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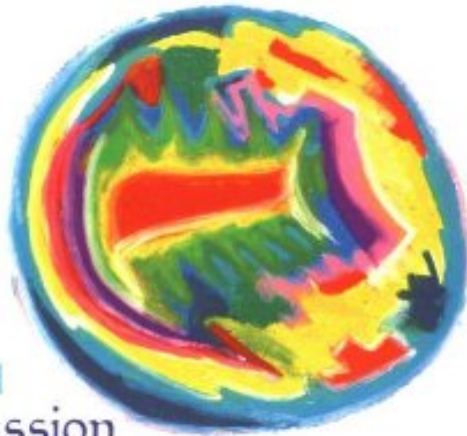
Susanne F. Fincher

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CREATING MANDALAS

For
Insight,
Healing,
and
Self-Expression



SUSANNE F. FINCHER

Foreword by Robert A. Johnson

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Susanne F. Fincher : Creating Mandalas before purchasing it in order to gage whether or not it would be worth my time, and all praised Creating Mandalas:

1 of 1 people found the following review helpful. Start your mandala journey with this bookBy d.duffFascinating book on creating mandalas. Lots of history, symbolism explanation, and pictures. This book has helped me get started creating my own. Highly recommend it.1 of 1 people found the following review helpful. abstract drawing that would be great for a coloring bookBy Lahoma DixonFirst off, I always wanted an adult coloring book. I even told the girls

growing up that momma wanted to make one. I do a lot of eclectic , abstract drawing that would be great for a coloring book. I got this and loved it. Duh! You can even frame them and give them as gifts .0 of 0 people found the following review helpful. Very informative book. A text book for interpreting mandalas ...By CustomerVery informative book. A text book for interpreting mandalas according to the author and Jung with input from others. If you have an interest in digging deeply into the meaning and practice of using mandalas for analysing the subconscious mind, you need to read this book for fascinating and intricate information I have never found in another source.

The traditional designs known as mandalas were recognized by C. G. Jung as symbolic representations of the Self. This book is a practical guide to mandala drawing for personal growth, stress reduction, and creative expression. Fincher introduces the history and ritual use of mandalas in cultures all over the world; offers guidance in choosing art materials, techniques, and colors for the creation of personal mandalas; and discusses the symbolism of shapes, colors, numbers, and motifs, such as birds and flowers, that may appear in mandalas. She also presents several illustrated case histories of people who successfully use her techniques.

"Every once in a while a book appears which, right away, becomes a 'classic' in its field. Until it gets into print, we don't realize how much it has been needed, because there has been nothing available to remind us that there is a gap in the existing literature. Such a book is Susanne F. Fincher's *Creating Mandalas*."—Journal of the American Art Therapy Association "A wonderful fusion of ancient and contemporary observations and wisdom."—Peter London, author of *No More Secondhand Art* "Susanne Fincher's practical guide gathers European, African, Eastern, Native American, and other mythological perspectives and blends them with Jungian theory and her personal experience. This anatomy of the mandala will be useful to artists, therapists, and others who enter the magic circle."—Shaun McNiff, Professor of Expressive Therapy, Lesley College, and author of *Art As Medicine* About the Author Susanne F. Fincher, MA, is a Jungian-oriented psychotherapist, a Licensed Professional Counselor, a Board Certified Art Therapist, and an internationally known expert using mandala-making for self-exploration. Through her workshops on creativity, people are able to engage their inner resources for insight, healing, and self-expression. Visit her web site at www.creatingmandalas.com.