



# **Antistress Therapy: The Artful Path: 101 mandalas and inspirations from the fine arts to ensure your well-being**

*Tamara Fonteyn*

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## **Antistress Therapy: The Artful Path: 101 mandalas and inspirations from the fine arts to ensure your well-being** Tamara Fonteyn

Since ancient times, artists have sought beauty and goodness in an attempt to express these values in their works. This unique book invites readers to discover the creative mysteries of great works of art. Listen to the voice of inspiration and lend color to traditional Tibetan mandalas, the murals of the Pharaohs, abstract motives from Islamic art, scenes from the traditions of Christianity captured in medieval stained-glass windows, geometric patterns in Persian rugs, exquisite French marquetry ornaments and Art Nouveau paintings. This creative activity, called a mandala, and appreciated around the world, will usher you into a state of relaxation and provide a deep feeling of happiness. On the one hand, focusing on these geometric forms will free you from a multitude of thoughts, fostering harmonious respiration and alignment between the work of the right and left hemispheres of the brain, which leads to a sensation of inner peace. On the other hand, active association with the greatest works of art will allow you to sense the beauty they contain and experience the euphoria of the creative act. This book contains white off set paper which is an excellent surface for all sorts of pencils or inks as well as acrylic paints, watercolors and pastels. Illustrations are arranged by chapter according to the respective era in art history and each chapter is prefaced. The index at the end of the book contains a list of original works of art that were used here for inspiration.



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