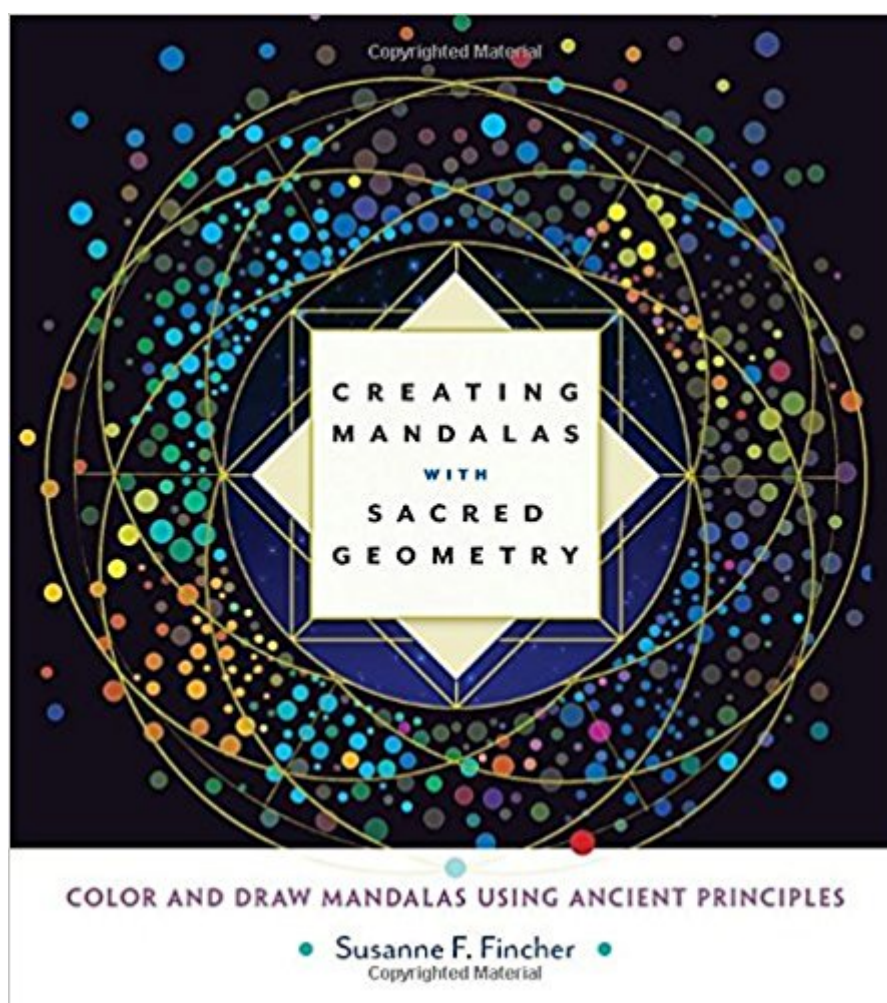


The book was found

Creating Mandalas With Sacred Geometry: Color And Draw Mandalas Using Ancient Principles



Synopsis

Unlock the mystery and magic of sacred geometry to create mandalas using ancient design principles. Pythagoras believed that mathematical truths shift the psyche closer to divine perfection. The Fibonacci sequence has been found to exist in patterns throughout nature. C. G. Jung thought that contemplating the mandala could unveil the unconscious. The designs here draw on the vast history and knowledge once thought esoteric, now available as tools for cultivating spiritual and psychological well-being. Create your own mandala based on geometry, numbers, and signs, or color a mandala as a meditative process to tap into your creativity and intuition. However you use this guide, geometry can be a pathway to grasping who you are, where you belong, and what you are to do. Discover how this timeless practice can help you on your journey of self-realization!

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Customer Reviews

SUSANNE F. FINCHER, MA, is a Jungian-oriented psychotherapist, a licensed professional counselor, a board-certified art therapist, and an internationally known expert on using mandala making for self-exploration. She is also the author of *Creating Mandalas* and the *Coloring Mandalas* series.

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