



Self-Expression Using Mandalas: Coloring Book (Paperback)

By Heidi Taylor

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Self-Expression Using Mandalas Mandala Coloring Book With the use of carefully illustrated mandala patterns with varying areas for coloring, you tend to enhance your ability to control the flow of your thoughts. When you are able to control your thoughts and emotions, your mind triggers an inner switch that gives you a fresh perspective to your surroundings. The external factors that often delay your happiness won t affect you anymore. There are tons of ways to do this, and entering your meditative state through this mandalas coloring book is one of them. All it takes is a fraction of your time to experience the meditative state that the mandala patterns are really for. As this state passes through your mind, you will discover your creative self that could have just been sleeping inside you. You just have to surrender and let the creativity flow. This book contains 30 patterns and inspirational bits of words that have been placed purposely to particular pages to uplift your mood or enhance your happiness while coloring. You ll enjoy your free time, relax and detox...



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