Positive Chakra Affirmations: Colour Your Way to Spiritual Health (Paperback)



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Reviews

This book might be worth a read, and far better than other. It is rally interesting through studying time period. I discovered this book from my i and dad suggested this ebook to find out. (Isobel Bailey)

POSITIVE CHAKRA AFFIRMATIONS: COLOUR YOUR WAY TO SPIRITUAL HEALTH (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Positive Chakra Affirmations is an inspirational and positive coloring book created especially for anyone wanting to balance their chakra system, and makes the perfect gift for yourself or someone who loves working with the chakras. It combines the mindfulness relaxation of thoughtful colouring with a series of positive affirmations for each chakra, making it a unique, inspirational coloring book. Whether they are into mandalas and chakra symbols, or the chakra system itself, this book has a fantastic variety of designs created especially for anyone wanting to balance their chakra system to color and enjoy! Coloring books have been known to provide hours of enjoyment and stress relief as you enhance the designs with colored pencils, markers, and other art media. Considered beneficial to all ages, coloring has been proven to generate wellness and quietness, as well as to stimulate the brain areas related to the senses and creativity. Positive Chakra Affirmations features 100 pages of Chakra Affirmations and intricate line drawings of diverse patterns of mandalas and chakra symbols. This coloring book has been brought to you by Brenda Hunt as the first in a unique series combining Positive Affirmations and mindfulness coloring .These artistic drawings offer complexity to engage the adult brain, but also simplicity, in that there are no rules or even guidelines.

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