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## Mandalas: Coloring for Everyone

By Skyhorse Publishing

Skyhorse Publishing. Paperback. Book Condition: new. BRAND NEW, Mandalas: Coloring for Everyone, Skyhorse Publishing, Reduce stress and promote creativity by coloring beautiful mandalas. "I sketched every morning in a notebook a small circular drawing, a mandala, which seemed to correspond to my inner situation at the time. Only gradually did I discover what the mandala really is .the self, the wholeness of the personality, which if all goes well is harmonious." -- Carl Jung Recognized as a symbol of peace, creativity, and inspiration, mandalas are sacred circular shapes with a long and rich history. They were originally developed as Hindu and Buddhist symbols of the universe, and the process of their creation is known to reduce stress and help artists find tranquility and balance. While mandalas are based on simple circular shapes, they can also be quite complex. Many mandalas incorporate images of Buddha and ornamental shapes and flourishes. Vibrant colors are used to highlight these intricate designs, making mandalas perfect for exploring one's artistic side. Mandalas: Coloring for Everyone has forty-six black-and-white designs for you to color and a gallery of full-color images as inspiration. The designs have been created specifically for you, and are perforated so that each one can...



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