



# **Dragonflies & Mandalas: An Adult Coloring Book with Affirmations (Transcendental Coloring Books) (Volume 2)**

*Transcendental Coloring Group*

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Join the millions of adults all around the world who are rediscovering the mindful relaxation and joy of grown-up coloring! Share this special book with a friend who needs uplifting--it makes a wonderful gift!

Gather your crayons, colored pencils, and pastels! Find a relaxing place for you to spread out...perhaps with a pot of tea or an adult beverage. Pick out an affirmation or a design in this book that speaks to you.

Then forget the stress and worries of your day, and immerse yourself in positive thinking and the transcendental power of putting color to pattern. These 35 intricate, ready-to-color designs feature delightful dragonflies and mystical mandalas accompanied by uplifting affirmations to meditate upon as you color. There is also space to fill in with your own original doodles or designs to complete your works of art. These vibrant drawings and transformative thoughts will provide hours of creative, stress-relieving, and joyful expression--and help you achieve a calm, balanced mind and body.

The mandala is an ancient form of meditative art, a burst of circular designs that draw the eye inward, centering your thoughts. By repeating positive affirmations we can shape our perceptions, desires, and emotions, and thereby create a better inner life for ourselves.

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