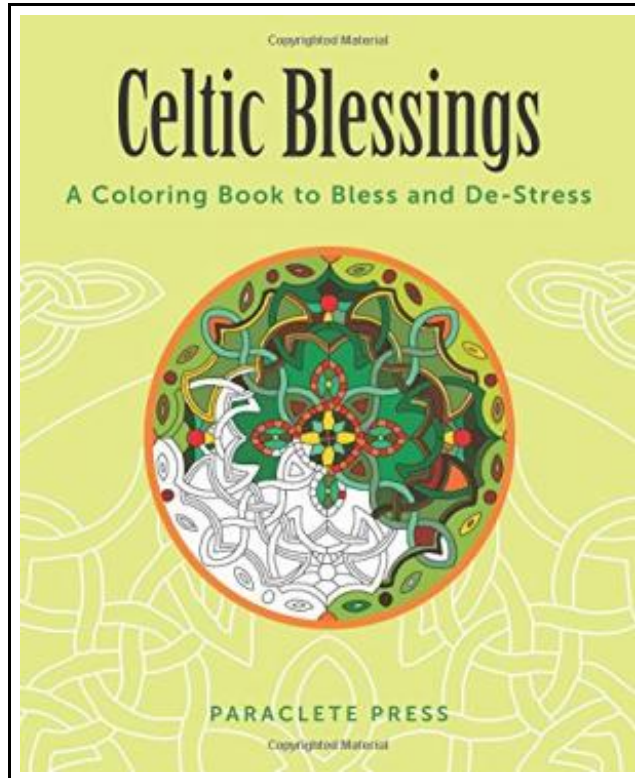


## Celtic Blessings: A Coloring Book to Bless and De-Stress



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## CELTIC BLESSINGS: A COLORING BOOK TO BLESS AND DE-STRESS



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Paraclete Press, United States, 2015. Novelty book. Book Condition: New. 216 x 178 mm. Language: English . Brand New Book. 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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