



The Mandala Colouring Book: Secret Symbols in Art: Mandalas and Inspirations from the Fine Arts to Ensure Your Spiritual Growth

By Tamara Fonteyn, Sylvie Malon

Nanook Books Ltd. Hardback. Book Condition: new. BRAND NEW, The Mandala Colouring Book: Secret Symbols in Art: Mandalas and Inspirations from the Fine Arts to Ensure Your Spiritual Growth, Tamara Fonteyn, Sylvie Malon, This beautiful book contains 90 mandalas (black contours already drawn on thick paper with white offset colouring) inspired by great works in visual art history. The mandalas are organised into nine chapters, according to the time and artistic movement that inspired them: visual images used for meditation in Buddhism and Hinduism, religious iconographic traditions of the Middle Ages, Italian painting of the Renaissance, baroque art work represented by Flemish arties, the French school of the 17th century, the decorative motifs of Islamic art, Impressionism, Art Nouveau and the na?fs painters. The pictures that have inspired the mandalas in this book mainly refer to secret gardens, plant motifs, enchanting birds, animals, still life, portraits, allegories and especially flowers. The quest for beauty, captured in various floral patterns, is the unifying motif of the mandalas in this book. However, the floral-inspired motifs contribute the strongest support for relaxation and meditation. Colouring flowers relieves stress, provides access to inner calm and allows you to rediscover the pleasure of creating. But...



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