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Spiritual Traditions of India Coloring Book

By Harish Johari

Destiny Books. Paperback. Condition: New. 96 pages. Balance your chakras, enhance health and prosperity, and connect with the gods and goddesses through meditative coloring. Contains 40 illustrations by Indian artist and spiritual teacher Harish Johari. Includes chakra imagery to balance your energy body; power yantras to enhance health, prosperity, peace, and love; and illustrations of Hindu gods and goddesses such as Ganesh and Hanuman to remove obstacles and open your heart. Provides meditative statements facing each piece to help focus your intent while coloring. Combining authentic Indian art and profound spiritual insight, the *Spiritual Traditions of India Coloring Book* pairs line illustrations from accomplished traditional Hindu artist and spiritual teacher Harish Johari with meditative statements from his bestselling books. Focusing your mind on the accompanying mantras while you color supports profound relaxation and clarity of thought and allows the spiritual realizations of the mantras to penetrate deeply into your psyche. Containing 40 coloring illustrations, the book includes chakra imagery, power yantras, planets, and scenes of Hindu gods and goddesses, such as Ganesh, Hanuman, Shiva, and Parvati. Coloring the chakras enables you to visualize the energy centers in your own body, enhancing your ability to open the chakras and balance your flow...



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Reviews

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