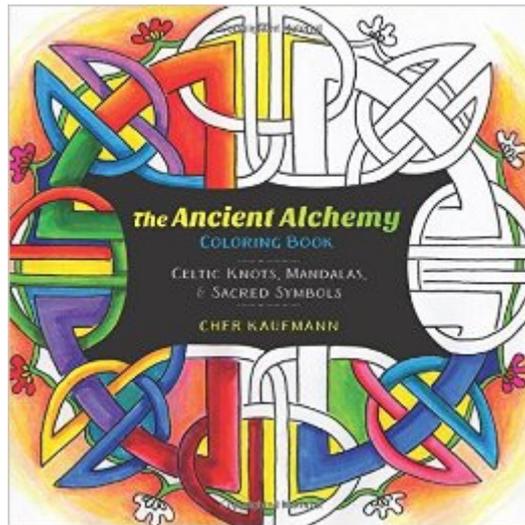


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The Ancient Alchemy Coloring Book: Celtic Knots, Mandalas, And Sacred Symbols



Synopsis

100 meditative patterns and symbols to color, inspired by ancient traditions "Symbols are the imaginative signposts of life." -- Margot Asquith Ancient symbols share wisdom, tell stories, decorate, protect, and inspire. We are fascinated by them and drawn to them--and now we can color them. Whether representing messages about daily life, evoking an emotion, or even conjuring up something magical, the images in this book beckon to any would-be artist. They are inspired from actual metal works, textiles, drawings, historical records and evidence left behind from cultures past. Many of the ancient designs actually served as meditative tools, so the act of coloring in these symbols may offer a double dose of calm as the act of coloring invites us to be present in the moment. 100 b&w illustrations

Book Information

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Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (48 customer reviews)

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Customer Reviews

Length: 3:24 Mins

This is my second coloring book by Cher Kaufmann and I will certainly be back for future books. The smaller format book has many, many designs. While a lot of coloring books are created from computer generated artwork (and I enjoy those, too), this book has 100 hand-drawn designs from the beginning to the end. The designs include many Celtic knots, mandalas, and other sacred symbols based on ancient cultures and traditions. In addition to the designs, the artist has included information about the history of some symbols. She has also provided an Ancient Alchemy Symbols

guide to explain a number of the symbols that she uses in the coloring book. Reading this information has certainly enhanced my appreciation of the artwork and what the artist is trying to convey with each drawing. The pages are white and are a good weight. The pages micro-perforated for easy removal. This is especially nice as the book is so large, I am sure to want to remove each page for coloring. The designs are printed on one side with the back of each page left blank. All of my markers bleed easily through these pages. I have been able to use various gel pens (including Fiskars) with no leak-through. My suggestion is to test your type of marker/pen and if it leaks through, put a piece of thicker paper or chipboard under the page you are working on to keep the following page from getting ink on it. Or you can simply and easily remove the page from the book (as I will) and not have to worry about it at all.

I have been blown away with Cher Kaufmann's coloring books. Her first book, "The Artful Mandala Coloring Book" has a ton of detailed and fun images to color. I wondered how she was going to top her first book when I saw a second book was released - I was not disappointed! As a matter of fact the images in "The Ancient Alchemy Coloring Book" have a multitude of variety to choose from! The hand-drawn artwork is beautiful and enticing in every way. You will not be at a loss in finding the right image for your coloring mood. Some are very detailed and intricate for a longer coloring session and others are open and broad so you can let your own creativity take over. I was impressed to find that there is a selection of both masculine and feminine drawings - and that works for me! I really like how there is an index that puts a name to the symbols in the book - it was neat to see what Hakuna Matata looks like. The layout of the book is another HUGE plus! The 8"x8" size of the book is perfect to take anywhere to color. Each page is perforated and one sided so I can easily just remove it and manipulate the page the way I like. Then if I feel I've created a masterpiece it's ready to be framed - ha! Not a bad idea. I like working with colored pencils and gel pens and both mediums work great with the paper stock. It's going to be a while before I finish both her books - money well spent!

I hadn't colored since I was a child, even though at 7 years old my only request to Santa was a coloring book and crayons. I came upon this author's work with her first book "The Artful Mandala" and felt drawn to it immediately. When I picked up her book and started coloring with pencils and then experimenting with some other pens, it's a lot like I slipped back to that slower, simpler energy of when I was that young. The only thing that held my attention was the art work in front of me. I felt so deeply present just by sitting and coloring. This new book of symbols and

patterns elevates the soothing, calming benefits of coloring. The intensity of detail in these pages is phenomenal. I start out choosing one color and begin. I have no idea where it will end or what it will look like, which is so much a part of the attraction of her work for me. Thereâ™s a reason why more and more adults (not just kids) are returning to coloring - itâ™s a soothing balm for our beings in todayâ™s busy world. Btw, Santa did not bring me that coloring book, but he sure came through now :-)!

Ready to explore symbols? I was. Luckily, Cher Kaufmann's introduction to "The Ancient Alchemy Coloring Book" appeared. She presents the meaning and history of each symbol, and matches each symbolic name with small sketches that expand one's understanding. Paging through Cher's book delights the reader with insights. For me, "The Ancient Alchemy Coloring Book" is an active exploration which brought forth insights for me including: Clear, calm, centered creativity. Ancient knowledge and deep wisdom reside in modern icons. Fluid lines dance as color accentuates each symbolic form. We unlock the meaning that dances, lives and sings through our choice of colors. Joy, strength and wonder balance beauty in the graceful precision of each symbol. Bring your cache of colors and enjoy this thoughtful, creative book. Mitts

This is Cher's second book and I like it even better than the first one. She has obviously done research for the "hand drawn" pictures in this book. Being hand drawn, the pictures have a feel and look that is much different than those that have been computer generated. The variety of the pictures, from simple to complex gives you a very wide choice to choose from. If you are a novice you can start with the more simple pictures and gradually work your way to the more intricate ones. There is a level of complexity for everyone. The Symbols Guide in the front of the book will add to your knowledge about how the shapes, styles and life forms have been used in the long history of art and cultures. Like the first book, this one is a great size to take with you anywhere.

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