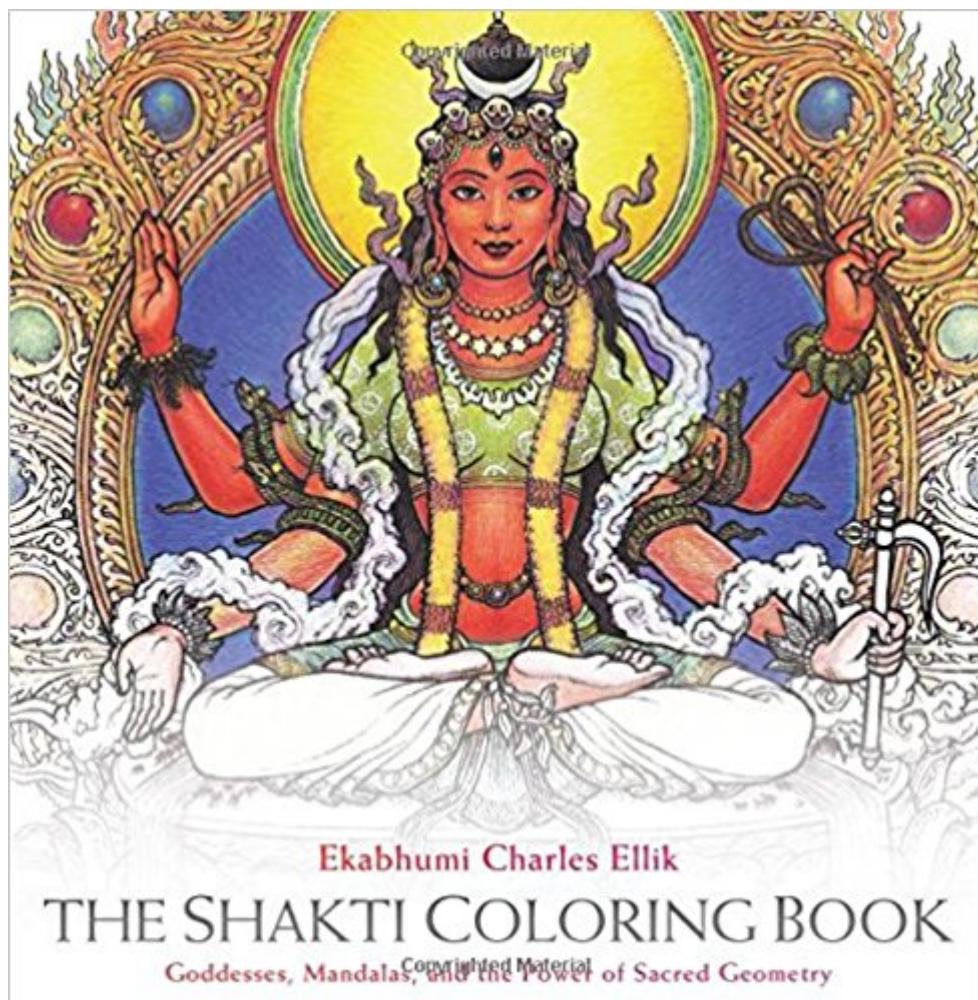


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The Shakti Coloring Book: Goddesses, Mandalas, And The Power Of Sacred Geometry



Synopsis

Shakti is the pure feminine principle personified by the goddesses of the yoga tradition. The Shakti Coloring Book was created to help anyone begin to activate the transformational currents of this sacred energy in their own lives. Ekabhumi brings readers a serious yet thoroughly enjoyable spiritual practice in ink-and-paper form, including: Twenty beautiful images of Indian, Tibetan, and Nepalese goddesses with written descriptions and mantras of greeting Twenty yantras and mandalas (mystical diagrams based on sacred geometry), one for each goddess and intended to expand and liberate consciousness Dozens of pictures illustrating key principles to deepen your practice Â Boundless compassion. Unconditional love. Unshakable courage. These are just some of the empowering attributes you are invited to make manifest in your own life with The Shakti Coloring Book. Foreword by Sally Kempton.

Book Information

Paperback: 125 pages

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Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (27 customer reviews)

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Customer Reviews

Loads of detail and information from an author who is both expert and sincere. The major drawback - and the only reason it's not 5 stars is that the paper is quite thin and not great to actually use as a coloring book. I would have gladly paid more for a book with paper thick enough and appropriate to actually use as a coloring book (no double side printing for pages that will be colored). Excellent concept though.

A beautiful book with informative background for each of 11 goddesses and the meaning of the

symbols and imagery used in the yantras and figurative drawings. I read Sally Kempton's book on Awakening Shakti and this is a great companion to it (he illustrated her book as well). The reason I gave it four stars instead of five is that some of the drawings are just too intricately detailed even for an adult to color. Maybe because my eyes aren't as good as they used to be, but I find it a bit tedious and straining to fill in some of the smaller details, and you have to use very thin and sharp colored pencils for the details, crayons will not work. It's not as relaxing and meditative as I'd hoped it would be. There are only a few pictures that are easier. The pages are extra-large (10x10) and that's a lot to fill in. I also wish the pages were perforated to easily remove ones that you'd like to frame or share.

Difficult for me to understand why people like this book so much. It says it is a coloring book, but it contains a lot... and lot... of text... and just a few images. Among these images, a lot of violence et sex. This is not explained in the description. You can see by yourself...

Pages and pages of instructional information to activate Shakti energy, along with 42 different Buddhist goddesses and other geometric drawings mixed in to color. If you want information about the traditional meaning behind the drawings and then color according to those traditions, this is a very detailed spiral book for that purpose. Printing is on every 10"x10" page, front and back. Paper quality is very thin and will only tolerate sharpened colored pencils or crayons, anything else will readily bleed through to the back page of print or another drawing. Regarding the instructions to activate Shakti energy, I do not know enough about the author's perspective to comment. So, this review addresses only the coloring aspect of this book.

LOVE LOVE LOVE If you are into this type of coloring get it the pages lay flat because of the spiral pic's are fabulous and I like the little bit is reading along with it. Great book, hope they make more like it

great coloring book, I especially love the detailed descriptions and it tells the basic colors traditionally used, as well as a little contemplation paragraph.. lots of information.. There is writing on the back of the pages to be colored.. the only downside.. but the information provided makes up for that....

The Shakti Coloring Book: Goddesses, Mandalas, and the Power of Sacred Geometry If I were to

describe "Shakti Coloring .." in one word, I'd say it's a genuine book. Practically speaking, spiral bounding allows you to color pages comfortably. The pages are generously sized and are a little wider than A4 (wide; square). The book won't fit into a standard size folder but it is not over-sized at all and light and slim to carry in your bag. Every goddess image is accompanied by a corresponding geometrical mandala. There is enough information about every goddess in particular, and then there are instructions how to construct your own mandala. Goddesses images are all lovely, genuine and detailed. However even Tara holds a sharp object. In general, "Shakti Coloring" makes a perfect gift for a yogi who is researching goddesses and is creative, and will be useful for anyone who is creative and is drawn to mysticism as well.

This is an interesting text on Shakti power that sort of tried to be a great coloring book too. It has several very nice coloring projects in it, two practically identical to the cover, but no beautiful Tara's (Tara has two very gorgeous forms very similar to this artist's style--why is the only Tara in this book a mere mortal-looking woman copulating with a much larger man?), no forms of an Avalokiteshvara/Kwan Yin that I can discern, and too many drawings not much better than stick figures or a child's coloring book. Also do not expect Yantras to be pretty or intricate like mandalas. Albeit this book is double-sided (ugh) at least what's on back of the pictures is print and not other pictures. Still the paper, while adequate, could have been thicker.

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