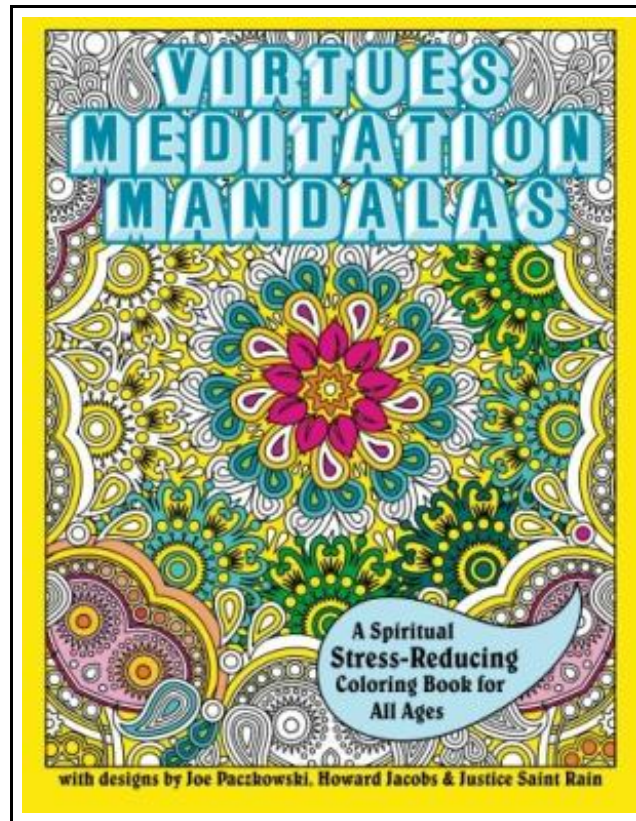


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Reviews

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(Edna Rolfson)*

VIRTUES MEDITATION MANDALAS COLORING BOOK: A SPIRITUAL STRESS-REDUCING COLORING BOOK FOR ALL AGES (PAPERBACK)



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Special Ideas, United States, 2014. Paperback. Book Condition: New. Joe Paczkowski, Howard P Jacobs (illustrator). 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Coloring is not just child s play. Detailed coloring work activates both sides of the brain, requiring both focus and creativity, detail and imagination. It helps create a meditative state that can reduce stress and break cycles of worry and negative self-talk. This book of 120 images offers an added benefit by pairing beautiful star-motif mandalas with the names of spiritual virtues. Meditating on the virtue while getting lost in the art of coloring can create a kind of simple prayer that draws us closer to our Divine potential. In his book, *The Secret of Emotions*, Justice Saint Rain explains that virtues are not just abstract ideas-nor are they only a type of action. They are also intimately connected to our emotions. We feel kindness. We feel generous. We feel courageous. As you color these mandalas and think about the virtues on the facing pages, also take a few moments to get in touch with what it feels like to experience these virtues. The virtues in this book are all associated with positive sensations. Thinking, feeling and coloring while focusing on a virtue connects your mind, heart and body in a process whose goal is a deeper connection with the Divine. Meditating on the sensation associated with a virtue helps us learn how to identify it when we feel it. Associating positive sensations with these virtues makes us want to practice them more often. Practicing virtues helps us to better identify them when we see them expressed by others. And recognizing virtues in others helps us love them as children of God. And here you thought you were just coloring pretty...



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