

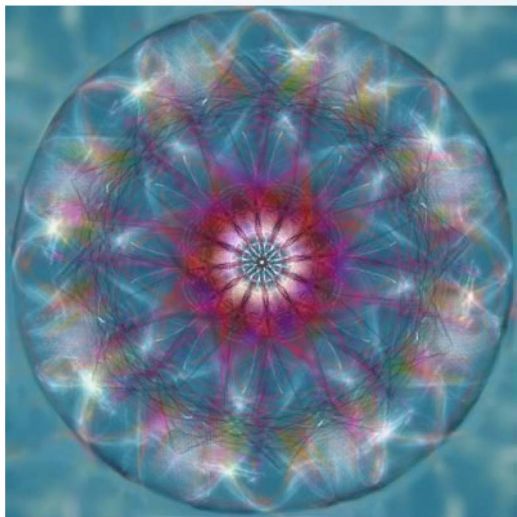
# Visual Mantras

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## Fine Art Mandalas

by M. D. Friedman

*Like meditating with your eyes open...*



**"The Mandela Effect (parallel realities)"**  
by M. D. Friedman

**Healing intent:** Listening, communications, finding your own voice, articulation and musical expression.

**Body connections:** Nose, throat, pharynx, larynx, epiglottis, mouth, tongue and ears.

**Musical pairing:** "Wormhole Whispers" from *Between Two Worlds*.

**To learn more please go to**  
**[FineArtMandalas.com](http://FineArtMandalas.com)**

# Visual Mantras

The **Visual Mantra Collection** is mandala-themed art created with specific healing intent. This artwork shares a circle within a square format and is designed to allow your eyes to wander but always draws them back to center, much the same way that a mantra does in meditation. Sacred geometry and numerological elements as well as color, symmetry and repetition are used to “tune” each painting to promote balance in specific energy fields and associated organs and tissues.



## "Fire Walk" by M. D. Friedman

**Healing intent:** Endurance, willpower and self-control.

**Body connections:** Kidneys and pancreatic islets.

**Musical pairing:** "Patience" from *Be Tankfull*.

## How Can I Get a Visual Mantra?

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To order prints of Visual Mantra artwork, please email M. D. Friedman at [md@poetscoop.org](mailto:md@poetscoop.org).

Museum quality gallery wraps (24" x 24") are \$250 plus shipping & tax. Includes "Wonder Moment" poem\* printed around outside of gallery wrap on the black edges. (\*See below.)

Value gallery wraps (20" x 20") are \$95 plus shipping & tax.

Special "mini-canvas" prints are available for \$30 for 12" x 12" and \$25 for 8" x 8" as supply lasts (not all of the Visual Mantras in these small sizes are currently available.) Also you may commission a customized piece of your own or join the Visual Mantra of the Month Club as a top level Patreon supporter. Learn more at: [www.patreon.com/mdfriedman](http://www.patreon.com/mdfriedman).

### **Wonder Moment**

by M. D. Friedman

My mantra is silence,  
My eye, light,  
My heart always  
Wells up with joy.

I breathe iridescent  
Wonder  
In this moment  
Alive.

## Tell Me More About the Music

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Cranial Sacred ([CranialSacred.com](http://CranialSacred.com)) is M. D. Friedman's project to produce truly psychoactive music. Put simply, this music is designed to help you experience higher consciousness. The music honors the shamanic impetus behind indigenous music and sacred traditions while simultaneously exploring powerful new understandings of how music effects our well-being.



### "Song of Red Bear" by M. D. Friedman

**Healing intent:** Ancestral connections, past life regression, early childhood trauma and empathy.

**Body connections:** Limbic system and, in particular, the hippocampus and amygdala.

**Musical pairing:** "Movement Six - The God Stone" from *Symphony of the Heart*.

## A New Healing Modality

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Visual Mantras work to support personal empowerment and growth around self-realization, wellness and contemplation. There are no side effects or medical contraindications, so the Visual Mantras may be used along with other treatments or practices. The website provides the opportunity to freely use all the Visual Mantras without charge. The website also provides links to the music specially curated and composed to be synergistic with each Visual Mantra. If you find the presentation of over 20 Visual Mantras at the website daunting, you may want to try out the Visual Mantra Selector to find the exact visual meditation you need at this time. This can also be a useful diagnostic tool for self-healing.

[FineArtMandalas.com](http://FineArtMandalas.com)

### *Visual Mantra Selector*



## "Transitions" by M. D. Friedman

**Healing intent:** Dealing with change and transitions.

**Body connections:** Thymus and immune system.

**Musical pairing:** "Funky Spelunk" from *Be Tankfull*.



*There is a bit of magic afoot here,  
magic that can rejuvenate the weary,  
soothe the forlorn, help mend deep  
wounds and illuminate  
the always journey.*

**[FineArtMandalas.com](http://FineArtMandalas.com)**

c/o M. D. Friedman  
1286 Doric Drive  
Lafayette, CO 80026

Phone: 303-926-9626

Cell: 970-203-4757

E-mail: [md@poetscoop.org](mailto:md@poetscoop.org)