



Coloring for Meditation: With Tibetan Buddhist Art

Tashi Dhargyal

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Color fifty illustrations along with a master Tibetan artist in this book for all ages.

Tibetan Buddhists have long seen art as a powerful meditative practice, but you need not be Buddhist to enjoy coloring the fifty illustrations here. Through deep symbolism, Tibetan imagery of enlightenment depicts the qualities of wisdom and compassion, and the mindful focus evoked by coloring them can not only still agitation, it can connect us to deeper meaning. Images inside include the Buddha, several different bodhisattvas, major symbols, decorative motifs, important figures from Tibetan history, mythical creatures, and scenes from nature. Each illustration is accompanied with a brief description. These images of enlightenment depict the qualities of wisdom and compassion, and the mindful focus evoked by coloring them can not only still agitation but can connect us to deeper meaning.

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