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Butterflies Mandalas: An Adult Coloring Book with Affirmations (Paperback)

By Transcendental Coloring

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm.

Language: English . Brand New Book ***** Print on Demand *****.Gather your crayons, colored pencils, and pastels! Find a relaxing place to spread out, perhaps with a cup of tea or a glass of wine. Pick out an affirmation or a design in this book that speaks to you. Then forget the stress and worries of your day, and immerse yourself in positive thinking and the transcendental power of putting color to pattern. These 35 intricate, ready-to-color designs feature delightful butterflies and mystical mandalas accompanied by uplifting affirmations to meditate upon as you color. There is also space to fill in with your own original doodles or designs to complete your works of art. These vibrant drawings and transformative thoughts will provide hours of creative, stress-relieving, and joyful expression-and help you achieve a calm, balanced mind and body. The mandala is an ancient form of meditative art, a burst of circular designs that draw the eye inward, centering your thoughts. By repeating positive affirmations we can shape our perceptions, desires, and emotions, and thereby create a better inner life for ourselves. Join the millions of adults...



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Reviews

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