

Tibetan Mandalas



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Every one of these Tibetan mandalas is rich in spiritual meaning, and the accompanying quotations and sayings will deepen your knowledge of this very special culture. Contemplate the Wheel of Becoming, a symbol of rebirth usually found in monasteries, or a transcendent Adibuddha Vajrasattva, a representation of penetrating absoluteness and the embodiment of the limitless. other mandalas include the Eight Symbols of Happiness, the four-armed Manjushri (for wisdom), Sacrificial offerings, and the national flag of Tibet. Each consists of a periphery and a center, which stand for the beginning and end of all being, and as meditators color them in, they will foster a deeper understanding of the universe and the inner landscape of the human soul.

作者介绍:

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标签

mandala

评论

翻开之后立刻就后悔买了实体书。简直是黑白简笔画嘛，选取的曼荼罗也是非常基础的，一两句话的介绍，都是常识性的东西。如果做到Madhu Khanna介绍Yantra那本的程度就好了。

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书评

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