



Healing Indian Mandala Coloring: Mandala, Art Therapy, Anti Stress and Healing Coloring Book (Healing Mandala Coloring Books) (Volume 3)

Jessie Park

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Healing Indian Mandala Coloring Book The Indian mandala is a tool for gaining wisdom and compassion and generally is depicted as a tightly balanced, geometric composition wherein deities reside. The principal deity is housed in the center. The mandala serves as a tool for guiding individuals along the path to enlightenment. Monks meditate upon the mandala, imagining it as a three-dimensional palace. The deities who reside in the palace embody philosophical views and serve as role models. The mandala's purpose is to help transform ordinary minds into enlightened ones. How Mandalas Heal? According to Buddhist scripture, mandalas transmit positive energies to the environment and to the people who view them. While constructing a mandala, Buddhist monks chant and meditate to invoke the divine energies of the deities residing within the mandala. The monks then ask for the deities' healing blessings. A mandala's healing power extends to the whole world even before it is swept up and dispersed into flowing water—a further expression of sharing the mandala's coloring book blessings with all.

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