



# **Secret Symbols in Art: Mandalas and inspirations from the fine arts to ensure your spiritual growth (Art Therapy)**

*Mr Thomas Michalowski*

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The artwork for coloring presented in this book promotes relaxation, therapy and meditation. To colour mandalas inspired by the greatest artists of all time and relive with them the quest for beauty and knowledge is the perfect way to release stress, gain access to inner peace and rediscover the pleasure of the creative act. This art therapy book offers a space for personal development; it can help address attention deficits or mental difficulties, particularly those that affect the elderly. But the book's scope does not end with these therapeutic benefits. Beyond the expressive act of colouring, artists are also invited to decipher the hidden meaning of the works. In many civilisations, art is the custodian of spiritual truths associated with the search for beauty and goodness. The artistic genius turns the most ordinary figurative or geometric objects into symbols that can reveal hidden truths. Readers are invited to escape into a world of symbols and unveil some of the mysteries behind the characters, animals, plant motifs, flowers or gardens of Paradise represented in this book. A reading guide that deciphers the meaning of the main symbols is included at the beginning of each thematic chapter. At the end of the book, scholarly interpretations of all the works are proposed. These explanations will help the reader soar to new heights of insight, providing tools for further discovery and meditation.

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