

## Round Round - Mini (Pocket Sized Take-Along Coloring Book): 48 Mandalas for You to Color Enjoy



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***(Dr. Raven Ledner)***

## ROUND ROUND - MINI (POCKET SIZED TAKE-ALONG COLORING BOOK): 48 MANDALAS FOR YOU TO COLOR ENJOY

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Createspace, United States, 2015. Paperback. Book Condition: New. Katie Darden (illustrator). 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.POCKET SIZED VERSION - NOTE: these are the same images as the full 8x10 sized version. As a result, some of the details in the more complex images may be very small. For the full 8x10 sized version, search for ISBN 1517038448. \* \* \* This fourth book of digital mandalas celebrates circles. The circle of life, the circle of the mandala, the circle of friends, of community, and of the world we live in. A circle is completion, it's continuity. As a solid sphere, it's fullness. And when it's 3 dimensional, as in a spiral, it becomes a symbol of growth and expansion. The mandala is a spiritual and ritualistic symbol in both Hinduism and Buddhism. In general, it is a microcosmic representation of the Universe. The mandala is used to help focus attention on spiritual guidance, and for mindful practices such as meditation. Most mandalas, especially today, are circular in design. The circle has long been a spiritual symbol of wholeness. But the use of mandalas isn't just spiritual. Therapists as far back as Carl Jung have often used mandalas with their patients. For the past 30 years I have used mandalas in my watercolor and silk paintings, as well as my glass jewelry fabrication, my cloth fabric dying, and the quilts I design and construct. Psychologists claim that coloring is the next best thing to meditation. I find mandalas are nearly as therapeutic to create as they are to color. Pick up a coloring book today and enjoy your own inner expansion and wholeness.



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