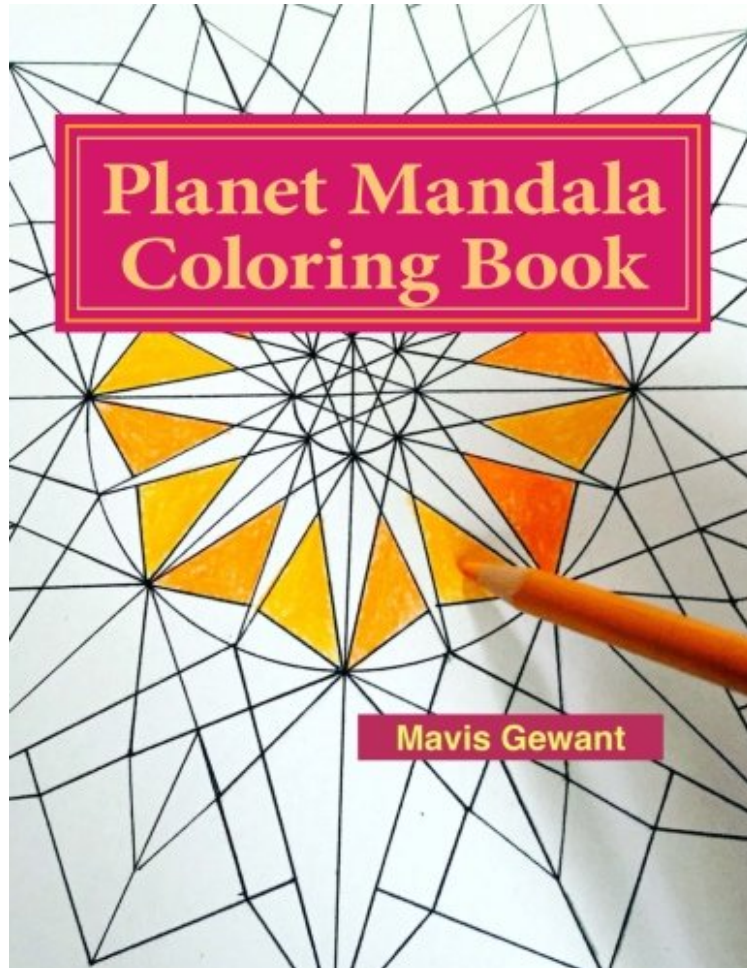


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## Planet Mandala Coloring Book

*Mavis Gewant*

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**Mavis Gewant : Planet Mandala Coloring Book** before purchasing it in order to gage whether or not it would be worth my time, and all praised Planet Mandala Coloring Book:

0 of 0 people found the following review helpful. A good investment in myselfBy Molly K. WrightThis is a relaxing way to engage with colors and my own energies! The artist, Mavis Gewant, has put so much of herself into each mandala design that even though I work in the book alone I feel like I am sitting with a mentor and friend.0 of 0 people found the following review helpful. Relax with m3ditative forms qne colir.By MoxieBeeBeautiful and calming. I ordered one for me and one for my son.3 of 3 people found the following review helpful. Lovely coloring book!By CustomerThis coloring book is lovely and the next best thing to attending one of the author/illustrator's workshops in person. I ordered another for a friend! Mavis Gewant is a gifted yantra painter and I am pleased to have a tangible peace of her artistic gift in my possession.

Mandalas, sacred circular energy patterns reflect our inner nature. Sacred Artist Mavis Gewant created an adult coloring book to help one connect to planet energies. Coming from Vedic Astrology, numbers and planets are connected and have specific colors associated with them. Using an ancient number grid, the Vedic Square, an infinite amount of shapes and patterns are created to form a unique mandala based on the corresponding planets. When coloring these original mandalas with the intended colors, this meditative painting practice will connect us to the deeper energies of the planets, creating more harmony, peace and energy. Duplicates of each planet mandala are included, so one can try out different color combinations.

About the Author Mavis Gewant is a sacred artist and sacred painting teacher. In her early 20's she met author and artist, Harish Johari and began a 20 year apprenticeship with him in Sacred Art. He taught her how to paint yantras, geometric energy pieces; deity painting and mandalas, which deepened her connection between the divine, sacred and creativity. As a professional artist, she has mastered the Harish Johari Wash Painting Technique, a multi-layered approach using watercolor and gouache, and incorporates this style into her work. A popular teacher, dedicating her life to teaching others, she is passionate about sharing the benefits of this healing and transformative art form. She runs a yearly Sacred Painting trip to her teacher's family home in Haridwar, India. Her work is featured in private collections worldwide and numerous books including, The Planet Meditation Kit, Harish Johari, The Labyrinth of Birth, Pam England and The Practice of Nada Yoga, Baird Hersey, to name a few. Mavis has a MA in Pre Perinatal Psychology, as she has great passion for birth and babies. Attending many births as a doula, she is a Doula Trainer for Birth Arts International and currently works as a Postpartum Doula. She has been incorporating her Sacred Painting work and using it with pregnant women, as well as a healing tool for birth trauma. Mavis currently lives in the Hudson Valley and her work can be seen on her website, [sacredmotherarts.com](http://sacredmotherarts.com).