



Multitudes of Mandalas: Adult Coloring Book with Affirmations for Growth & Healing

Heather Hawk Maxwell

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Multitudes of Mandalas includes 30 original drawings, each paired with an uplifting affirmation. Coloring the mandalas while using the affirmations as a meditative focus provides a pathway to mindfulness, stillness, and relaxation. By combining mandalas together with affirmations, Multitudes of Mandalas draws us toward center, points toward joy and positivity, and fosters transformation and resilience.

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