

CREATIVITY

Color Yourself Calm

A Mindfulness Coloring Book

Includes
inspirational
quotes

Mandala by
Paul Heussenstamm

"Paul's mandalas
carry a presence that
can heal."
Eckhart Tolle, author
of *The Power of Now*

Color Yourself Calm A Mindfulness Coloring Book

Pigeon Coloring Books



Color Yourself Calm A Mindfulness Coloring Book:

Color Yourself Calm Tiddy Rowan, 2015-07 With over 30 original color mandalas set side by side with black and white templates to color in plus inspirational quotes and mindfulness techniques throughout this coloring book is as meditative as it is joyful So go ahead make your day as you color yourself calm

Colour Yourself Calm Paul Heussentamm, Tiddy Rowan, 2014-09-08 Historically mandalas were created as sacred objects upon which to meditate The symmetrical images are either painted or in some cases made from sand the object being for the painter to reflect on and empty the mind Psychologists have also noted that such paintings may be an attempt by the conscious self to release unconscious knowledge By becoming absorbed in colouring in an object of beauty the reader will embark on a practical exercise in mindfulness Inspirational quotes accompanying the images will enhance the experience This is an easy way to relax the mind body and spirit whilst subconsciously developing self knowledge expanding the imagination and creating a sense of well being

Color Yourself Calm Pigeon Coloring Books, 2022-08-10 Create your own calm with coloring with this stress and anxiety relieving coloring book for adults Designed to promote stress relief relaxation and calmness this fantastic coloring book contains 30 paisley henna mandala and floral style coloring pages with mood boosting and calming words quotes and phrases So you can take a moment to unwind color your stresses away create beautiful works of motivational art and relax your mind by focusing on coloring these beautiful coloring pages The words quotes and phrases incorporated into the coloring pages in this book have been selected to help promote a positive mood and feelings So if you re having a day where you re feeling anxious depressed low or stressed the inspirational quotes you color can help you feel more positive The coloring patterns inside this book have been hand drawn and have been designed in a way to help promote mindfulness The designs range in complexity to easier to color designs with bigger open spaces to more complex and detailed designs that require much more concentration Allowing the user to focus their mind on the page in front of them and color to their heart s content The Calming words and phrases have been selected to help you inspire you to relax Each page is printed single sided This allows the user to remove each page without running the risk of losing any of the other designs inside this book This is helpful because it allows the user to not only remove the page before coloring if they re planning on using a messier coloring medium or certain coloring pens that cold bleed through the page but also to allow the user to easily remove their artwork for framing or hanging purposes without losing any of the other designs inside this book While this coloring book was designed for adult relaxation this book is safe for work which means it is suitable for all ages and the workplace

Happiness Tiddy Rowan, 2016-02 A new installment in the best selling Color Yourself Calm series Happiness utilizes the mandala once more to help you banish stress feel happier and enhance well being with inspiring images to color and quotes that will boost feelings of contentment

Relaxation Tiddy Rowan, 2016-02 A new installment in the best selling Color Yourself Calm series Relaxation helps you release tension increase tranquility and enhance inner peace with these mandalas

and quotes tailored to soothe your mind and relieve stress The Mindful Year Coloring Book ,2025-09-02 This creative adult coloring book is the perfect activity book for a relaxed and calm state of mind The Mindful Year includes seasonal line illustrations to color in over the course of a year Alongside 52 nature inspired quotes reconnect with nature as you become more present as you fill in natural scenes that will help you find mindfulness through the year Autumnal trees spring bulbs snowscapes and summer seas this book will help you disconnect from the digital world as you find calm and start to notice more outside your window This is a practical way to relax the mind spark imagination and relieve stress *Color Yourself Calm* Tini Prints,2021-05-20 Do you love coloring Are you seeking ways to practice mindfulness Do you want to calm your mind and find a creative outlet Look no further This is the coloring book for you Mindfulness Mandalas helps you use coloring as a way to engage in mindfulness to improve your mental health and well being You ll feel an increased sense of peace and calm in no time AND you ll have beautiful coloring pages to show for it Each coloring book features 50 unique designs A wide variety of animals including Intricate animal heads Dogs Birds Farm animals Wild cats And more One sided pages to eliminate bleed through allow you to easily remove and frame your masterpieces A variety of skill levels to suit all needs and moods Whether you are looking for a way to relax brush up on your coloring skills or meditate coloring and engaging in mindfulness has demonstrated positive benefit in studies Buy one for you and gift one to a friend they ll thank you **Color Yourself to Mindfulness** CICO Books,2023-09-12 Reduce stress and find inner calm by coloring in these exquisite mandalas and motifs originally designed by artist Melissa Launay The act of being mindful is being aware of the present moment The process of coloring is meditative as you become intently aware of colors designs and motifs you are living in the moment and the concentration and repetitive nature help to make you oblivious to the stresses and strains of everyday living In *Color Yourself to Mindfulness* there are 100 original designs of mandalas for Awareness Forgiveness Wisdom Abundance Creativity and Karma Mandalas symbols of the cosmos have inspired those who gaze upon them for hundreds of years Get ready to experience inner calm and peace as you connect to the shapes and symbols that create these powerful images **Creativity** Tiddy Rowan,2016-02 A new installment in the best selling *Color Yourself Calm* series Creativity helps you open your mind and let your creativity flow with beautiful images and powerful quotes designed to aid visualization skills and the development of fresh new ideas **Color Yourself Calm** Hardy,2018-07-15 Coloring books can help reintroduce art as an important component of health and wellness As such it might be helpful to think of coloring books as a sort of creativity starter kit It can help get your mind working in a creative way and give you a taste of all the benefits artistic expression can bring This is particularly helpful for people who aren t comfortable with more expressive forms of art because coloring can provide a structured way for them to feel engaged with the art process without the pressure to create something from a blank page While reading music and sports have plenty of health benefits coloring has the unique ability to engage your fine motor skills while training the brain to focus Coloring offers the additional benefit of mindfulness or being in the moment

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