



## Calming Mandalas: Relax Discover Your Inner Peace (Paperback)

By Heidi Taylor

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm.

Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Considering the mandala's ancient roots and its use in indigenous practices around the planet, you begin to be aware of why it is such a part of our planetary culture. Within a mandala's circular shape, it has the power to balance the body's energies, promote relaxation, support healing and enhance your creativity. The great news is you can achieve all of these benefits while having fun with your mandala coloring pages. This book contains 110 mandala patterns which convey geometric shapes with no beginnings and no ends and from which all things are possible, unleashing and acknowledging your own creative potentials.

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