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BUDDHIST MANDALA POCKET COLOURING BOOK (PAPERBACK)



Watkins Media, United Kingdom, 2016. Paperback Condition: New. Language: English. Brand New Book INSPIRING SPIRITUAL DESIGNS FOR CONTEMPLATION, MEDITATION AND HEALINGDiscover the life-changing power of mandalas with this beautiful colouring book - designed to help release your innate creativity and bring you relaxation and complete peace of mindViewed as the key to self-knowledge and inner peace in Eastern traditions, a mandala is a symbolic spiritual image which, when meditated on, can lead to profound and long-lasting personal transformation.

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- Authored by Lisa Tenzin-Dolma
- Released at 2016



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