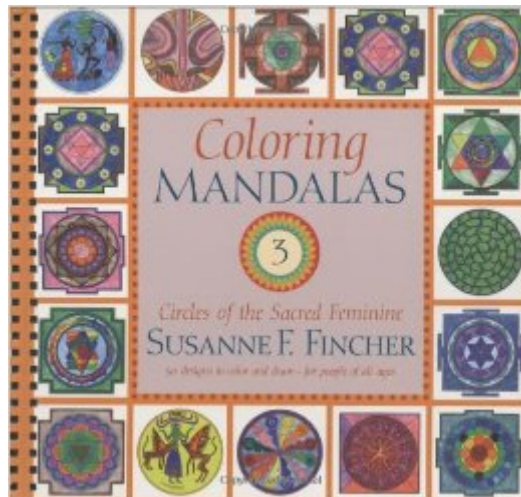


The book was found

Coloring Mandalas 3: Circles Of The Sacred Feminine (An Adult Coloring Book)



Synopsis

Coloring the circular designs known as mandalas is a relaxing, meditative activity enjoyed by adults and children alike. The mandalas in this book are specially designed to provide a creative encounter with the Divine as a feminine presence. The archetypal imagery of the circleâappearing in the form of organic shapes of nature, the curves of the female body, the womb and childbirth rituals, the circular turning of cosmic rhythms, or geometric designs conveying the primal energy of the Goddessâcelebrates the full range of the sacred feminine, from gentle and motherly to fierce and challenging. An introductory essay traces the stream of the sacred feminine from prehistoric sources through modern spiritual traditions and the work of contemporary scholars of psychology and religion. Mandalas for coloring include designs based on ancient European artifacts, traditional Hindu yantras, and contemporary art. Full-color illustrations provide inspiration, and instructions for drawing your own geometric mandalas add to the creative possibilities. Coloring Mandalas 3 will appeal particularly to individuals and groups who wish to explore spirituality as a pathway to deeper meaning and personal growth.

Book Information

Series: An Adult Coloring Book (Book 3)

Spiral-bound: 128 pages

Publisher: Shambhala (October 10, 2006)

Language: English

ISBN-10: 1590303024

ISBN-13: 978-1590303023

Product Dimensions: 10.6 x 0.6 x 10 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂÂ See all reviewsÂ (32 customer reviews)

Best Sellers Rank: #314,528 in Books (See Top 100 in Books) #190 inÂ Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Mandalas & Patterns #293 inÂ Books > Self-Help > Art Therapy & Relaxation #557 inÂ Books > Crafts, Hobbies & Home > Crafts & Hobbies > Papercrafts, Stamping & Stenciling > Papercrafts

Customer Reviews

I've now worked with mandala coloring books from several author-designers. What I appreciate about this book is the call to participate in revitalizing ancient designs that she has adapted. There is something unique and mystical about witnessing my own inner urgings to create and colorize,

expressed through meditative interaction with unknown ancient artists. Each of her books follows a theme. This one strives to bring your "inner artist" or meditating-self into an encounter with sacred energy by employing designs which feature symbols and shapes attributed across cultures and centuries to The Feminine. For the interested reader she gives a 18-page, succinct but quite informative description of cultural and anthropological works which help explain her choices for the designs, and supplement one's own adventures through the book. There are also 11 lovely full-color, high-quality, photographic reproductions of original art (from contemporary to antique) which can serve as inspiration. These definitely add substance to the book. Some of her mandala forms are more stylized or detailed in their internal contents (figures, animals, madonna forms, etc) than I normally seek out. However, they still challenge me and are plenty rewarding. I am personally more likely to choose abstract and spacious forms, ones which allow me to add my own texture and image without any distraction. Yet, I can image that for others there is an equally great attraction to having a more personable, human or animated form in the mandalas. The author accommodates both wishes generously. This book has a rich diversity of designs, with and without identifiable figures. There are even blank mandalas included at the end for the user to begin completely from scratch.

[Download to continue reading...](#)

Coloring Mandalas 3: Circles of the Sacred Feminine (An Adult Coloring Book) #Mandalas Coloring Book: #Mandalas is Coloring Book No.6 in the Adult Coloring Book # Series Celebrating Mandalas (Coloring Books, Stress Relief, ... Series of Adult Coloring Books) (Volume 6) Easy Mandalas Mandalas For Beginners Adult Coloring Book (Sacred Mandala Designs and Patterns Coloring Books for Adults) (Volume 81) Mindful Mandalas: A Mandala Coloring Book: A Unique & Uplifting Mandalas Adult Coloring Book For Men Women Teens Children & Seniors Featuring ... Relaxation Stress Relief & Art Color Therapy) A Snarky Mandala Coloring Book: Mandalas? Meh.: A Unique Funny Adult Coloring Book For Men & Women Featuring Mindfulness Mandalas & Easy To Complex ... Stress Relief & Art Color Therapy) (Volume 1) A Snarky Mandala Coloring Book: More Mandalas?!? Ugh.: A Unique Funny Adult Coloring Book For Men & Women Featuring Mindfulness Mandalas & Easy To ... Stress Relief & Art Color Therapy) (Volume 2) English Garden Adult Colouring Book One Year Day Planner Europe: Adult Colouring Books in al; Adult Colour in Boo; Adult Colouring in al; Adult ... Adult Coloring Books Flowers and Birds in al Large Print Mandalas Adult Coloring Book: Big, Beautiful and Simple Mandalas Hand-Drawn Mandalas Coloring Book, Volume Two: An Adult Coloring Book for Stress-Relief, Relaxation, Meditation and Creativity (Jenean Morrison Adult Coloring Books) Hand-Drawn Mandalas Coloring Book, Volume One: An

Adult Coloring Book for Stress-Relief, Relaxation, Meditation and Creativity (Jenean Morrison Adult Coloring Books) Black Background Adult Coloring Book: 60 Coloring Pages Featuring Mandalas, Geometric Designs, Flowers and Repeat Patterns with Stunning Black Backgrounds (Jenean Morrison Adult Coloring Books) Adult Coloring Books: Mindfulness Mandalas: A mandala coloring book for adult relaxation featuring stress relieving coloring pages for adults including henna flowers geometric & animal designs Magical Unicorns and Fairies: Adult Coloring Book: Unicorn Coloring Book, Fairy Coloring Book, Fantasy Coloring Book, Fairies Coloring Book, Adult Coloring Book 100 Mandalas: Adult Colouring for Relaxation (Mindful Mandalas) (Volume 1) Adult Coloring Book: Share The Love: A Unique Cute Adult Coloring Book With Owls Hearts Trees Pigs Puppies Folk Art Florals Henna Beginner Mandalas ... Relaxation Stress Relief & Art Color Therapy) Adult Coloring Book Day Of The Dead: An Adult Coloring Book Featuring Sugar Skull & Mandalas 2016 Dad Life: A Manly Adult Coloring Book: A Unique Funny Adult Coloring Book For Men Fathers & Dads With Mindfulness Mandalas, Easy Stress Relieving ... Relaxation Stress Relief & Art Color Therapy) Memes: Hilarious Adult XXX Memes And Pictures Book (Ultimate Funny Memes Book 41)(Adult Memes, Free Memes, Adult Pictures, Jokes For Adults, Funny Adult Jokes, Adult Joke Book, Sexy Meme) Creative Fancy Cats Coloring Book: Cats Adult Coloring Book for Mindfulness and Relaxation (Adult Coloring Book Animals, Creative Cats, Adult Coloring Book Cats) (Volume 1) #Me #Coloring Book: #ME is Coloring Book No.5 in the Adult Coloring Book Series Celebrating Ideas to Live By (Coloring Books, Coloring Pencils) ... Series of Adult Coloring Books) (Volume 5)

[Dmca](#)