

Colour Healing The Complete Colour Therapy Programme Revised Edition Pdf

[Colour Healing The Complete Colour Therapy Programme Revised Edition Pdf](#) - Reviewing colour healing the complete colour therapy programme revised edition pdf: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**colour healing the complete colour therapy programme revised edition pdf**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Colour Healing The Complete Colour Therapy Programme Revised Edition Pdf [PDF]

[Introduction Page 5](#)

[About This Book : Colour Healing The Complete Colour Therapy Programme Revised Edition Pdf \[PDF\] Page 5](#)

[Acknowledgments Page 8](#)

[About the Author Page 8](#)

[Disclaimer Page 8](#)

- [1. Promise Basics Page 9](#)
 - [The Promise Lifecycle Page 17](#)
 - [Creating New \(Unsettled\) Promises Page 21](#)
 - [Creating Settled Promises Page 24](#)
 - [Summary Page 27](#)
- [2. Chaining Promises Page 28](#)
 - [Catching Errors Page 30](#)
 - [Using finally\(\) in Promise Chains Page 34](#)
 - [Returning Values in Promise Chains Page 35](#)
 - [Returning Promises in Promise Chains Page 42](#)
 - [Summary Page 43](#)
- [3. Working with Multiple Promises Page 43](#)
 - [The Promise.all\(\) Method Page 51](#)
 - [The Promise.allSettled\(\) Method Page 57](#)
 - [The Promise.any\(\) Method Page 61](#)
 - [The Promise.race\(\) Method Page 65](#)
 - [Summary Page 67](#)
- [4. Async Functions and Await Expressions Page 67](#)
 - [Defining Async Functions Page 69](#)
 - [What Makes Async Functions Different Page 81](#)
 - [Summary Page 83](#)
- [5. Unhandled Rejection Tracking Page 83](#)
 - [Detecting Unhandled Rejections Page 85](#)
 - [Web Browser Unhandled Rejection Tracking Page 90](#)
 - [Node.js Unhandled Rejection Tracking Page 94](#)
 - [Summary Page 95](#)
- [Final Thoughts Page 96](#)
 - [Download the Extras Page 96](#)
 - [Support the Author Page 96](#)
 - [Help and Support Page 97](#)
 - [Follow the Author Page 102](#)

Colour Therapy PAULINE WILLIS 2016-01-28 We all know what

a strong effect colour has on us. In fact, colour healing has been used by mankind throughout history. The ancient Egyptians, Greeks and Romans all used colour in a variety of ways to treat different ailments. This accessible introduction gives practical advice on how to make the most creative use of colour in what we wear, our surroundings and how certain colours can be effective in treating particular health conditions. *The Healing Power of Colour Zone Therapy* Joseph Corvo 1997 Introduces a distinctive form of self-treatment which has evolved from the merging of Zone Therapy and Colour Therapy. The basis of the system is a simple routine that takes less than ten minutes a day. A major part of the book consists of an A-Z listing of 100 common ailments.

Color Medicine Charles Klotsche 2012-05-21 A new dimension in holistic healing, Color Medicine provides a powerful technique for treating specific imbalances and strengthening the immune system. By combining aura-attuned chromatherapy with harmonious sounds, tissue salts, and hydrochromatherapy, the 49th vibrational technique was developed. It is safe, simple, economical, and highly effective. A breakthrough, yet as old as recorded medicine, it utilizes the subtle energy vibrations similar to those found in the visible spectrum--the 49th octave. Light energy is processed through color filters and irradiated into the aura. By matching corresponding wavelengths to the organs and systems of the body, it strengthens or sedates energy in the distressed areas, creating a support system for the healing process. A textbook and how-to handbook, it encompasses an encyclopedia of vital fascinating information, charts, diagrams, and tables, as well as methods of treatment and technical advice. Whether you

are a holistic practitioner or merely curious, this book marks a new frontier in the world of alternative healing. Explore the electromagnetic effects on physical/etheric bodies Recognizing the aura; color meanings and tonal equivalents Adjusting the body's oscillations by sound Effects of monochord/color and rhythm on the body Interplay between music and the chakra system Biochemical system's dependency on light Materials and practical techniques 123 major illnesses and their treatments

The Complete Book of Color Suzy Chiazzari 1998 Clothes, makeup, color and interiors, color diets for health, finding your soul colors, healing with color, your personal colors.

Magic Therapy Of Colours A.R HARI 2012-11-15 The Magic Therapy of Colours outlines the history of colour therapy, modern methods of utilising colour and the areas it is beneficial in. The book is an invaluable guide for those seeking holistic benefits from colour therapy. #v&spublishers

Healing with Color Zone Therapy Joseph Corvo 1998 HEALING WITH COLOR ZONE THERAPY introduces a unique form of holistic self-treatment that has evolved from the merging of two powerful therapies: Zone Therapy and Color Therapy. By using the energy sources that nature has made available to all of us, we can influence our daily lives and improve our emotional, spiritual, and physical health. The safe, step-by-step techniques of Color Zone Therapy are followed by an A-to-Z list of charts for more than 100 common ailments. Simple three-step, ten-minute treatments are presented for each ailment, along with specific advice for that particular problem.

Color Your Life Howard Sun 2013-10-17 Alter the colors

around you to improve your quality of life! Color has been used for thousands of years to represent an individual's mental and emotional state. The colors that we surround ourselves with allow for a deeper exploration into the inner self. Used positively, color can have a profound healing quality, enhance our well-being and improve our lives. Now, in *Color Your Life*, veteran color therapists Howard and Dorothy Sun explain how color can be used to promote health, healing, and personal growth. This book will help you discover how to do your own Color Reflection Reading, learn about your aura and chakra colors and discover how color in your life can be the answer to spiritual growth and well-being.

Colour, Healing and the Human Soul Gladys Mayer
2019-11-06 In a delightful study – originally comprising two separate booklets – the accomplished artist and teacher Gladys Mayer explains that colour is nothing other than the very substance of the soul. Just as the body is made up of mineral, water, air and warmth, so the soul is made up of colour. This is revealed in the emotions of sadness and joy and the many shades in between, as expressed in human language – for example: 'seeing red', 'rose-coloured spectacles' and 'jaundiced view'. Mayer discusses the basis of colour theory and its methodology, and the importance of colour for everyday life and health. It is as fundamental to the soul as air is to the body. By increasing our awareness of the spiritual laws of colour, we can acquire a balanced and enriched life of soul. Thus, colour can become a healing force in life, enabling us to tackle the deadening, grey aspects of our mechanised civilisation. Based on the work of Rudolf Steiner, which she studied intensively for many years, Mayer offers an

approach to colour that is of value to painters and artists, as well as to those interested in psychology, health and healing, spirituality and personal development.

Healing Through Colour Theo Gimbel 1980 Practical approach to the use of color in our health today.
Vibrational Healing Through the Chakras Joy Gardner
2014-11-12 Every life form is made up of vibrations that coincide with the harmonic frequency to which all life is attuned. The vibrations of the body easily go out of tune when a person is exposed to physical or emotional stress. *Vibrational Healing Through the Chakras* provides the most up-to-date information on the use of vibrational tools such as crystals, aromas, sounds, bodywork, and homeopathy to help the body remember its own healthy harmonic resonance. Author Joy Gardner offers this in-depth look at vibrational healing for people interested in improving their own health and well-being, as well as those who want to become practitioners of this gentle art. Explore how to use vibrations to release old dysfunctional patterns in the body-mind and replace them with new patterns that resonate with the body's own healthy frequencies. • An in-depth resource guide to using vibrational tools at the chakra points to heal the body and mind. • Includes a detailed explanation of chakras and the human energy field and how to heal with a variety of tools including colors, crystals, aromatherapy, and light.

The Diamond Color Meditation John Diamond 2006 The *Diamond Color Meditation* presents an inspiring use of color in a therapeutic meditation that is designed for relaxation, deep personal growth, and healing. As you discover the power of each color, you will experience the healing effect it has on your mind, body, and soul.

Going far beyond traditional color therapies, this book introduces a completely original concept that uses color to evoke the only true healing--that which begins from within.

Color Therapy at Home Dennis Fairchild 2000 Be your own color therapist! Learn how the colors you choose for your home can heal and nurture, excite and invigorate, and alleviate stress and promote calm in your life. Packed with photos of real-life, inspiring interiors, *Color Therapy at Home* will help you select your favorite hues and color combinations, and understand why certain colors strike a chord with you. Every chapter details ways to inject color into your life, in each room of your home, through fabrics, wall coverings, furnishings, and accessories.

The Meditation Book of Light and Colour Pauline Wills 2014-05-21 Meditating with colour can be a powerful way to improve health and well-being and this simple handbook provides a full spectrum of new and easy-to-use colour meditation exercises. Red can be used to improve circulation and fight infection; blue to soothe the mind and lower blood pressure. Each chapter looks at a particular colour and its associated chakra, discusses the characteristics and healing properties, and offers a series of relaxing breathing exercises and transformative visualisations for working with the colour in question. Anyone can practice these simple meditations in the home, and they are ideal for colour therapists, energy healers, yoga instructors and meditation leaders to use with clients.

Colour Therapy Rashmi Sharma 1999-04-08 8.5 x 5.5 x 0.25 Inches

Color Psychology and Color Therapy Faber Birren 2013-11 2013 Reprint of 1950 Edition. Full facsimile of the

original edition, not reproduced with Optical Recognition Software. American writer Faber Birren devoted his life to color and its effects on human life. After writing around 25 texts on the topic, it would be safe to say his work is considered highly among color experts and psychologists around the world. Birren's work has a strong focus on linking how humans perceive colors to how it makes them react. He writes, "Good smelling colors are pink, lilac, orchid, cool green, aqua blue." Birren explores the work of several physicians, scientists and doctors, mainly the German psychoanalyst and physician Felix Deutsch, whose findings throw important light not only on medical practice with references to color but on the whole psychology of color. Birren states that if a person prefers warmer colors such as hues of red and oranges, they are likely to be more aware of their social environment. He labels these as "warm color dominant subjects." On the other hand, those preferring cooler colours such as blues and greens, are categorized generally as "cold color dominant subjects" and are recognized as finding it challenging to adapt themselves to new environments and situations." By splitting people into separate categories, based on their color preferences, Birren finds himself able to establish a greater understanding of their personalities and characteristics. One experiment Birren explores in his text, courtesy of Kurt Goldstein, involves a subject standing before a black wall with his eyes shut and arms outstretched to touch the wall in front. When the subject is influenced by a warm color such as the color red, his arms deviate away from each other, whereas when under the influence of a cooler colour such as green or blue, even though the reaction is a subtle one, the

subject will move his arms closer together. I find this experiment, simple as it is, to be fascinating in highlighting the strong effects colors have on our minds and bodies. As well as distinguishing the differences in peoples' character through his use of color psychology, Birren also touches on the effects colors can have on the mentally ill. This section was the most interesting and involved a series of complex experiments such as discovering which neurological disorders were linked to which colors. Courtesy of the work by Hans Huber, it was proven that patients suffering manic tendencies preferred the color red, a symbol of blood and anger. Hysterical patients were more sensitive to green, "perhaps as an escape," the color linked to paranoid subjects was found to be brown and schizophrenics are sensitive to yellow. Birren states that persons troubled with "nervous (neurotic) and mental (psychotic) disturbances are greatly affected by color and are responsive to it." Therefore color becomes much more significant to them, and affects them in a completely different way than those without such neurological disturbances. Chapter 12 "Neurotics and Psychotics" is the most compelling in the text as it relates to my dissertation topic. After struggling to find texts specific to my research subject, this text and its contents came as a welcomed discovery and I will be referring to Birren's work throughout my further research.

Colour Healing Manual Pauline Wills 2013-08-28 The healing properties of colour and light have been recognised since ancient times; today colour therapy techniques are used to great effect in a range of complementary therapies and for personal wellbeing. This book provides a comprehensive introduction to colour

healing and offers step-by-step instructions for treatment. The opening chapters provide an overview of the science behind light and colour, and a brief history of colour healing from Ancient Greece to modern day. The characteristics of different colours are then given, as well as an explanation of how each colour relates to particular body parts and the major and minor chakras. The core of the book offers a complete treatment programme, teaching diagnostic techniques and a variety of approaches including healing with prana energy, healing with touch, healing with a colour therapy instrument, and absent healing. With useful illustrations and diagrams throughout, this book will be an essential guide for colour therapists, colourpuncture practitioners, kinesiologists, reflexologists and energy healers, as well as anyone with an interest in the restorative power of colour.

Color Therapy 2011

The Healing Power of Colour Zone Therapy Joseph Corvo 1997 This pioneering and unique system of total health combines Zone Therapy, which stimulates key points on the feet, hands and face to treat the whole physical body, with Colour Therapy. Learn how to treat over 100 conditions quickly and effectively.

Colour Healing Manual Thomas Luis 2019-12-19 The mending properties of shading and light have been perceived since antiquated occasions; today shading treatment procedures are utilized to extraordinary impact in a scope of corresponding treatments and for individual prosperity. This book gives an exhaustive prologue to shading recuperating and offers bit by bit guidelines for treatment. The opening sections give a review of the science behind light and shading, and a short history of shading mending from Ancient Greece to present day. The

attributes of various hues are then given, just as a clarification of how each shading identifies with specific body parts and the major and minor chakras. The center of the book offers a total treatment program, encouraging indicative procedures and an assortment of approaches incorporating recuperating with prana vitality, mending with contact, mending with a shading treatment instrument, and missing mending. With valuable outlines and graphs all through, this book will be a fundamental guide for shading specialists, colourpuncture professionals, kinesiologists, reflexologists and vitality healers, just as anybody with an enthusiasm for the helpful intensity of shading.

Colour Therapy Vijaya Kumar 2013-01-01 Colour therapy is a discipline whose principles are based on an ancient system of knowledge that divides the body into principal chakras or centres, each of which is governed by a specific colour. It seeks to cure disorders and promote well-being by channelling healing energy through the use of colour. This book explores the world of colour therapy and provides useful tips on how to cure ailments, maximise your potential and create harmony by using the right colours in your environment.

Colour Scents Suzy Chiazzari 1998 This book reveals the healing qualities of essential oils and how they interact with the spiritual side of our nature.

The Seven Keys to Color Healing Roland T. Hunt 1982 Argues that color can be used to alleviate medical problems, and restore physical, mental, and spiritual well-being, and traces the history of color healing

Surya Chikitsa Colour Therapy for Common Diseases Mohan Lal Kathotia 2003-06-01

The Power of Colors Noah Goldhirsh 2020-05-31 Change your life with the help of ancient Native American

wisdom The culture of Native Americans is one of the oldest in the world. Over the centuries the Shamans and teachers of the tribes have preserved the rich knowledge accumulated in their community in order to pass it on to the next generations. One of the many secrets they have kept is the extraordinary properties of the Wheel of Colors: The wheel of colors will allow you to discover the colors that are best for you, so you can realize and maximize your potential in the best possible way. With its help, each and every one of us can acquire new insights into ourselves: What are truly our strongest qualities? How can we overcome our weaknesses and what should we be careful of? How can we be at our best during the most challenging moments? Noah Goldhirsh is a therapist and senior lecturer. She has been developing new healing methods in alternative medicine for thirty-three years. In her book she shares the meaning of the colors that surround us, and how they affect us physically and psychologically. She shares treatment methods that are easy to understand and apply, so we too can completely change our lives and those of the people around us.

The Healing Power of Light and Color Praveeta Timmerman 2014-08-19

Colour Therapy Workbook Theo Gimbel 2002 Colour effects us physically and emotionally. This enlarged new edition of Theo Gimbel's classic workbook shows how everyone can use colour for health and healing.

Colour Healing Pauline Wills 1999

The Little Book of Cosmic Colour Betty Shine 2000 This pocket companion shows how using appropriate colours at different times, you can bring balance and harmony to your life. Betty Shine shares the secrets of using colour to stimulate your senses and emotions, heal

ailments and improve your confidence. She also shows how to "feel" invisible auras and how to use colour more effectively in the home, at work, and in what you wear. *How to Heal with Color* Ted Andrews 2014-12-08 Everyone is affected by color. We use colors to describe our physical health, our emotions, even our spiritual experiences. Now you can learn how to use color to restore health and balance energy. Popular author Ted Andrews presents an effective system for developing your innate healing skills, including a chart that lists the beneficial colors for over fifty physical conditions. With this easy-to-follow guide, you will learn the basics of color healing, why it works, and simple techniques for healing yourself and others using colored lights, candles, cloths, and charged water. Discover how to: Use color to balance and restore your energy Determine which colors you need using simple assessments Project and absorb the healing properties of color Develop the ability to "sense" color with easy, fun exercises

Colour Healing Mary Anderson 1975

Colour Psychology Today June McLeod 2016-12-09 *Colour Psychology Today* reveals new colour psychology information that comes from the author's pioneering research and studies on colour. The book discloses unique knowledge on how colour psychology impacts on the business world and the individual, borne out of the author's extensive work as a colour consultant and trainer that spans more than thirty years. *Colour Psychology Today* is unlike any other colour psychology book available. It is a 'must have' for colour enthusiasts, branding experts, marketers, advertising execs, graphic designers, and anyone who would like to expand and develop the application of colour in their

field of work.

Healing Powers of Chromotherapy Hari O. M. Gupta 2006-12-01 Discover the power of sunrays and how they work wonders in curing various diseases and keeping you fit. "The Healing Powers of Chromotherapy" offers glimpses into the secrets of chromotherapy and gives tips on how to cure ailments. It also gives insights into the principles, techniques and benefits of this alternative therapy so that you can lead a more healthy and fulfilling life. Methods to prepare colour-charged medicines with easily available things like clarified butter (ghee), water, sugar granules, honey and oils have also been discussed. So grab the book and unearth the therapeutic benefits of sunrays and make them work for you.

Light Therapies Anadi Martel 2018-05-15 A comprehensive guide to the therapeutic benefits of light and color and how they affect our physical and psychological well-being • Shares scientific research on how different wavelengths of light influence our cells, brain function, sleep patterns, and emotional stability • Examines several forms of light therapy, including chromotherapy, heliotherapy, actinotherapy, and thermotherapy • Explains how to use light and color therapy, maximize the benefits of sunlight, and avoid the health risks of new light sources such as compact fluorescents and LEDs Beginning with sun worship in prehistory and sunshine therapies in ancient Egypt, Greece, and India, light has long been associated with the sublime, the divine, and healing. Yet only recently have we begun to understand how different parts of the light spectrum, from infrared to ultraviolet, can affect our physical and psychological well-being. Covering the historic, scientific, and spiritual aspects of light and

its role in energy medicine, Anadi Martel explores the vibrational nature of light and the interaction between light, biology, and consciousness. He demonstrates light's incredible effects on the physical, energetic, and cognitive dimensions of life and examines several forms of light therapy, including chromotherapy (color therapy), heliotherapy (sun therapy), actinotherapy (ultraviolet therapy), and thermotherapy (infrared therapy). He details how to use light therapy daily, get optimal benefits from sunlight, and avoid the health risks of new artificial lighting such as compact fluorescents and LEDs. Combining his own 30 years of research with practical insight from the many phototherapy pioneers he's encountered, the author examines scientific studies on how specific wavelengths of light influence our cells and DNA, brain function, sleep patterns, and emotional stability; speed the healing of wounds; and are effective in the treatment of disease, including arthritis, stroke, Alzheimer's, Parkinson's, and brain and nerve injuries. Exploring the spiritual aspects of light, the author explains why auras and halos have been used to represent sages and saints of all traditions, revealing the intimate link between light and consciousness. Investigating the many laser, monochrome, audiovisual, and infrared machines designed to heal disease and treat emotional disorders, Martel also reveals promising medical applications for light that are currently in development, inviting the reader not only to appreciate the complexities of light but to maximize its therapeutic dimensions.

The Color of Grace Bethany Haley Williams 2015-03-03 The psychologist founder of Exile International recounts how her own pursuit of emotional healing led her into dangerous war zones to offer art therapy and

rehabilitative care to war-affected children.

Colours of the Soul June Mcleod 2012-09-21 Colors are all around us, but also within us. We not only have our favorite colours, our auras have their own color. Our chakras have their different colors. Tuning in to our colors rebalances our selves with nature and each other. Finding our right color has implications for the way we dress, how we decorate our homes, even the food we eat. Use the color inset and the exercises in this book to find the right colors for you in different situations. Become color intelligent, and live a glorious life of kaleidoscopic color rather than a monochrome existence.

The Practical Book of Colour Therapy Susan Lilly 2010 "Previously published as 'The power of color and color healing'"--T.p. verso.

Color Therapy Plain & Simple Nina Ashby 2018 This book provides a full spectrum of information from the practical to the spiritual. Find out how to decorate with color to create specific moods. Learn how to dress for success and interpret others' personalities by the colors they wear. Improve your health by using colored lights and color-based meditations and visualizations and eating foods of certain color.

The Secret Language of Colour Cards Inna Segal 2010 "The Secret Language of Colour Cards are your key to unlocking the extraordinary healing power of colour. Combining tips and information on colours with powerful healing processes and affirmations, this vibrant and powerful card set by bestselling author Inna Segal is a tool you can draw on daily to receive inspired messages of guidance from the Universe and to restore your body to its natural state of health and harmony. Featuring 45 stunning cards, each infused with its unique healing vibration, and an accompanying guidebook, The Secret

Language of Colour Cards will assist you in adding more colour, creativity, joy, peace and balance to all areas of your life." -- back of box.

Aura-Soma Vicky Wall 2005-03-29 A compelling account of the development of Aura-Soma color therapy by its founder Vicky Wall • Shows how Aura-Soma uses the symbolism, energies, and effect of color to promote growth in consciousness • Explains the nature and use of the dual-colored Equilibrium combinations • Explores the subtle anatomy of the individual to balance the body's chakras Aura-Soma is an innovative approach to soul therapy that relies on bottles of dual-colored liquids that incorporate plant extracts, essential oils, and the energies and extracts of precious and semiprecious stones. The energetic properties found in the liquids interact with the individual's aura to help support equilibrium in the body, mind, and spirit. The practice of Aura-Soma was developed by Vicky Wall, who drew upon the mystical traditions of the Kabbalah and the medicinal and healing qualities of living plants that she learned from her father. Clairvoyant from childhood, she was able to perceive the subtle energies surrounding an individual. As an adult, this clairvoyant ability was amplified as her physical sight diminished and was eventually lost. Having been an apprentice to a pharmacist in an earlier phase of her life, her understanding of the significance of combining substances resurfaced as she created the first dual-colored Equilibrium bottle. At first she did not know the significance of what she had discovered, but it soon became clear that the oils, extracts, and essences contained in these bottles had remarkable qualities to facilitate perception and self remembering.

The Mandala Guidebook Kathryn Costa 2016-06-02 Relax,

create and connect with mandala art. Do you love coloring mandalas? You're not alone! Adult coloring books are gaining in popularity every day. Do you want to learn how to draw and color your own mandalas? In *The Mandala Guidebook*, Kathryn Costa shows you how with easy instructions perfect for the beginner. You'll find a wide range of projects, each with beautifully illustrated step-by-step instructions covering more design styles and artistic mediums than any other book out there. Simply put, a mandala is a circle with a design in the center, but psychologists and spiritual leaders have used mandalas as a tool for self-reflection and self-exploration through the ages. Mandalas have intrigued cultures around the world, from Celtic spirals and Indian mehndi to medieval church labyrinths. And now it's your turn! If you can write the alphabet, you can create beautiful and expressive mandalas. Journey with Kathryn, creator of the "100 Mandalas Challenge," to create spontaneous and spirited mandala art:

- Enjoy prompts and questions to practice self-discovery, gratitude, relaxation, meditation and explore your unique talents and artistic path as you create
- Discover 24 demonstrations with clear and colorful step-by-step instructions to master the mechanics of making mandalas--both freehand and geometrically symmetrical designs
- Explore mixed media and textural painting techniques within the boundaries of a circle using everything from a simple pen and paper to watercolor, collage, acrylic and stamped Gelli plate
- Get pattern inspiration and discover how to play with color using common palettes from the world around you

Set your intention and learn how to use mandalas to solve problems, let go of fear, lean into love and gain clarity and insight as you create!

