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Mindful Mandala Colouring Book

By Lisa Tenzin-Dolma

Watkins Media. Paperback. Book Condition: new. BRAND NEW, Mindful Mandala Colouring Book, Lisa Tenzin-Dolma, INSPIRING SPIRITUAL DESIGNS FOR CONTEMPLATION, MEDITATION AND HEALING Discover the life-changing power of mandalas with this beautiful colouring book - designed to help release your innate creativity and bring your relaxation and complete peace of mind Viewed as the key to self-knowledge and inner peace in Eastern traditions, a mandala is a symbolic spiritual image which, when meditated on, can lead to profound and long-lasting personal transformation. Bringing together the timeless wisdom of Buddhist thought with the deeply spiritual symbolism of the Celts and the healing power of nature, this collection of beautiful, intricate artworks for you to colour in - from plants and animals, myths and legends, to the earth, the elements and the cosmos - is perfect for engaging in mindful meditation. Featuring specially commissioned mandala designs such as the World Tree, Dolphins at Play, the Endless Knot and Dragon Power, this unique colouring book combines creativity with contemplation to help ease stress and anxiety, still the mind and regain your personal balance. 78 evocative designs that will work their magic as you colour them in - Includes a further 30 basic line templates for you to design...



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