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## Flower and Plant Mandalas

By Sergio Guinot

Loft Publications. Paperback. Book Condition: new. BRAND NEW, Flower and Plant Mandalas, Sergio Guinot, Mandalas are fascinating and colourful diagrams representative of Buddhism and Hinduism, which embody the universe (microcosms and macrocosms) and aspects of religious belief. They are traditionally used as a focus and aid to concentration in worship and meditation. This book showcases a collection of flower and plant mandalas which use distinct shapes, real or otherwise, based on nature and on particular flowers. Thanks to the beauty of their colours and forms, flowers convey perfectly the concept of harmonious physical and spiritual beauty. They can be used as templates for copying and colouring. Bi-lingual text in English and French. Great for relaxation and meditation.



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