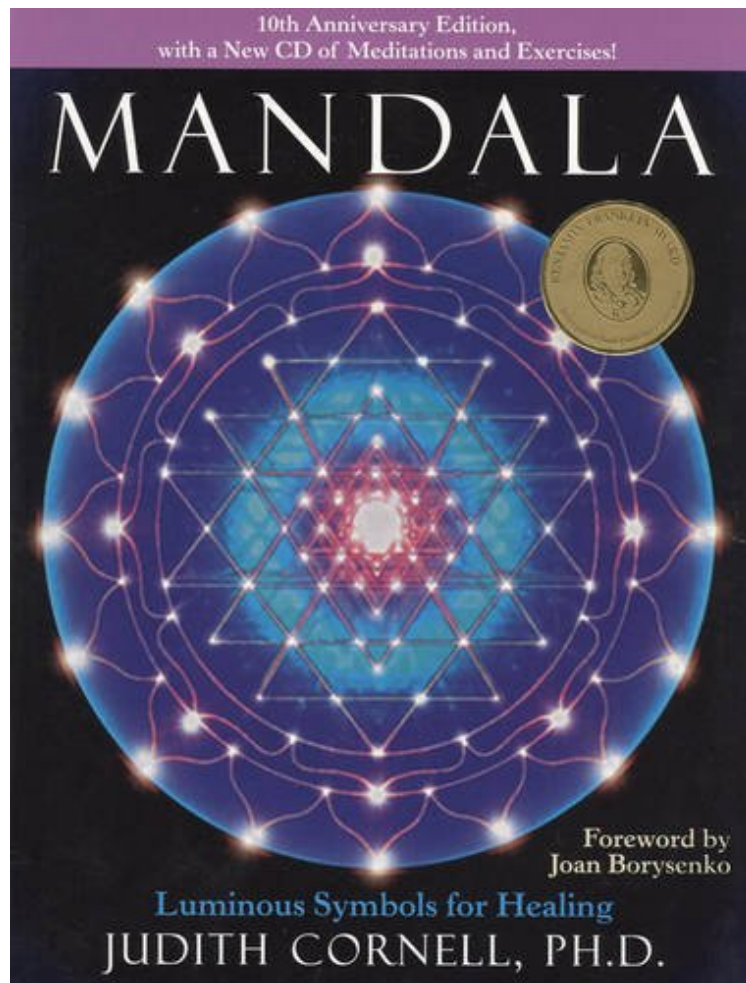


(Library ebook) Mandala: Luminous Symbols for Healing, 10th Anniversary Edition with a New CD of Meditations and Exercises

## **Mandala: Luminous Symbols for Healing, 10th Anniversary Edition with a New CD of Meditations and Exercises**

*Judith Cornell*

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**Judith Cornell : Mandala: Luminous Symbols for Healing, 10th Anniversary Edition with a New CD of Meditations and Exercises** before purchasing it in order to gage whether or not it would be worth my time, and all praised Mandala: Luminous Symbols for Healing, 10th Anniversary Edition with a New CD of Meditations and Exercises:

14 of 14 people found the following review helpful. An Extraordinary Book about Art SpiritualityBy Ellen M. GibbMandala is perhaps the most beautiful and awe-inspiring instructional art book I have ever used. I was introduced to Judith Cornell's work in 1993 and worked with her in week long groups at various art centers over the next seven years. She was a powerful teacher with great spiritual insight and wisdom. As a fine artist, she brought her art training

to an area that had been long neglected as a serious art form in the West. Her teaching methods were stepped out in an articulate, elegant progression which made it possible for almost anyone to experience success in creating personally meaningful and beautiful mandalas. Each group art-making session was begun with a period of meditation in which the image to be created would (hopefully) arise. Days spent with Judith were days of rich, creative silence in which inner images were brought into being in a soft, spiritual setting. All of this is captured in her exceptionally beautiful book, *Mandala*. A reader of this book could easily acquire the few materials needed to begin a study of mandala creation following Judith's directions. The best way to use this book would be with two or three friends in a small group. As to the complaints by other reviewers about the black paper on which the mandalas are drawn, this was Judith's shortcut for beginning artists who knew nothing about "values" in art making. By having her students make an under painting in white pencil on black paper and then adding the color in a delicate second layer, she taught them values as well as providing an experiential process of bringing forth light out of darkness. Without any formal art training I was able to reverse the process later on with white paper, watercolor, ink, and colored pencil on white paper. The black paper is simply a beginning step. Judith's genius was to link this art-making process to inner healing and later, to take it into hospitals and teach it to cancer patients and others with serious health problems. This is an extraordinary book--not in the least "dated" although it was first published about fifteen years ago. Most of the art in it, which some reviewers have called "intimidating" was not created by fine artists but by beginners with very little previous art experience. That was Judith's special gift--to show even a beginner how to bring forth "the Light within."

0 of 0 people found the following review helpful. Love this art instruction book  
By CustomerLove this art instruction book. One of the few excellent mandala book on the market, giving an thorough history on use of mandalas. Easy follow instructs for making mandalas on black backgrounds.  
0 of 0 people found the following review helpful. Awesome read!  
By Erin Tousley This is a great book. I bought as a gift for my boyfriend and he is very pleased with it. I am very glad that I purchased it.

*Mandala* will guide readers of all levels through simple mandala exercises and easy-to-follow drawing techniques, incorporating meditation and guided visualization with lavish illustrations. By exploring the tradition of the sacred circle, readers will learn how to create their own unique and powerful works of sacred art and use the mandala symbol as a self-transformative tool that manifests and enhances their own spiritual consciousness. The new edition also includes a CD with meditations set to music and guided exercises.