



Healing Mandalas Coloring Book

Sunny Dawn Johnston

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Mandalas are ancient symbols of wisdom, guidance, and spiritual connection. Healing Mandalas Coloring Book allows you to relax with these sacred circles finding peace, inspiration, and a new form of expression and connection to both the internal and external worlds. Best-selling Author, Sunny Dawn Johnston, in collaboration with Artist Lori Farrell, have created Healing Mandalas Coloring Book to support YOU in your healing process through these ancient symbols. The mandala is a symbol of the self, and in coloring one, it offers a connection and expression to our innermost thoughts and feelings. You can use these sacred circles as a meditative practice, a healing exercise in times of pain or crisis, an expression of feelings and emotions and of course the simple act of creativity. Featuring 30 unique and inspirational mandala drawings, this book encourages you to use your imagination to create vibrant patterns that help you to release any pain – physical, mental or emotional – and allow more joy, happiness and peace into your life ... bringing you closer to your true self. Each intricate design will draw your eye inward, shifting your focus toward your center and allowing you to fully relax your mind as you express yourself through these healing mandalas. Complete with expert instruction and design tips, the Healing Mandala Coloring Book will help you find your inner calm and creativity every day. Adults of all ages and even older children will enjoy this special coloring book designed to let go of the worries, fears, and concerns and let the healing begin.

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