



## Virtues Meditation Mandalas Coloring Book: A Spiritual Stress-Reducing Coloring Book for All Ages

By Justice Saint Rain

Special Ideas, United States, 2014. Paperback. Book Condition: New. Joe Paczkowski, Howard P Jacobs (illustrator). 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Coloring is not just child s play. Detailed coloring work activates both sides of the brain, requiring both focus and creativity, detail and imagination. It helps create a meditative state that can reduce stress and break cycles of worry and negative self-talk. This book of 120 images offers an added benefit by pairing beautiful star-motif mandalas with the names of spiritual virtues. Meditating on the virtue while getting lost in the art of coloring can create a kind of simple prayer that draws us closer to our Divine potential. In his book, The Secret of Emotions, Justice Saint Rain explains that virtues are not just abstract ideas-nor are they only a type of action. They are also intimately connected to our emotions. We feel kindness. We feel generous. We feel courageous. As you color these mandalas and think about the virtues on the facing pages, also take a few moments to get in touch with what it feels like to experience these virtues. The virtues in this book are all associated...



**READ ONLINE**  
[ 5.19 MB ]

### Reviews

*The very best book i at any time read. It generally does not price an excessive amount of. I discovered this publication from my dad and i recommended this book to understand.*

-- **Joseph Hettinger**

*This publication is definitely worth purchasing. Yes, it is actually engage in, nevertheless an amazing and interesting literature. You can expect to like just how the author write this publication.*

-- **Odie Dicki**

## Other Kindle Books



**Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: ( Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



**Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook**

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



**Traffic Massacre: Learn How to Drive Multiple Streams of Targeted Traffic to Your Website, Amazon Store, Auction, Blog, Newsletter or Squeeze Page**

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.3 Free Bonus Books Included! Attention: Online business owners. quote;Finally! How Would You Like To Tap Into...



**Boost Your Child s Creativity: Teach Yourself 2010**

Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Book Condition: New. 196 x 130 mm. Language: English . Brand New Book. Every parent wants their child to achieve their full potential. Whatever your child s interest or inclination, from art to music,...



**The Mystery of God s Evidence They Don t Want You to Know of**

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Save children s lives learn the discovery of God Can we discover God? What does science prove? Why we were never...



**Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade**

Book Condition: Brand New. Book Condition: Brand New.