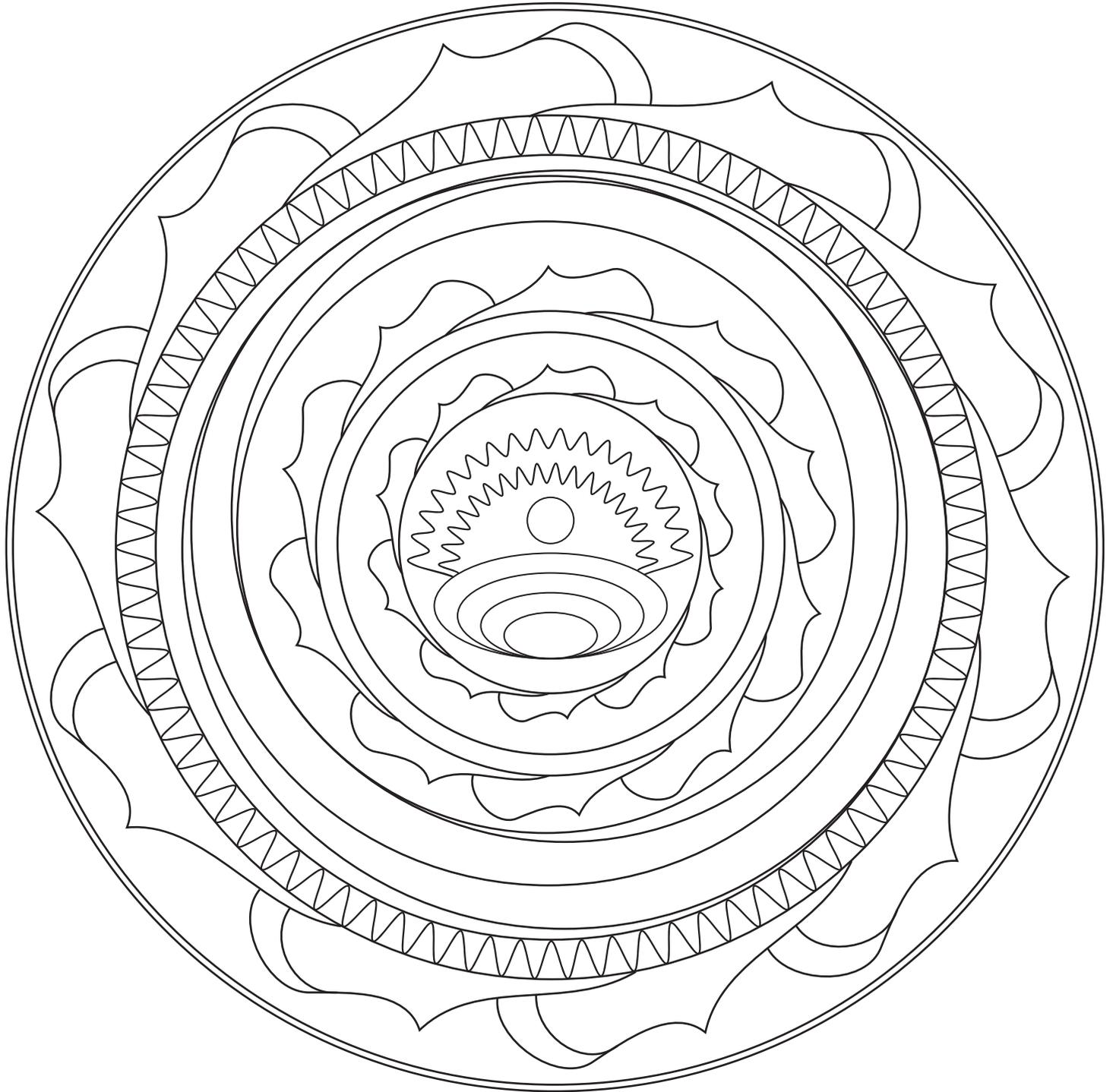


EXTRA

Mandala Extra Notebooks

MANDALLICA

energetic~emotional path dedicated to **METALLICA**



This path is the synthesis of two of my passions: the music of Metallica and the creation of Mandalas to color. Although the music of this group is far from the canons of mantras, it is music with an evocative power that arouses strong and vibrant emotions. While listening to it, I created the Mandalas** contained in this Extra of the Mandala Notebook. I collected them here because I realized they were part of a small path of recovery for my well-being.*

Metallica's Mandalas and songs are an unusual combination, certainly, but I believe one can grow and evolve on their path even by listening to music that is more daring than mantras. It all depends on the feelings and mood that pass through us when listening to a particular song.

I therefore decided to offer this path—outside the traditional canons of the Mandala—to anyone who wants to try their hand at something different and completely new.

The notebook can be used either by following the path step by step, by following your own emotion of the moment, or by randomly choosing a Mandala. I suggest you listen to the song that inspired it. You may be surprised...

Mara Minchio

NAME: _____

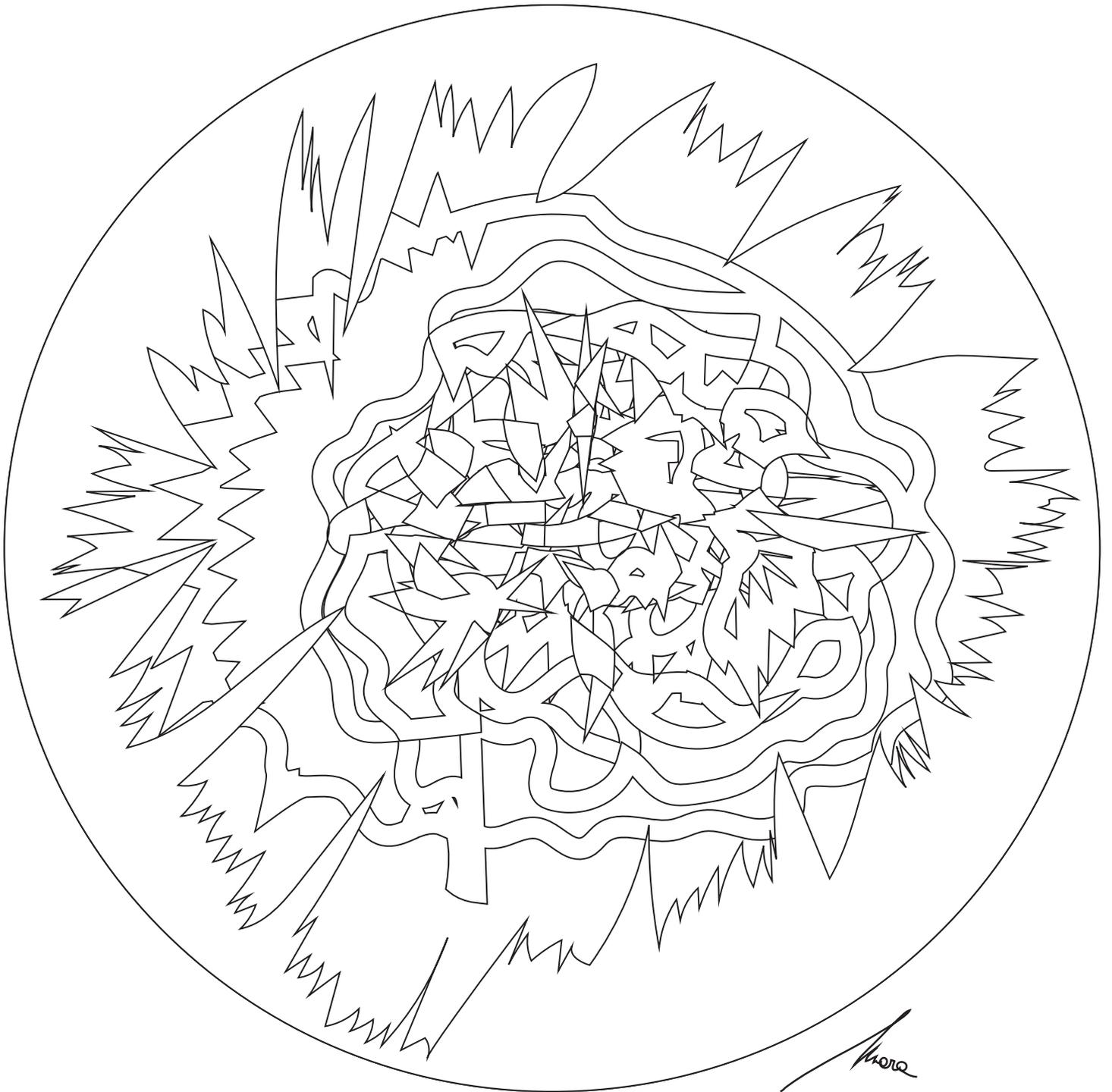
STARTED ON: _____

ENDED ON: _____

* mantra: a set of syllables or words repeated a certain number of times, like a litany.

** Mandala: a concentric structure, containing geometric or naturalistic symbols, used for meditation.

Mandala inspired by
CONFUSION



DATE: _____

What emotions emerged while listening to the song?

How did I feel while coloring the Mandala?

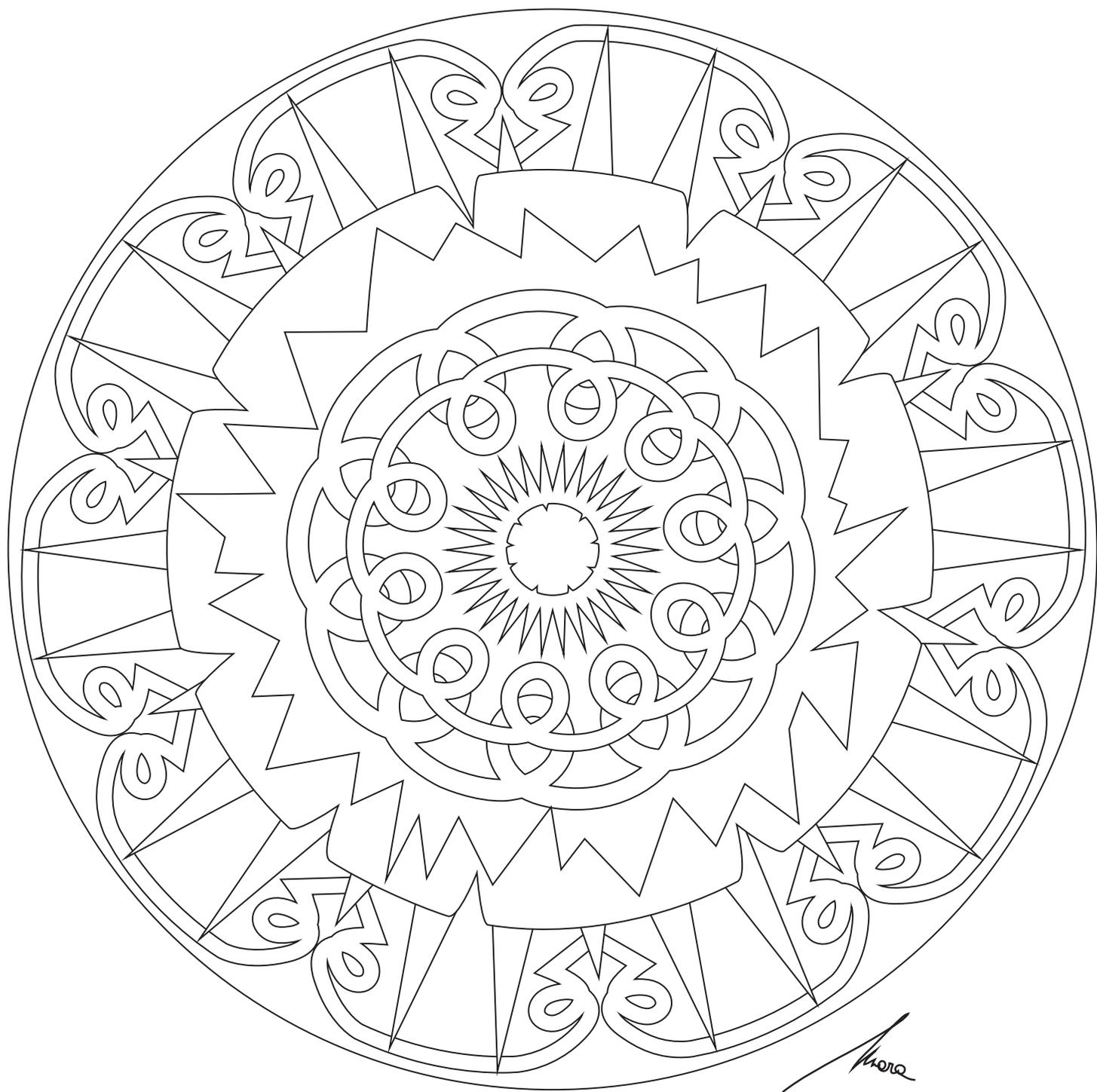
What message does the Mandala hold for me?

How do I feel after listening and coloring?

COMMENTS AND OBSERVATIONS:

Mandala inspired by

THE FRAYED ENDS OF SANITY



DATE: _____

What emotions emerged while listening to the song?

How did I feel while coloring the Mandala?

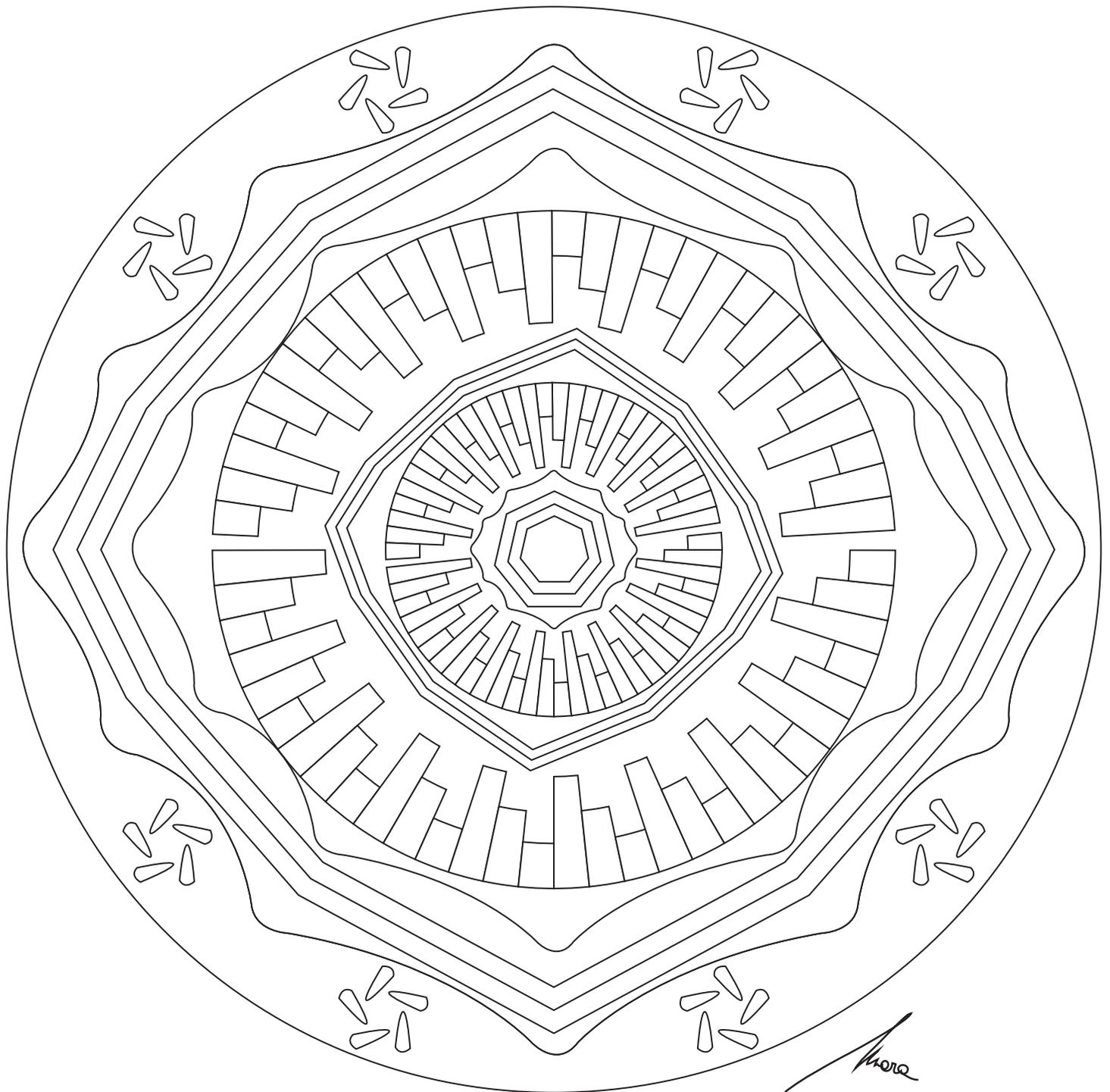
What message does the Mandala hold for me?

How do I feel after listening and coloring?

COMMENTS AND OBSERVATIONS:

Mandala inspired by

UNTIL IT SLEEPS



DATE: _____

What emotions emerged while listening to the song?

How did I feel while coloring the Mandala?

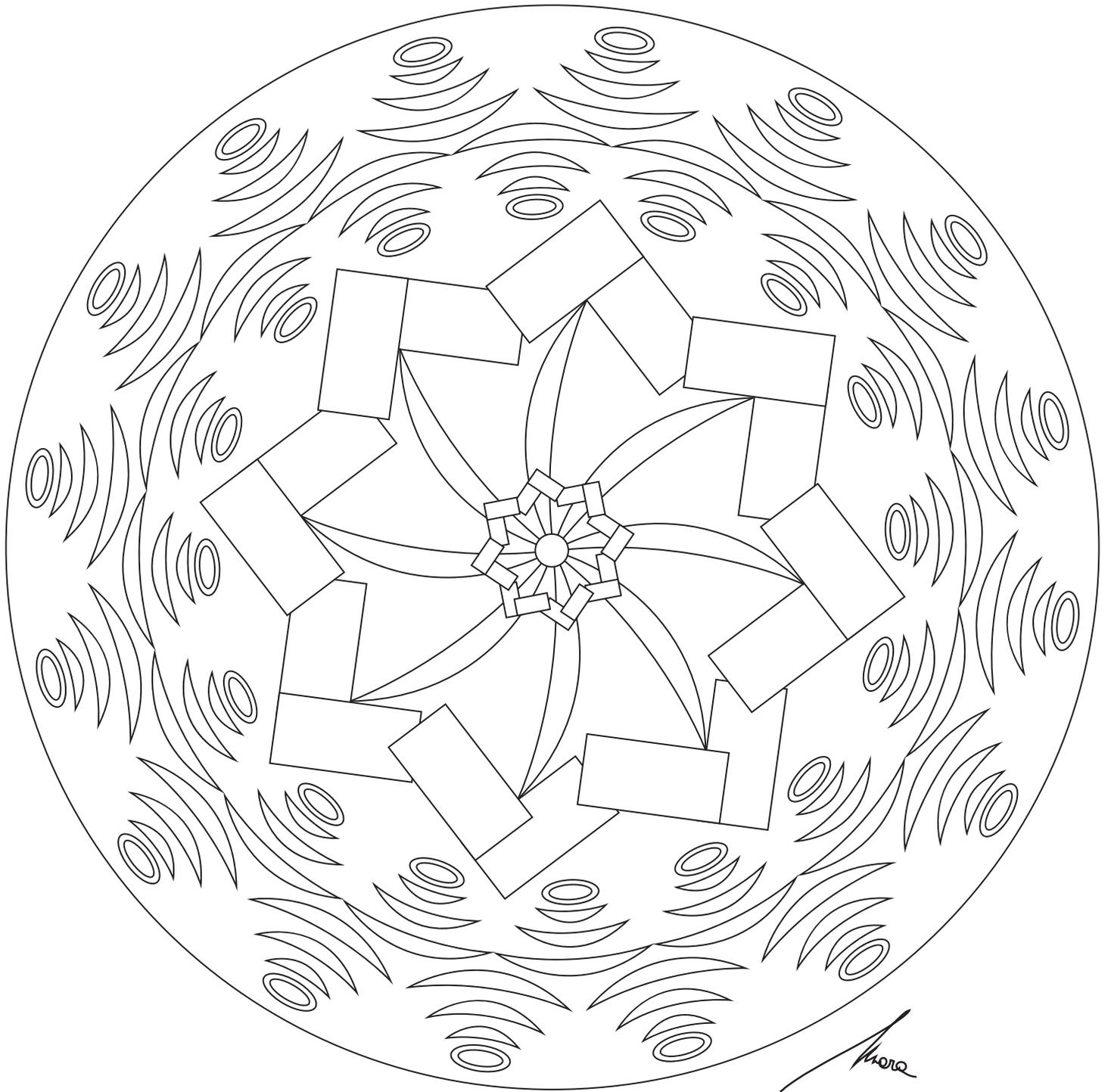
What message does the Mandala hold for me?

How do I feel after listening and coloring?

COMMENTS AND OBSERVATIONS:

Mandala inspired by

POOR TWISTED ME



DATE: _____

What emotions emerged while listening to the song?

How did I feel while coloring the Mandala?

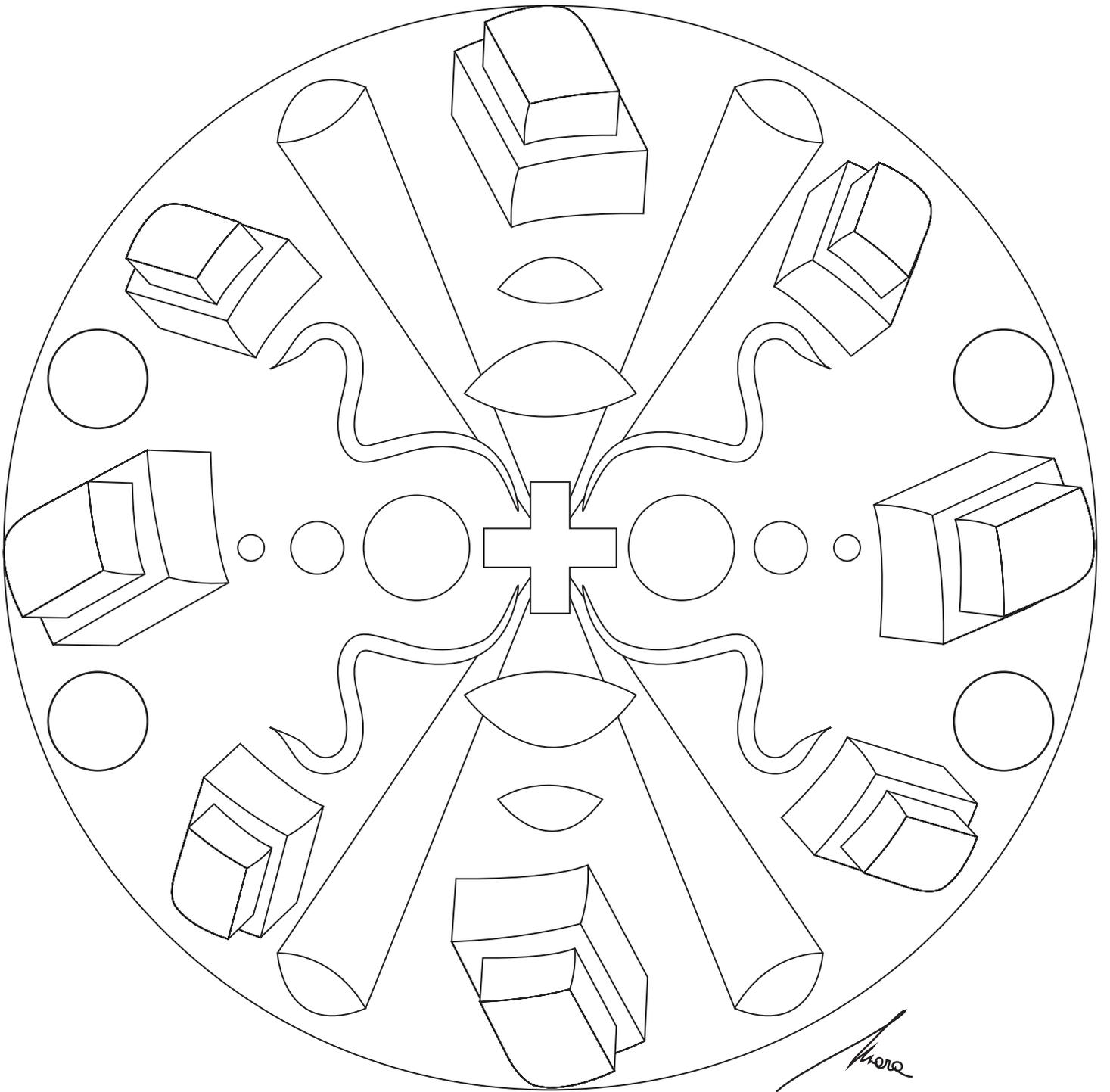
What message does the Mandala hold for me?

How do I feel after listening and coloring?

COMMENTS AND OBSERVATIONS:

Mandala inspired by

SAD BUT TRUE



DATE: _____

What emotions emerged while listening to the song?

How did I feel while coloring the Mandala?

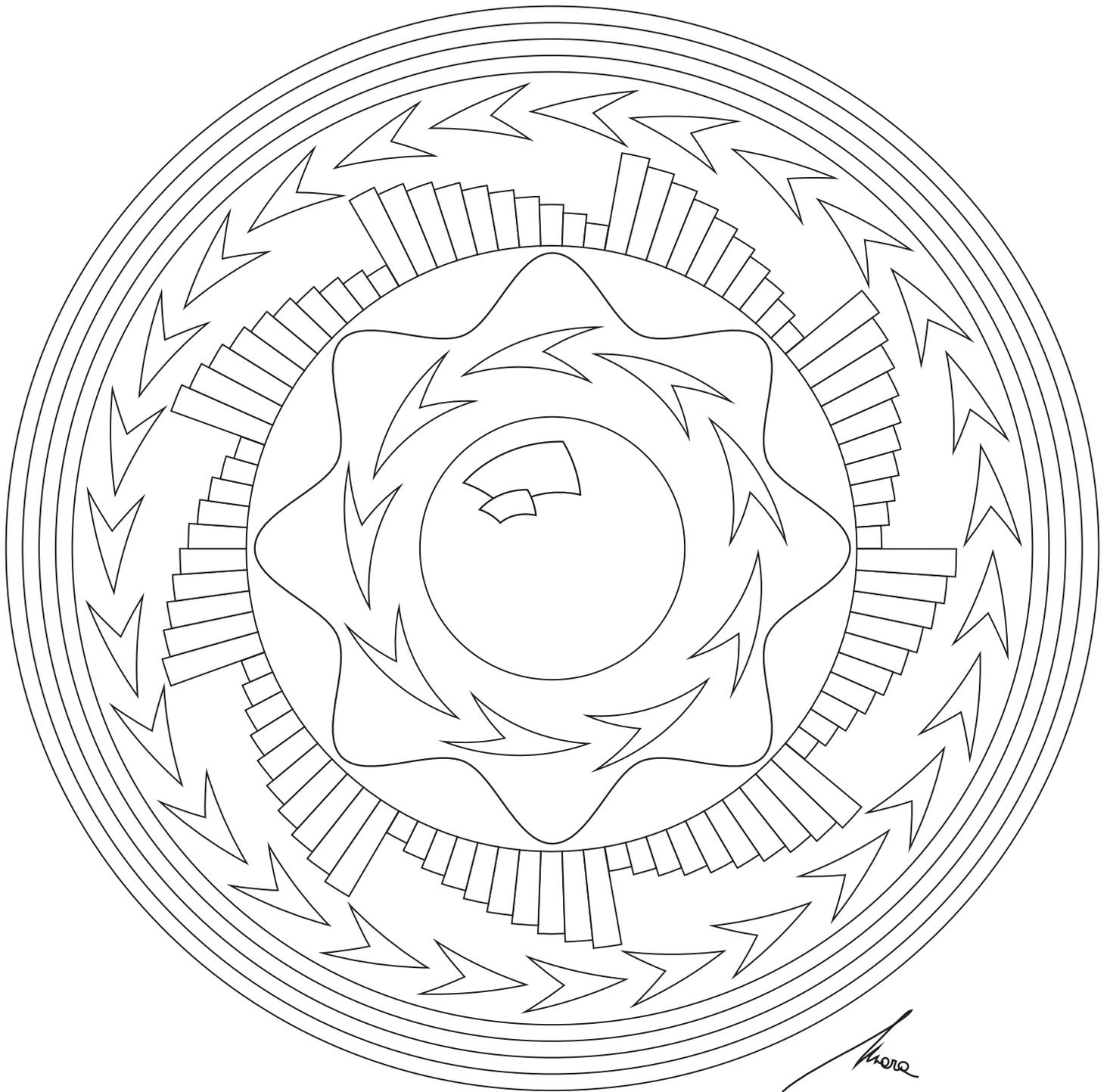
What message does the Mandala hold for me?

How do I feel after listening and coloring?

COMMENTS AND OBSERVATIONS:

Mandala inspired by

ORION



DATE: _____

What emotions emerged while listening to the song?

How did I feel while coloring the Mandala?

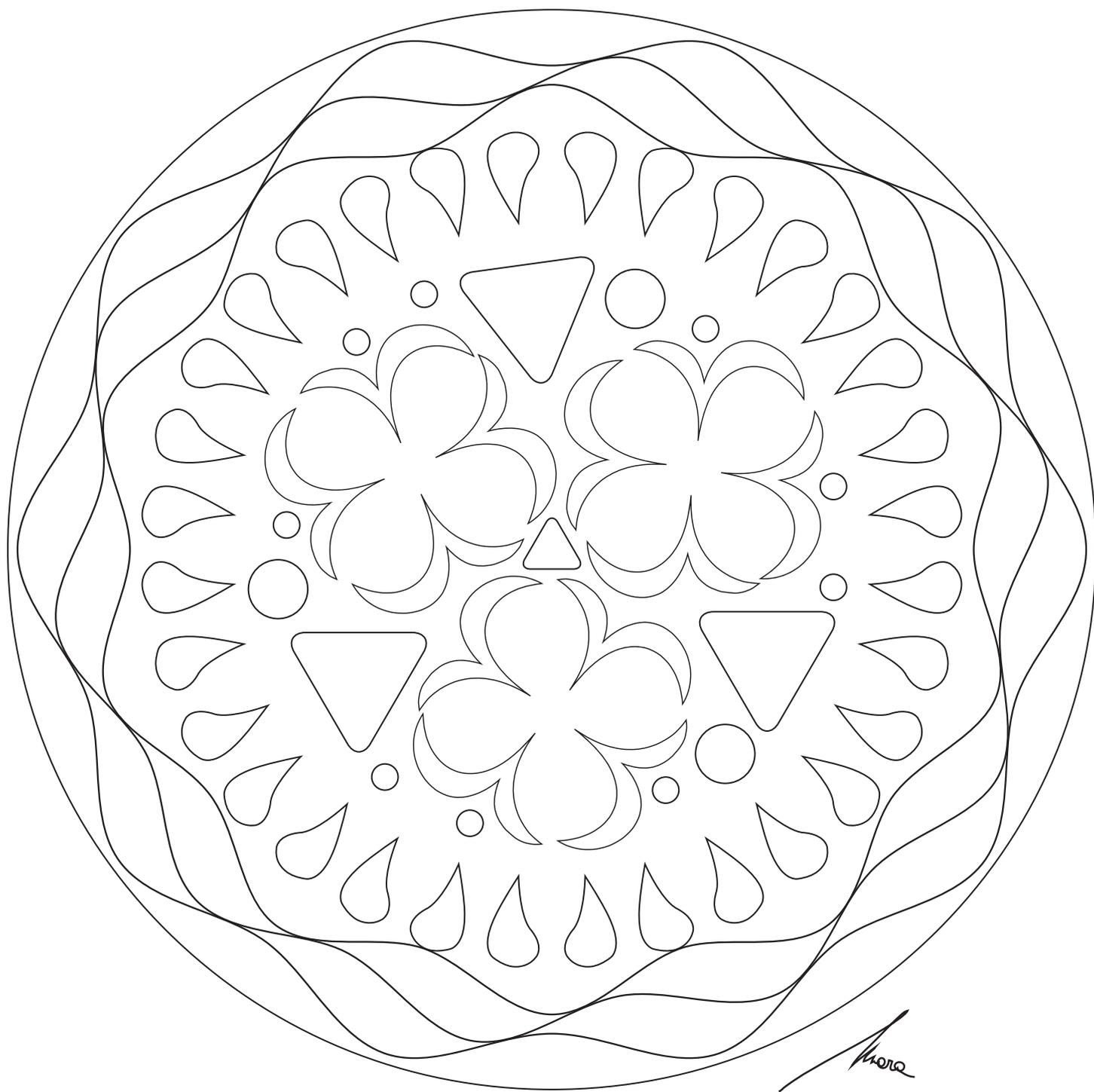
What message does the Mandala hold for me?

How do I feel after listening and coloring?

COMMENTS AND OBSERVATIONS:

Mandala inspired by

NOTHING ELSE MATTERS



Mona

DATE: _____

What emotions emerged while listening to the song?

How did I feel while coloring the Mandala?

What message does the Mandala hold for me?

How do I feel after listening and coloring?

COMMENTS AND OBSERVATIONS:

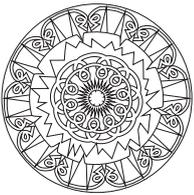
Mandala Coloring Index



On the cover Mandala is inspired by the song "THE ECSTASY OF GOLD" by Ennio Morricone interpreted by METALLICA who usually use it at the opening of concerts. Centering Mandala to start by focusing on intention.



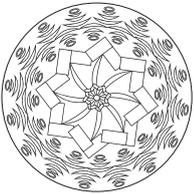
Pag. 3
Mandala to discharge the energies that no longer belong to us.



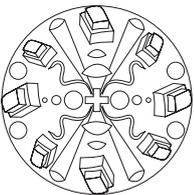
Pag. 5
Mandala of change after giving up most of the useless energy for our well-being.



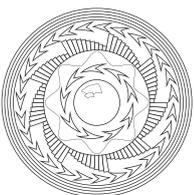
Pag. 7
Mandala self-esteem to evolve.



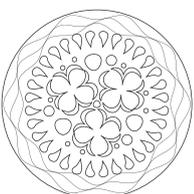
Pag. 9
Mandala to work out the ability to protect our feelings.



Pag. 11
Mandala of acceptance: even the harshest words offer a truth.



Pag. 13
Mandala of the "infinite space": inner journey to harmonize oneself.



Pag. 15
Mandala of integration; for the understanding of our existence in the "here and now".

Biography

Mara Minchio

"I love colors, and I can't imagine a life without them!"

She was born in Bologna. After obtaining her Master of Art diploma, she began working in photoengraving and then in typography. To prepare her final essay for the yoga school, in 2012 she enrolled in a course on Mandalas, where she met Annalisa Ippolito. From that moment, she began a path of knowledge and study that was not limited to courses but enriched by exchanges and mutual inspiration.

For some years, she has been creating Mandalas inspired by her meditations and practices, and sharing them on the website

www.mandala.click

Information, insights, interviews, courses, Mandalas to download and color on
www.mandala.click

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