



Sacred Circle: Mandala Coloring Book

By Irina Velman

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Why is coloring mandalas good for you? For centuries mandala has been considered a sacred symbol and was used for meditation and healing. Symmetrical patterns arranged in a circle represent the Universe and the centre is a symbol of an individual, the observer. Mandalas promote self-awareness, relaxation and focus, help express creativity and activate our healing power. Coloring mandalas has double benefit of meditation and art therapy. Try to make coloring mandalas your daily practice, even for 10 or 15 minutes, and you will notice the calming effect. Mandalas in this book are printed on one side of the page with the reverse left blank. Nicely colored mandalas look amazing, you can frame them as art work, use them for making greeting cards, small gifts, you can laminate the pages and use them as table place mates. Enjoy!.



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Reviews

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-- Dr. Bethany Lindgren

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