

February



February fosters fresh
beginnings, fearless hearts,
and flourishing dreams.



02.2025

JOURNEY of COLORS

February

JOURNEY of COLORS

The Heart Mandala Coloring Pages

*Welcome to a Creative and Mindful
Coloring Experience!*

This eBook is designed to help you tap into the energy of the season through the art of coloring. By engaging with these illustrations, you can cultivate creativity, calm, and connection.

Coloring Tips

Take a few deep breaths and relax into the moment. Then picture something in your mind's eye that brings you joy and happiness. Pick colors that resonate with these emotions or the feeling you want to cultivate.

Start filling in the mandala piece by piece. Add in any colors you're drawn to, layering and blending to create colorful depth and vibrancy to your artwork.

Watch as the pattern transforms into your own hand-colored original work of art.

What's Inside?

This eBook contains:

- 1. Full Design Mandala** – A detailed, intricate pattern for an immersive coloring experience.
- 2. Simpler Mandala** – A more accessible design, perfect for a quick creative session.
- 3. Cut-and-Fold Cards** – A template to create your own cards that can be colored, cut out, and folded into a heartfelt card to share with loved ones.
- 4. Valentine's Day Insights** – A page about the history of the holiday and the heart mandala artwork.

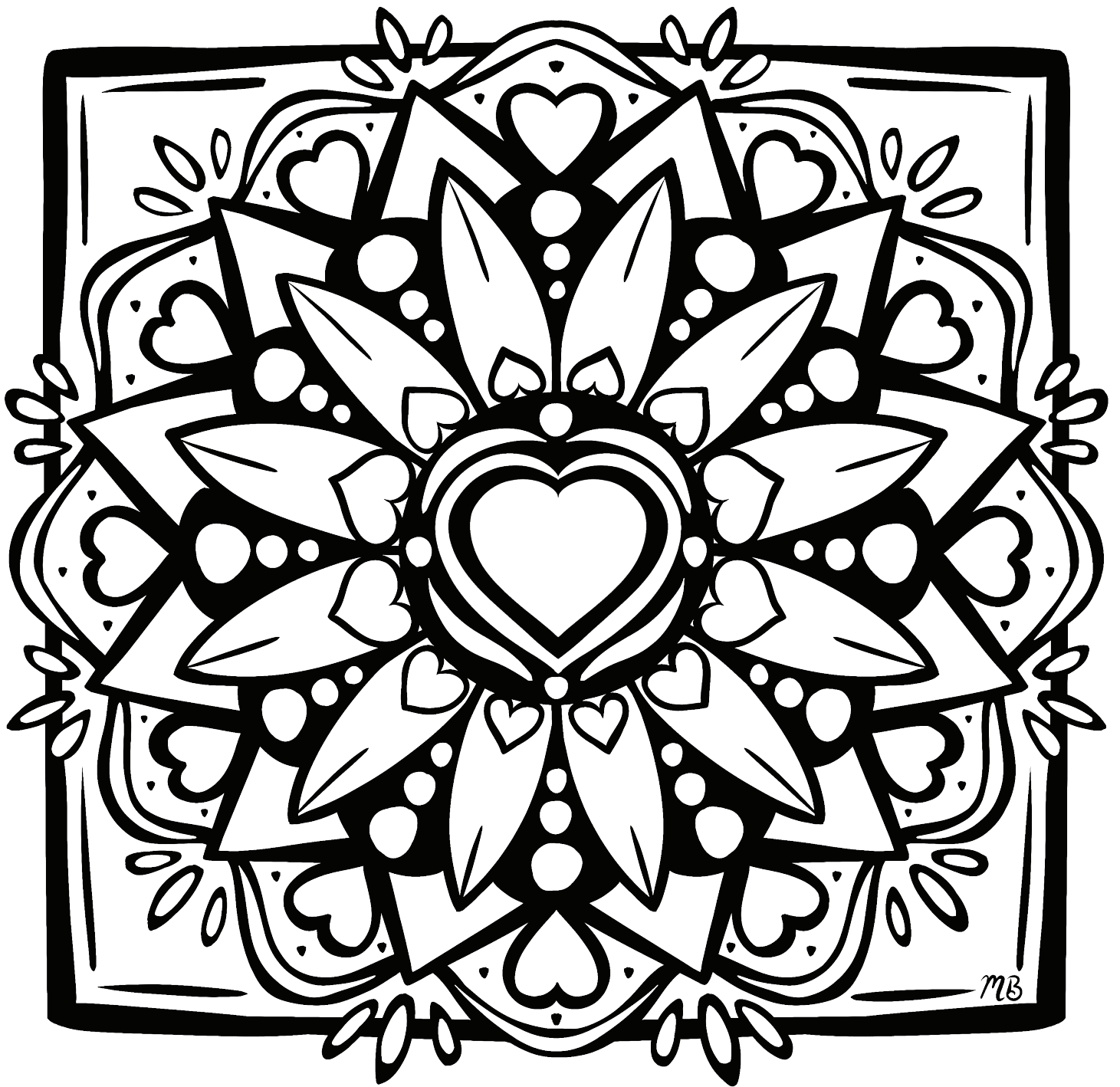
Ways to Use This eBook

Print the pages and enjoy! Here's some inspiration:

- » **Self-Care & Mindfulness:** Use coloring as a relaxing activity to reflect on self-love and inner peace.
- » **Creative Connection:** Share the experience with a friend, family, or group for a moment of relaxation together.
- » **Seasonal Inspiration:** Embrace the warmth and love of February, aligning your energy with the heart-centered themes of this month.
- » **Gift from the Heart:** Color the foldable card and give it to someone special as a meaningful, handmade expression of appreciation.

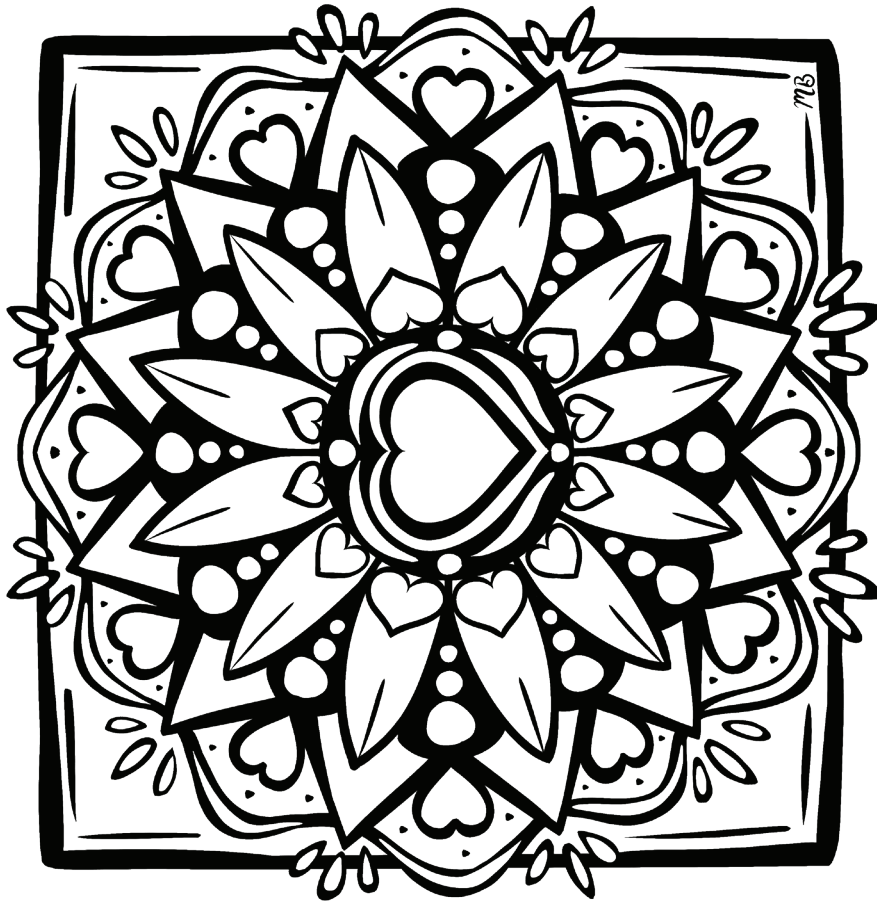
Coloring is Good for You

Coloring this Heart Mandala can help you alleviate feelings of anxiety while promoting well-being and inner peace, as well as boosting creative energy.









HEART MANDALA

Align Your Energy with Love

Fill this February with warmth, love, and connection.

As Valentine's Day approaches, you'll often see pinks, reds, flowers, and hearts adorning storefronts, cards, and advertisements—symbols of affection, friendship, and joy. But beyond the commercial celebrations, February is a time to nurture love in all its forms, from self-care to meaningful relationships.

The Origins of Valentine's Day: St. Valentine was a Roman priest who, according to legend, performed secret marriages in defiance of an emperor's ban. Over time, the February 14th celebration of St. Valentine has become associated with love and devotion.

The tradition of exchanging notes and tokens of affection grew into the Valentine's Day we celebrate today, which now extends beyond romantic love to include friendships, self-love, and acts of kindness.

The Symbolism of the Heart: The heart shape has long been associated with love, compassion, and emotional energy. While its origins are unclear—ranging from ancient anatomical depictions to early artistic interpretations—it remains a universal symbol of deep connection and affection.

The Power of Mandalas: Mandalas, found in cultures worldwide, are intricate patterns designed to promote focus, relaxation, and inner peace. The repetitive, circular design helps quiet the mind, encouraging mindfulness and self-reflection.

By coloring this heart mandala, you align your energy with love, balance, and serenity.



Always remember, there is no right or wrong way to color. So relax, be creative, and have fun!

-Mackenzie Bakewell



ABOUT THE ARTIST & AUTHOR

Mackenzie Bakewell is a multimedia artist and author, as well as the founder of ZieBee Media, an independent publishing company based in Portland, Oregon.

Mackenzie's published books include:

- » *Coloring is Good for You: 13 Reasons to Color Daily*
- » *Journey of Colors: A Coloring Book and Guide to Technique,*
- » *Unlocking Harmony: A Coloring Book for Better Health and Inner Peace*
- » *Coloring the Cosmos: A Coloring Book to Explore the 12 Signs of the Zodiac.*

When she's not busy making new art, Mackenzie enjoys going on photography excursions, tending her garden, and helping authors self-publish their own books.

See more from Mackenzie Bakewell at:

www.JOURNEYOFCOLORS.com