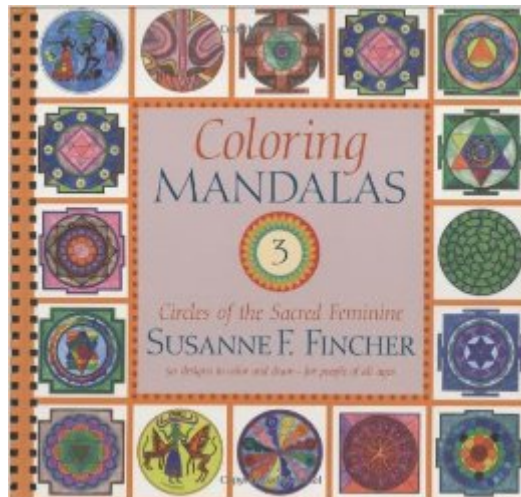


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# Coloring Mandalas 3: Circles Of The Sacred Feminine (An Adult Coloring Book)



## 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 circle—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 Goddess—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 stars— See all reviews— (32 customer reviews)

Best Sellers Rank: #314,528 in Books (See Top 100 in Books) #190 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Mandalas & Patterns #293 in Books > Self-Help > Art Therapy & Relaxation #557 in 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.

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