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Reviews

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(Prof. Jeremie Kozey)

ANGEL COLOURING BOOK: HEALING ANGEL COLOURING BOOK FOR WELLBEING (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Colouring books have a long history since the early 1900s of being advocated and prescribed by therapists and psychologists including eminent notaries such as Carl Jung. Colouring books can have a similar effect to prayer and meditation helping to focus the mind away from negative, intrusive and troubling thoughts. Within most religions and spiritual traditions art and images have evolved to help induce and deepen prayer and meditation. The angel coloring book draws on this tradition using powerfully inspirational imagery by means of sacred geometry including mandalas. They are images of spirit and light helping us connect with our own spirit and other positive entities, dissolving boundaries into a sense of peace and oneness. Drawing from a deep study of angelology and spiritual imagery, from ancient Tibet, renaissance Europe and visionaries such as William Blake. Alongside a clairvoyant vision and awareness of the spirit realm. They are images of hope, strength, virtue, power and healing. On one level this is just a colouring book, a fun expression of colour and beauty but it can be a gateway to so much more. Connecting with inner and external healing, offering hope, patience and endurance. The courage to change the things you can and the serenity to accept that which we cannot.



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