



# Celtic Blessings: A Coloring Book to Bless and De-Stress

*Paraclete Press*

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## **Celtic Blessings: A Coloring Book to Bless and De-Stress** Paraclete Press

Adults of all ages everywhere who feel stressed and unfocused are quieting their minds and souls by putting away the smart phones and tablets and picking up pencils, markers and crayons to color. At home, in waiting rooms, in churches, on road trips - coloring books for adults are becoming more and more popular.

These coloring books for adults from Paraclete are not only a simple path to making something beautiful, it has a spiritual element as well. For anyone who loves Celtic spirituality, coloring these 30 patterns each paired with a blessing, will relax the mind and enrich the heart.

"Sometimes coloring is just coloring. To put crayons to paper and create a rainbow of marks and swaths is relaxing, playful, and maybe even artistically satisfying. But sometimes coloring is more. To put colored crayons, markers, or pencils to paper is to create a pathway to the numinous. Coloring invites the body and the senses into an experience of inner stillness. While the hand moves, the mind and the body slow down. The heart and the ears open carving a space for rich silence and an opportunity for God to speak." —**Sybil MacBeth**, author of *Praying in Color: Drawing a New Path to God*

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Why don't make it to become your habit? Right now, try to ready your time to do the important act, like looking for your favorite book and reading a guide. Beside you can solve your trouble; you can add your knowledge by the guide entitled Celtic Blessings: A Coloring Book to Bless and De-Stress. Try to face the book Celtic Blessings: A Coloring Book to Bless and De-Stress as your friend. It means that it can to become your friend when you sense alone and beside those of course make you smarter than ever. Yeah, it is very fortunated to suit your needs. The book makes you a lot more confidence because you can know almost everything by the book. So , let me make new experience in addition to knowledge with this book.

#### **Melvin Belknap:**

Hey guys, do you really wants to finds a new book to see? May be the book with the headline Celtic Blessings: A Coloring Book to Bless and De-Stress suitable to you? The actual book was written by well known writer in this era. The particular book untitled Celtic Blessings: A Coloring Book to Bless and De-Stressis a single of several books which everyone read now. This book was inspired many men and women in the world. When you read this e-book you will enter the new age that you ever know prior to. The author explained their plan in the simple way, and so all of people can easily to recognise the core of this guide. This book will give you a lot of information about this world now. In order to see the represented of the world on this book.

#### **Carl Carrillo:**

Exactly why? Because this Celtic Blessings: A Coloring Book to Bless and De-Stress is an unordinary book that the inside of the book waiting for you to snap it but latter it will distress you with the secret this inside. Reading this book close to it was fantastic author who have write the book in such remarkable way makes the content within easier to understand, entertaining means but still convey the meaning completely. So , it is good for you for not hesitating having this any longer or you going to regret it. This unique book will give you a lot of advantages than the other book possess such as help improving your skill and your critical thinking means. So , still want to delay having that book? If I have been you I will go to the guide store hurriedly.

#### **Joseph Esparza:**

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