



**Labyrinths: Meditative Coloring Book 5: Adult
Coloring for relaxation, stress reduction,
meditation, spiritual connection, prayer, centering,
healing, ... into your deep true self; for ages 9-109**

Aliyah Schick

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Adult coloring for relaxation, stress reduction, meditation, spiritual connection, prayer, centering, healing, and coming into your deep, true self. Ages 9 to 109. Color the drawings of Labyrinths: Meditative Coloring Book 5 to come into balance, calm, intuitive wisdom, spiritual connection, and peace, where you can access the best of yourself and learn to be more of what you are meant to be. Walking a labyrinth, whether with your feet, colored pencils or markers, tracing the path with your finger, or following it with your eyes, can change you. It has been called a pilgrimage, a spiritual journey, a path toward spiritual growth, enlightenment, or salvation. The labyrinth invites you to embrace your soul and come away with more of who you really are. It can change your life, expand what's possible, and open intuition, vision, wisdom, healing, and strength. Often the journey into the labyrinth is taken with a question in mind, or a prayer, or a need for healing. As you move further into the labyrinth you descend deeper into willingness, into yourself, and into sacred wisdom. An answer or realization or healing change may come as you reach the center, or it may come on your way back out to rejoin ordinary life. Or perhaps later, whenever you are ready to receive it. Labyrinths: Meditative Coloring Book 5 allows you to choose which labyrinth you want to walk today, and when and where you want to walk it. See which one catches your attention, which one draws you in, which one feels right. Whichever labyrinth you choose, all lead to your inner, true self where wisdom, guidance, and spiritual connection await. This book includes 36 different original drawings, information about labyrinths, suggestions for how to use this book, a guided meditation, introduction to the artist, and open pages inviting you to record your own impressions. Five Volumes of Meditative Coloring Books: Angels, Crosses, Ancient Symbols, Hearts, and Labyrinths.

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Shane Dagostino:

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