



## Zen Mandalas: Sacred Circles Inspired by Zentangle

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By Suzanne McNeill

Design Originals. Paperback. Book Condition: new. BRAND NEW, Zen Mandalas: Sacred Circles Inspired by Zentangle, Suzanne McNeill, You can create beautiful drawings and discover your hidden potential. Mandalas are used to connect the spirit, offering symbols found in nature, helping discover the inner self, acquiring a sense of wonder and providing inspiration. The circle of a mandala represents wholeness and unity. Zentangle is a relaxing process which brings the mind and spirit into focus through the repetition of simple shapes. Zentangle is very personal and requires no artistic training. The underlying philosophy of the mandala expands the message in your drawings as you investigate your feelings and discover your hidden potential. Gently appreciate the uniqueness of your experience in the world as you create beautiful drawings and discover the infinite possibilities that spring from inner peace.



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