



Creating Mandalas: For Insight, Healing, and Self-Expression

Susanne F. Fincher

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The circular designs known as mandalas are symbols of deep inner truth, and when creating your own mandalas, you can discover things about yourself that can surprise you. Susanne Fincher introduces here the history and ritual use of mandalas in cultures all over the world. She then shows you how to make your own, offering guidance on choosing art materials and techniques. She discusses the symbolism of colors, numbers, shapes, and motifs (such as birds and flowers) that appear in mandalas, and she also presents several illustrated case histories of people who have successfully used her techniques.

This revised edition includes a new preface. It also includes a new chapter on making mandalas with a group, a practice that can yield even greater insight—and more fun.

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