



# The MANDALA WORKBOOK



A Creative Guide for Self-Exploration, Balance, and Well-Being

SUSANNE F. FINCHER

*Author of Coloring Mandalas*

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# **The Mandala Workbook: A Creative Guide for Self-Exploration, Balance, and Well-Being**

Susanne F. Fincher

From time immemorial, the mandala has been an expression of internal reality—for individuals, groups, and entire cultures. If you happen to draw or paint a mandala of your own, you're creating a portrait of your subconscious at a specific second on your life, which while rigorously regarded, offers incredible insights into your personal innermost truth. The Mandala Workbook deals an entire consultant to mandala work, according to the nice Round—the twelve archetypal phases that signify an entire cycle of non-public growth. Each one degree bargains a brand new technique to hook up with your self and to find the transformative powers of the mandala. Discover a whole diversity of actions through the publication *The Mandala Workbook: A Creative Guide for Self-Exploration, Balance, and Well-Being* and for *The Mandala Workbook: A Creative Guide for Self-Exploration, Balance, and Well-Being* every stage—including coloring, drawing, painting, collage, sculpture, and more—in this attractive and hands-on guide. You'll rejoice doing it—and you'll become aware of issues approximately your self that would shock you.

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## **The Mandala Workbook A Creative Guide For Self Exploration Balance And Well Being**

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