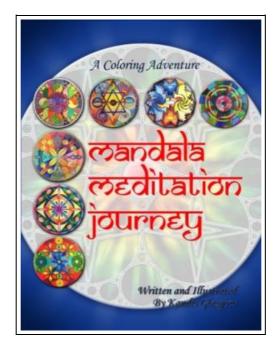
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Reviews

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MANDALA MEDITATION JOURNEY: A COLORING ADVENTURE (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Large Print. Language: English. Brand New Book ***** Print on Demand *****. This wonderful Coloring Book is great for all audiences! It combines the strength of positive affirmations, the mind balancing of coloring, the calming effect of meditation and the thought processing of journaling into one powerful journey. Positive affirmations open you up to new possibilities! They empower you to create a new outlook on life! They can move you to inner joy and greater happiness! They help to define your focus and calm your mind. Regular positive thoughts shift your thinking away from the negative and into the light! Studies show that meditation reduces stress. It helps to improve concentration and promotes a healthy lifestyle. The practice increases self-awareness and increases happiness. Coloring relaxes the amygdala, the fear center of the brain, allowing your mind to get the rest it needs. Coloring trains your brain to focus! Coloring allows you to be YOU! There are no rules to coloring. Coloring causes both sides of your brain to communicate, facilitating balance in mind! Meditation increases acceptance of what is and slows the aging process. Regular practice benefits heart and immune health! Bullet Journaling brings you into a state of mindfulness where bitterness and frustration of the past melt away and where fear of the future is conquered. Working out your thoughts on paper leads to inner peace. Journaling has also been shown to raise the IQ by increasing vocabulary! Journaling is great for all ages!.

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