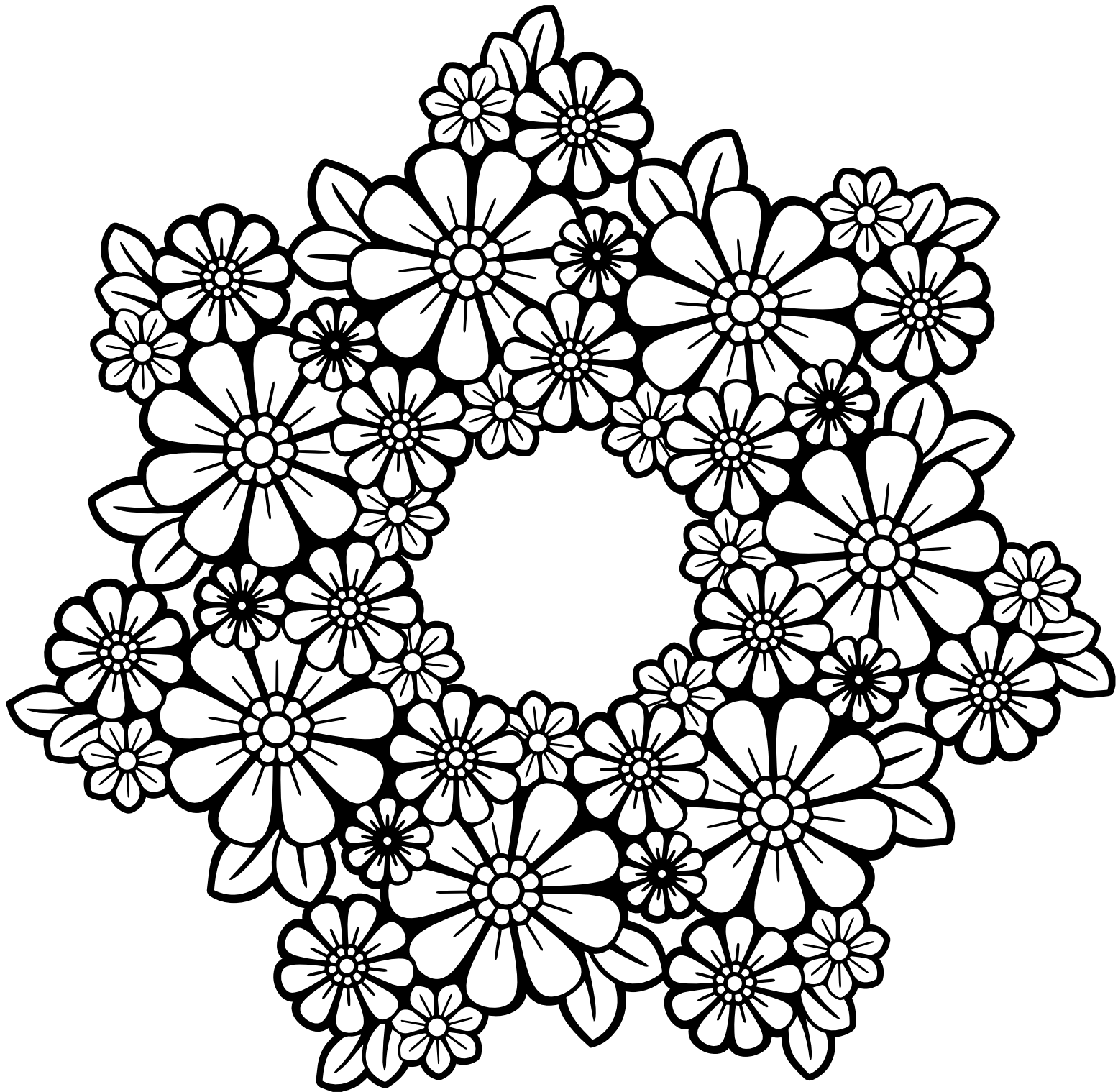
Today I Feel...



Abundance Flows To Me With Ease And Joy

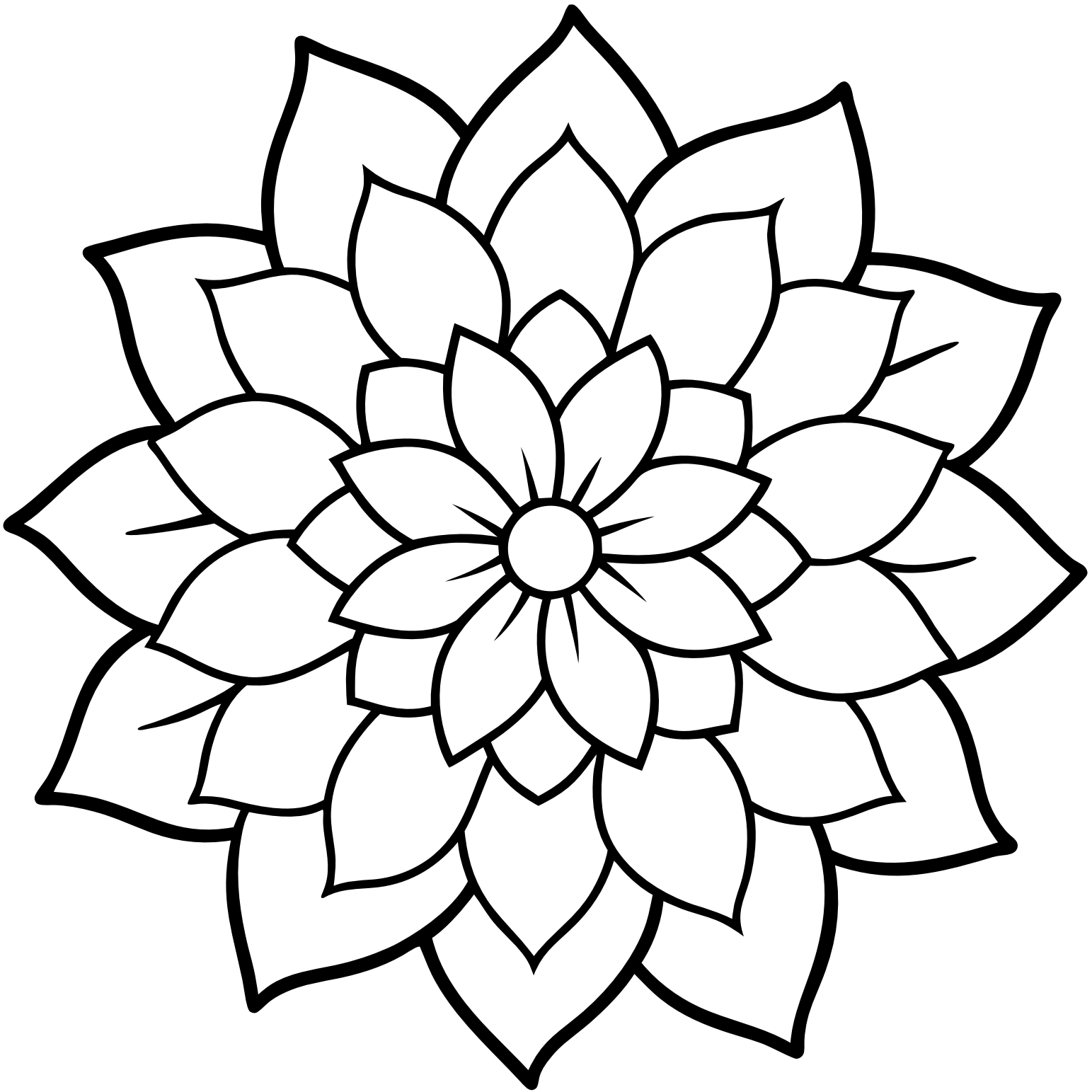


My Inner Vision Is Clear And Focused

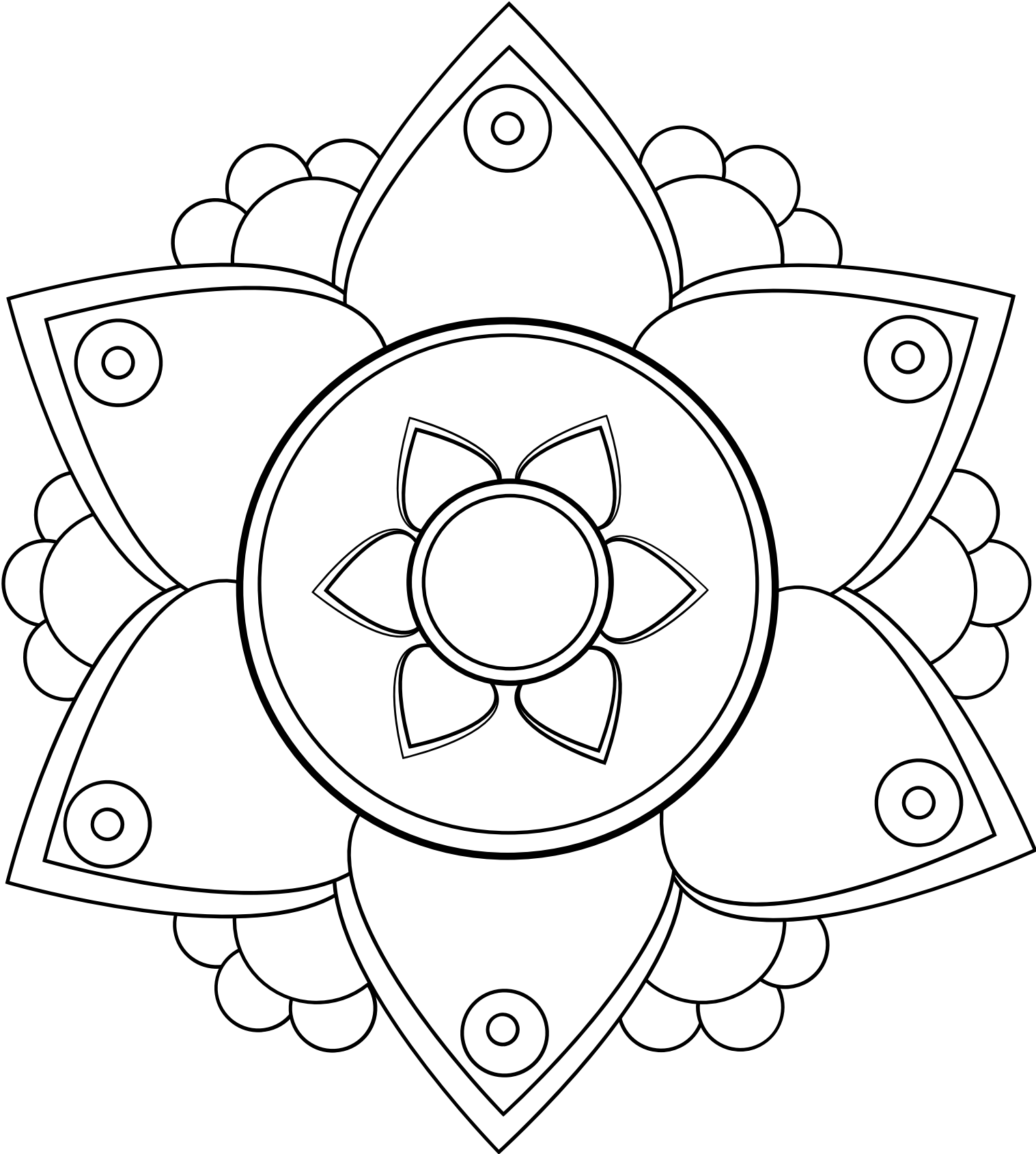


I'm Colouring With The Energy Of...

I Create Beauty Through Every Action I Take.



Even Small Steps Move Me Forward



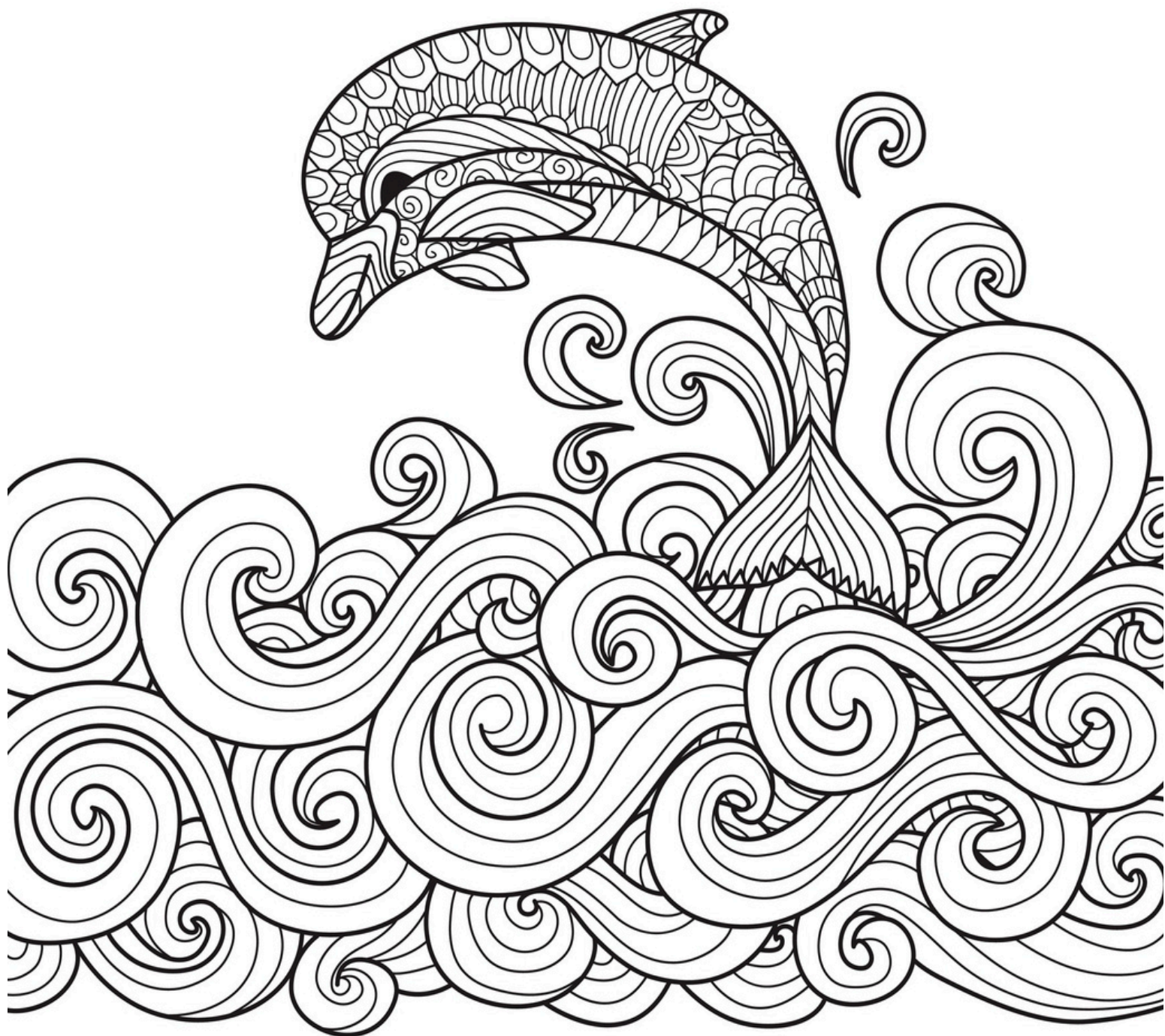
Animals And Their Wisdom



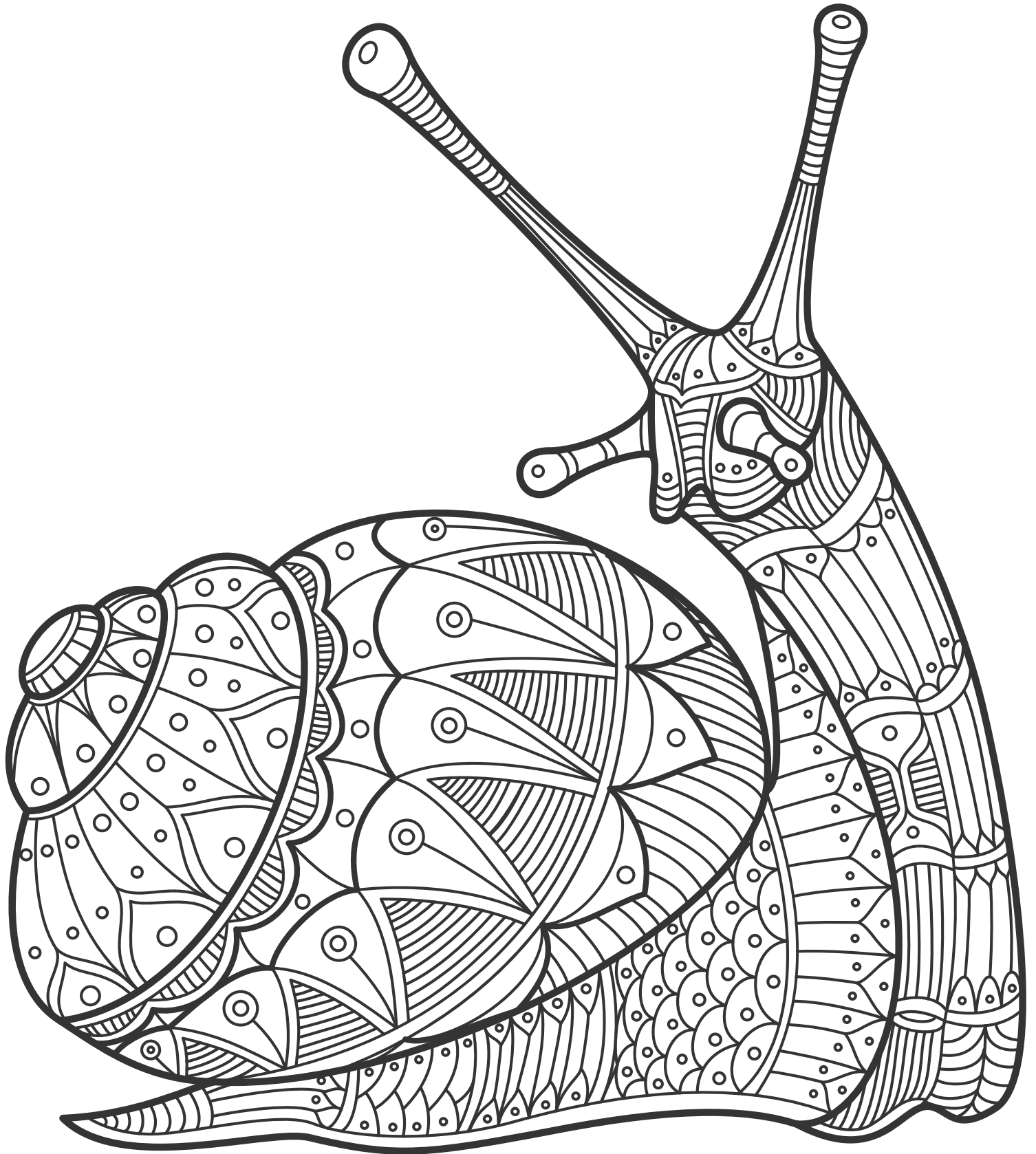
I Unapologetically Accept Joy And Affection



I Make Time For Creativity And Play



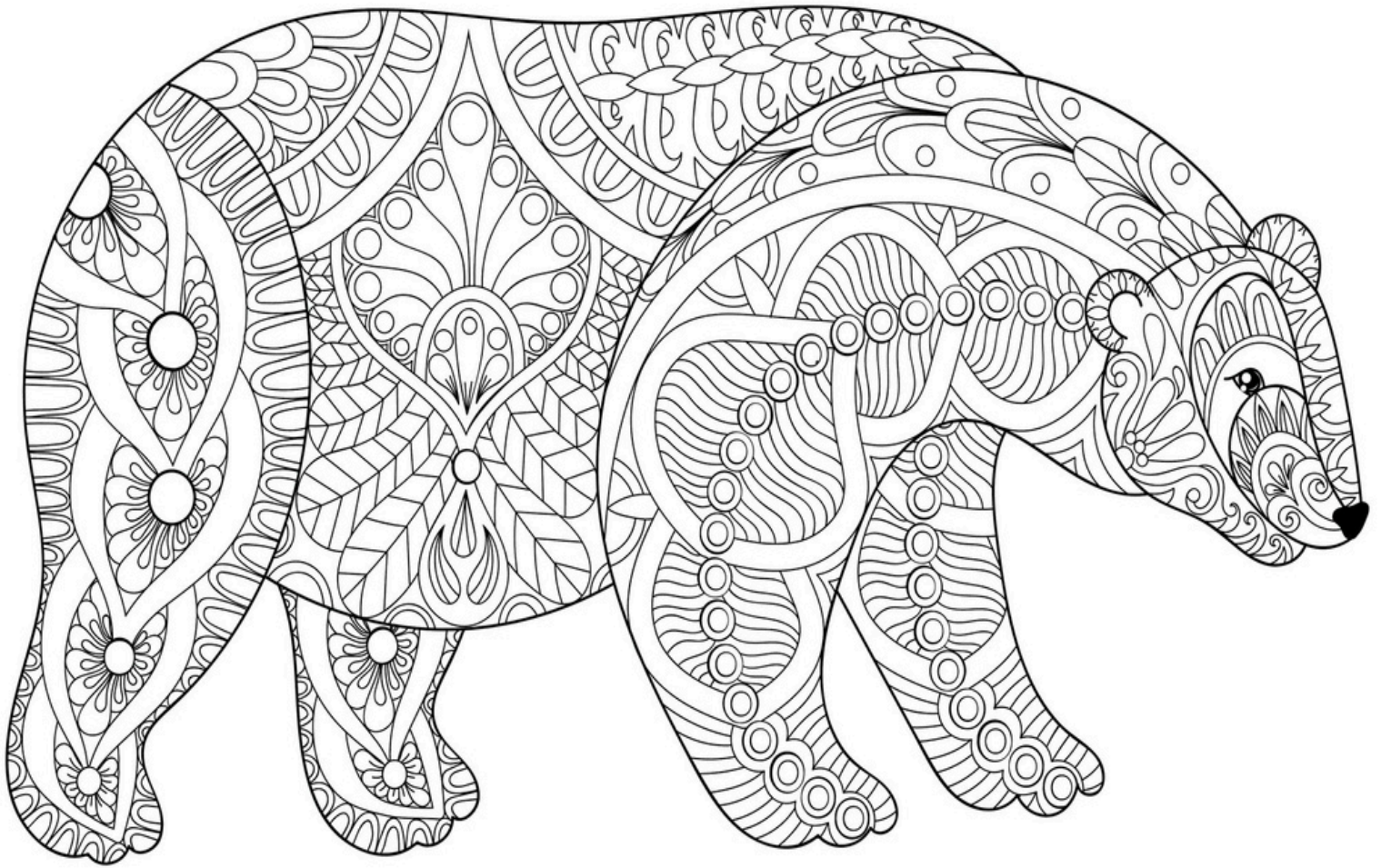
I'm Slowing Down To Appreciate Life More



Nurturing Myself



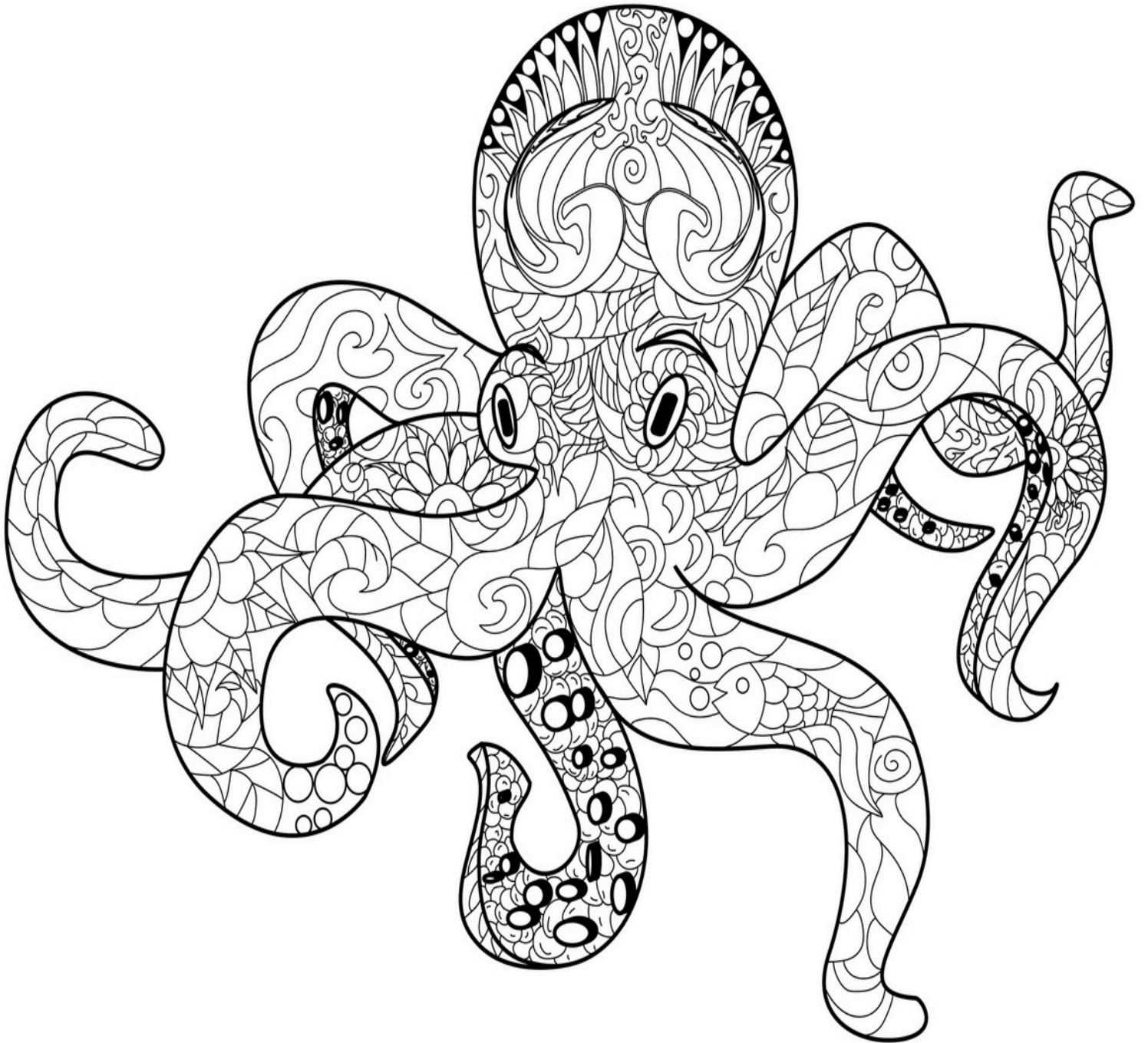
I Remember How Strong I Truly Am



I Foster Connection And Relationships



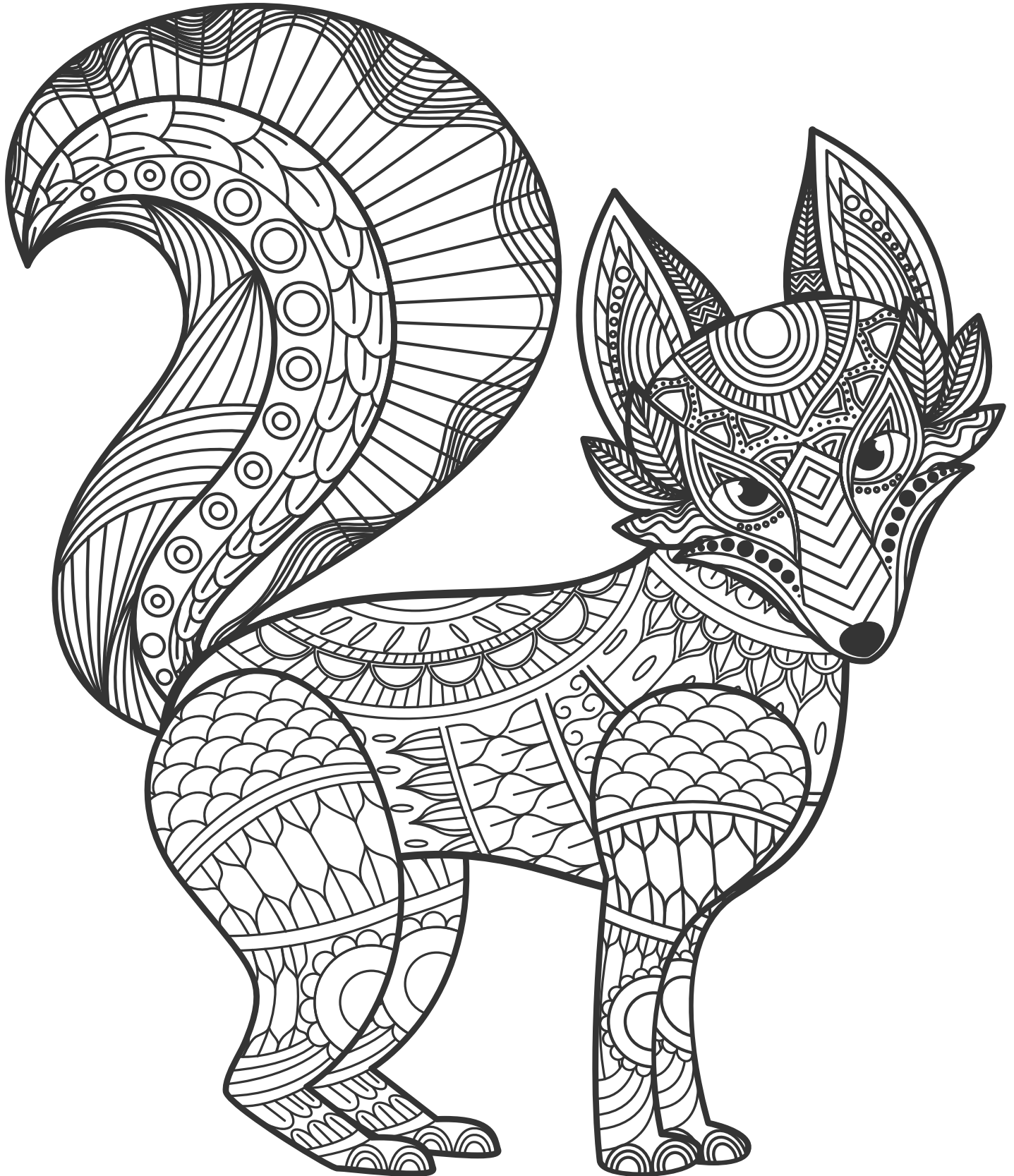
Life's Truest Riches Are Within Reach



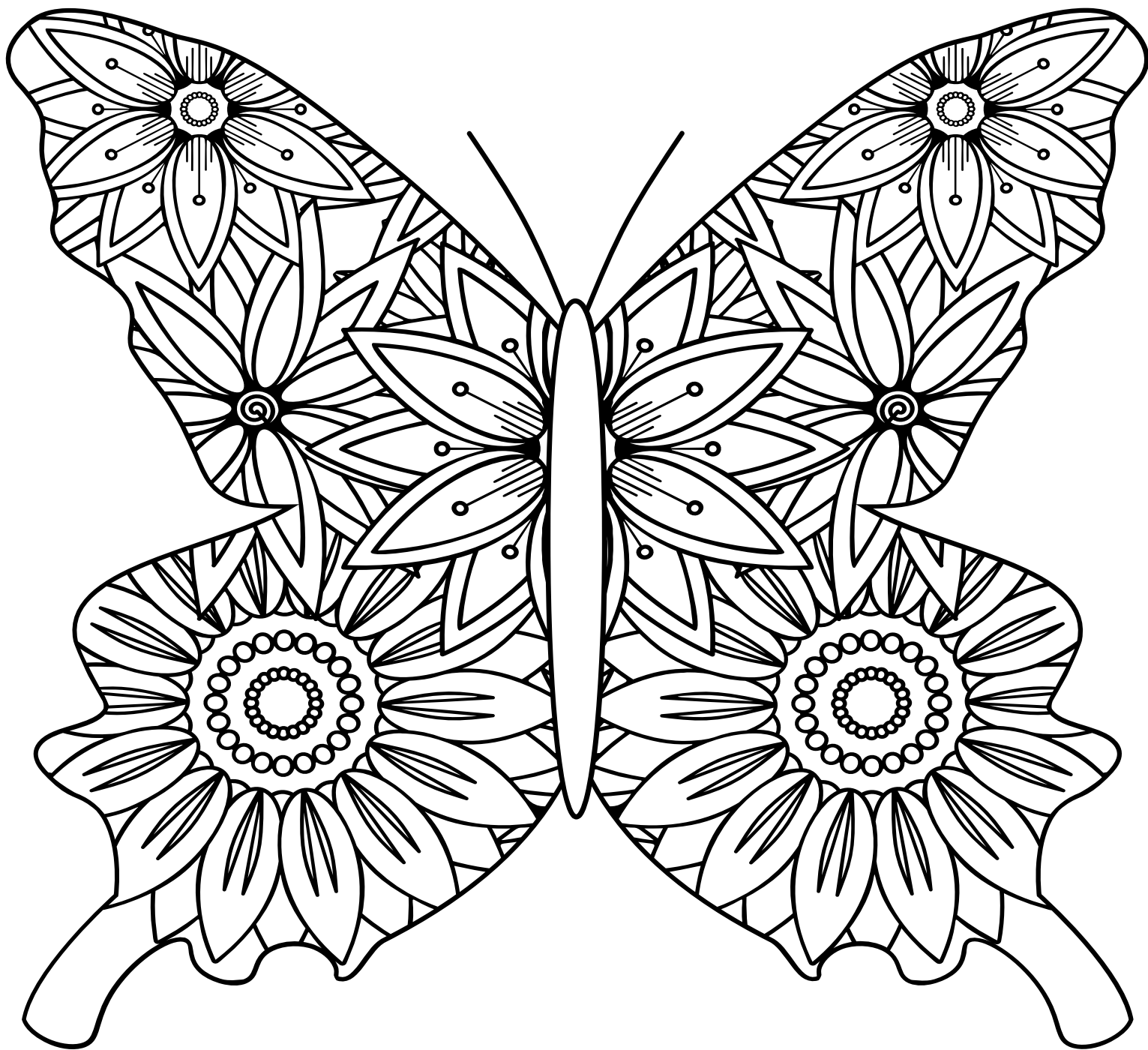
I am free to trust my intuition
and inner wisdom



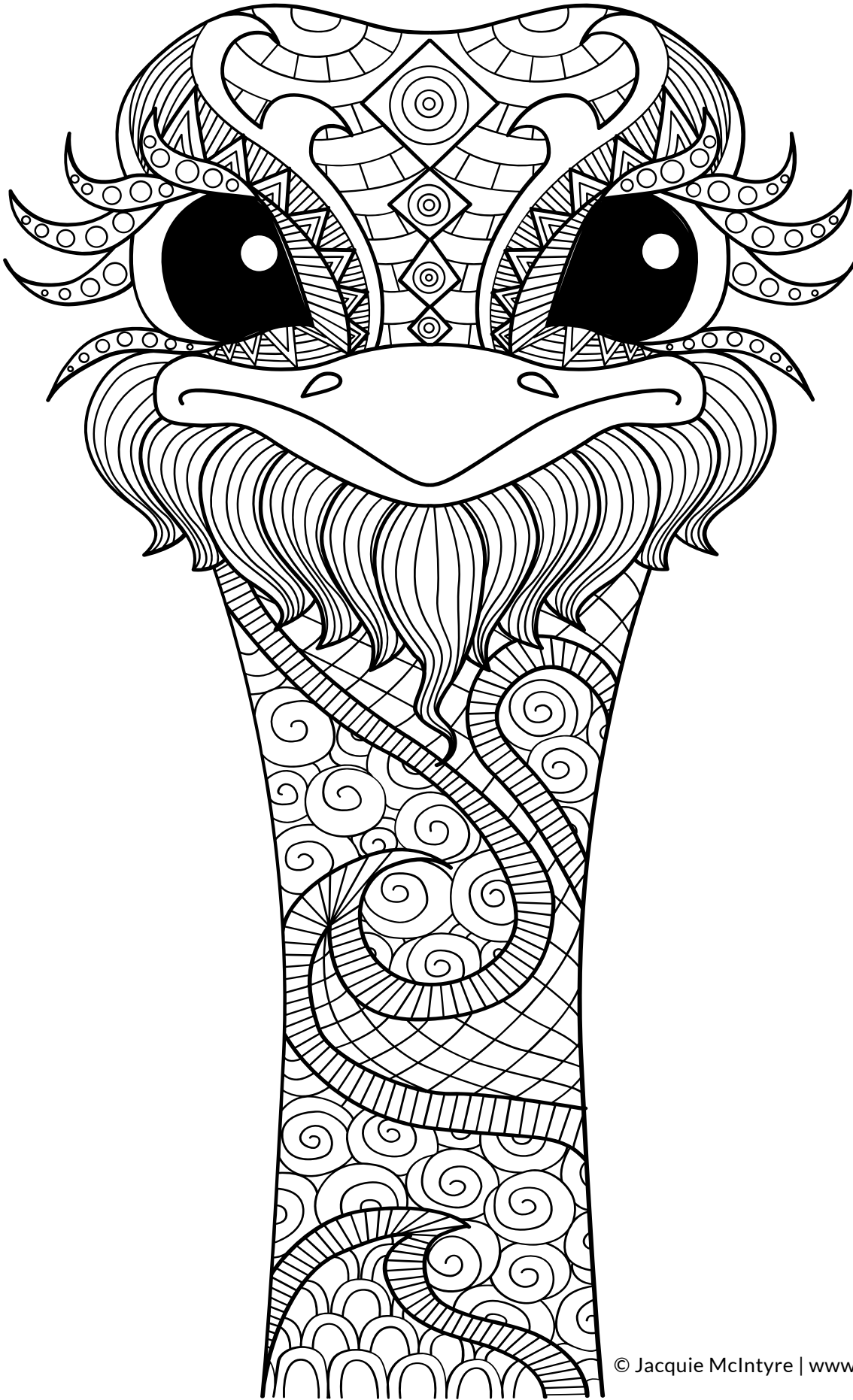
I Adapt Easily To Change



My Ability To Change And Go With The Flow
Is Getting Easier



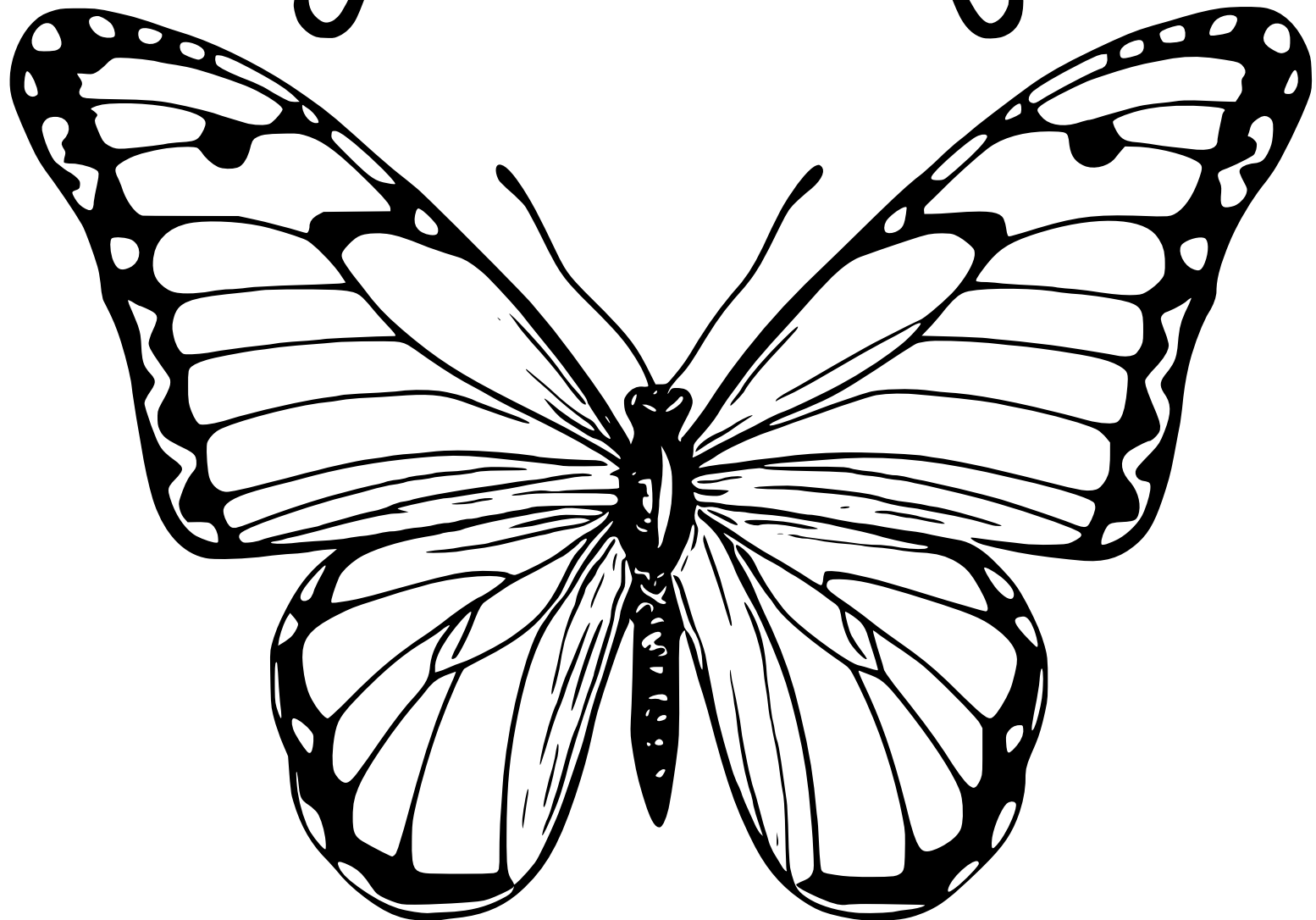
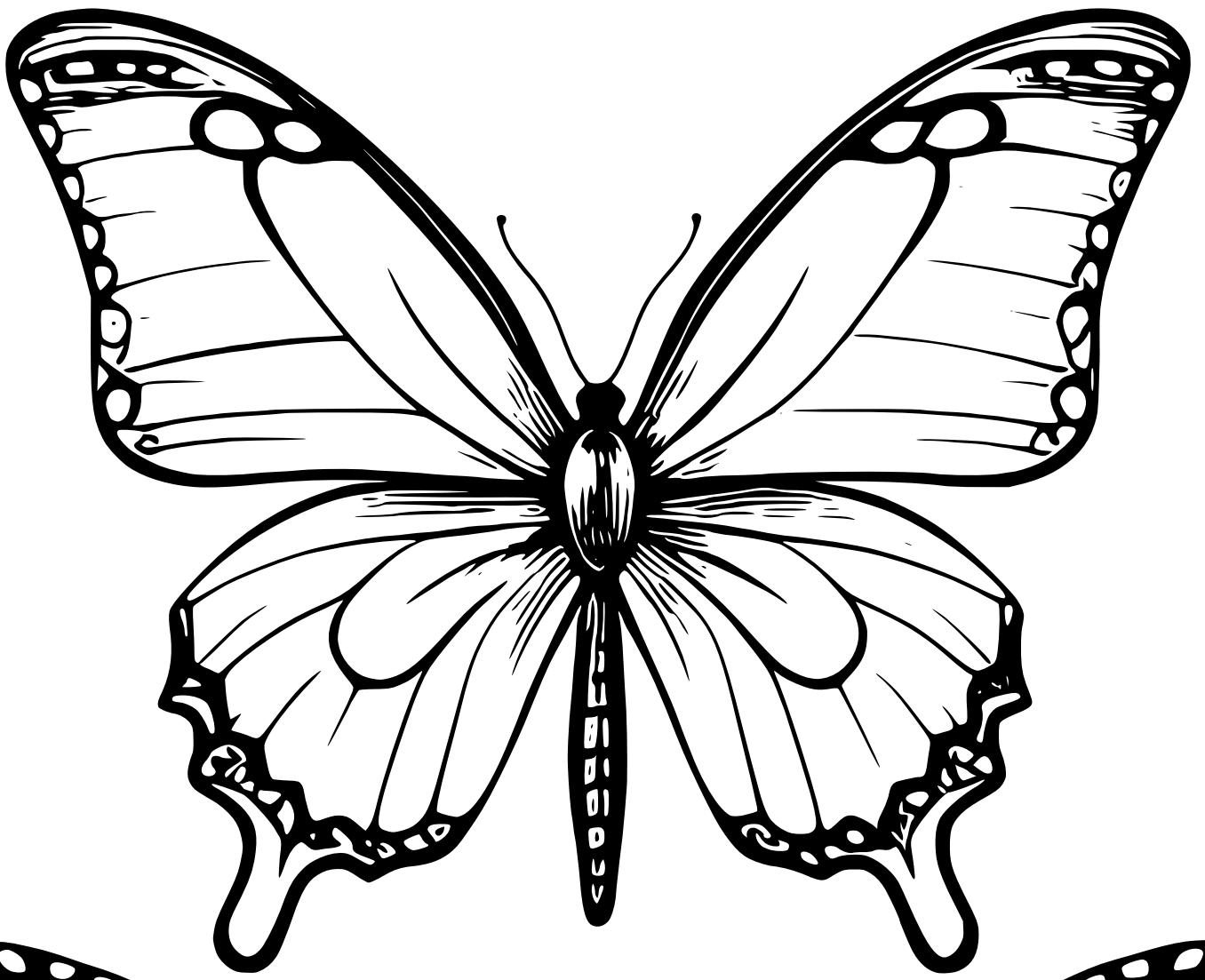
I bounce back from difficult situations
stronger than before





I continuously manifest abundance

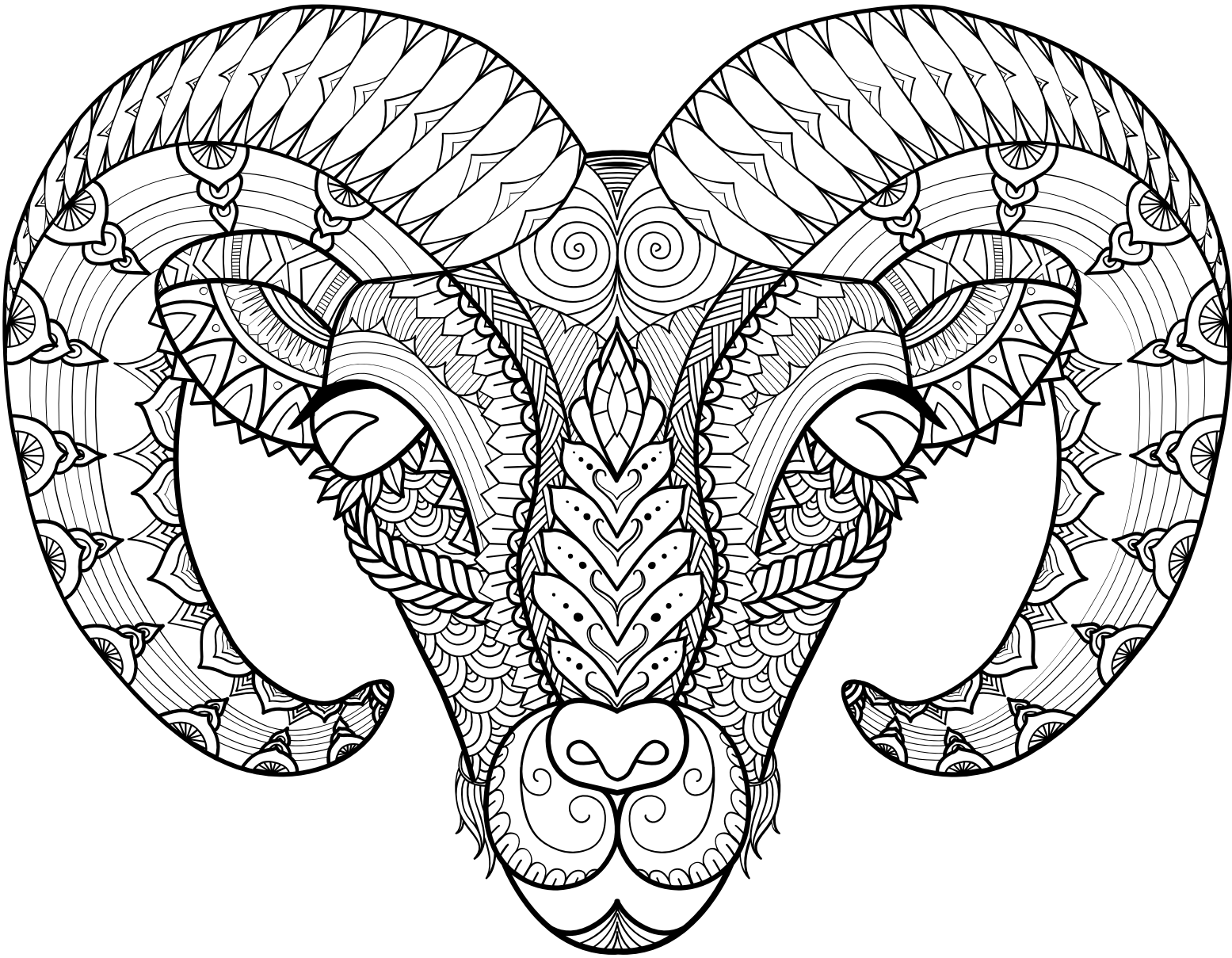




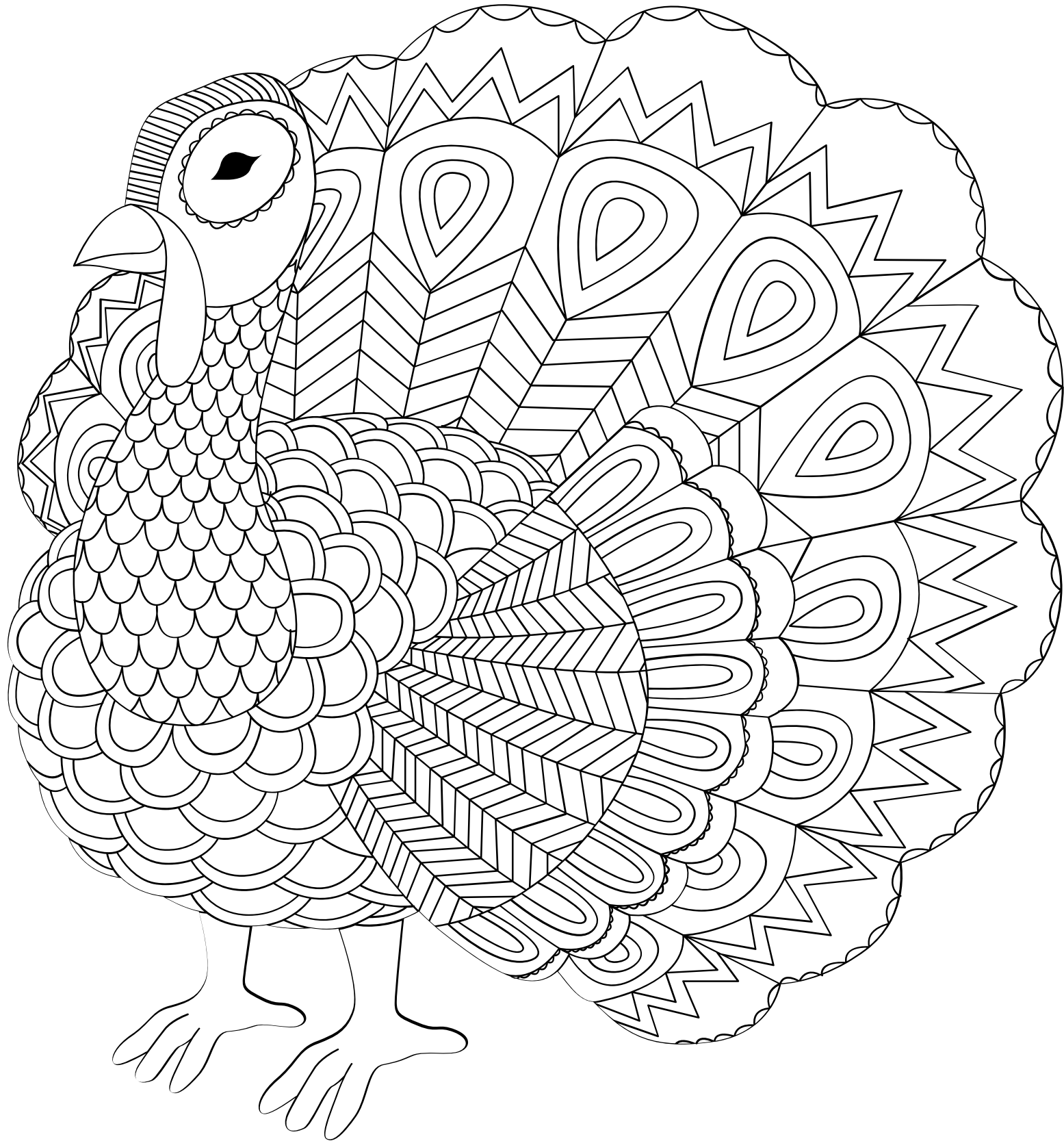
I am grateful for the kindness of others



I have unshakable inner strength



Just as trees lose their leaves in Autumn and
lower their branches at night, I respond to
my environment and my body's needs



I am wise and know my own truth





My Mandala Journey

Your reflection page to capture how you felt before and after colouring.