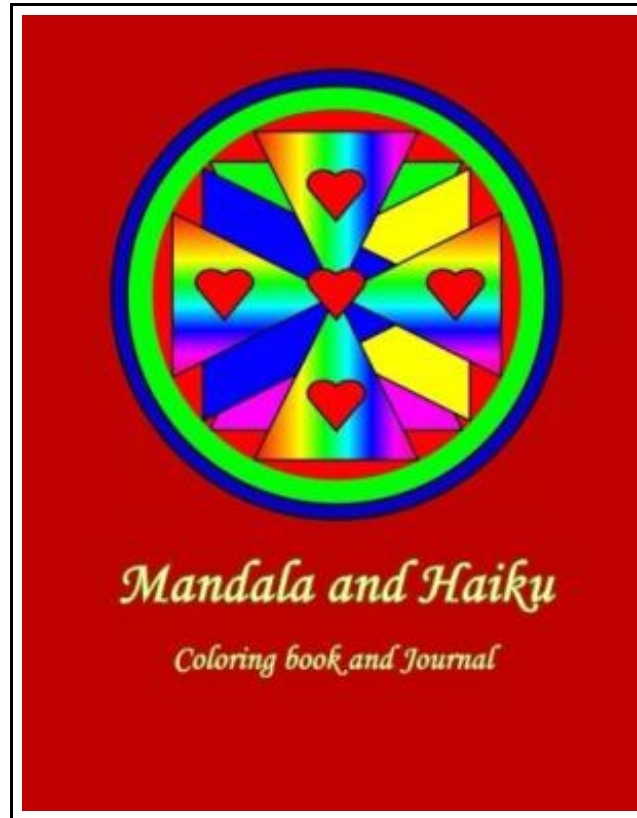


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.For thousands of years mandalas have been used for expressing spirituality by cultures all over the world. The circle represents the universe and the geometric designs life itself. Coloring them can help bring order and tranquility to the mind when challenges abound. I like to think of a mandala as an orchestra. The shapes are the various instruments and the music happens when you fill them in with color. Coloring these mandalas have been used in therapy sessions, retreats and holistic environments world wide. The book is a wonderful gift for anyone going through a stressful time, the elderly or anyone restricted to bed rest. They seem to bring a sense of order to the chaos. The haikus are a form of Japanese poetry. short and sweet. I created these for our Grannie when she was unable to get out of bed. They were made with love and she really enjoyed them. I hope they do the same for you.



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