



Mandala: Luminous Symbols for Healing, 10th Anniversary Edition with a New CD of Meditations and Exercises

Judith Cornell

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Mandala will guide readers of all levels through simple mandala exercises and easy-to-follow drawing techniques, incorporating meditation and guided visualization with lavish illustrations. By exploring the tradition of the sacred circle, readers will learn how to create their own unique and powerful works of sacred art and use the mandala symbol as a self-transformative tool that manifests and enhances their own spiritual consciousness. The new edition also includes a CD with meditations set to music and guided exercises.

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