



## Sacred Designs: Mandala Coloring Book for Adults: For Mindful Relaxation, Stress Release, and Creative Expression (Paperback)

By Serenity Now!

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Mandalas have been used for centuries throughout many different cultures to promote healing and other positive states of being. The mandala is a circular matrix with a center point, from this sacred center comes forth infinite possibilities and unlimited potential. When you color these sacred circles, you draw your attention inward, allowing your mind to fully relax, and revealing the inner stillness and clarity that lies in all of us. Coloring Mandalas is in itself a meditation. Mandala Coloring is an easy and effective way to bring about transformational changes in your life! Through coloring mandalas, you can accomplish the following: Find Relaxation and Stress Relief Balance your body, your mind, and your spirit Expand your creativity Increase your self-awareness Encourage your self-expression Have fun Comes complete with coloring tips and 2 color test pages. 20 coloring pages Single sided pages at 8.5 X 11 Beautiful Patterns Hours of Stress Relief Intricate Designs.



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