



Om Meditative Coloring Book: Adult Coloring for Relaxation, Stress Reduction, Meditation, Spiritual Connection, Prayer, Centering, Healing, and Coming Into Your Deep, True Self; Ages 9 to 109 (Paperback)

By Aliyah Schick

Sacred Imprints, United States, 2013. Paperback. Book Condition: New. 272 x 212 mm. Language: English . Brand New Book ***** Print on Demand *****.Color the 36 original artist s drawings of the OM Meditative Coloring Book for relaxation, stress reduction, meditation, spiritual connection, prayer, centering, and healing. Color to calm and come into balance, to find your intuitive wisdom, and to learn to be more of your deep, true self. Spend meditative time with OM as you color the drawings. Allow OM to infuse and entune your spirit, your mind, your emotions, and every cell of your body with its pure, sacred grace. Fill yourself with its light. Become one with its beauty. Emerge relaxed, centered, calm, and at peace. The OM Meditative Coloring Book includes 36 original artist s drawings, an introduction to OM, suggestions for how to use the book, a guided meditation, intro to the artist, and pages to record your own impressions. You ll find all Six Volumes of Meditative Coloring Books: Angels, Crosses, Ancient Symbols, Hearts, Labyrinths, and OM all here on .



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