



# **All You Need Is LOVE (Love Volume 1): 48 Mandalas for You to Color and Enjoy (Magical Design Coloring Books) (Volume 7)**

*Katie Darden, Magical Design Studios*

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This first series of Love mandalas was created from several of my original pen drawings of hearts and heart-related subjects. I selected the title from the Beatles song because it's one I've always loved myself. I do believe that with love all things are possible. And, even more importantly, in the end, the love you take is equal to the love you make. There are three books in this Love series. Eventually the original drawings (and others) will be published in a separate volume.

The mandala is a spiritual and ritualistic symbol in both Hinduism and Buddhism. In general, it is a microcosmic representation of the Universe.

The mandala is used to help focus attention on spiritual guidance, and for mindful practices such as meditation. Most mandalas, especially today, are circular in design. The circle has long been a spiritual symbol of wholeness.

But the use of mandalas isn't just spiritual. Therapists as far back as Carl Jung have often used mandalas with their patients.

For the past 30 years I have used mandalas in my watercolor and silk paintings, as well as my glass jewelry fabrication, my cloth fabric dying, and the quilts I design and construct.

Psychologists claim that coloring is the next best thing to meditation. I find mandalas are nearly as therapeutic to create as they are to color.

Pick up a coloring book today and feel free to color outside the lines.

Volumes in the Mandala Series:

- Heart~2~Hear
- Star Gazing
- Florabunda
- Round & Round
- Square Roots

and a specially priced Magical Design Sampler Volume with samples from each full book. Also available in Mini Take-Along sized books.

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