



Celtic Mandala Pocket Colouring Book

Lisa Tenzin-Dolma

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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 you 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 deeply spiritual symbolism of the Celts with the healing power of mandala, 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, the Rose of Pure Love, the Floating Lotus and Dolphins at Play, this unique coloring book combines creativity with contemplation to help ease stress and anxiety, still the mind and regain your personal balance.* 26 evocative designs that will work their magic as you colour them in* Includes a further 10 basic line templates for you to design your own mandalas* Offers a lively and informative introduction, placing mandalas in their historical and cultural contexts* Features a guided meditation and colour palette suggestions for every artwork, plus a directory of key mandala symbols

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