



**Sacred Circles Mandala Coloring Book: Art
Therapy Coloring Book Series [Volume One] 108
Mandalas You Can Color to Relieve Stress,
Improve Focus and Meditate on**

The Mindful Word

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This current edition has been updated to correct formatting errors that occurred on first printing. Any customers who purchased the first printing can contact us for a replacement (www.themindfulword.org/contact).

This book features:

- 108 mandala designs to color (30 pages of intricate full-page mandalas and 20 pages of multiple mandalas) -- great variety so that you don't get bored!
- Introduction to mandalas and an introduction to art therapy, written by an art therapist
- Section on how to color and use mandalas for meditation
- 8.5 x 8.5 inches (square)
- 60 pound (90 gsm) white-colored paper
- Perfect bound matte softcover (10 pt stock)

Spiritual traditions throughout the ages have been using mandalas as a tool of contemplation, meditation and transformation. Since Carl Jung used the mandala for therapeutic purposes, it has since established itself as an effective tool in art therapy. Research has found that coloring and drawing mandalas reduces stress, anxiety and tension, improves focus and can lead to greater self-discovery.

In addition to having 108 mandalas, the book also has 108 pages. Why the focus on 108? It's a significant number that shows up throughout the universe. In geometry, the number 108 is the natural division of a circle ($108=36+72=9 \times 12$). In astronomy, the distance between the Earth and the Sun is 108 times the diameter of the Sun. The diameter of the Sun is 108 times that of the Earth's diameter and the distance between the Earth and the moon is 108 times the diameter of the moon. And it doesn't stop there. There are even more reasons why the number 108 is significant, which is why spiritual traditions revere this number as being so sacred.

Ten percent of the proceeds from the sale of this book goes towards enabling youth in developing countries to access better educational opportunities. This money is being donated to Build to Learn, an initiative started by The Mindful Word.

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From reader reviews:

Arnold Williams:

What do you ponder on book? It is just for students since they are still students or it for all people in the world, the particular best subject for that? Simply you can be answered for that question above. Every person has several personality and hobby for each other. Don't to be pressured someone or something that they don't wish do that. You must know how great and important the book Sacred Circles Mandala Coloring Book: Art Therapy Coloring Book Series [Volume One] 108 Mandalas You Can Color to Relieve Stress, Improve Focus and Meditate on. All type of book can you see on many resources. You can look for the internet methods or other social media.

Tracy Painter:

Precisely why? Because this Sacred Circles Mandala Coloring Book: Art Therapy Coloring Book Series [Volume One] 108 Mandalas You Can Color to Relieve Stress, Improve Focus and Meditate on is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will jolt you with the secret that inside. Reading this book adjacent to it was fantastic author who all write the book in such wonderful way makes the content on the inside easier to understand, entertaining technique but still convey the meaning completely. So , it is good for you for not hesitating having this ever again or you going to regret it. This book will give you a lot of rewards than the other book get such as help improving your skill and your critical thinking method. So , still want to postpone having that book? If I ended up you I will go to the e-book store hurriedly.

Robin Norfleet:

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