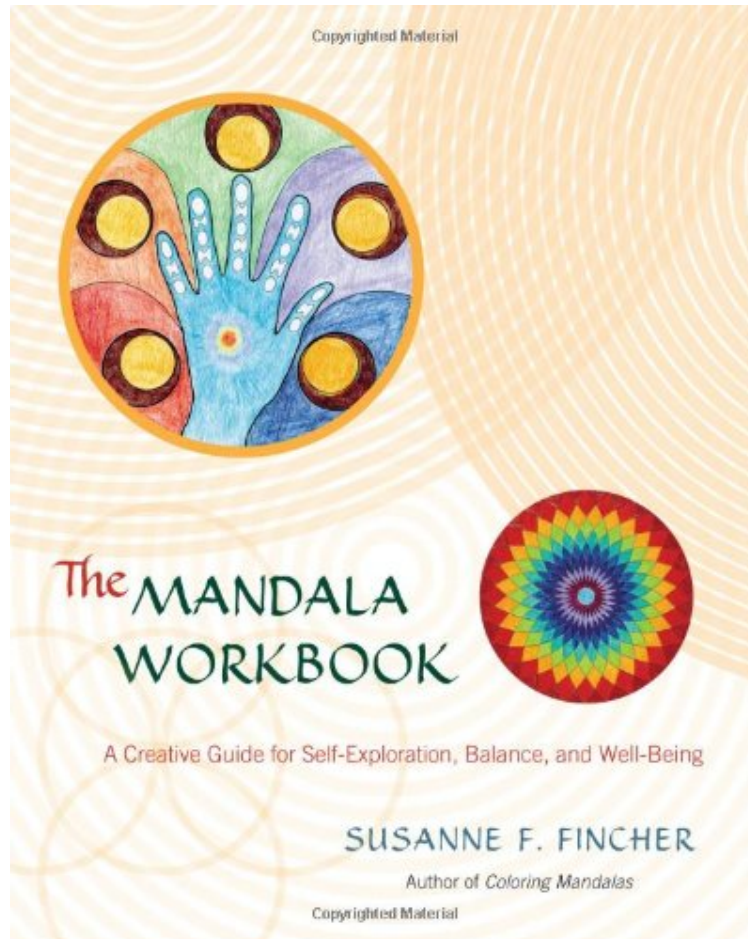


(Free download) The Mandala Workbook: A Creative Guide for Self-Exploration, Balance, and Well-Being

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

Susanne F. Fincher

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Susanne F. Fincher : The Mandala Workbook: A Creative Guide for Self-Exploration, Balance, and Well-Being before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Mandala Workbook: A Creative Guide for Self-Exploration, Balance, and Well-Being:

4 of 4 people found the following review helpful. AN EXCITING JOURNEY INTO OURSELVES! By FanI have Susanne F. Fincher's Mandala Workbooks 1-4 and they are so helpful I wanted this one as well. This book focuses on creating our own mandalas which help us gain clarity and understanding of various stages in our lives, emotions, and our life experiences. She has suggestions for materials to use, but the mandalas can be as simple or intricate as we want them to be. This book is a wonderful adventure into our own lives. 0 of 0 people found the following review helpful. Impressed By piste-grrlI was hesitant about this book as I have some exposure to the tibetan buddhist mandala and awareness principles. Have to say I'm pretty impressed. She pulls you through 12 phases like the astrology signs -

reflecting on birth, creation, relationships, reaping the fruits, death/dark night, letting go, etc. It has "exercises" for the full cycle of impermanence - one is to color in the mandala printed in the back (adult coloring books are quite the rage now, Susanne Fincher was before her time :) Then she has other "assignments" to further explore archetypal dynamics surrounding the area of life that each chapter represents. The recommendation is to go back and reflect after an exercise and/or chapter, journal on what it might have stirred or opened up - that's the ticket I think. She did a good job pulling together this commonality we have of "being human," around which cultures spanning countless centuries have created various frameworks to convey and explain the unexplainable: the experience of being alive. 27 of 28 people found the following review helpful. *The Mandala Workbook: A Creative Guide for Self-Exploration, Balance, and Well-Being* (Purchased on 02/03/2010) By AMK Fantastic book, but then I knew that it would be, I am a big fan of the author. I am taking meditation mandala workshops and was wondering 'where to next', and I have found this book particularly helpful. It covers many ways of developing the Great Round and that suits me perfectly, thank you. It isn't too heavy for my group as some of the work we had covered, and although this isn't light weight it appears to be fitting in with my group at just the right time. I love mandalas and since having done my work in Transpersonal Art Therapy they are so pertinent to my own growth. Suzanne's books have been an integral part of that and I am very grateful. Thank you

From time immemorial, the mandala has been an expression of inner reality for individuals, groups, and whole cultures. When you draw or paint a mandala of your own, you're making a portrait of your unconscious at a particular moment in your life, which when carefully regarded, can provide astonishing insights into your own deepest truth. *The Mandala Workbook* offers a complete guide to mandala work, based on the Great Round, the twelve archetypal stages that represent a complete cycle of personal growth. Each stage offers a new way to connect with yourself and to discover the transformative powers of the mandala. Explore a full range of activities throughout the book and for each stage including coloring, drawing, painting, collage, sculpture, and more in this engaging and hands-on guide. You'll have fun doing it and you may discover things about yourself that will surprise you.

Beautifully illustrated, with thoughtful commentary, the suggested and sample mandalas are aesthetically appealing and inviting. The Beacon Susanne Fincher has dedicated her art therapy career to teaching about the therapeutic potential of mandalas. Fincher's decades of experience as a workshop instructor are evident. Anyone who wants to will benefit from following her creative advice. *Art Therapy: Journal of the American Art Therapy Association* Imaginatively illustrated, with a myriad of exercises and suggestions, this will become a much-thumbed workbook. MandalaMagazine.org About the Author Susanne F. Fincher, MA, is a Jungian-oriented psychotherapist, a Licensed Professional Counselor, a Board Certified Art Therapist, and an internationally known expert using mandala-making for self-exploration. Through her workshops on creativity, people are able to engage their inner resources for insight, healing, and self-expression. Visit her web site at www.creatingmandalas.com.