



Mandalas: Mind Healing VOL.3: The Most Wonderful Mandalas Book Ever (50 Creative Styles to relieve stress) (Volume 3)

Selina P. Sahaku

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If you are looking for ways of incorporating some meditating into the coloring of your Mandala drawings, perhaps you might find these useful. Are you one of those who need to sit alone and relax? Do you feel stressed and tired from your work and all the responsibilities? Mandalas coloring gives you a natural peaceful way to calm and relax your busy world down, it gives you more concentration when coloring and after coloring you will focus better on anything you do. I myself has experienced the personal depression, and believe me Mandalas cures it. Why not try your hand at coloring one of the great designs within this volume, no matter your artistic ability or feelings toward spiritualism. Here you will find many designs of Mandalas to choose from, so pull out your crayons, markers, pencils, pastels, paints or whatever you like to use and get started. If you feel so inclined, give one of the mentioned meditation techniques a try and get in touch with the thoughts, feelings and spirit deep inside you and become one with the traditional interpretations of this ancient symbol. Reasons why you should buy this Mandalas book: - I have hands on experience in coloring Mandalas, I know what's the appropriate level of difficulty it should be. - I have experience in drawing Mandalas and have been drawing Mandalas to sell for almost 5 years, back when it is not this popular. - Every page of Mandalas is printed with the best quality paper, super bright white and heavy gram paper. - Printed with highest resolution. - Detail oriented, all lines are sharp and cleared. This Mandalas coloring book has been carefully designed, focus on each and every details of it to make sure that it is one of the best Mandalas you will ever experience! Of course there is no right or wrong in the color you choose, you can place your own work on the wall as a decoration too! It's your own work and there's only one piece in the world! This Mandalas coloring book has 50 large and carefully designed pattern to cure and calm everyone. It is suitable for both adults and older children, it is also a great activity for the whole family!

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