



Green Mandalas: A Visual Book of Beautiful Green Tinted Mandalas (Paperback)

By Dawn D Boyer Ph D

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Mandalas have inspired inward contemplation and creation of more artwork. They are shared so others can use them for their own meditative objectives, and to find a cognitive tool to find their inner self. The mandalas helps the mind s eye find a centering point, uses the color psychologically to travel inward to one s psyche and core, for reflection, thinking, dreaming, and meditation. Physical becomes spiritual, thoughts are stripped down, layer-by-layer, and strings of self-knowledge radiate from the mandala into the soul of the observer. The images should evoke memories, signs, symbols, dreams, and other images as the meditator reflects on their mantra, focuses on the mandala, and then commits the image to their mind for contemplation. Historical geometric-based sand-paintings hand created by Tibetan monks meet a newer, digitally created organic shapes, figures, and radii within these images provide a 21st Century vision of mandala that creates the same cultural norms and thinking process within the practice of transcendental mediation. These images are stunning and brilliant enough that traditional - or new - meditators may wish to...



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