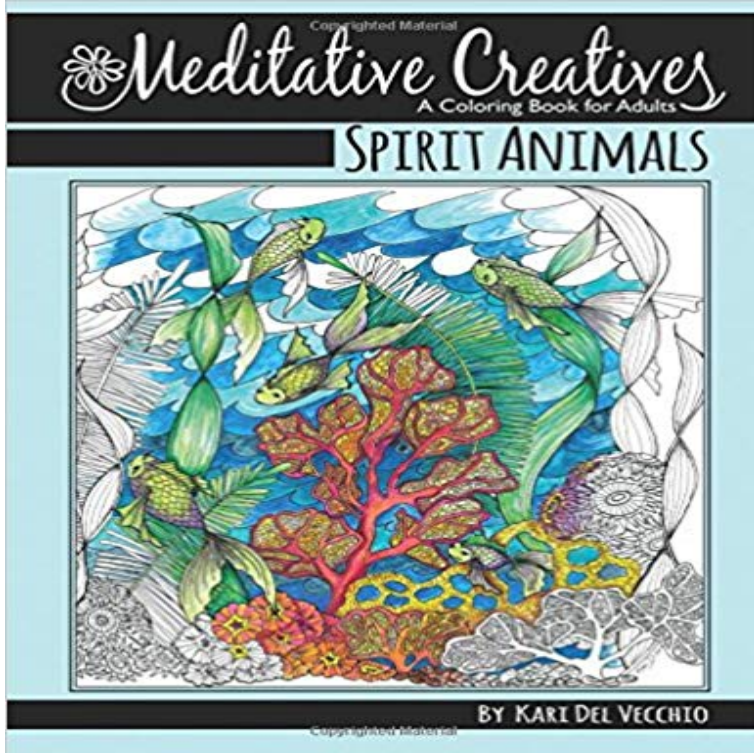


# Spirit Animals. A Coloring Book for Adults (Meditative Creative) (Volume 1)



Do you remember coloring as a child? How peaceful and free you felt, not to mention how much fun it was. No one telling you what color things should be or how to do it correctly. If you felt like a tree should be pink, you made it pink, before you were most likely told the limiting belief that a tree cant possibly be pink. But this is your coloring book and you can do whatever you want. Did you know when you were coloring you were using the right side of your brain (this is the hemisphere that contains emotion, creativity and intuition). Did you know when you were coloring, tuning out all the distractions of our world, that you were in whats called a basic meditative state? Why did you stop - just because you grew up and your life became too busy? Dont you think that stoping this simple activity might be crazier than coloring a tree pink? I have created this coloring book for busy adults in the hope that it brings back the peace and tranquility you once felt as child sitting down with your favorite coloring book. Express your intuitive creative selves and relax with the simple act of coloring. My drawings in this book are not computer generated, with the intention not to lose the fun and whimsical nature of how I first drew them. They are one sided so you can display your colorful meditation if you wish. It is my hope that if you do display this piece, it can serve as a colorful reminder of how simple and fun meditation can be. Spirit Animals: It is said by traditional Native American belief, that a Spirit Animal can follow you through life, guiding and assisting with issues much like a Guardian Angel would in a traditional Christian belief. It is also said that a different Spirit Animal may appear in your everyday life, in mediation or dreams to assist or guide when needed. Here I have included basic meanings of each Spirit Animal in the book. I recommend using colored pencils, thin markers or watercolor

pencils. Enjoy and have fun coloring!

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