

# The Buddha Board Box: Master the Art of Letting Go



The enormously popular Buddha Board derives from the Zen concept of mindfulness and letting go; it involves creating artwork that slowly fades away in order to remind us to clear our mind and begin anew. This stunning gift set contains a 4 x 5 reusable board for painting designs with water; metal meditation bells; a bamboo brush, a water holder, and a stand built into the box lid. To enhance your practice, it also features The Art of Letting Go, an inspiring guide to the principles of Buddhism, meditation, and more.

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