

Angels: Meditative Coloring Book 1: Adult Coloring for relaxation, stress reduction, meditation, spiritual connection, prayer, centering, healing, and coming into your deep true self; for ages 9-109.

Aliyah Schick

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Adult coloring for relaxation, stress reduction, meditation, spiritual connection, prayer, centering, healing, and coming into your deep, true self. Ages 9 to 109. Step out of the busy world and into calm and peace. Use the Angels Meditative Coloring Book 1 to enter a deeply relaxed, loving, contemplative state. As you color these angels, allow yourself to feel the loving support of the angelic realm all around you. You are loved! You are a precious being! Open your heart to live with more compassion for others and for yourself. Open your life to deeper connection with the earth and with all of life. Open yourself to recognize the sacred and the natural beauty in all things, including in yourself. Angelic Imprints are drawn during a centering meditation. With a pen in each hand, Aliyah allows the lines to go where they will, the two sides mirroring each other. Every movement is guided by spirit; every drawing is different; and each one is a wonderful surprise filled with angelic presence. The book includes 36 different original drawings, resources for more angel information, suggestions for how to use this book, a guided meditation, introduction to the artist, and open pages to record your own impressions. Five Volumes of Meditative Coloring Books: Angels, Crosses, Ancient Symbols, Hearts and Labyrinths.



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