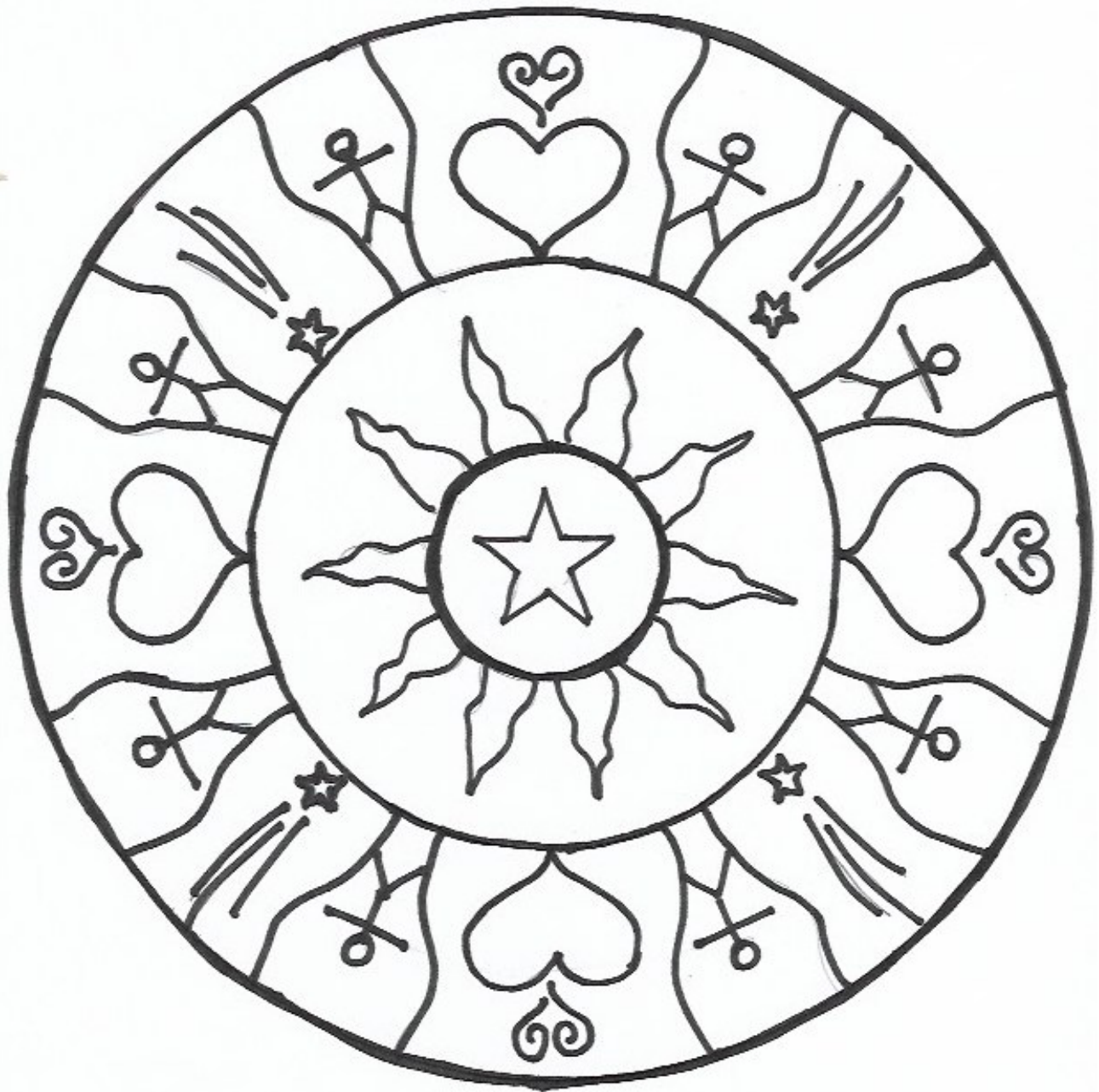


# Mandala of Love and Belonging

Patti Ashley, Ph.D., LPC



Coloring a mandala can be calming. Use colors that represent love and belonging to you. As you color, replace any worry thoughts that arise with  
***"I am loved, and I belong."***

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