

Silvana di Martino

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réharmoniser son quotidien

Mandala
à colorier

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Bonheur Mandala Musical Silvana Martino

Silvana Di Martino



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Bonheur du mandala musical Silvana Di Martino, 2015-11-12 Ce livre de mandalas est conçu dans le but de permettre à l'utilisateur de se reconnecter à son intuition première et de le faire évoluer doucement vers une libération et une révélation de sa créativité par l'association d'une musique préalablement choisie avec des couleurs qui lui sont associées afin de créer des mandalas. Associer les propriétés de la couleur et du son permet d'agir sur notre énergie vitale et de nous redonner de la sérénité. On met en place ce que l'on appelle une forme de synesthésie, une expérience physique de croisement de signaux sensoriels qui fait que la stimulation d'un sens entraîne d'autres. Cette association intime de la couleur et du son la simultanéité de l'une et de l'autre facilite la connexion du mental et des pensées arborescentes et permet ainsi de profiter pleinement de l'instant présent en se reconnectant à sa source d'inspiration. Le son guide la dynamique et l'amplitude du geste sur le papier, l'épaisseur et la finesse du trait fait voyager le dessinateur dans son propre imaginaire. L'aspect progressif des chapitres permettra au dessinateur de se libérer d'une proposition de couleurs suggérées au départ pour chaque dessin de s'affranchir d'un cadre qui le limitent, les mandalas proposés. En fin de parcours, il sera le seul concepteur du mandala au plus près de sa source créatrice personnelle. Il choisira lui-même ses couleurs et leur associera la musique correspondant le mieux à sa sensibilité.

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