



The Ancient Alchemy Coloring Book: Celtic Knots, Mandalas, and Sacred Symbols

By Cher Kaufmann

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100 meditative patterns and symbols to color, inspired by ancient traditions

"Symbols are the imaginative signposts of life." -- Margot Asquith

Ancient symbols share wisdom, tell stories, decorate, protect, and inspire. We are fascinated by them and drawn to them--and now we can color them. Whether representing messages about daily life, evoking an emotion, or even conjuring up something magical, the images in this book beckon to any would-be artist. They are inspired from actual metal works, textiles, drawings, historical records and evidence left behind from cultures past. Many of the ancient designs actually served as meditative tools, so the act of coloring in these symbols may offer a double dose of calm as the act of coloring invites us to be present in the moment.

100 b&w illustrations

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Editorial Review

From the Author

There are so many different ways cultures and histories are described through art and symbols. Some designs are familiar and some that will be new to the reader/colorist. My intention is to keep the colorist/reader curious in the world around us and learn a little something new along the way. I feel that when you spend time with something new, understanding it in a new way, the world can be more accessible to the reader/colorist. May each page bring you many moments of centered connection, time to rejuvenate, all while traveling around the world through these symbol- filled pages one color at a time.

From the Back Cover

Coloring is relaxing, stress-relieving, and creative. Simply picking up colored pencils and markers is stimulating in unexpected ways. Coloring ancient symbols is an easy way to gently move to a different time, a different place, a different world.

Each of the hand-drawn designs in this book was inspired by ancient worlds, with special emphasis on relaxation and peaceful or empowering meanings. Whether you choose a Celtic knot, a Buddhist mandala, or a Yin Yang symbol, each will bring the coloring artist to a creative place of calm and enchantment. You can even use the included symbols guide to help you explore the meaning behind each image.

Whether you are new to coloring or you are seasoned artist, the ancient symbols in these pages welcome you to glimpse their worlds and bring them to life one color at a time.

About the Author

Cher Kaufmann is an inspirational author, artist, and teacher. Her extensive studies of photography and art, combined with her training in massage therapy and Reiki, have helped her discover unique patterns in the world. She teaches meditative drawing to packed classes. She lives with her family outside Dallas, Texas.

Users Review

From reader reviews:

Judith Cole:

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Jessie Taylor:

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