

The ABC's of Color



Mandala for Color Healing

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About Mandalas

Mandalas are spherical symbols of wholeness or completion. They have been used for meditation and healing since ancient times by many different cultures all over the world. Mandalas exist in the natural world as the forms and patterns underlying snowflakes, flowers and shells. They mirror back to us the perfection, beauty, unity, harmony and balance of nature.

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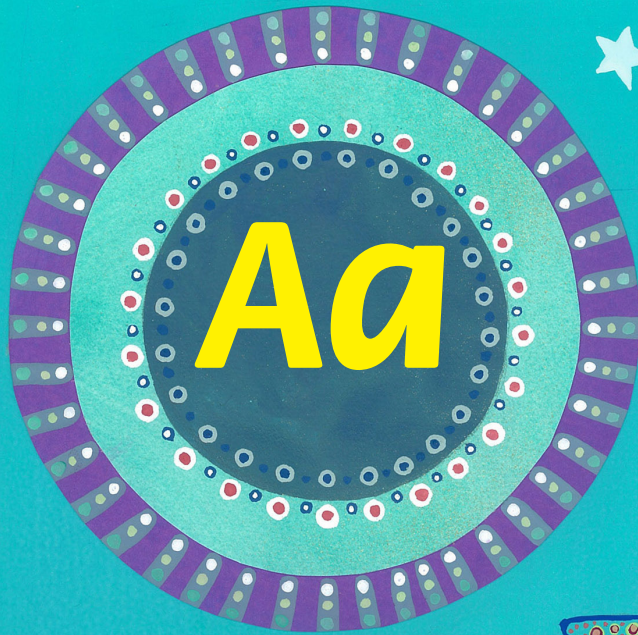
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Maria Bowling and Bill Austin are practitioners who use color in their healing work.

Maria and Bill would like to dedicate this book to the children of this world and to the dolphins and whales.



Is for
Acrobatic
Aqua Angels

Angling and

Arcing in the Air



Bb

**B is for Beautiful,
Buoyant, Blue
Baby Butterflies**

The central teal square features a dark blue circle with the letters 'Bb' in white. Surrounding this circle is a decorative border of small red, green, and white dots. To the right of the circle is a large, stylized butterfly with brown and blue wings, adorned with white and red circular patterns. Below the text, there are two more butterflies: one with blue wings and red and white patterns, and another with blue wings and red and white patterns. The background of the teal square is decorated with several white, sun-like or gear-like patterns of varying sizes, some with red and blue accents.



C

is for



**Crystalline,
Clear, Crimson,
Calico Cheshire
Cats with Crooked
Copper Stripes**