



Color Me Peace Mandalas Coloring Book: Relax Discover Your Inner Peace (Paperback)

By Heidi Taylor

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Color Me Peace Mandalas Coloring Book is a coloring book that is recommended for stress and anxiety management. It is what its name implies, color me peace, because art is in your hand and you can certainly do it. By peace, it means clarity, mindfulness, joy and looking at each pattern without holding any prejudice. By the healing powers of the so called sacred circles or Mandalas, you ll be able to combine art with your pursuit of inner peace. When you are able to control your thoughts and emotions, it is believed that your mind triggers an inner switch that gives you a new perspective to the world and the external factors that often delay your happiness won t affect you anymore. There are tons of ways to do this, and entering your meditative state through this mandalas coloring book is one of them. With this book, all it takes is a fraction of your time to experience the meditative state that the mandala patterns are really for. As this state propagates through your mind, you will discover your artistic self...



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