



THE MANDALA COLORING BOOK: Inspire Creativity, Reduce Stress, and Bring Balance with 100 Mandala Coloring Pages

By Gogarty, Jim

Adams Media, Avon, MA., 2013. Soft Cover. Book Condition: NEW. First Edition, 10th Printing. BRAND NEW COPY. Collection of 100 mandalas ready to color --- an excursion into the world of aesthetics, creativity, order and tranquility. Intricate designs with subtle order. Mandala, literally "circle" in Sanskrit, has evolved to describe diagrams, charts, or geometric patterns that represents the cosmos metaphysically or symbolically --- in short, a microcosm of the universe of which one is a part. The basic form of most mandalas is a square with four gates containing a circle with a center point. Each gate is in the general shape of a T.[2][3] Mandalas often exhibit radial balance.[4] The term appears in the Rigveda as the name of the sections of the work, but is also used in other religions and philosophies, particularly Buddhism. In various spiritual traditions, mandalas may be employed for focusing attention of practitioners and adepts, as a spiritual guidance tool, for establishing a sacred space, and as an aid to meditation and trance induction.



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Reviews

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