



**Heart~2~Heart - Mini (Pocket Sized Take-Along
Coloring Book): 48 Mandalas for You to Color &
Enjoy (Magical Design Mini Coloring Books)
(Volume 1)**

Katie Darden

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POCKET SIZED VERSION - NOTE: these are the same images as the full 8x10 sized version. As a result, some of the details in the more complex images may be very small. For the full 8x10 sized version, search for ISBN 1515348164.

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This first volume of digital mandalas is all about hearts.

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 and construct.

Psychologists claim that coloring is the next best thing to meditation. I find mandalas are nearly as therapeutic to create as they are to color.

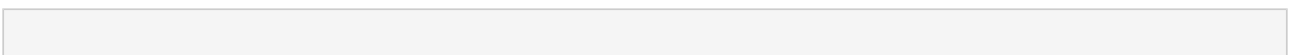
The heart is the center of connection, so it is a wonderful symbol to use as a focus. And isn't that what mandalas are all about?

Pick up your copy today and reconnect with your own heart.

Volumes in the Mandala Series:

- Heart~2~Heart
- Star Gazing
- Florabunda
- Round & Round
- Square Roots

and a specially priced Magical Design Sampler Volume with samples from each full book.



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Katherine Humphrey:

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Maureen Harris:

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Arturo McDaniel:

This Heart~2~Heart - Mini (Pocket Sized Take-Along Coloring Book): 48 Mandalas for You to Color & Enjoy (Magical Design Mini Coloring Books) (Volume 1) is new way for you who has intense curiosity to look for some information since it relief your hunger associated with. Getting deeper you onto it getting knowledge more you know or else you who still having little digest in reading this Heart~2~Heart - Mini (Pocket Sized Take-Along Coloring Book): 48 Mandalas for You to Color & Enjoy (Magical Design Mini Coloring Books) (Volume 1) can be the light food to suit your needs because the information inside this book is easy to get by anyone. These books produce itself in the form that is certainly reachable by anyone, yep I mean in the e-book type. People who think that in publication form make them feel tired even dizzy this guide is the answer. So there is no in reading a guide especially this one. You can find what you are looking for. It should be here for you. So , don't miss this! Just read this e-book style for your better life in addition to knowledge.

Perla Baxter:

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