



## Round Round: 48 Mandalas for You to Color Enjoy (Paperback)

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By Katie Darden, Magical Design Studios

Createspace, United States, 2015. Paperback. Book Condition: New. Katie Darden (illustrator). 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This fourth book of digital mandalas celebrates circles. The circle of life, the circle of the mandala, the circle of friends, of community, and of the world we live in. A circle is completion, it s continuity. As a solid sphere, it s fullness. And when it s 3 dimensional, as in a spiral, it becomes a symbol of growth and expansion. The mandala is a spiritual and ritualistic symbol in both Hinduism and Buddhism. In general, it is a microcosmic representation of the Universe. The mandala is used to help focus attention on spiritual guidance, and for mindful practices such as meditation. Most mandalas, especially today, are circular in design. The circle has long been a spiritual symbol of wholeness. But the use of mandalas isn t just spiritual. Therapists as far back as Carl Jung have often used mandalas with their patients. For the past 30 years I have used mandalas in my watercolor and silk paintings, as well as my glass jewelry fabrication, my cloth fabric dying, and the quilts I design...



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