

Color Your Sol: Resonance Coloring Therapy (Sacred.Task Books) (Volume 1)

Jesse Hickman



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Color Your Sol: Resonance Coloring Therapy (Sacred.Task Books) (Volume 1) Jesse Hickman Sacred geometry coloring book for all ages. Resonance Coloring Therapy. Sacred designs and ancient patterns for meditation, relaxation and healing. Over 30 designs hand drawn in the ancient style, with a pencil, compass and square. Inspired by the wonders of the natural world and the balance and harmony of our living matrix, these mandalas will resonate with your body on a cellular level, and promote healing while you relax and color. A great therapy tool for the sick and those seeking balance, or a wonderful gift for the young artist, math student, or stressed out CEO. For the 'lil one with their first crayons and the fine artist alike, all can feel the vibration of these patterns. You'll find words of inspiration on the facing pages as launch pads for meditation, and space for journaling, reflections on your meditations, or sacred designs of your own. Cut out the pictures and post them up to let the magic of the designs continue to heal. The geometries in this book are the loom for the fabric of life. Follow these golden threads, paint them with your heart, see and feel how they connect us all. A book for healing; color the stars and we'll shine together.

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