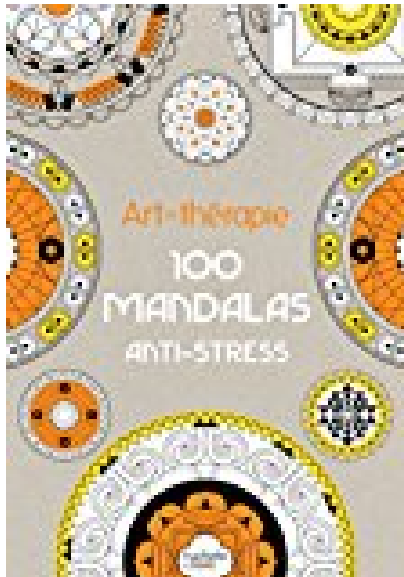


# Art - therapie 100 mandalas anti - stress French Edition

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## BOOK DETAILS

- Author : Sophie Leblanc
- Pages : 128 Pages
- Publisher : French and European Publications Inc
- Language : French
- ISBN : 2012384757



## BOOK SYNOPSIS

We all look for ways to manage the pressures of everyday life, and to alleviate feelings of stress. Mandalas provides not only a wonderfully creative outlet, but also a way of focusing attention away from external stress, thereby encouraging a sense of relaxation and increased wellbeing. Used for centuries across different cultures and religions, a 'mandala is a spiritual symbol used in Buddhist and Hindu traditions to represent the universe, and is often used as an aid to meditation. Mandalas can therefore be spiritually healing and help to create a peaceful state of mind. Although sometimes basic in design, they are often extremely intricate. Traditionally, the mandala consists of an outer circle, sometimes shown on fire to represent the universe and the dangers it holds, and an inner 'palace, housing deities and the enlightened. With 100 patterns based on Tibetan and Hindu traditions, as well as some original designs, this beautiful art book will enable you to relax and rediscover the pleasures of being creative.

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