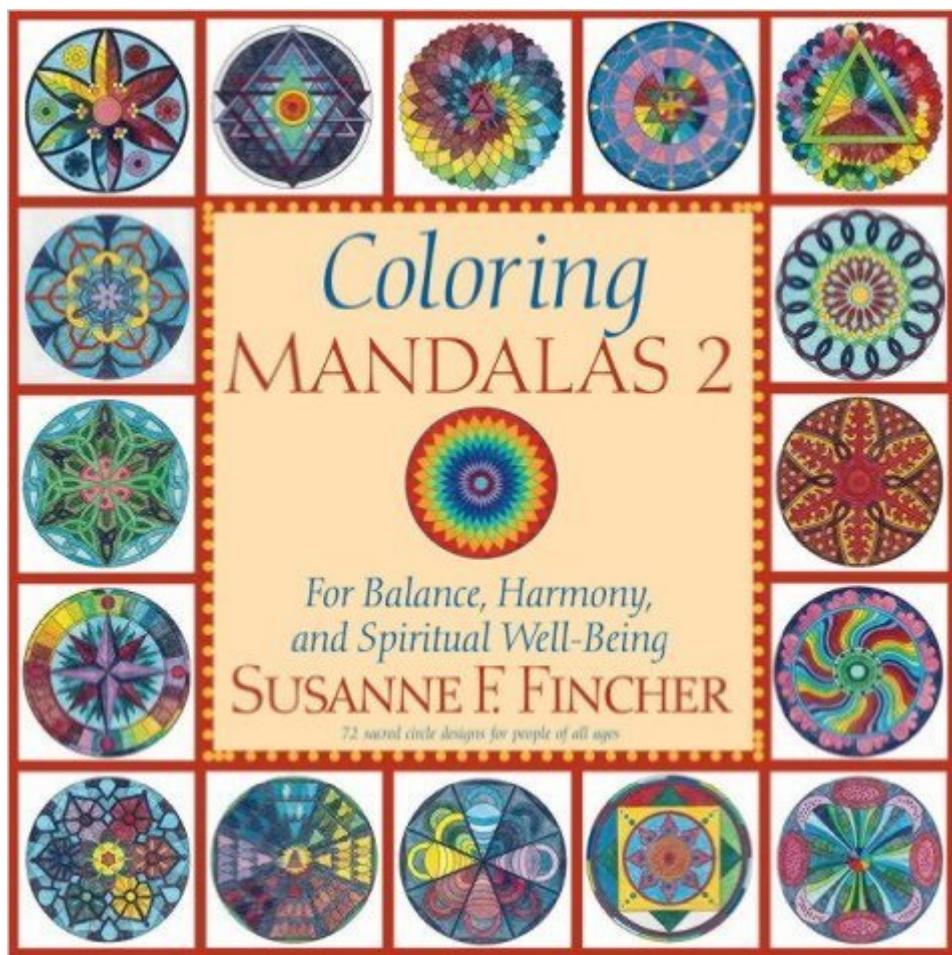


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Coloring Mandalas 2: For Balance, Harmony, And Spiritual Well-Being (An Adult Coloring Book) (Vol 2)



Synopsis

Coloring the circular designs known as mandalas is a creative activity that brings relaxation, healing, and self-understanding. Susanne Fincher's first such coloring book, *Coloring Mandalas*, presented designs organized according to a scheme of twelve archetypal stages that represents a cycle of personal growth. This sequel focuses on a single one of these stages, "Crystallization," which is associated with the completion of a cycle of growth. Imagine a fully opened rose in a sunny garden, releasing its fragrance as it gently bobs in a summer breeze. This is the feeling of the stage of Crystallization—“a time of reaping rewards and benefits from the work we have performed; of realizing and appreciating our achievements; of resting in the pleasure of having fulfilled a personal creative inspiration. Crystallization is also a time of significant spiritual understanding, when our spiritual nature comes together in harmony with our physical nature. The mandalas in this book aim to: • Help us understand ourselves and our place in the scheme of things • Evoke a sense of harmony, order, and fulfillment • Provide relaxation and a soothing balance for hectic lifestyles • Uncover meaning in the ongoing stream of human experience • Deepen our meditation • Enable us to experience the spiritual energy that inspired these sacred circles

Book Information

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Customer Reviews

"A mandala is a circular design that grows out of the urge to know oneself and one's place in the

cosmos...Mandalas express completeness and invite us to experience ourselves as a whole being, and individual." --Susanne F. Fincher in Creating Mandalas 2 - For Balancing, Harmony, and Spiritual Well-Being Mandalas have been used as a part of spiritual contemplation, ritual, and self discovery since ancient times. Spanning across many cultures, the use of mandalas in architecture, art, and sculpture shows that all humans share common concerns, experiences, and curiosity as to their place in the world. Swiss psychoanalyst Carl Jung saw mandalas as evidence of a dynamic urge towards individuation--the process where an individual carves out a unique identity. An American art therapist named Joan Kellogg, in association with psychiatrist Francisco DiLeo, conceptualized 12 stages of growth and development that the human psyche cycles through in a lifetime. A visit to each of these stages of consciousness helps us work through challenges, clarify our understanding, and resolve unfinished business. Kellogg's model is called Archetypal States of the Great Round of Mandala, known as "the Great Round" for short. In her first book, Coloring Mandalas - For Insight, Healing, and Self Expression, author Susanne F. Fincher created mandalas to color based on the 12 stages of the Great Round: Void Bliss Labyrinth Beginning Target Dragon Fight Squaring the Circle Functioning Ego Crystallization Gates of Death Fragmentation Transcendent Ecstasy Kellogg later found it necessary to add a 13th: Stage 0, Clear Light.

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