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Tao of Chinese Mandalas: An Adult Coloring Book of Zen Mindfulness (Paperback)

By Charles Chan

Taoway Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Adult Coloring is not merely an enjoyable and relaxing hobby; it has turned into a new 20th-century self-help de-stressing therapy. Some people even use it as a vehicle of attaining mindfulness. It has become a new modality of mindful meditation. Similar to a conventional meditation approach by focusing your attention actively on a simple repetitive task such as reciting a mantra, coloring is an effortless approach of focusing your mind and blocking out the intrusive thoughts. When you are coloring small shapes of confined areas, your mind will involuntarily focus onto the areas you are working at. This will help you let go of your everyday stress and negative thoughts and a mindful reverie of profound tranquillity will emerge. Benefits of coloring mandalas: Cultivating artistic insight Improving sleep Lowering blood pressure Alleviating stress and anxiety Providing a platform of self-reflection and self-discovery Promoting tranquillity and Zen mindfulness There are 44 mandalas of traditional and modern Chinese designs including symbols such as dragons, phoenix, bats, happiness, blessing and Buddhist mudras etc. Each design is printed on a single sided sheet to avoid bleeding through....



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