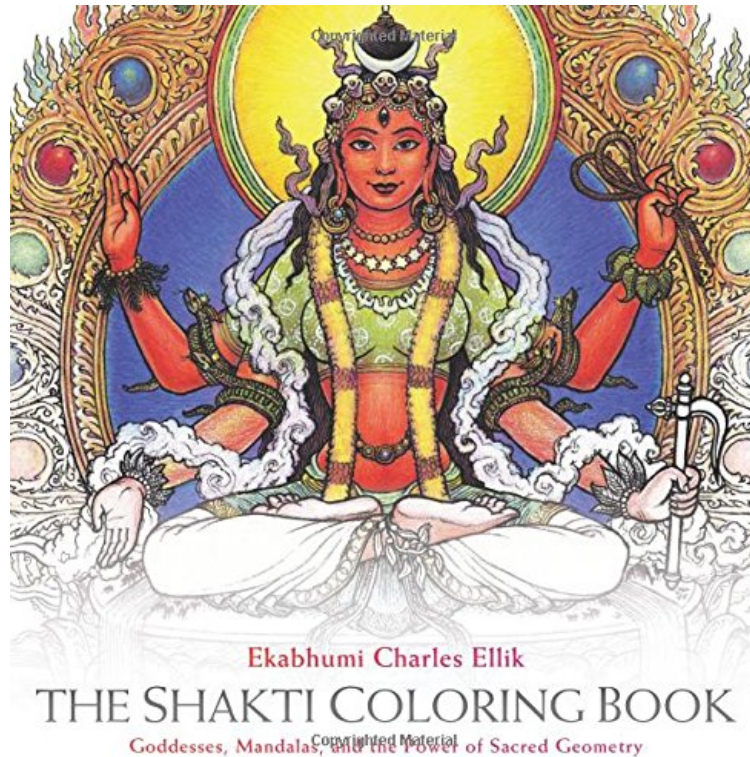


[Free and download] The Shakti Coloring Book: Goddesses, Mandalas, and the Power of Sacred Geometry

# The Shakti Coloring Book: Goddesses, Mandalas, and the Power of Sacred Geometry

*Ekabhumi Charles Ellik*

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**Ekabhumi Charles Ellik : The Shakti Coloring Book: Goddesses, Mandalas, and the Power of Sacred Geometry** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Shakti Coloring Book: Goddesses, Mandalas, and the Power of Sacred Geometry:

17 of 18 people found the following review helpful. Informative and beautifully doneBy Lori LA 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.1 of 1 people found the following review helpful. Beautiful Book Excellent ArtworkBy L. B. MercerContent:This book is not for women who are ashamed of the female body and think it's "dirty". This book is also not for those who can't handle violence in ancient religions. Now, if you are an honest seeker of Shakti, what it means to be Shakti, and The meaning of the colorsapes to religious art then this

book is for you! I wish I would have had this in college when I took an ancient religions course. Teacher would have went nuts in a good way and made this required reading. In short, buy this book. Learn something, or refresh in knowledge if you already know. Coloring: The paper is thin. Colored pencils and high quality crayons only. 4 of 4 people found the following review helpful. great coloring book By Melissa L. 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 term Shakti refers to the creative power of divinity—what artist and teacher Ekabhumi Charles Ellik calls “the electric juice of life.” Shakti is personified by an array of revered goddesses who represent universal virtues and archetypal energies we all share. The Shakti Coloring Book was created to help you begin to activate the transformational currents of this sacred power in your own life—even if you’ve never considered yourself an artist. With The Shakti Coloring Book, Ekabhumi invites you to a serious yet thoroughly enjoyable practice. This comprehensive guidebook begins with “Recognizing Shakti,” a survey of the goddesses and their traditional attributes along with the origin and purpose of mandalas, yantras, and sacred geometry. Part two, “Embodying Shakti,” discusses the creation of mystic artworks and the making of art as a spiritual practice. Part three, “Coloring Shakti,” presents 21 stunning images of goddesses paired with 21 mystic diagrams to color and meditate upon as portals to new insight, transformation, and, ultimately, self-realization. The book concludes with “Manifesting Shakti,” a step-by-step training in creating a simple yantra (or “realization device”) to be used for purification and as a foundation for higher-level yogic practices. “Making sacred art is a type of meditation,” explains Ekabhumi, “helping us to come into stillness, focus our attention, and align with the principles portrayed in our artworks.” Is there a virtue or trait that you would like to cultivate or strengthen? Are you looking for a way to deepen or expand your spiritual practice? Do you feel compelled by the beauty, mystery, and power of the goddesses? If so, The Shakti Coloring Book gives you a resource you will turn to time and again for inspiration, support, and self-expression.

“Ellik is an artist, poet, and teacher of tantric yoga who is sought after for his detailed drawings of deities. Collectors of his work ask many questions about the intricacies of his drawings and he decided that the time was right to put that information, with the drawings, into a book. More than just a meditation exercise, coloring in the drawings is meant to acquaint users with the subtleties of each goddess and begin to connect them to the Hindu practice of deity worship. Traditional color ways for each goddess are provided in Ellik’s written description. Of course, there’s nothing to prevent customers from coming up with their own inventive color combinations. Beautiful, interactive, and filled with information, this will make a very special gift. Be sure to remind customers that they can read all about these goddesses before they gift the book to someone else.” —Anna Jedrzewski, Retailing Insight