

Healing with Bach Flower Mandalas: Coloring Book

Gudrun Penselin

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HEALING WITH BACH FLOWER MANDALAS is a unique publication. It is much more than just another colouring book. The system of healing developed by Dr. Edward Bach in the 1930s, known today as the Bach Flowers, is comprised of 38 flower essences plus the Rescue Remedy. The ultimate goal of this healing method is to assist us in freeing ourselves from limiting beliefs and emotions that hold us back from living our life to our full potential. HEALING WITH BACH FLOWER MANDALAS features all the Bach Flowers including the Rescue Remedy in the form of mandalas. This combination provides vast potential and opportunity for healing, movement and transformation. The book is a fun tool for working with Bach Flowers. Designing and colouring the Bach Flower mandalas can be enjoyed by anyone. This valuable colouring book includes: - Introduction to Edward Bach and the Bach Flowers - General information about mandalas - Suggestions for how to work with Bach Flower mandalas - Quotes from Edward Bach interwoven throughout the book - Messages from each of the Bach Flowers - A mandala for each flower as well as a blank page for reflections "Gudrun Penselen has poured heart and soul into a perceptive project that combines two gentle yet powerful healing modalities, the Bach Flowers and the Mandala. HEALING WITH BACH FLOWER MANDALAS is a joyful and beneficial colouring book for those with hearts open to the combined experience of play and healing. Both the Bach Flowers and the mandalas bring forward distinct features and while playing with the colour, design and nature of this beautiful book, participants may find they are feeling more balance, harmony and focus in their lives. ~Marian Jacoba Shilka, Visual Artist and Mandala Workshop Facilitator

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