



PRAYING IN COLOR

AN INTRODUCTION TO PRAYER WITH CHRISTIAN MANDALAS

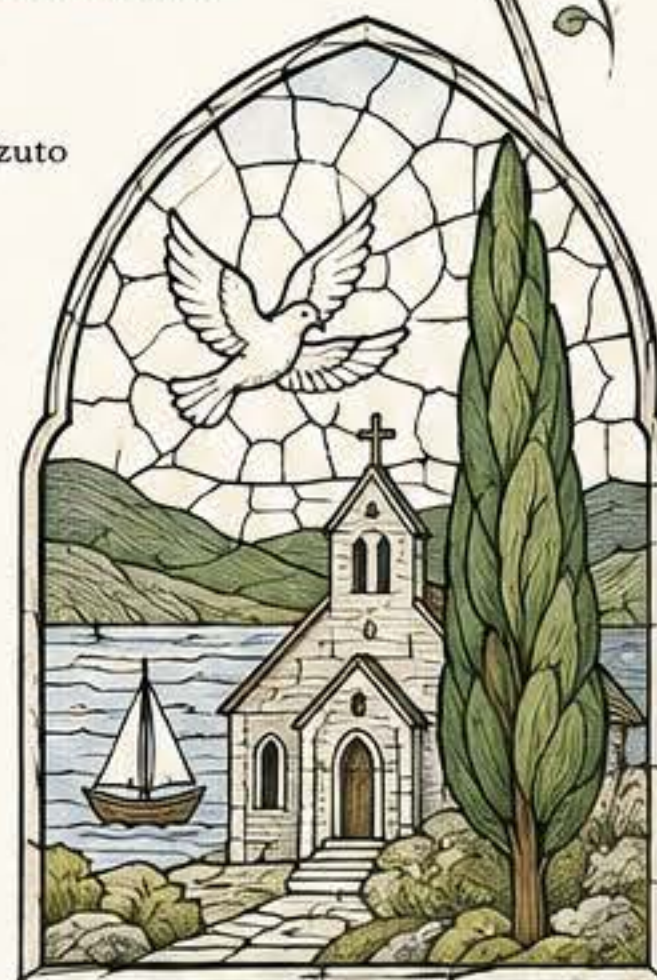
"The Incarnation has made mystics of us all." — Fr. Vincent Pizzuto



any of us were taught that prayer means speaking to God. Others have discovered prayer as silence, meditation, chanting, walking, or simply resting in God's presence.

Praying in Color is another doorway into prayer.

As our hands move across the page, coloring shapes and patterns, the mind often becomes quieter. We begin to notice our breathing. We become more attentive to the present moment. Thoughts that seemed urgent may soften. Worries may loosen their grip. In this gentle attentiveness, many people discover that coloring can become a form of contemplation.



This practice is not about artistic skill. There is no right color, no correct technique, and no finished result to achieve. The invitation is simply to be present.



SYMBOLS IN THIS SET

The Christian mandalas in this set draw inspiration from the Celtic Christian tradition and the life of St. Columba. Like stained-glass windows, they use images and symbols to tell stories of faith:



The *Celtic Cross* reminds us of Christ at the center of all things.



The *Dove* symbolizes the Holy Spirit.



The *Boat of St. Columba* recalls the courage to trust God's call and journey into the unknown.



St. Patrick invites us to remember Christ's presence in every moment.



The *Dove Window of St. Columba's* points us toward peace, beauty, and the movement of the Spirit.

A SIMPLE PRACTICE

- 1 Begin with a few slow breaths.
- 2 Notice the image before you.
- 3 Choose colors that draw your attention.
- 4 Color slowly and without hurry.
- 5 If thoughts arise, gently return your attention to the image and your breathing.
- 6 When you finish, sit quietly for a moment and notice what you experienced.

You may find that certain colors, symbols, or parts of the image seem especially meaningful. Rather than analyzing them, simply receive them as gifts.



In the Celtic tradition, all creation is understood as a place where God may be encountered. The ordinary becomes holy. The visible reveals the invisible.

May these images become windows of prayer.

May your hands be still.

May your heart be open.

May Christ go before you, beside you, and within you.

And may all manner of things be well.

