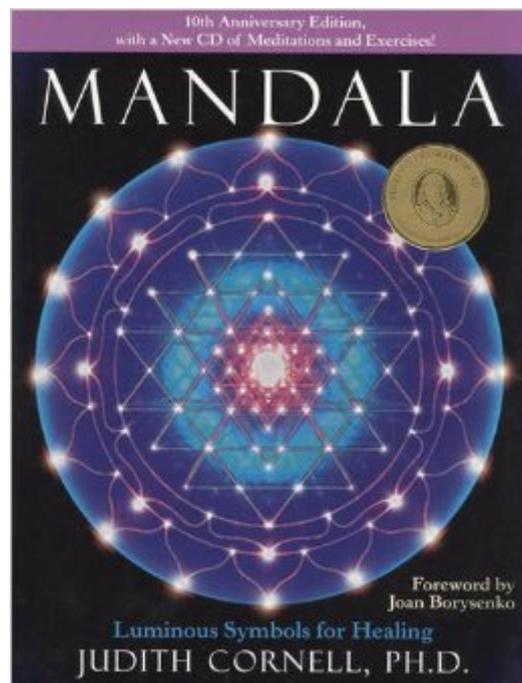


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# Mandala: Luminous Symbols For Healing, 10th Anniversary Edition With A New CD Of Meditations And Exercises



## Synopsis

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.

## Book Information

Paperback: 176 pages

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Product Dimensions: 0.5 x 8.2 x 11 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (28 customer reviews)

Best Sellers Rank: #403,191 in Books (See Top 100 in Books) #38 in [Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Cities & Architecture](#) #241 in [Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Mandalas & Patterns](#) #250 in [Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Religious & Inspirational](#)

## Customer Reviews

Mandala is perhaps the most beautiful and awe-inspiring instructional art book I have ever used. I was introduced to Judith Cornell's work in 1993 and worked with her in week long groups at various art centers over the next seven years. She was a powerful teacher with great spiritual insight and wisdom. As a fine artist, she brought her art training to an area that had been long neglected as a serious art form in the West. Her teaching methods were stepped out in an articulate, elegant progression which made it possible for almost anyone to experience success in creating personally meaningful and beautiful mandalas. Each group art-making session was begun with a period of meditation in which the image to be created would (hopefully) arise. Days spent with Judith were days of rich, creative silence in which inner images were brought into being in a soft, spiritual setting. All of this is captured in her exceptionally beautiful book, Mandala. A reader of this book

could easily acquire the few materials needed to begin a study of mandala creation following Judith's directions. The best way to use this book would be with two or three friends in a small group. As to the complaints by other reviewers about the black paper on which the mandalas are drawn, this was Judith's shortcut for beginning artists who knew nothing about "values" in art making. By having her students make an under painting in white pencil on black paper and then adding the color in a delicate second layer, she taught them values as well as providing an experiential process of bringing forth light out of darkness. Without any formal art training I was able to reverse the process later on with white paper, watercolor, ink, and colored pencil on white paper. The black paper is simply a beginning step.

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