



Healing Mandalas: 32 Inspiring Designs for Colouring and Meditation (Watkins Adult Coloring Pages)

Lisa Tenzin-Dolma

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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 bring about profound inner transformation. This book offers a perfect way to combine contemplation with creativity, helping us to ease anxieties and insecurities, bring about change, and regain our personal balance - both through colouring in these mandalas and through meditating on them afterwards. Each mandala offers a place of refuge you can visit to recharge and reconnect with your essential self. The imagery ranges from the dove of peace, the rose of pure love and the floating lotus of the East to dolphins at play. There is an introduction putting the symbolism and imagery of the mandalas in context, as well as a directory of the mandalas in full colour at the back of the book.

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