

MANDALA NEWS....

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Acupuncture
Massage
Chinese Herbal Formulas
Gem Light Therapy
Flower Essences
Custom Tinctures



Greetings everyone!

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In my practice I employ the frequencies of color and light therapy to support Acupuncture and Massage treatments. Working with color and light are gentle non-invasive additions to therapy that have profound effects on our energy system. In addition, I have found that when we integrate color therapy into our lives we may reach a deeper level of healing on a daily basis. Simple shifts of color in our environment may have an immediate and powerful effect on our nervous system and in other aspects of our lives. For anyone interested in reading more about how color and light are tools for healing I suggest the following books; [Color and the Human Response](#) by Faber Birren and [The Healing Power of Light](#) by Primrose Cooper.

Creating and sharing my mandalas have been yet another way for me to employ color in my practice. The mandala above is on the cover of my first children's book that I co-created with author and healer Bill Austin. The title of the book is [The ABC's of Color](#). We created a fun book for children of all ages that celebrates color through the letters of the alphabet. You may order and learn more about our book and related products through our website www.Marbilart.com. [The ABC's of Color](#) is also available through www.Amazon.com. To read more about mandalas or find out more about my practice in East Hampton, N.Y. please visit my website www.mariabowling.com.

Sincerely,
Maria Bowling LMT, L.Ac.