



# Healing Mandalas: 30 Inspiring Meditations to Soothe Your Mind, Body & Soul

*Lisa Tenzin-Dolma*

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## **Healing Mandalas: 30 Inspiring Meditations to Soothe Your Mind, Body & Soul** Lisa Tenzin-Dolma

It takes just 15 minutes out of a busy day to contemplate the symbolic artworks in this beautiful, spiritually enriching book—and to begin a journey toward wholeness. Each of these 30 strikingly designed all-in-color mandalas focuses on the emotional and spiritual healing of the self, and comes with an inspiring step-by-step meditation designed to address key issues, ease anxieties and insecurities, bring about change, and help you regain personal balance. Their imagery draws upon the best of the world's healing iconography: the clear pool of water that evokes the calm we all desire; the olive branch symbolizing peace; the Eastern goddess of compassion; and the balanced yin-yang symbol. All the exercises are accessible to first-time meditators, but will also appeal to those with more experience.

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