



Buddhist Mandalas: 26 Inspiring Designs for Colouring and Meditation (Watkins Adult Coloring Pages)

Lisa Tenzin-Dolma

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The Buddhist Mandalas coloring book combines Buddhist-style meditation with the power of mandalas. While mandalas are traditionally considered to be highly complex maps of the cosmos, the beautiful examples included in this book are designed to be suitable for today's Western practitioner, incorporating the most accessible and relevant Buddhist symbols and imagery. With 32 brilliant Mandalas rendered as line illustrations, the act of colouring and contemplating these harmonious images is a powerful way to engage in visually based meditation. A directory of Buddhist symbols, with colour images, completes the book.

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