

Adult Coloring Book: Stress Relieving Patterns (Volume 1 Mandalas)

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Adult Coloring Book

Stress Relieving *Patterns*

Volume 1 Mandalas

#darkskygold

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#1734913 in Books 2015-12-19Original language:English 11.00 x .23 x 8.50l, #File Name: 1519502125102 pages | File size: 34.Mb

dark sky gold : Adult Coloring Book: Stress Relieving Patterns (Volume 1 Mandalas) before purchasing it in order to gage whether or not it would be worth my time, and all praised Adult Coloring Book: Stress Relieving Patterns (Volume 1 Mandalas):

0 of 0 people found the following review helpful. Five StarsBy lisaFun adult coloring book! Would definitely buy others.

In this #darkskygold and #darkskygoldcoloring Adult Coloring Book: Stress Relieving Patterns (volume 1 mandalas) (features over 50 stress relieving mandalas patterns 50 illustrations printed one per page (the back of each page is blank) so no bleeding through page Enjoy hours of stress relief and relaxation! Mandalas symbolize the universe. The word “Mandala” is actually a Sanskrit compound word meaning “container/possessor of essence”. Drawing them and

coloring them in are well-known to be helpful for focusing attention, settling wild thoughts, meditative support, and promoting healing. Even the psychologist Carl Jung has touted that Mandalas are made during times of intense personal growth. Coloring is intuitive and coloring can be done at almost any age. Mandalas can be colored in an infinite number of ways and because of this, has been thought to reflect mental nuances like mood. Since this is the case, it is more than just a design to color, but is also a very pure form of self-expression. For an activity that promotes healing and is considered very therapeutic, coloring in Mandalas can truly guide you into a calm and thoughtful state. As the Mandala starts to fill-in with color, you are quite literally, filling a “container/possessor of essence”. It is an interesting thought... Color on! #adultcoloringbook #coloringbook

About the Author#darkskygold and #darkskygoldcoloring is passionate about helping others and is dedicated to helping people to relieve built up tension through the medium of adult coloring books. These books, which are packed full of geometric patterns, can take you to an idyllic place, where you can forget your troubles and immerse yourself in a stress-busting activity which will channel all that energy away from dealing with the pressures of everyday life. #darkskygold and #darkskygoldcoloring also believes in giving something back in life and will donate 10% of all yearly profits to deserving art and wildlife charities So get the crayons out, turn off the laptop, TV and cell phone and create something magical for yourself.