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## Mandalas for Serenity: Relax Discover Your Inner Peace (Paperback)

By Heidi Taylor

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Mandala is a Sanskrit word which means a circle or a center, and metaphorically a universe, environment or community. Mandalas or circular patterns have always been around us. If you observe keenly and look around, they are abundant in our surroundings. The nucleus of the cells in your body, the sun in the sky, the snowflake design and many more. Considering the mandala's ancient roots and its use in indigenous practices around the planet, you begin to be aware of why it is such a part of our planetary culture. Within a mandala's circular shape, it has the power to balance the body's energies, promote relaxation, support healing and enhance your creativity. The great news is you can achieve all of these benefits while having fun with your mandala coloring pages. This book contains 110 mandala patterns which convey geometric shapes with no beginnings and no ends and from which all things are possible, unleashing and acknowledging your own creative potentials.



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