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[Mandalas](#) Jan 28 2020 Learn how to use mandalas to access and harness intuitive wisdom and guidance. Journey into your sacred center, and become your most magnificent self. Enjoy 42 full-color mandalas by artist Jan West. Mandalas create powerful energetic vortexes that amplify intuition and receptivity to intuitive guidance. This book is a how-to guide for those wanting to maximize their connection with the consciousness realms. The symbols will shift and grow with you over time, if you invite them to. Symbolic art can help manifest intentions into physical reality. The communication received will be unique to you. Mandalas gently guide you towards your highest possibilities. They can help change your reality with a touch of mystery and a hint of magic!

[Finding Meaning with Mandalas-A Therapist's Guide to Creating Mandalas with Children](#) Aug 05 2020 This book will give therapists valuable insight into the history and meaning of mandalas, as well as common shapes, colours and themes surrounding these designs. Fifty mandala interventions are included for clients to complete, as well as guidelines on when to use this intervention and how to introduce, create and process each mandala session. Mandala creations are fun, meaningful and beautiful works of art for clients of all ages.--back cover.

[Mandala Symbolism and Techniques](#) Sep 17 2021 This book outlines practical exercises for using mandala creation with a variety of client groups, to elicit discussion about issues such as depression, anxiety, relationships and goals. Mandala design is presented in a variety of ways, allowing the therapist the flexibility to gear sessions towards clients' specific needs and capabilities.

[Mandala](#) Mar 31 2020 In this wonderful Adult Colouring Book, book you will find 35 beautiful Mandala designs to colour at your leisure, providing periods of creative meditation that will bring peace, calm, tranquillity and balance into your life. Various designs from simple to more intricate, depending on your mood or experience. These designs are guaranteed to nurture and develop your creative side, and relieve the stresses of everyday life. Use subtle colours or bright colours, each will bring different results and have different effects on your mood. Some colours are soothing and calming, while others are enlivening, so enjoy experimenting with colour to produce an array of beautiful mandalas.

[I Mandala](#) Apr 12 2021

[Mandala](#) May 14 2021

[Mystical Mandala Coloring Book](#) Nov 27 2019 An ancient form of meditative art, mandalas are complex circular designs that draw the eye toward their centers. This collection offers 30 images to captivate colorists of all ages.

[Mandala Coloring Book for Kids](#) May 02 2020 Mandala Coloring Book for Kids is an excellent way for kids to creatively express themselves as well as means to focus, meditate, and beat stress. In addition, to the calming and therapeutic effects of coloring mandalas, we have also included positive affirmations to help build self-confidence and self-esteem. As the child continues to color, the child can also learn to focus on positive affirmations to help develop a strong inner-self. Mindfulness Coloring Mindfulness coloring is means to be present through art. The intricate and repetitive patterns in mandalas help kids to focus on coloring, so much to the point where they lose track of time, since they're having so much fun! Better Than an Affirmation Journal Typical affirmation journals are lined journals and lack the ability to connect with the creative side of the brain. In this mindful mandala coloring book, we took the concept to the next level by also including positive affirmations to help reinforce self- confidence and self-dialogue as the child is in a focused state of mind while they are coloring. This book contains the following Powerful Affirmations I AM STRONG I AM CONFIDENT I AM BEAUTIFUL I AM SMART I AM HAPPY I AM COMPASSIONATE I AM LOVED And much more! About the Author MITCH KIMBALL, B.A. Psychology, PharmD, is the founder of Mindful Fountain, a group dedicated to those who practice mindfulness in all walks of life. With well over a decade of experience in the health care industry, he shares his knowledge to empower others, especially the youth, who live in an era of over-medication and technology over-stimulation. As a loving husband and father of 3 children, he hopes to spread his message of mindfulness across he world.

[Spells, Images, and Mandalas](#) Jun 02 2020 Koichi Shinohara traces the evolution of Esoteric Buddhist rituals from the simple recitation of spells in the fifth century to complex systems involving image worship, mandala initiation, and visualization practices in the ninth century. He presents an important new reading of a seventh-century Chinese text called the Collected Dharani Sutras, which shows how earlier rituals for specific deities were synthesized into a general Esoteric initiation ceremony and how, for the first time, the notion of an Esoteric Buddhist pantheon emerged. In the Collected Dharani Sutras, rituals for specific deities were typically performed around images of the deities, yet Esoteric Buddhist rituals in earlier sources involved the recitation of spells rather than the use of images. The first part of this study explores how such simpler rituals came to be associated with the images of specific deities and ultimately gave rise to the general Esoteric initiation ceremony described in the crucial example of the All-Gathering mandala ritual in the Collected Dharani Sutras. The visualization practices so important to later Esoteric Buddhist rituals were absent from this ceremony, and their introduction would fundamentally change Esoteric Buddhist practice. This study examines the translations of dharani sutras made by Bodhiruci in the early eighth century and later Esoteric texts, such as Yixing's commentary on the Mahavairocana sutra and Amoghavajra's ritual manuals, to show how incorporation of visualization greatly enriched Esoteric rituals and helped develop elaborate iconographies for the deities. Over time, the ritual function of images became less certain, and the emphasis shifted toward visualization. This study clarifies the complex relationship between images and ritual, changing how we perceive Esoteric Buddhist art as well as ritual.

[Tropical Mandala Journal](#) Oct 26 2019 TROPICAL MANDALA JOURNAL Design & Illustration by David K. Griffin Personalize your own Tropical Mandala Journal or gift a friend - either way you're sure cherish this unique book. Lovers of the ocean and tropics will especially appreciate the full page color designs with exotic tropical flowers, birds and sea mammals. Renowned graphic designer and illustrator, David K. Griffin, from Venice, Florida, has created a stunning series of marine-cosmic mandala designs - magical forms with radial balance focusing on the chill beach life and the tropics. Be inspired to start a novel, sketch a design, write a personal journal or just doodle, whether it's your next big idea or just a to-do list, Tropical Mandala Journal is a great tool to help you find peace in these challenging times. Specs: Size: 8-1/2" x 8-1/2" Spine: .438" Pages: 112 Binding: Hard cover Paper stock: 70 lb. premium white Ink: Premium color Illustrations: 25 large, 25 small ABOUT THE ARTIST David K. Griffin is an artist and graphic designer who's been living the beach life and creating art in Venice, Florida since 2004. David's graphic design, illustration and fine art background is extensive. He's been a leader and mentor in the arts community - notably in Burlington, Vermont, where in 2000 he was presented with a plaque from the City of Burlington thanking him for his contributions to the arts community and helping to "nurture creativity and imagination in children of all ages." David has been winning awards for both his fine art and graphic design work for years. In 2016, he designed a book for renowned fine art photographer, Clyde Butcher, Celebrating America's National Parks, which won prestigious awards in an international publishing competition. In 2020, David won a merit award from the Venice Art Center for his original acrylic painting, Golden Beach. His designs and and paintings are in collectors homes and businesses from Vermont to California and throughout Florida. ABOUT MANDALAS Mandala, literally meaning circle or round (in Sanskrit) - a magical form with radial balance, a shape without beginning or end - a cosmic diagram reminding us of our relationship to infinity, extending beyond and within our bodies and minds. In Buddhism, the mandala represents the nature of the "pure land, enlightened mind" - used in support of the meditating person. The "circle of life" has been depicted

in mandala-like forms by cultures throughout history, from Aztec sun stones to Christian altars. The circle is also associated with eternity, balance and perfection - the last one mainly because the distance from the circle's center to any point in its outline is the same. New age mandalas represent an organizational structure of life itself. A spiritual journey that is never ending and forever connected.

**Mandala Meditation Coloring Book** Dec 29 2019 AMAZON BEST SELLER | BEST GIFT IDEAS This incredible adult coloring book by best-selling artist is the perfect way to relieve stress and aid relaxation while enjoying beautiful and highly detailed images. Each coloring page will transport you into a world of your own while your responsibilities will seem to fade away... Use Any of Your Favorite Tools Including colored pencils, pens, and fine-tipped markers. One Image Per Page Each image is printed on black-backed pages to prevent bleed-through. Display Your Artwork You can display your artwork with a standard 8.5" x 11" frame. Two Copies of Every Image Enjoy coloring your favorite images a second time, color with a friend, or have an extra copy in case you make a mistake. Includes FREE Digital Version As a special bonus, you can download a PDF and print your favorite images to as many times as you want. Now on Sale Regular Price: \$9.99 | SAVE \$6.99, 60% OFF | Limited time only. Makes the Perfect Gift Surprise that special someone in your life and make them smile. Buy two copies and enjoy coloring together. Buy Now, Start Coloring, and Relax... Scroll to the top of the page and click the buy button.

**Coloring Mandalas 4** Feb 29 2020 Mandalas are circular designs containing lines, patterns, and colors that have been used in personal devotions throughout history and often symbolize a desire to mark or set aside a special time or place. Coloring mandalas is a creative activity that can help us feel connected to ourselves and to the world. In her latest collection of mandalas for coloring, Susanne Fincher focuses on using mandalas as a way to claim our own truths and to find our way in the world. The original designs she presents are associated with being and doing. The “being” mandalas represent a sense of balance, integration, and self-realization. They can be reminiscent of the designs of heraldic shields carried as the emblem of personal power. The “doing” mandalas represent action, energy, and functioning in the world. These mandalas are associated with creativity, ingenuity, teamwork, and productivity. Coloring the mandalas in this book allows you to interact with forms that evoke both steady, centered being, and active, skillful doing. Coloring Mandalas 4 provides a creative and insightful path toward self-knowledge.

Mandala for the Inspired Artist Nov 19 2021 Learn to create beautiful mandalas using a variety of tools and mediums. Mandala for the Inspired Artist has prompts, exercises, and projects perfect for all skill levels.

**Catfish and Mandala** Mar 12 2021 A Vietnamese American returns to the land of his birth in a memoir of the consequences of war and the divide that still separates Asian Americans from the dominant culture

**The Theory and Practice of the Mandala** May 26 2022 This intriguing, thought-provoking study by one of the world's leading authorities on the subject examines the basic doctrine behind the theory and practice of the mandala in India and Tibet, by both Hindus and Buddhists. Topics include the doctrinal basis of the mandala, its use as a means of reintegration, its symbolism, and other aspects of its expression of the infinite possibilities of the subconscious.

Birth Mandala Dec 21 2021 The Birth Mandalas book includes mandala art, a guided visualization and thought provoking exercises for an empowering childbirth experience. A birth mandala is sacred art for childbirth. The mandala appears from a dark background, like the baby emerging from the darkness of the womb into the light. Enjoy creative processes that access the subconscious. The way childbirth is perceived influences labor and birth. Subconscious beliefs, formed from what you've seen, heard or experienced, can either sabotage or affirm your conscious intentions. Learn how to effortlessly re-write limiting beliefs with ones that assist you during childbirth. Your birth mandala embodies your new beliefs and vision for labor and birth with symbols, images, designs and words. You will find women's mandalas, journals and their after-birth reflections. From Shannons healing of past sexual abuse, Amys strength and courage, to Stacys power of intention, the themes and revelations are as unique as their mandalas. Creating a birth mandala is an invaluable gift you give yourself for childbirth. It is the gift that keeps on giving, exclaims Stacy, a workshop participant.

The Mandala Book Feb 08 2021 A visual symphony, The Mandala Book showcases 500 stunning mandalic images from nature and civilization. Drawing from history, science, and art, Lori Bailey Cunningham takes you on a journey that spans from the tiniest particle of matter to spiral galaxies in the farthest reaches of the universe, from prehistoric petroglyphs to Carl Jung. And, at the end, she includes 13 beautiful mandalas to photocopy and color, for meditation or fun.

**The Mini Mandala Coloring Book** Jan 10 2021 48 portable mandala designs to color that provide a pathway to deeper meaning and personal growth--from the author of the popular Coloring Mandalas series. Coloring the traditional circular designs known as mandalas is a meditative practice, a healing exercise in times of crisis, and a pleasurable act of creativity. As a symbol of the Self, the mandala provides a connection to our innermost being. The forty-eight drawings presented here for coloring include designs inspired by forms of nature, Native American and Tibetan sand paintings, Hindu yantras, Turkish mosaics, and the art of M. C. Escher. These mandalas are organized according to the Great Round of Mandala, a scheme of twelve archetypal stages that represents a complete cycle of personal growth. Thus, to do the coloring book from start to finish will carry the reader through a balanced experience of change, guided by the accompanying text.

Buddhist Mandala Pocket Colouring Book Jul 24 2019

The Mandala Workbook Aug 29 2022 From time immemorial, the mandala has been an expression of inner reality—for individuals, groups, and whole cultures. When you draw or paint a mandala of your own, you're making a portrait of your unconscious at a particular moment in your life, which when carefully regarded, can provide astonishing insights into your own deepest truth. The Mandala Workbook offers a complete guide to mandala work, based on the Great Round—the twelve archetypal stages that represent a complete cycle of personal growth. Each stage offers a new way to connect with yourself and to discover the transformative powers of the mandala. Explore a full range of activities throughout the book and for each stage—including coloring, drawing, painting, collage, sculpture, and more—in this engaging and hands-on guide. You'll have fun doing it—and you may discover things about yourself that will surprise you.

*Velveteen & Mandala* Sep 05 2020 The world of Velveteen & Mandara is a dystopia. Tokyo where the youth used to waste their time search for answers, is now barren. For a pair of teens who still live along the outskirts of town, Velveteen and Mandala, Tokyo is a nightmare that can only compare to the nightmare that is slowly trying to take over the metropolis. These two teens are the last line of defence for a nation in ruins. Armed with a fully-operational tank the pair must fight off the zombie hordes while they catfight each other for food, entertainment and maybe even the affection and attention of the opposite sex. They have nothing to lose in this world except their humanity, but then again who are the zombies in this world? Are they the undead or are these two teens who must live among them even still human?

**The Mandala Guidebook** Sep 29 2022 Relax, create and connect with mandala art. Do you love coloring mandalas? You're not alone! Adult coloring books are gaining in popularity every day. Do you want to learn how to draw and color your own mandalas? In The Mandala Guidebook, Kathryn Costa shows you how with easy instructions perfect for the beginner. You'll find a wide range of projects, each with beautifully illustrated step-by-step instructions covering more design styles and artistic mediums than any other book out there. Simply put, a mandala is a circle with a design in the center, but psychologists and spiritual leaders have used mandalas as a tool for self-reflection and self-exploration through the ages. Mandalas have intrigued cultures around the world, from Celtic spirals and Indian mehndi to medieval church labyrinths. And now it's your turn! If you can write the alphabet, you can create beautiful and expressive mandalas. Journey with Kathryn, creator of the "100 Mandalas Challenge," to create spontaneous and spirited mandala art: • Enjoy prompts and questions to practice self-discovery, gratitude, relaxation, meditation and explore your unique talents and artistic path as you create • Discover 24 demonstrations with clear and colorful step-by-step instructions to master the mechanics of making mandalas--both freehand and geometrically symmetrical designs • Explore mixed media and textural painting techniques within the boundaries of a circle using everything from a simple pen and paper to watercolor, collage, acrylic and stamped Gelli plate • Get pattern inspiration and discover how to play with color using common palettes from the world around you Set your intention and learn how to use mandalas to solve problems, let go of fear, lean into love and gain clarity and insight as you create!

Mandala Mar 24 2022 Mandala will guide readers of all levels through simple mandala exercises and easy-to-follow drawing techniques, incorporating meditation and guided visualization with lavish illustrations. By exploring the tradition of the sacred circle, readers will learn how to create their own unique and powerful works of sacred art and use the mandala symbol as a self-transformative tool that manifests and enhances their own spiritual consciousness. The new edition also includes a CD with meditations set to music and guided exercises.

**Mandala Designs** Apr 24 2022 Forty-four ready-to-color original designs, based on an ancient motif symbolizing "universe" or "wholeness," will challenge and excite colorists of all ages. Typically containing circles, squares, triangles, and other geometrical figures rotating around a common center, these intriguing patterns will provide a wealth of inspiration, as well, for artists, designers and craftspeople.

**Coloring Mandalas 1** Aug 24 2019 Drawing the traditional circular designs known as mandalas is a meditative practice, a healing exercise in times of crisis, and a pleasurable act of creativity. As a symbol of the Self, the mandala provides a connection to our innermost being. The forty-eight drawings presented here for coloring include designs inspired by forms of nature, Native American and Tibetan sand paintings, Hindu yantras, Turkish mosaics, the illuminations of Hildegard of Bingen, and the art of M.C. Escher. These mandalas are organized according to the Great Round of Mandala, a scheme of twelve archetypal stages that represents a complete cycle of personal growth. Thus, to do the coloring book from start to finish will carry the reader through a balanced experience of change, guided by the accompanying text.

**Great Big Book 2 of Mandalas to Color - Over 300 Mandala Coloring Pages - Vol. 7,8,9,10,11 & 12 Combined** Nov 07 2020 Following on from the popularity of our first Great Big Book, this is the second Great Big Book of Mandalas to Color. This huge mandala coloring book is a compilation of six previously published volumes. Mandalas to Color - Mandala Coloring Pages for Kids & Adults - Volume 7 Mandalas to Color - Mandala Coloring Pages for Adults - Volume 8 Mandalas to Color - Intricate Mandala Coloring Pages: Advanced Designs - Volume 9 Mandalas to Color - Mandala Coloring Pages for Kids & Adults - Volume 10 Mandalas to Color - Mandala Coloring Pages for Adults - Volume 11 Mandalas to

Color - Intricate Mandala Coloring Pages: Advanced Designs - Volume 12 The level of difficulty ranges from simple and easy through to quite hard and intricate designs. There is something for everyone here, from kids through to adults who are looking for a real coloring challenge. The book is huge, and the majority of designs are slanted more towards adults than kids, with the bulk of the designs being quite involved. There are also a couple of bonus designs included that were done specially for this book and are not in any of the original volumes. >Come on a fun and mystical journey into the world of mandalas! >Over 300 unique and beautiful mandala images just waiting for you to color! 100 easy difficulty 100 medium difficulty 102 hard difficulty >One mandala design per sheet of paper, for the best coloring experience. >Frame each colored mandala as your own work of art!

Mandala Colouring Book for Mindfulness Dec 09 2020 50 Beautiful Mandalas to Colour! These Mandalas are designed for you to relax and focus your attention to the present moment, a key component to mindfulness meditation. Images in this book vary from minimal detail to highly detailed, use your choice of colouring tool (pens, pencils, markers, crayons). Perfect size - 8.5 x 11 inches. Each Colouring Page is printed on a separate sheet. Enjoy Colouring!

Mandala Symbolism and Techniques Feb 20 2022 Mandalas are important therapeutic tools promoting focusing, wholeness and healing. This book introduces nearly two hundred different techniques for designing mandalas and adapts mandala creation for the purpose of eliciting thoughts, feelings and concerns about pertinent therapeutic issues such as depression, anxiety, relationships and goals. Therapists can use the many practical mandala exercises outlined within to enable a wide range of clients to enhance self-awareness and explore issues in a non-threatening way. Mandala design is presented in a variety of creative ways with different media, allowing the therapist the flexibility to gear sessions towards clients' specific needs and capabilities. This will be a valuable and unique addition to the therapist's library and will be of particular interest to art therapists, counsellors, psychologists and professionals looking for innovative therapeutic approaches that build on traditional practices.

**20 to Crochet: Crocheted Mandalas** Sep 25 2019

An Illustrated History of the Mandala Oct 31 2022 Everyone's heard of mandalas; now we have a uniquely rich history and explanation of their history and meaning. This book is a history of the genesis and development of the mandala from the fifth and sixth centuries, when the mandala first appeared in India, to the eleventh century, when the Kalacakratantra appeared just before the disappearance of Buddhism in India. The 600 years of Indian esoteric Buddhism that concluded the 1,700-year history of Indian Buddhism could be said to have been the history of the development of the mandala. (The Kalacakratantra integrated earlier mandala theories into a single system and established a monumental system unprecedented in the history of esoteric Buddhism. It was thus the culmination of the development of Indian Buddhism over a period of 1,700 years.) The analysis is at the micro level and includes numerous illustrations and charts. Particular attention is paid to proper names, mudras, and mantras that have been overlooked by scholars in philosophy and doctrine, and the author tackles issues that cannot be explained solely from a historical viewpoint, such as geometric patterns, the arrangement of deities, the colors, and their meaning in Buddhist doctrine.

**How to Draw Mandalas** Jun 26 2022 Step-by-step instructions to draw your own mandala designs by hand, using compass and ruler. Includes practice pages to complete and colour in.

Meditative Mandala Stones Jan 22 2022 Create beautiful art and find peace of mind with Meditative Mandala Stones. Used for centuries across different cultures and religions, a "mandala" is often used as an aid to meditation. The earliest forms of this art date back to the Stone Age where it is said they were used to represent nature's cycle and were, of course, found on stone! Meditative Mandala Stones kit will teach you to draw both ancient symbols and modern mandalas to alleviate feelings of stress and foster your creativity You will learn to create spiritual mandalas, nature inspired mandalas, animal mandalas, and so much more! This kit includes: - 2 large river stones - 4 metal calligraphy/drawing tips - wooden holder for the metal drawing tips

**Unfolding A Mandala** Oct 19 2021 Ellora is one of the great cave temple sites of India, with thirty-four major Buddhist, Hindu, and Jain monuments of the late sixth to tenth centuries A. D. This book describes the Buddhist caves at Ellora and places them in the context of Buddhist art and iconography. Ellora's twelve Buddhist cave temples, dating from the early seventh to the early eighth centuries, preserve an unparalleled one-hundred-year sequence of architectural and iconographical development. They reveal the evolution of a Buddhist mandala at sites in other regions often considered "peripheral" to the heartland of Buddhism in eastern India. At Ellora, the mandala, ordinarily conceived as a two-dimensional diagram used to focus meditation, is unfolded into the three-dimensional program of the cave temples themselves, enabling devotees to walk through the mandala during worship. The mandala's development at Ellora is explained and its significance is considered for the evolution of Buddhist art and iconography elsewhere in India.

**Creative Haven Magical Mandalas Coloring Book** Jul 16 2021 Derived from the Sanskrit term for "circle," the mandala represents wholeness and the human connection to the infinite. More than 30 hypnotic mandalas pulse with energy and life, offering a coloring experience that's utterly magical. Pages are perforated and printed on one side only for easy removal and display. Specially designed for experienced colorists, Magical Mandalas and other Creative Haven® adult coloring books offer an escape to a world of inspiration and artistic fulfillment. Each title is also an effective and fun-filled way to relax and reduce stress.

**Mandala Symbolism** Aug 17 2021 Contents: Mandalas.I. A Study in the Process of Individuation.II. Concerning Mandala SymbolismIndex Originally published in 1972. The Princeton Legacy Library uses the latest print-on-demand technology to again make available previously out-of-print books from the distinguished backlist of Princeton University Press. These editions preserve the original texts of these important books while presenting them in durable paperback and hardcover editions. The goal of the Princeton Legacy Library is to vastly increase access to the rich scholarly heritage found in the thousands of books published by Princeton University Press since its founding in 1905.

Mandala coloring Jul 04 2020

**Mandala Coloring Book** Jul 28 2022 We hope you'll enjoy our Mandala Coloring Book of Colouring Books for Adults with Tear Out Sheets (Adult Coloring Book) in the letter size 6 x 9 inch; 15.24 x 22.86 cm as much as we did create it for you. Here is a beautiful portable journal suitable. Journal features include: Gorgeous designed cover. Large letter size 6 x 9 inch; 15.24 x 22.86 cm dimensions; The ideal large size for all purposes, fitting perfectly into your back pack or satchel. The bold white paper is sturdy enough to be used with fountain pens. White pages of Journal Paper. Reliable standards Book industry perfect binding (the same standard binding as the books in your local library). Crisp white paper, with quality that minimizes ink bleed-through. The book is great for either pen or pencil users. Journals are the perfect gift for any occasion. Click The Buy Button At The Top Of The Page To Begin.

**Crystal Mandala Oracle** Oct 07 2020

*Infinite Coloring Mandala Designs* Jun 14 2021 A vibrant array of images, inspired by the mandala's hypnotic appealAn ancient form of meditative art, mandalas feature complex circular designs that draw the eye inward. Forty-eight full-page illustrations feature circles, squares, triangles, and other geometrical figures rotating around a common center. These original designs will captivate colorists of all ages, challenging them to create kaleidoscopic effects. Artists, designers, and crafters will also find the drawings a source of inspiration. Pages are perforated for easy removal and display. They're printed on one side only of high-quality paper for the best possible results with colored pencils or markers, paints, and crayons. The enclosed CD-ROM includes all of the book's images, so you can print each page again and again for unlimited coloring fun!

**Mandala** Jun 22 2019 Experience the ultimate journey of self-discovery through mandalas and meditation. Mandala art has been used throughout the world for self-expression, spiritual transformation, and personal growth. Mandala is the ancient Sanskrit word for circle and is seen by Tibetans as a diagram of the cosmos. It is used by native Americans in healing rituals and in Christian cathedrals the labyrinth is a mandalic pattern used as a tool for meditation. An archetypal symbol of wholeness, the mandala was used as a therapeutic art tool by psychologist Carl Jung, who believed creating mandalas helped patients to make the unconscious conscious. Joseph Campbell brought mandalas to the public's attention in *The Power of Myth* (1988): "In working out a mandala ... you draw a circle and then think of the different impulse systems and value systems in your life.... Making a mandala is a discipline for pulling all those scattered aspects of your life together, finding a center." *Mandala: Journey to the Center* provides insights into the significance of mandalas and helps you to use them as a path to greater self-awareness. Mandala offers over 400 breathtaking color photographs of mandalas in manifestations from art, architecture, and nature -- from Buddhist paintings to the Pantheon to atomic structures, and explores how the mandala has been used throughout history and is relevant today as a tool for meditation, personal growth, and expression. Mandala features a gallery of worldwide contemporary mandala art accompanied by inspirational stories from the artists who created them, and provides exercises and examples of specific techniques for making one's own mandalas. Exploring the mandala can lead us on a journey to wholeness, helping us discover the center within ourselves and beyond.