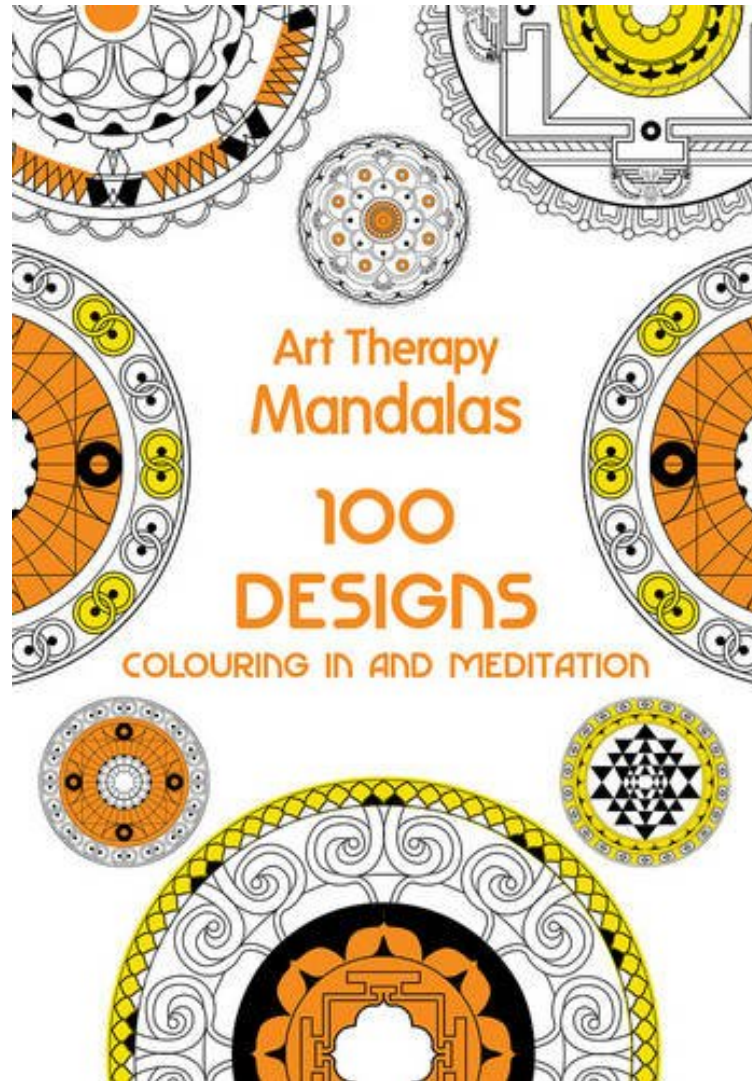


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Art Therapy: Mandalas: 100 Designs for Colouring in and Meditation

From Jacqui Small

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From Jacqui Small : Art Therapy: Mandalas: 100 Designs for Colouring in and Meditation before purchasing it in order to gauge whether or not it would be worth my time, and all praised Art Therapy: Mandalas: 100 Designs for Colouring in and Meditation:

2 of 2 people found the following review helpful. This is a coloring book with many beautiful images. Some of the images are traditional mandala ...By Kathleen A. Harrington This is a coloring book with many beautiful images. Some of the images are traditional mandala designs and others are repetitive designs that are elemental features that you

would use in drawing a complete mandala. I would have given this 5 stars except that there are some practical features that are less than ideal for me. I prefer coloring books with the design on one side of the page only in order to prevent bleed through and the designs in this book are printed on both sides of the page. The pages are a nice thickness but will not prevent bleed through of permanent markers like Sharpies and alcohol ink markers like Copics. The book is bound inside thick cardboard covers which gives the book a rigid surface on which to color, however, the size of the book makes it impractical to turn while coloring. I like to turn mandalas as I am working on them, so this feature is a drawback for me. When comparing this coloring book to the less expensive kinds available, the quality of the paper, binding, size, number of images, and quality of design make it superior. 1 of 1 people found the following review helpful. a beautiful book and wonderful gift By third.quarter.moon These books are absolutely beautiful. I purchased one as a gift and it was so nice I ordered four more for other people! Very well-made and the pages are beautiful. 0 of 0 people found the following review helpful. Five Stars By A. Copertino perfect variation in pictures to color in, love hardcover.

We all look for ways to manage the pressures of everyday life, and to alleviate feelings of stress. Mandalas provides not only a wonderfully creative outlet, but also a way of focusing attention away from external stress, thereby encouraging a sense of relaxation and increased wellbeing. Used for centuries across different cultures and religions, a "mandala" is a spiritual symbol used in Buddhist and Hindu traditions to represent the universe, and is often used as an aid to meditation. Mandalas can therefore be spiritually healing and help to create a peaceful state of mind. Although sometimes basic in design, they are often extremely intricate. Traditionally, the mandala consists of an outer circle, sometimes shown on fire to represent the universe and the dangers it holds, and an inner "palace", housing deities and the enlightened. With 100 patterns based on Tibetan and Hindu traditions, as well as some original designs, this beautiful art book will enable you to relax and rediscover the pleasures of being creative. Â

'Strangely meditative and actually quite hard to put down. Like gardening for a rainy day " give it a go.'