

RELAXATION SERIES - VOL 4

MORGANA SKYE

# ADULT COLORING BOOK

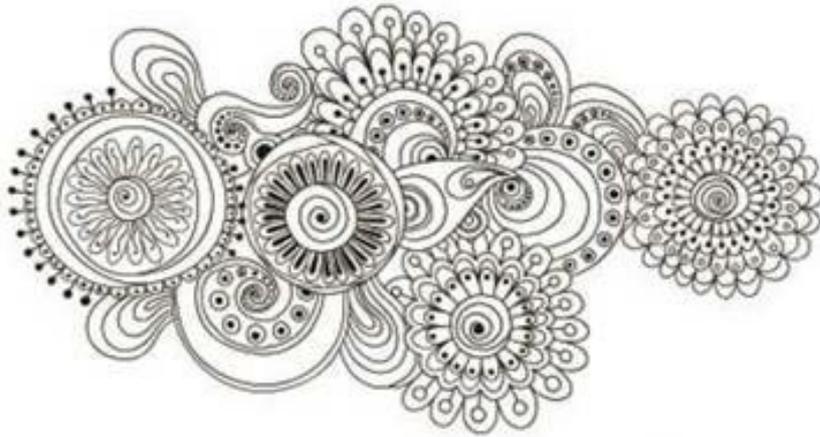
Coloring Book For Adults Featuring 30 Beautiful  
Zentangle Designs With **Positive Affirmations**



All is well  
in my world.

# ADULT COLORING BOOK

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Zentangle Designs With **Positive Affirmations**



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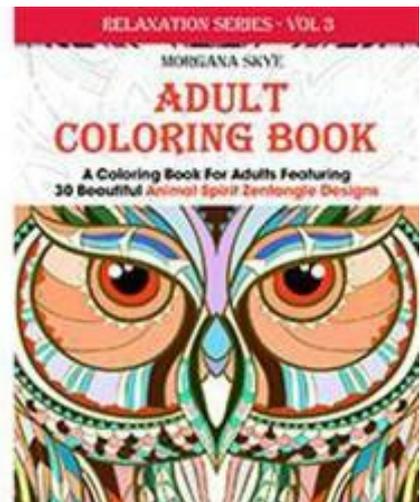
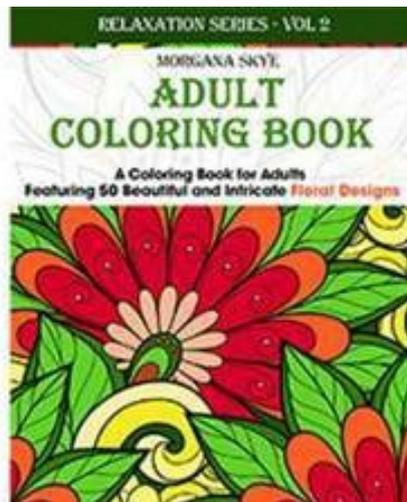
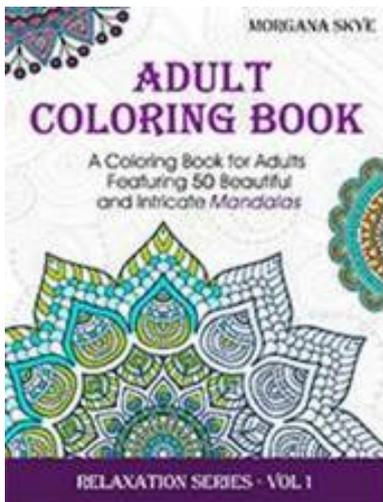
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# ***NOW AVAILABLE!***

[Adult Coloring Book: Coloring Book For Adults Featuring 50 Beautiful and Intricate Mandalas \(Relaxation Series 1\)](#)

[Adult Coloring Book: Coloring Book For Adults Featuring 33 Beautiful Floral Designs \(Relaxation Series 2\)](#)

[Adult Coloring Book: Coloring Book For Adults Featuring 30 Beautiful Animal Spirit Zentangle Designs \(Relaxation Series 3\)](#)



## Introduction

If you take a moment to stop and look around, you will notice that you are surrounded by beauty, even in the most unexpected of places. Beauty is found in the intricate details of our lives. This is something that most children learn to appreciate even though they may not recognize it, or understand how to express it in terms that we understand. This could be one reason why coloring is such a treasured pastime for children. It allows them the opportunity to express the beauty in the small details that they notice every day.

Fortunately, there has been a recent increase of interest in coloring for adults as well, and I believe that the appreciation for the beauty that we sometimes neglect is one reason that this is so. Along with this, adult coloring brings an opportunity for self expression and relaxation without any long term commitment. It can be done alone or with friends, with the simplest of tools or the most elaborate. As adults, we gain something even richer and more satisfying from coloring, especially when the images are intricately beautiful and inspiring. That is what we have aimed to create with this collection of coloring images. Meaningful, inspirational quotes to inspire you surrounded by the beauty of delicately crafted design work, all designed to give you the opportunity to make each of these quotes your own, to make them more meaningful by adding your unique creative touch.

Not only is coloring a favorite pastime, but the recent interest in adult coloring has sparked much interest in the possible benefits that extend beyond the pure enjoyment. It has been discovered that coloring influences positive changes in both your emotional and physical health. With this collection, those benefits are taken one step further and enhanced by providing you with meaningful and thought provoking affirmations that you can carry with you throughout the day. For some people, coloring is a type of meditative process, one that is relaxing and healing on a soul level. The layout and

design of this coloring book is perfect for use in a meditative or therapeutic way.

# The Value of Positive Affirmations

Positive affirmations, which first became popular during the 1920s, are a way to bring forth desired attributes to your life. More often than not, affirmations focus on the emotional or mental aspects, more so than the physical, however you can find or create an affirmation for just about anything that you desire. There is a theory regarding positive affirmations that claims it is possible that by repeating or exposing yourself to affirmations on a regular basis, that you can to some degree alter the chemical pathways in the brain, resulting in a stronger neurological connection to the thought and the brain's ability to recognize it as truth.

For those who are skeptical of the power of positive affirmations, all one really has to do is take a look at someone who has a habit of repeating negative affirmations to themselves. When was the last time that you knew someone who was constantly negative that wasn't living the life that they predicted through their words? If negative thoughts and emotions can have such a powerful effect on our lives, then surely the opposite theory must hold some validity.

While many, if not most, of us have negative thoughts from time to time, there is danger in letting them occupy too much space in our thoughts. Negative thinking is self sabotaging and destructive to our lives and often those around us. If you have ever found yourself in a dark or negative place then you know this to be true. This is why it is important to counter the negative weight of destructive thoughts. It is true that whatever you visualize and let your mind see, becomes your reality and what you believe in. Through the use of positive affirmations you can remove enough negativity in your life to make positive changes in your state of emotional and mental health. Positive affirmations have been shown to have a beneficial effect on mild anxiety, depression and thoughts of low self worth.

More recently, there has been research conducted that shows that positive affirmations have an impact on protecting the body and mind from the damaging effects of chronic stress. This is because the use of positive affirmations connects you more deeply to your desires, values and the ideals that are the most important to you. When you are able to have a connection to these things, you become better able to visualize them as a reality and better able to focus on the most effective path to bring you to your desired outcome. People who experience chronic stress are often searching for their happiness or peace, yet lack the insight as to how to achieve it. Positive affirmations can reverse the damage of stress and help you live a life more in line with your true destiny.

Each person has times in their lives when their spirit can use a boost. The very essence of an affirmation is exactly that, a boost of positivity that gives you permission to feel good about yourself in the present and hopeful for the future. The art of coloring, in a sense, does the same. Coloring releases a series of feel good emotions and allows you to be fully present in the moment and your creativity. When you are able to combine the two, you become one with the affirmation. This book has been designed to allow you to bring to life and to live each and every one of the positive affirmations in these images. When you add color and uniqueness to these images, they become yours. Your art becomes your reality and each word of the affirmations become your truth. You may use the images in this book to enrich your life at any time. However, combining coloring with these positive images can be even more constructive and beneficial if you create with them during times of emotional or physical turmoil such as:

- When you are feeling especially down about yourself or your current situation. Positive affirmations are meant to be stated and accepted as truth in the present tense. At any point when you are suffering from low self esteem or are feeling bad about a situation that you are experiencing, the use of positive affirmations can help you see the hope and possibility in the present moment.

- When you are having trouble controlling your emotions. There are times when intense and disruptive emotions such as anger, grief, jealousy, sadness and emotional fatigue take hold and interfere with daily life. Sometimes, these emotions stem from deeper issues, while other times the emotions are short lived, but still distracting. Breathing in, while repeating the positive affirmations presented in these images can help replace negative emotions with positive ones.
- When you need a confidence boost. Affirmations are perfect for those times when you need a little reinforcement and reminder about how wonderful you are. Maybe you are going into an important meeting at work, have a speech to give, an important event with a loved one, etc. Whatever your reason, spending a few minutes repeating positive affirmations to yourself can provide the immediate boost to your spirit, confidence and self esteem.
- To keep you going when things get difficult. Regardless if it is a never ending project at work, a difficult health condition or the mounting stress of a situation, there are times when we all want to throw our hands up in the air and surrender. Rather than surrendering to the negativity, let it go and let these positive affirmations take their place. Remind yourself of the beauty of the present and how each and every situation comes to an end, and with that ending are new beginnings.

## Coloring as a Meditative Process

You can use this coloring book not only for pleasure, but also for healing therapy. Many people choose to use coloring, or other forms of art, as a meditative process in which they begin to see the multiple layers of other aspects of their lives. The affirmations and designs in this book have been created so that you can use them in your meditative practice to bring about positive changes in your life. You can take any approach that you like when it comes to using coloring meditatively, however if you are new to the idea of coloring as a therapeutic tool, you can follow these suggestions for incorporating meditation and art into your life.

- The first step is to set the scene appropriately. Set your surroundings with things that make you comfortable and relaxed. Some people prefer to color at a desk, dining table, the floor or even outdoors. Go to the place that you feel you will most be able to let your body relax, where you won't suffer distractions and where your environment contributes to a sense of peace and oneness.
- Have everything you need close by. Items to have close at hand include your coloring book, whatever medium you choose to color with, and associated tools such as sharpeners or brushes, and a protective blotter sheet if you are using markers. Once you have all of the necessities, you can begin to look at what can be added to enhance the experience. Music is a wonderful meditative tool. Traditionally, soothing instrumental music has been used for meditation; however you can use whatever style of music that transforms you. Considering that artistry is involved, you might want to experiment a bit with what style of music best suits your mood and objectives.

- Wear comfortable clothing that is loose, but not so loose that excess fabric interferes with your art or comfort. Think soft fabrics that are so comforting to the skin that you barely notice that they are there. Remove any intrusive details such as belts that are too tight, or tags that may irritate and distract while you are in your meditative process.
- Next, while you need adequate lighting in order to color, you may also like to add the soft glow of candlelight to your creative space. Lightly scenting the wax with an essential or fragrance oil that supports your creativity is a nice, relaxing touch.
- Now, you are finally ready to begin. Sit quietly with your book and look over the images. Even if you already have the one that you want to color picked out, just taking a moment to explore the others and the positivity contained within them will add more depth to your coloring experience. Once you have an image picked out, sit with it for a minute and reflect on what the affirmation means to you and how you wish to positively affect your life by inviting it into your life. Though the message is simple, each affirmation will mean something different to each person. It is important that you are able to get in touch with what each affirmation means to you.
- Next, close your eyes and envision the image on the page. With your imagination, add color to the image and bring it to life in your mind. What colors do you see? What do they mean to you? How did your mind envision the design work around the affirmation, and do you notice anything about your mind's vision of the image that has significance in regards to how you want the affirmation to positively affect your life? Use this as inspiration when you actually begin to color.
- When you begin to color, consider starting with the affirmation itself, and build your way out. Concentrate on the affirmation as you add color

to the lines of the words. With each stroke that you make outwards, further into the design, imagine setting the affirmation free into the air around you so that it can become a true part of your identity. Envision the colors that you are using as waves of colorful light reaching out into the universe and connecting you to all of the positivity contained within.

- You may wish to color your image in one sitting, or take a different approach and work on it over a series of sessions, each one bringing you deeper into the affirmation itself. Do whatever feels the most natural to you; just remember to not rush through the process. This is a form of art, and both you and the image deserve the respect of allowing the appropriate time to complete it. Once you have finished your coloring session, take some time to be quiet and reflect before closing your book and walking away. Enjoy all the sensory experiences that you can. Run your hand over the image and feel the smoothness or textures caused by the medium that you have chosen. As strange as it may sound, bring the page up to your nose and gently inhale. Your mind will make a connection between the smell of the crayons, markers, pencils, etc. with the message of the affirmation. Each time you are around these tools, you will subconsciously ignite the power behind each affirmation.
- When you are completely finished, you can remove the image from the book and place in somewhere that you will have frequent access to it, for example on a desk or in the kitchen on the refrigerator. You may even frame it and place it somewhere that you walk by daily as a regular gentle reminder of the goals that you have set for your life.

# Bringing Life To Your Affirmations: Choosing Your Tools

This book is filled with affirmations, brimming with positivity and inspiration that need nothing more than a little bit of your time and your creativity to bring them into your present reality. There are many different tools that you can use to add color to your affirmations. I recommend taking a leisurely trip to your local art supply or craft store and taking some time exploring all of your different options. You can keep it simple and classic with crayons or you may choose to go more elaborate and use fine tipped brushes to apply paints or even chalks. How you choose to color your pages are up to you. Here we have provided an overview of the basic and most popular mediums for coloring.

Colored Pencils: Many adults prefer coloring with pencils opposed to crayons. This is because colored pencils add the opportunity for different textures and techniques without sacrificing the vast color variety that comes with the class crayon. Not only are more people familiar with colored pencils, but they are also easy to find in a variety of price ranges. If you choose colored pencils as your preferred medium, you will be able to blend colors and soften lines to create unique effects. Depending on the type of pencil you choose, your lines can be hard or soft, rigged or smudged with colors that can blend beautifully.

What you want to look for when choosing colored pencils is the combination of pigment and wax, along with the quality of each. The more wax content a colored pencil has, the more soft your touch will need to be. A higher wax content also means they will smudge easier. This is a nice effect for images that have larger areas to color or invite a sense of realism. If the lines you are coloring require more definition, then you will want to choose a colored

pencil that is a little more solid and rigid. Quality pigment ensures that your color is vibrant, true and resists fading over the long term.

Perhaps the greatest benefit of choosing colored pencils as your choice medium is the range of choices that you have. Colored pencils of good quality are available in a wide range of prices and are available both as complete sets, and individual pencils that you can use to custom build your collection over time. If you are new to coloring, I recommend choosing a basic set that is a couple of steps up in quality from the basic colored pencils that are popular with children. Also, make sure that you invest in quality sharpening tools to get the best performance from your pencils.

Artist Crayons: Let's say that you love coloring with crayons, but seek something that feels a bit more grown up than your favorite childhood crayon. The answer that you are looking for likely is contained in what is known as an artist's crayon, which is also often called pastels. There are hard and soft pastels available. For coloring the images in this book, and any other book for that matter, you most likely will want to choose the harder variety. Hard pastels are a combination of vibrant pigments and an inert binder. While hard pastels actually contain fewer pigments than their softer counterparts, they are more suitable for coloring because they can withstand variances in pressure applied and work better on the smaller details of images.

Art Markers: Ranking along colored pencils and crayons in popularity are markers. If you choose to color with markers you will want to search out markers created specifically for artists. You will find these in art supply and craft stores, as well as a wide range of selection online. Art markers are different from regular colored markers in the way they are crafted. In general, they are constructed with sturdier tips, often in varying widths and tip angles. They also have a higher quality ink, which is important for several reasons. First of all, a good quality ink is going to look nicer and smoother on your image. Lesser quality markers will leave marks, known as line or wet

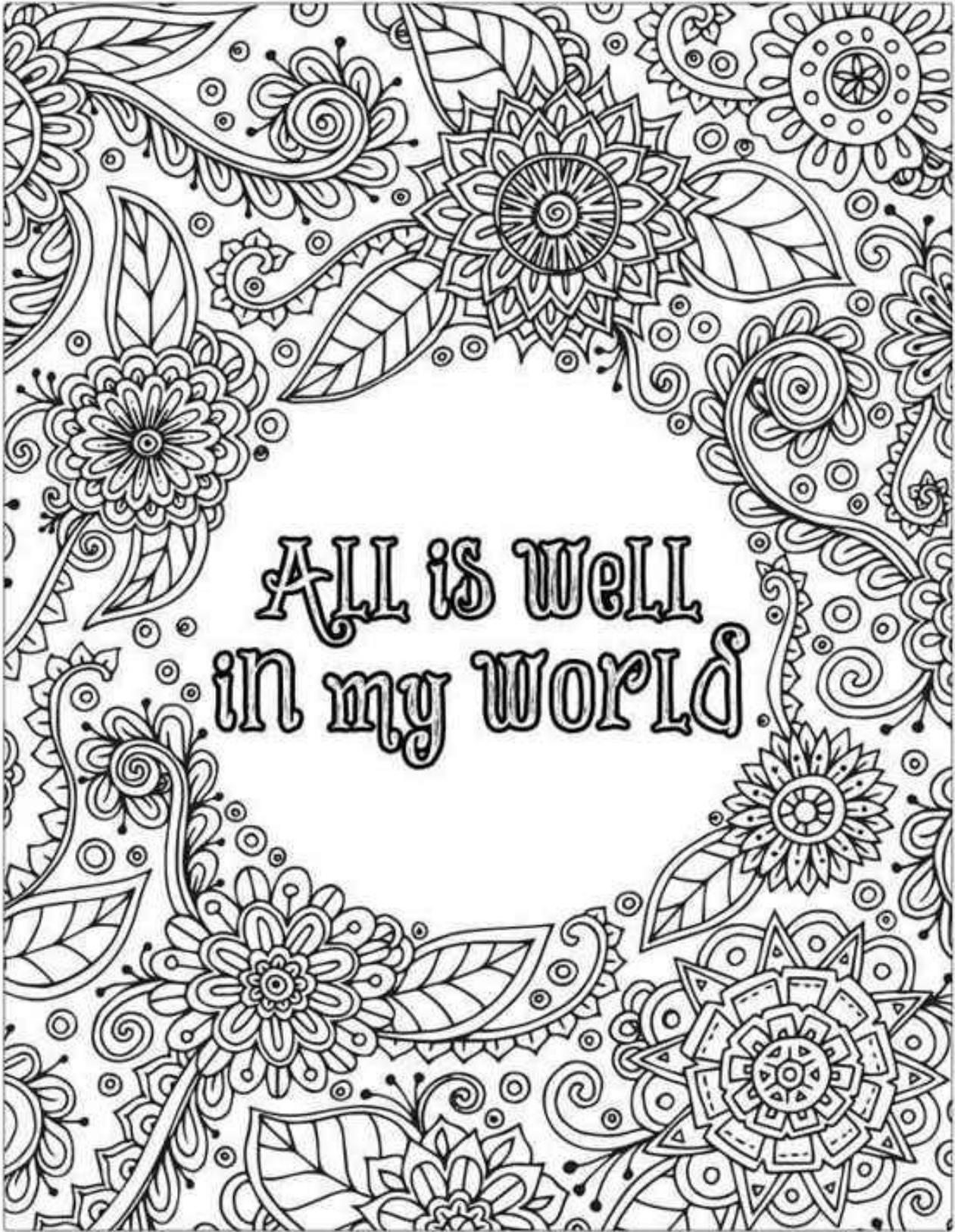
marks. These are the lines that you can see where the strokes were applied, or where more pressure was placed in a particular spot. A good quality marker will have fewer, if any of these lines. Along with this, better quality markers offer a wider range of pigmentation in the inks, which is important since most markers do not allow for layering and blending the way that a pencil or crayon might.

Markers give you a very bold image, one that stands out. This type of medium is perfect for images such as these affirmations in which you want the message and the associated design to speak to you and to implant itself in your memory each time that you look at it. The only negatives to using markers instead of other mediums is that there is little room for error in application, color choice may be somewhat limited depending on brand and type of marker chosen and they do have a tendency to bleed though. For this reason, you should always use a sturdy blotter paper under your image to prevent bleed through on to nearby pages.

No matter what your choice of medium, make sure that you have fun with it. Coloring is enjoyable, relaxing and expressive. It is important that your tools fuel these aspects rather than taking anything away from the experience.



*Opportunity is  
everywhere*



All is well  
in my world.

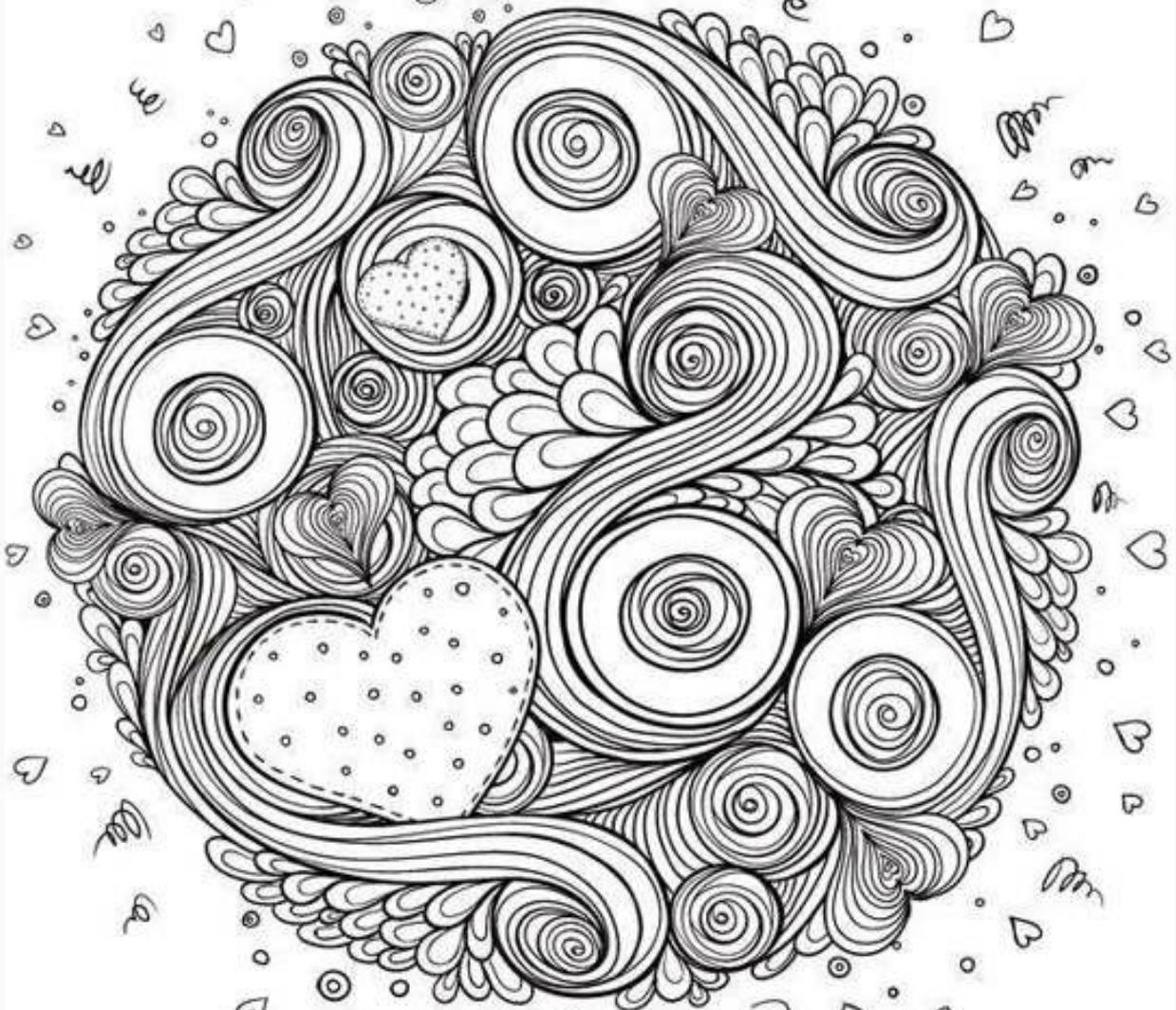


*Life is beautiful  
and abundant*

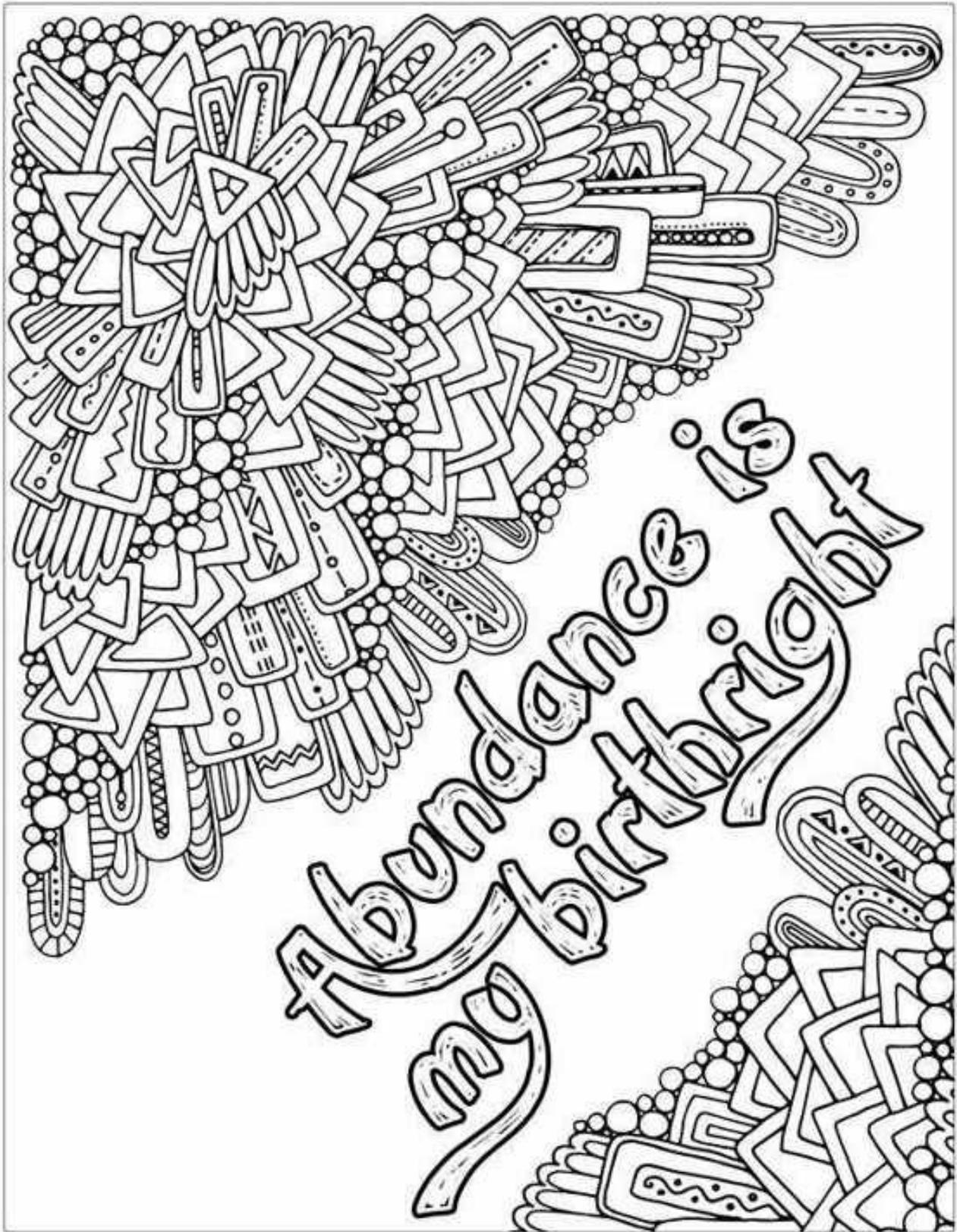


**I am strong  
and resourceful**

I give



and receive love



I am happy  
and content



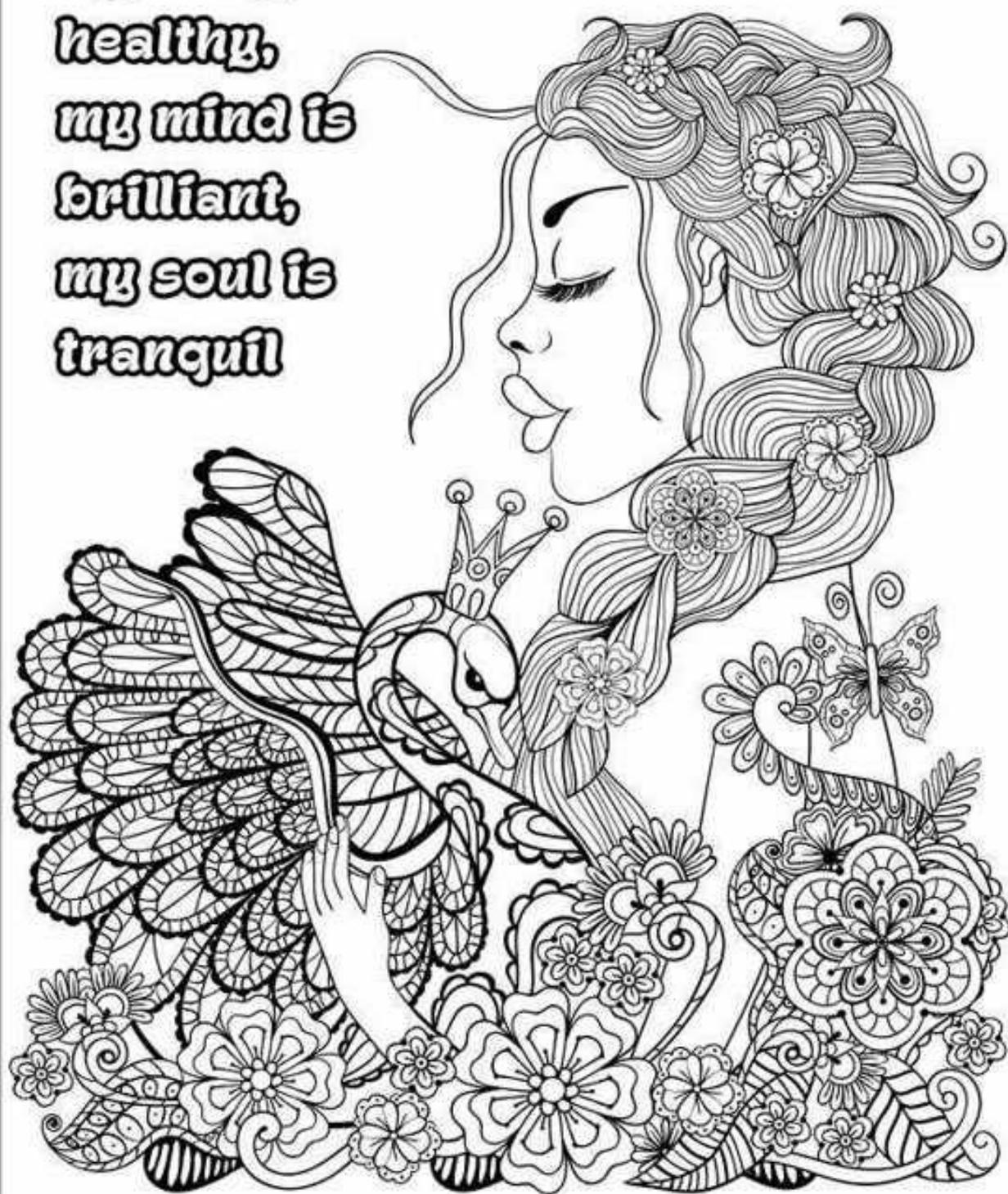


MY  
SPIRITUAL DNA  
IS PERFECT

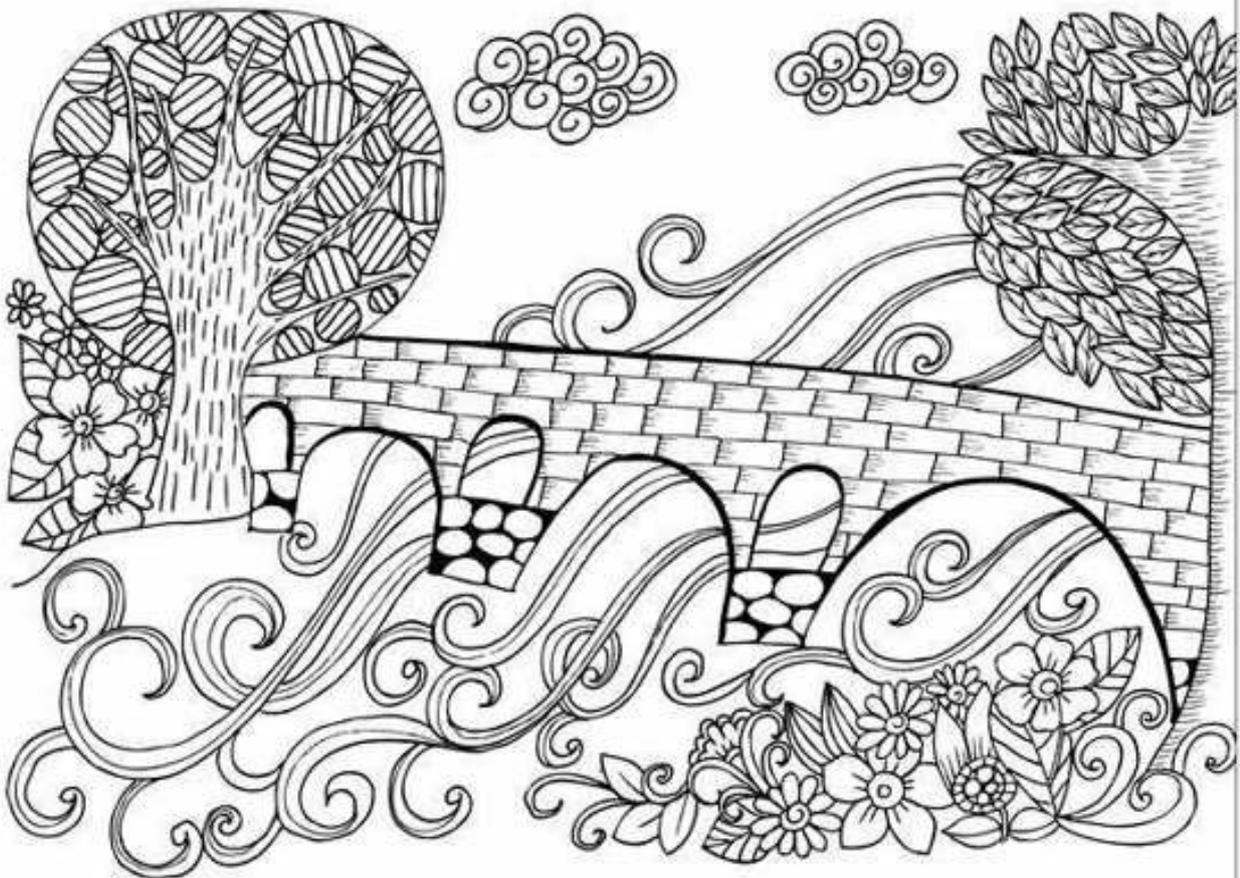


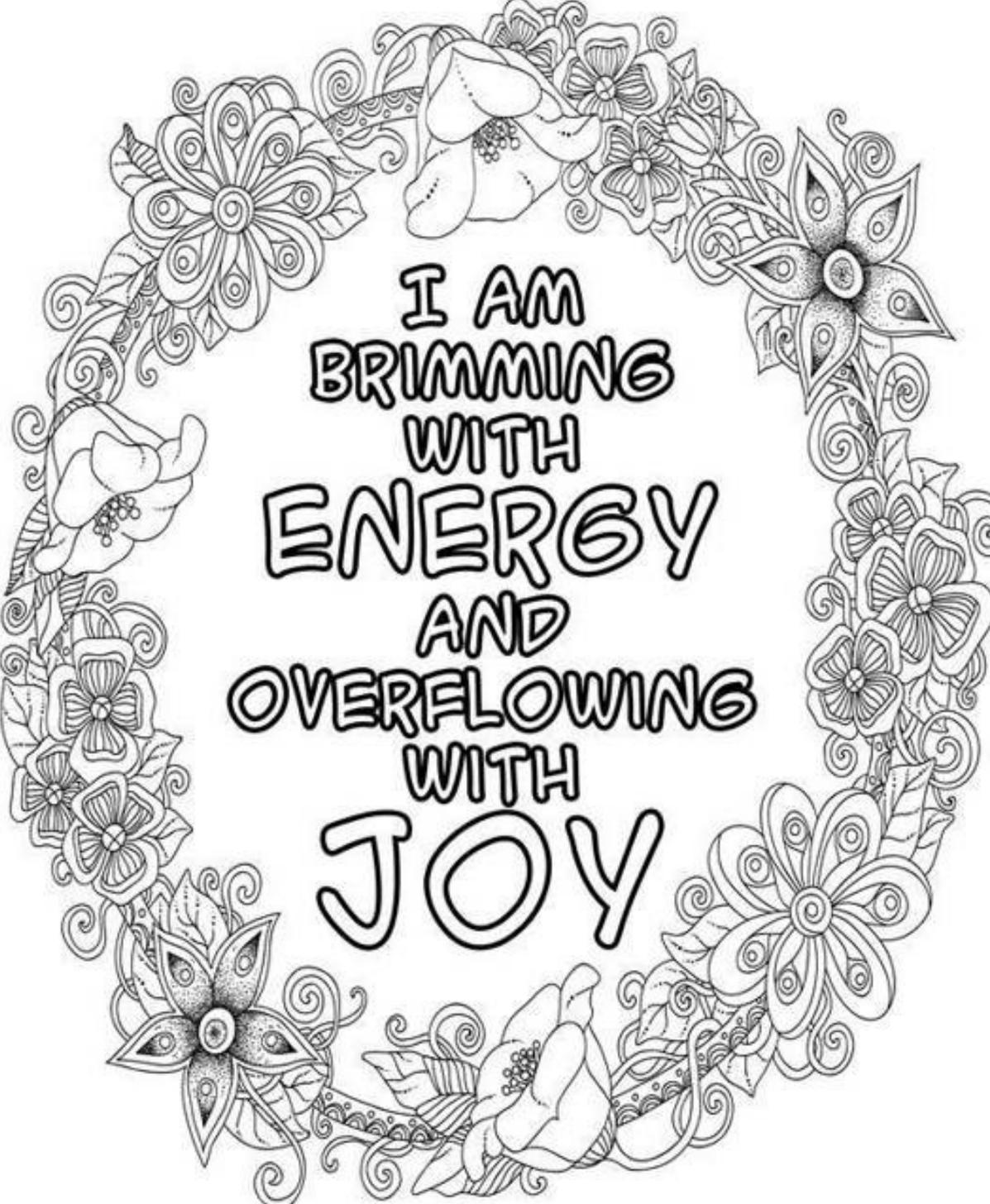
*I believe in myself  
and my abilities*

**My body is  
healthy,  
my mind is  
brilliant,  
my soul is  
tranquil**

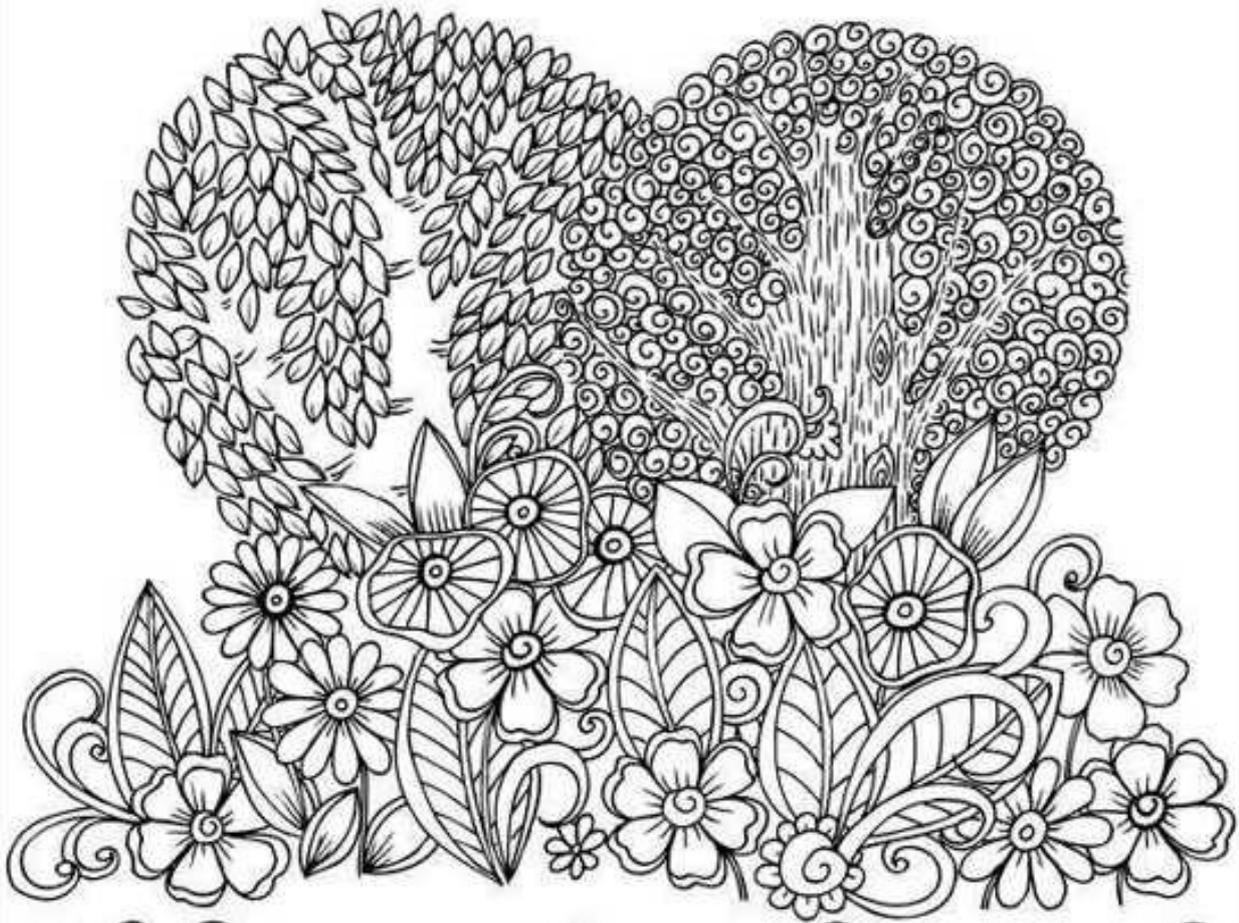


*I am the architect of  
my life, I build its  
foundation and choose  
its contents*





I AM  
BRIMMING  
WITH  
ENERGY  
AND  
OVERFLOWING  
WITH  
JOY



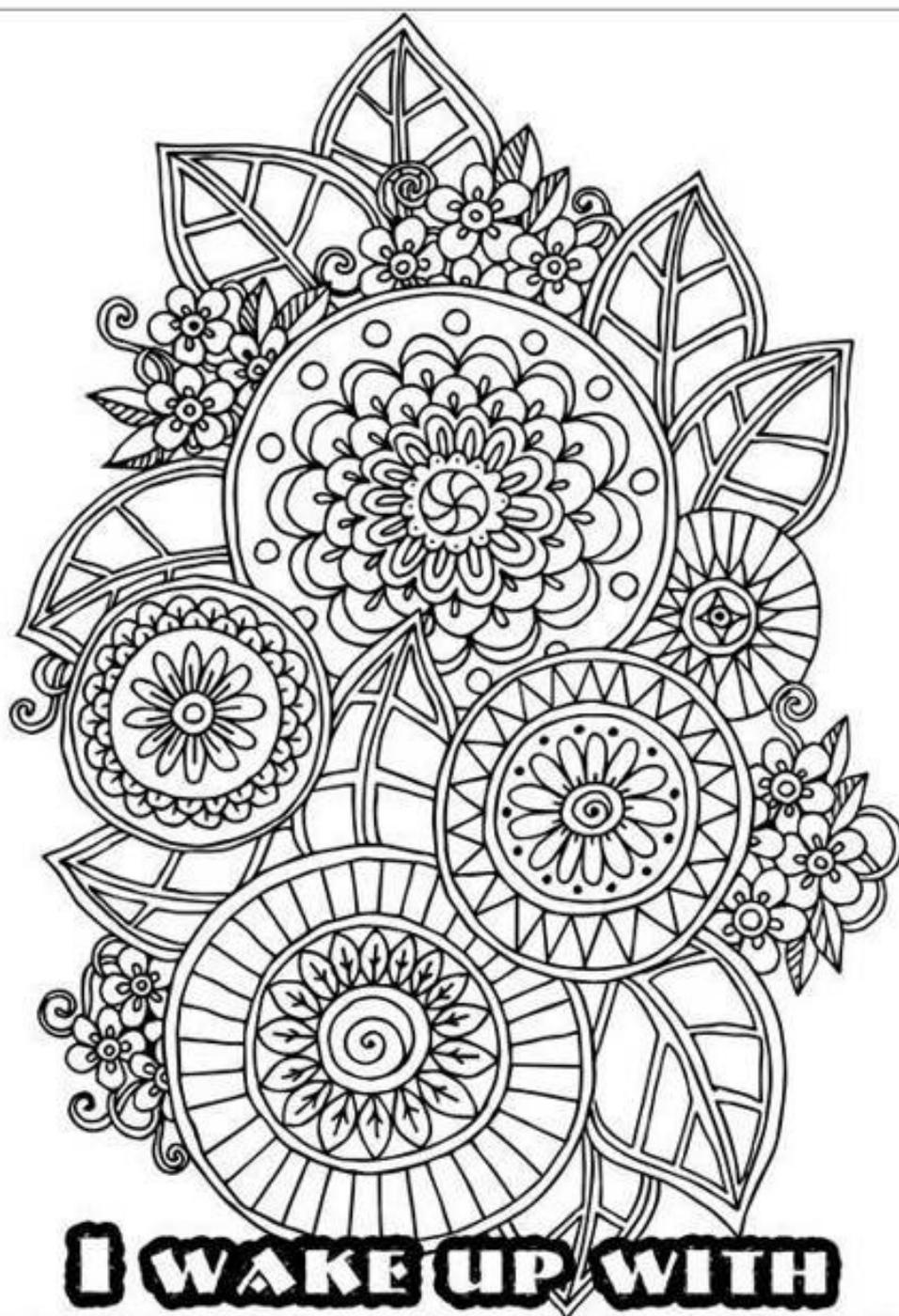
Today, I abandon old  
habits and take up  
new positive ones



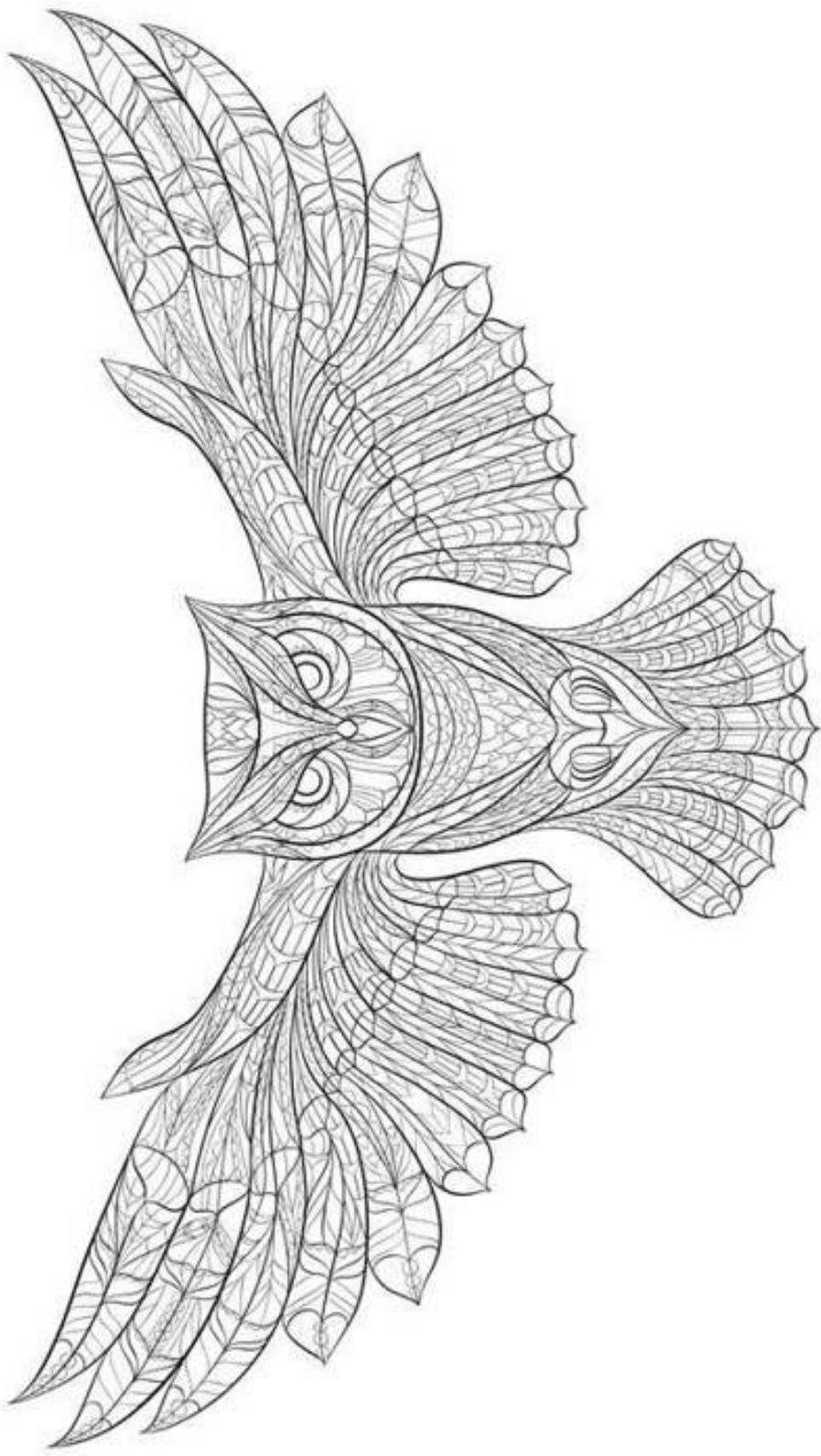
*I am  
courageous  
and stand up  
for myself*



**My dreams  
manifest  
into reality**



**I WAKE UP WITH  
STRENGTH IN MY HEART,  
CLARITY IN MY MIND**



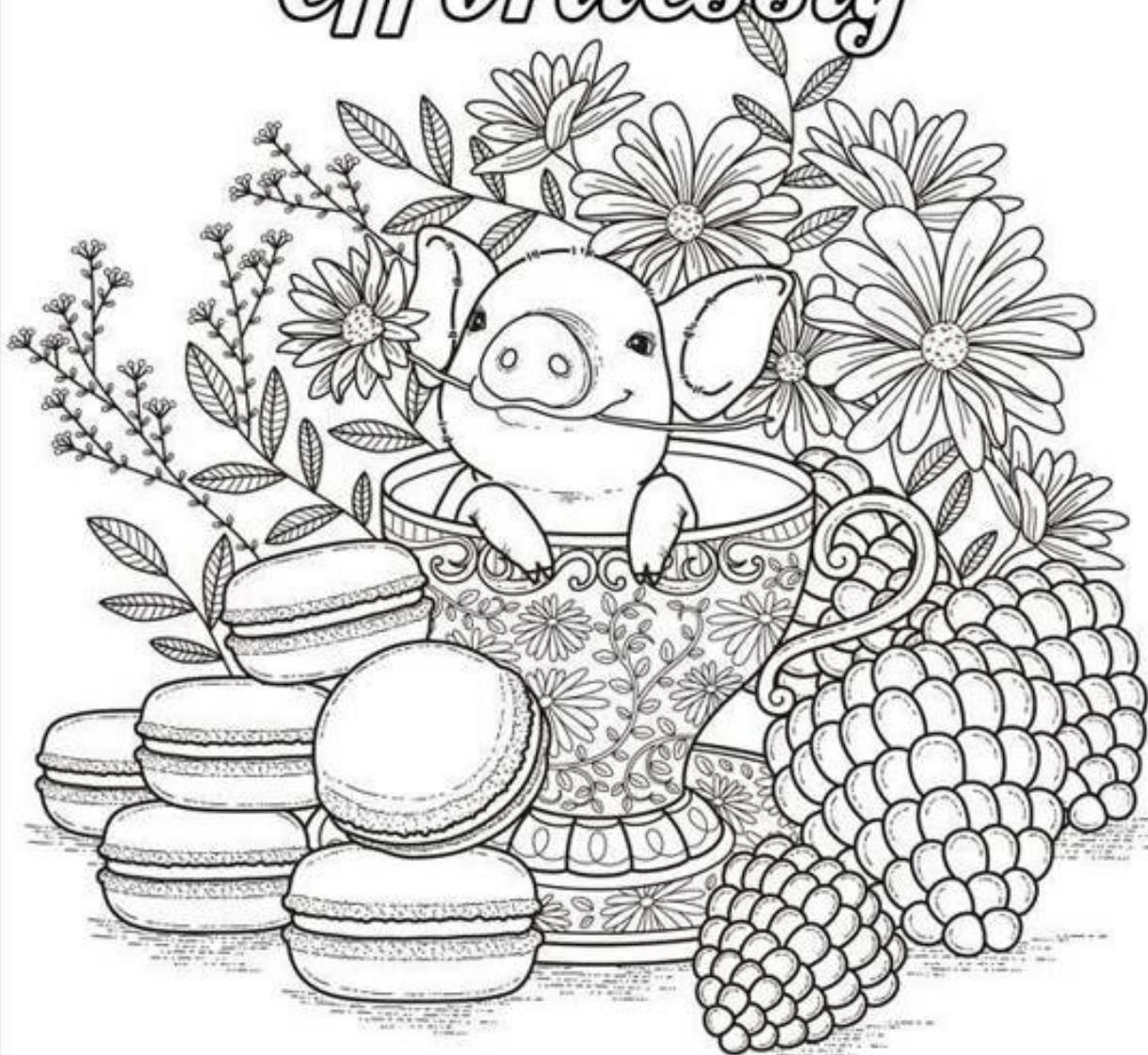
**MY NATURE IS DIVINE,  
I AM A SPIRITUAL BEING**

I choose happiness,  
success



and abundance in my life

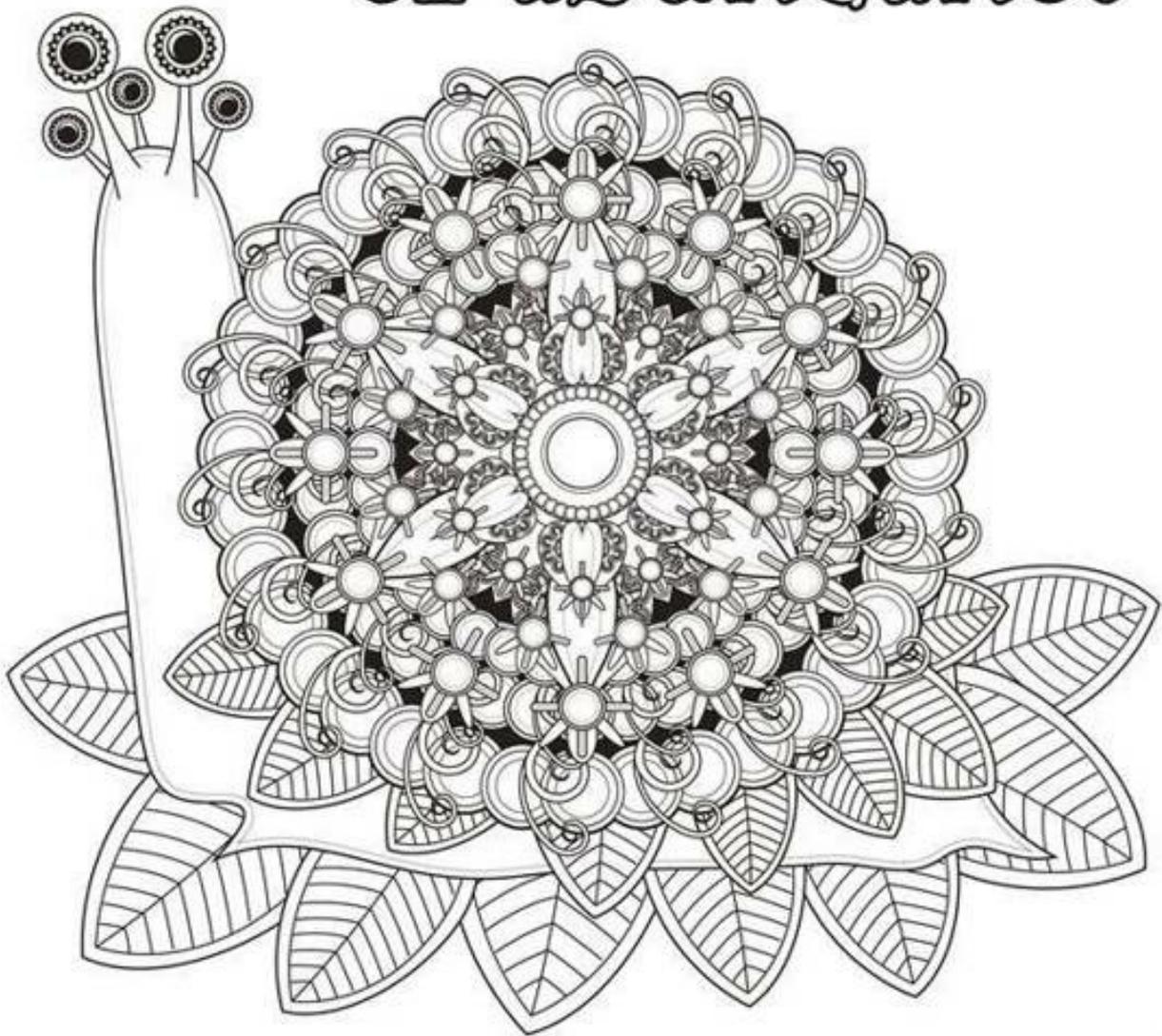
*Money comes to  
me easily and  
effortlessly*



My actions  
create  
constant  
prosperity



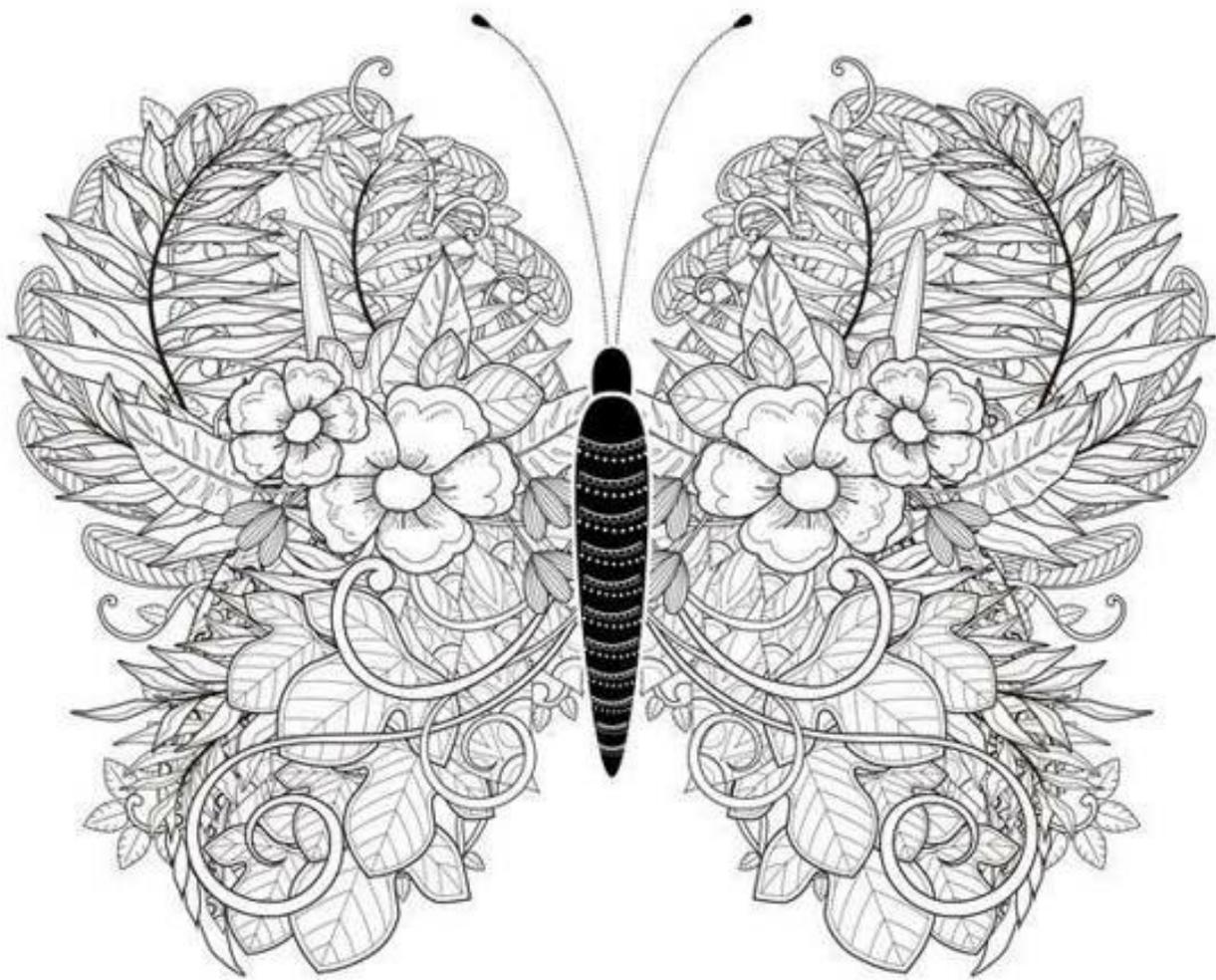
I am aligned  
with the energy  
of abundance



I trust my inner  
wisdom



and intuition



Wonderful things  
unfold before me

I am beautiful and  
smart and that's how  
everyone sees me



Everything works out  
for my highest good



I believe in my  
ability to unlock  
the way and set  
myself free





**I am a money  
magnet and  
attract wealth  
and  
abundance**



*I follow my  
dreams no  
matter what*



Everything  
works out  
for my  
highest good

**I see  
perfection  
in all my flaws  
and all my  
genius**



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