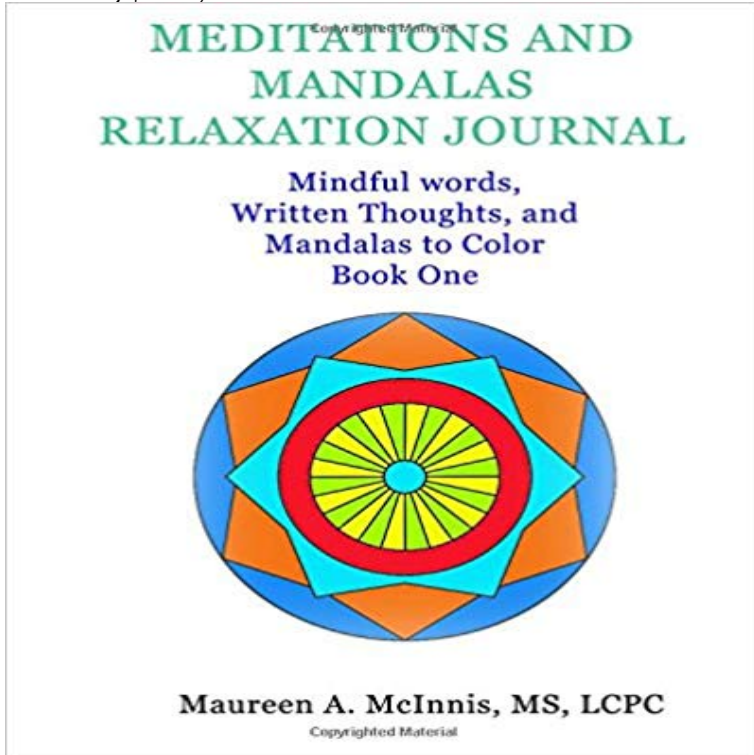


Meditations and Mandalas Relaxation Journal: Mindful words, Written Thoughts, and Mandalas to Color



MEDITATIONS AND MANDALAS, RELAXATION JOURNAL: Mindful words, Written Thoughts, and Mandalas to Color. (Book One) is an Adult Coloring book/journal to help relieve stress and anxiety. In today's busy, busy world we forget to take the time and distress or relax.

MEDITATIONS AND MANDALAS, RELAXATION JOURNAL is meant to be used for a self-journey into relaxation and meditation by using a meditation technique from the Findhorn Foundation in Scotland and Buddhist Mandalas. The Meditative words will help you concentrate or focusing so you can change the way you see or think about yourselves or your environment. So by changing your consciousness and listening to your inner source of wisdom you can bring about the positive and sustainable change to yourself and your surrounding world. Mandalas are based in the Buddhist cultural and are commonly used to aid in meditation. A Mandala is used to support the person meditating; to help them focus, process and internalize the meaning of drawing to the builder of the mandala; to internalize the meaning and the colorful designs of the mandala. The combination of the word, your written thoughts and the coloring of the mandala provided you with a relaxing activity as well as a creative outlet that can quickly return you to the meditative state that you will enjoy.

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