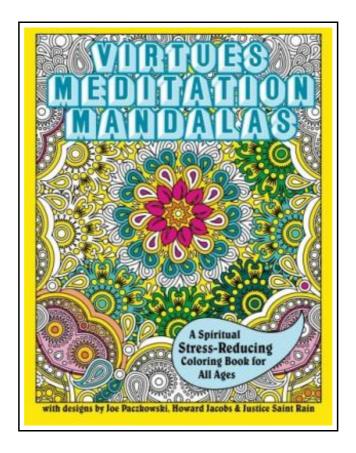
Virtues Meditation Mandalas Coloring Book: A Spiritual Stress-Reducing Coloring Book for All Ages



Filesize: 3.42 MB

Reviews

If you need to adding benefit, a must buy book. It really is writter in straightforward words and phrases rather than difficult to understand. Your life period is going to be change the instant you total reading this ebook.

(Letha Okuneva)

VIRTUES MEDITATION MANDALAS COLORING BOOK: A SPIRITUAL STRESS-REDUCING COLORING BOOK FOR ALL AGES



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 with positive sensations. Thinking, feeling and coloring while focusing on a virtue connects your mind, heart and body in a process whose goal is a deeper connection with the Divine. Meditating on the sensation associated with a virtue helps us learn how to identify it when we feel it. Associating positive sensations with these virtues makes us want to practice them more often. Practicing virtues helps us to better identify them when we see them expressed by others. And recognizing virtues in others helps us love them as children of God. And here you thought you were just coloring pretty...

- Read Virtues Meditation Mandalas Coloring Book: A Spiritual Stress-Reducing Coloring Book for All Ages Online
- Download PDF Virtues Meditation Mandalas Coloring Book: A Spiritual Stress-Reducing Coloring Book for All Ages

Relevant Kindle Books



Readers Clubhouse Set a Dan the Ant

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Karen Stormer Brooks (illustrator). 214 x 149 mm. Language: English. Brand New Book. This is volume one, Reading Level 1, in a comprehensive...

Read PDF »



A Parent s Guide to STEM

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. This lively, colorful guidebook provides everything you need to know...

Read PDF »



Ellie the Elephant: Short Stories, Games, Jokes, and More!

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. Are you looking for a kid s or children s book that is...

Read PDF »



Happy Monsters: Stories, Jokes, Games, and More!

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. Are you looking for a kid s or children s book that is...

Read PDF »



Peewee the Playful Puppy: Short Stories, Jokes, and Games!

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. Are you looking for a children s book that is highly entertaining, great...

Read PDF »



THE Key to My Children Series: Evan s Eyebrows Say Yes

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 274 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.THE KEY TO MY CHILDREN SERIES: EVAN S EYEBROWS SAY YES is about

Read eBook »



A Kindergarten Manual for Jewish Religious Schools; Teacher's Text Book for Use in School and Home

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can download

Read eBook »



Patent Ease: How to Write You Own Patent Application

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Patent Ease! The new How to write your own Patent book for beginners!

Read eBook »



Christmas Favourite Stories: Stories + Jokes + Colouring Book: Christmas Stories for Kids (Bedtime Stories for Ages 4-8): Books for Kids: Fun Christmas Stories, Jokes for Kids, Children Books, Books for Kids, Free Stories (Christmas Books for Children) (P

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand ******.Merry Xmas! Your kid will love this adorable Christmas book

Read eBook »



Finding the Titanic

Scholastic US, United States, 1999. Paperback. Book Condition: New. Ken Marschall (illustrator). 224 x 147 mm. Language: English . Brand New Book. With inspiring and educational stories, Scholastic s Hello Reader series caters to the

Read eBook »