



**Meditative  
Coloring Book  
{OCEAN}**



# Introduction

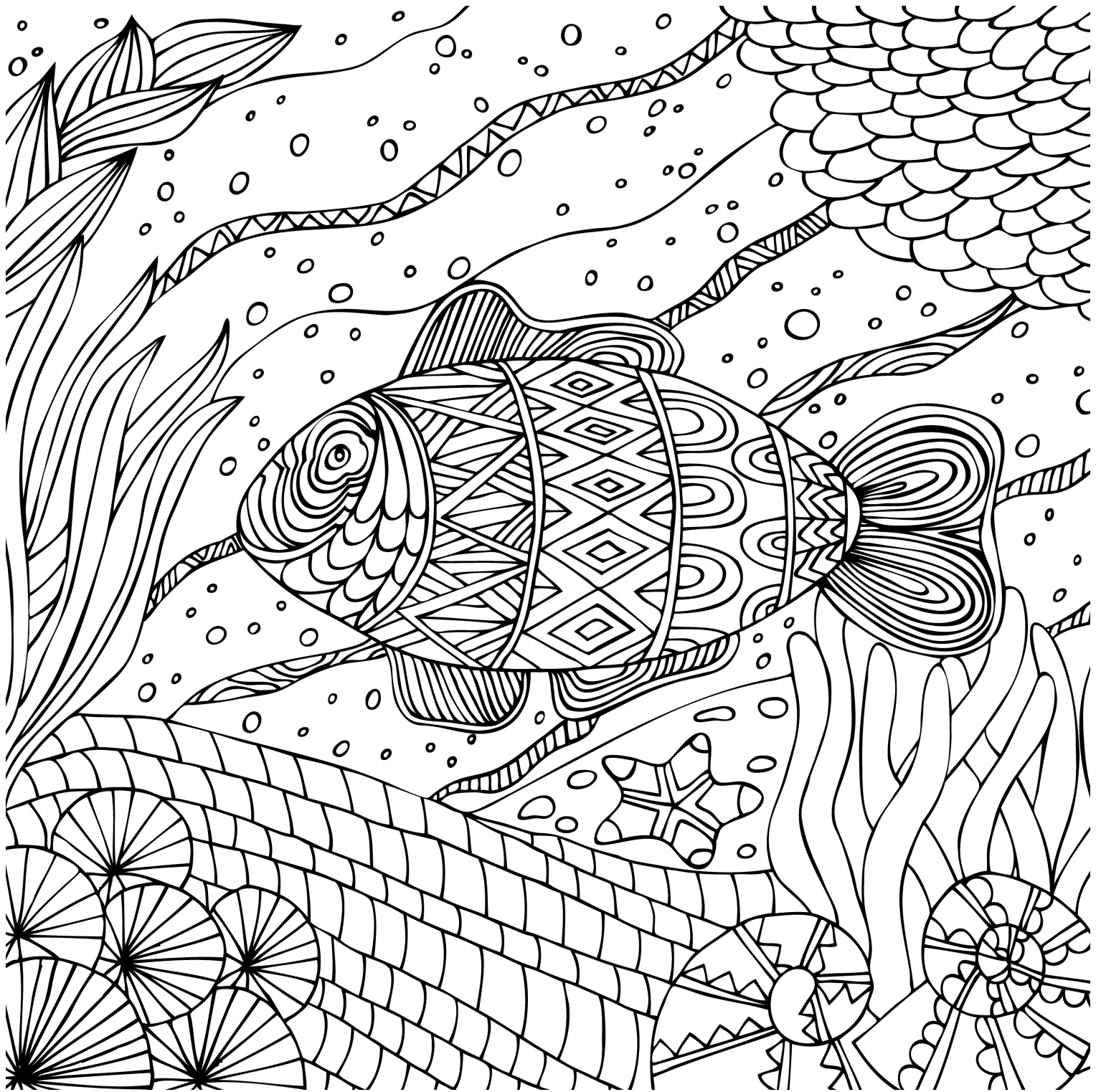
Reignite the love of life  
that gladness of simple coloring can bring.  
A truly therapeutic exercise of the mind that nourishes  
our entire being and stretches our imagination.

By simply following through the artwork to completion,  
it will help you to reach a state of rest,  
comfort and balance.

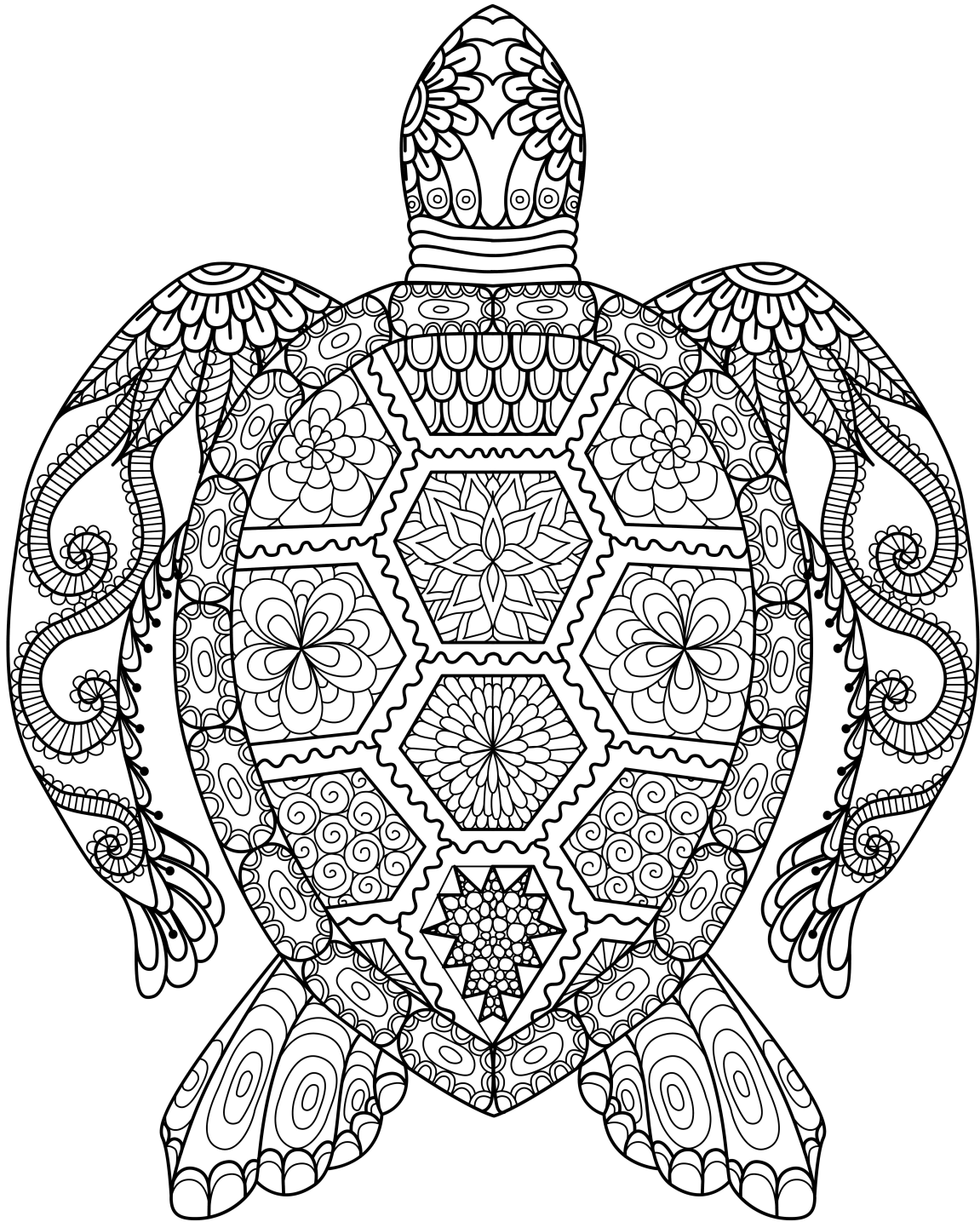
Imagine your stress flying away  
as you start coloring and building up a collection of art pieces.

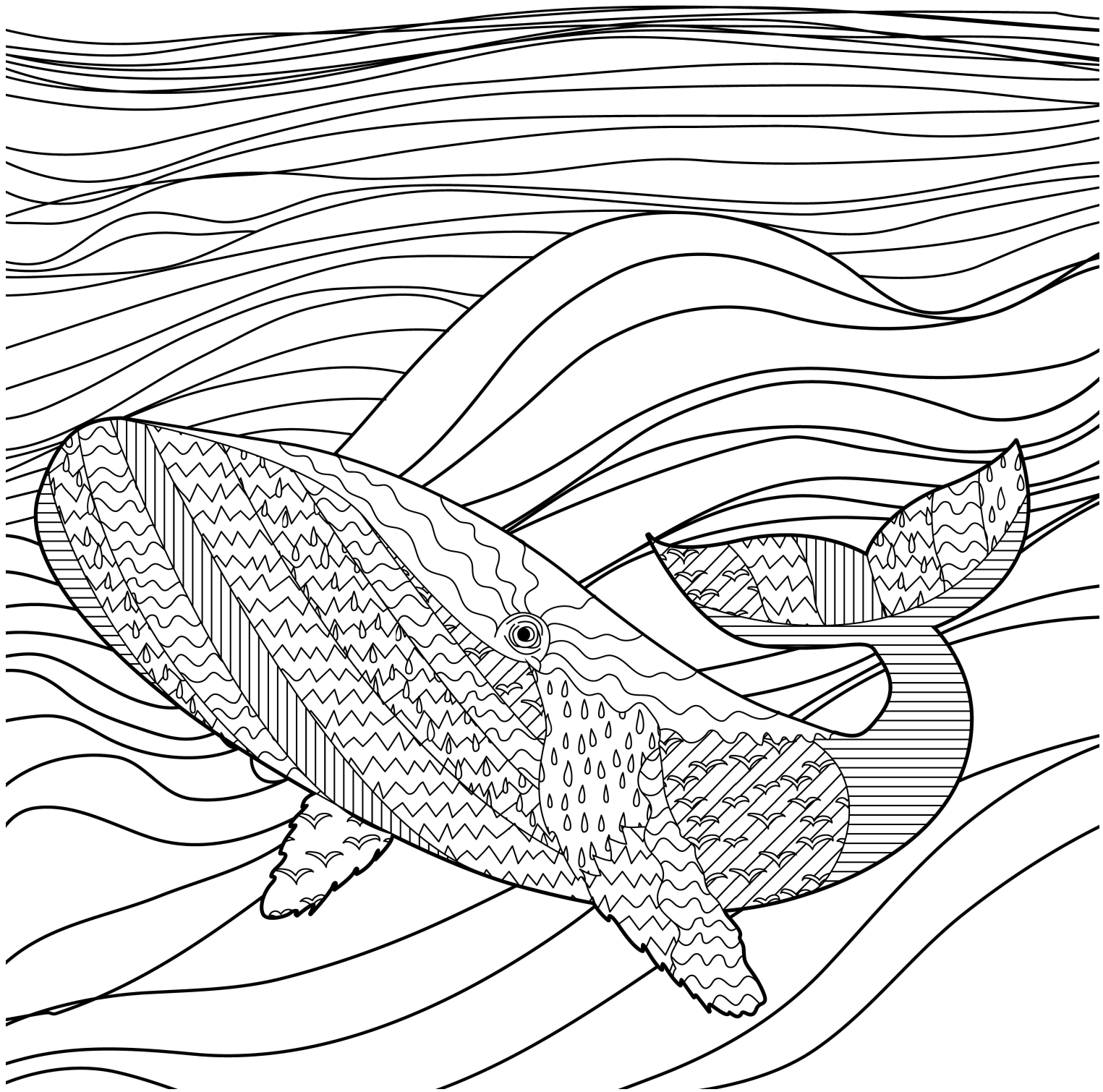
Get started today!  
There are no orderly sequences to follow  
as you can get on the track anywhere you like  
within the wonderful pages of the ebook.  
Just select those that speak to your heart,  
pick up a color pencil and flow with it.

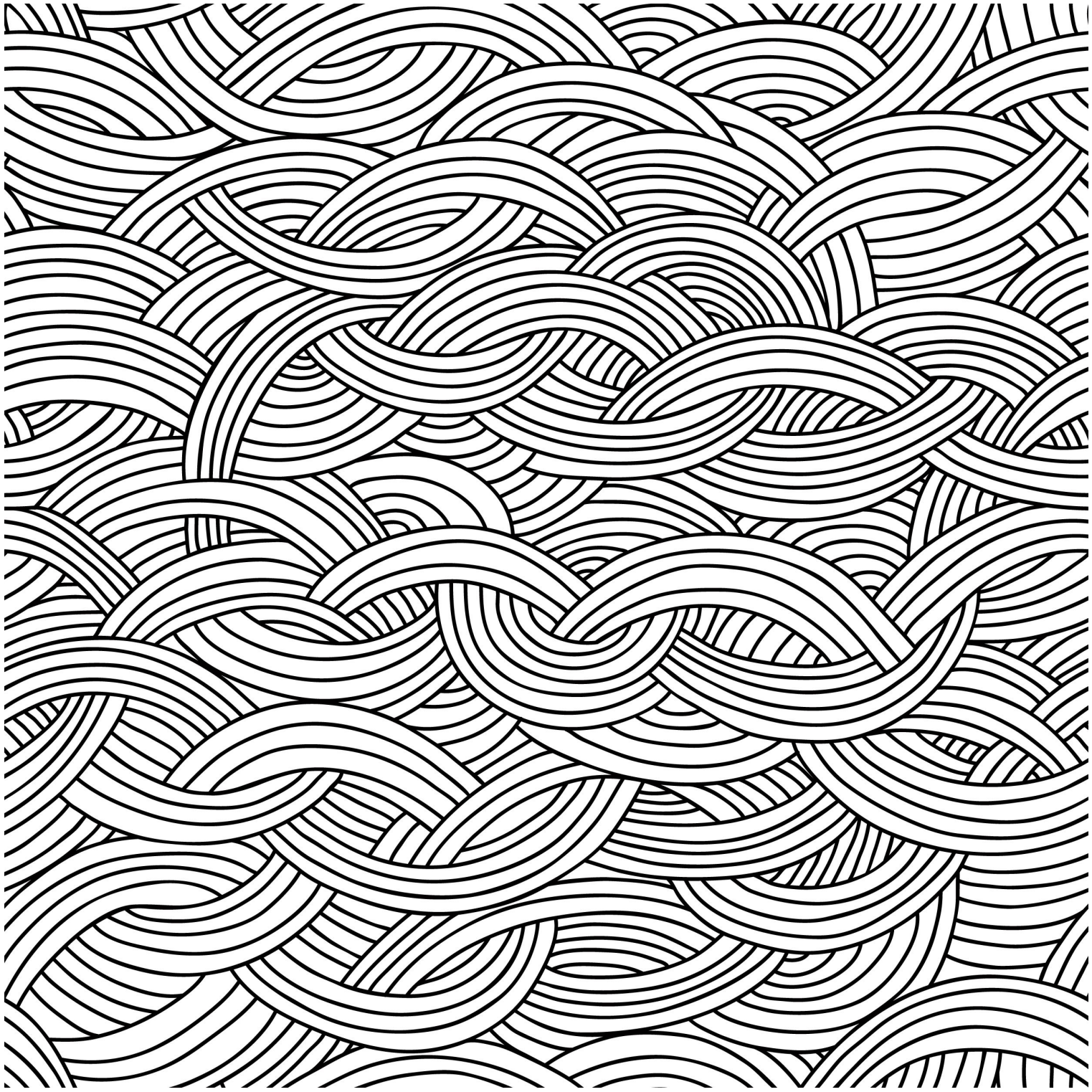
Happy coloring!





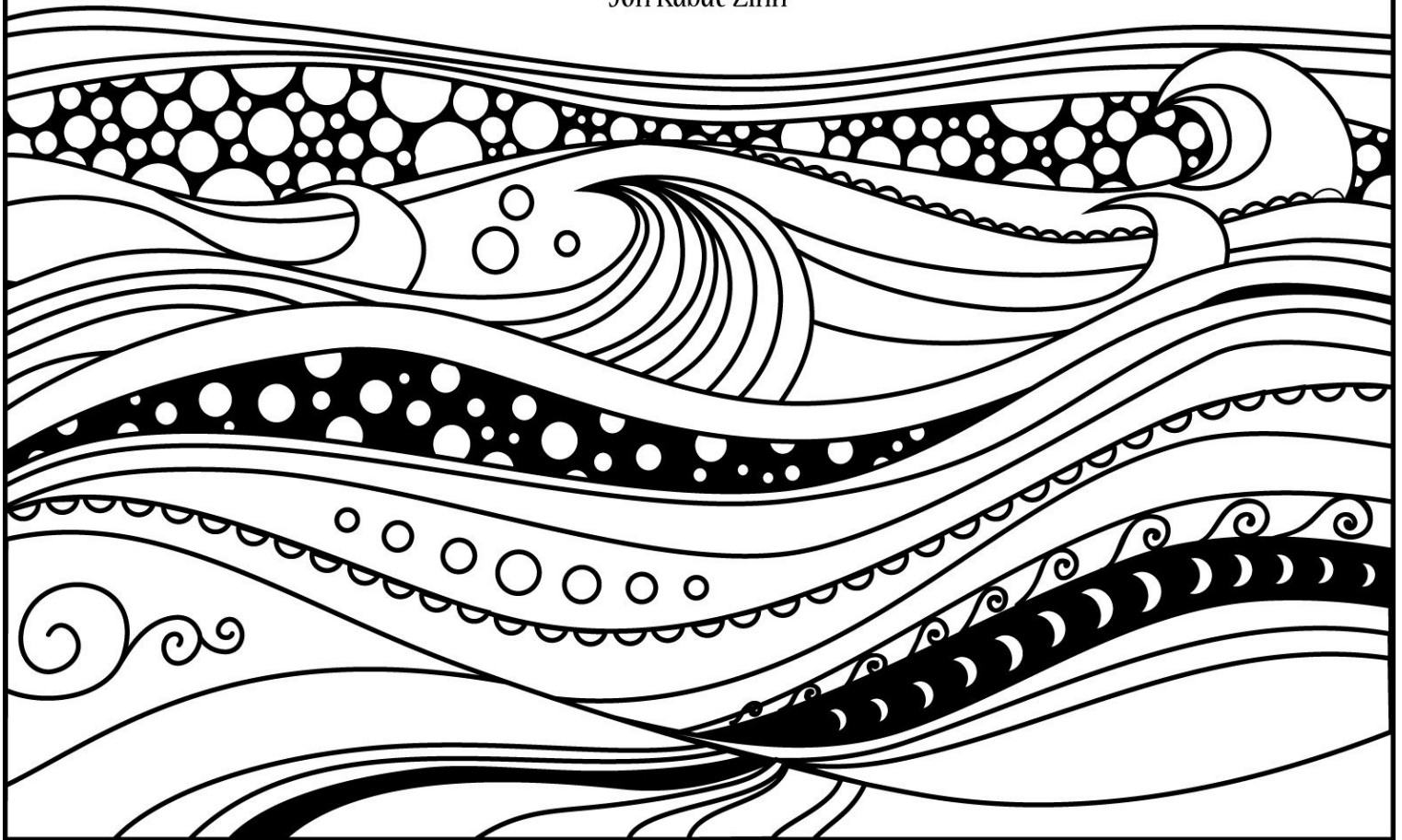




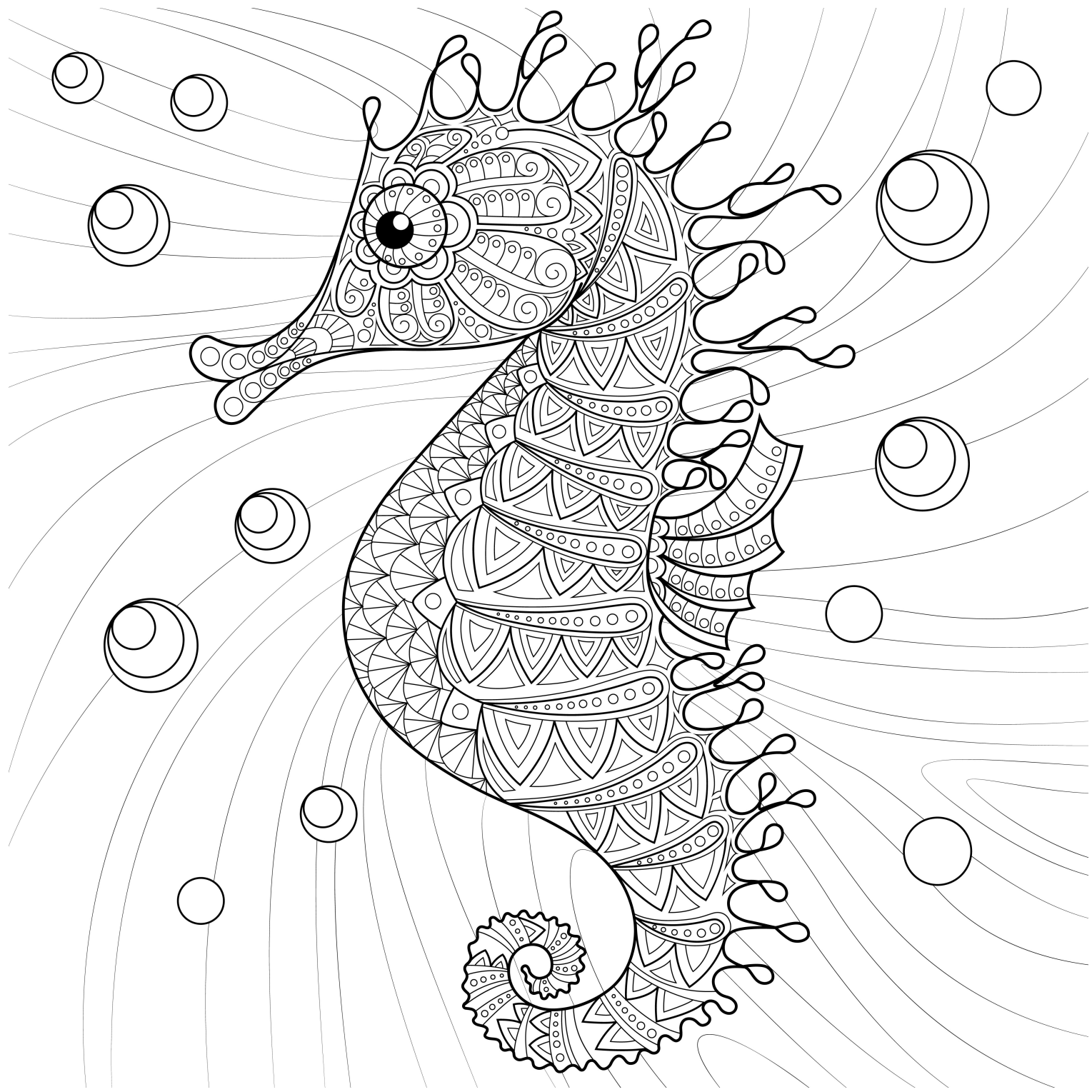


You can't stop the waves  
but you can learn to surf

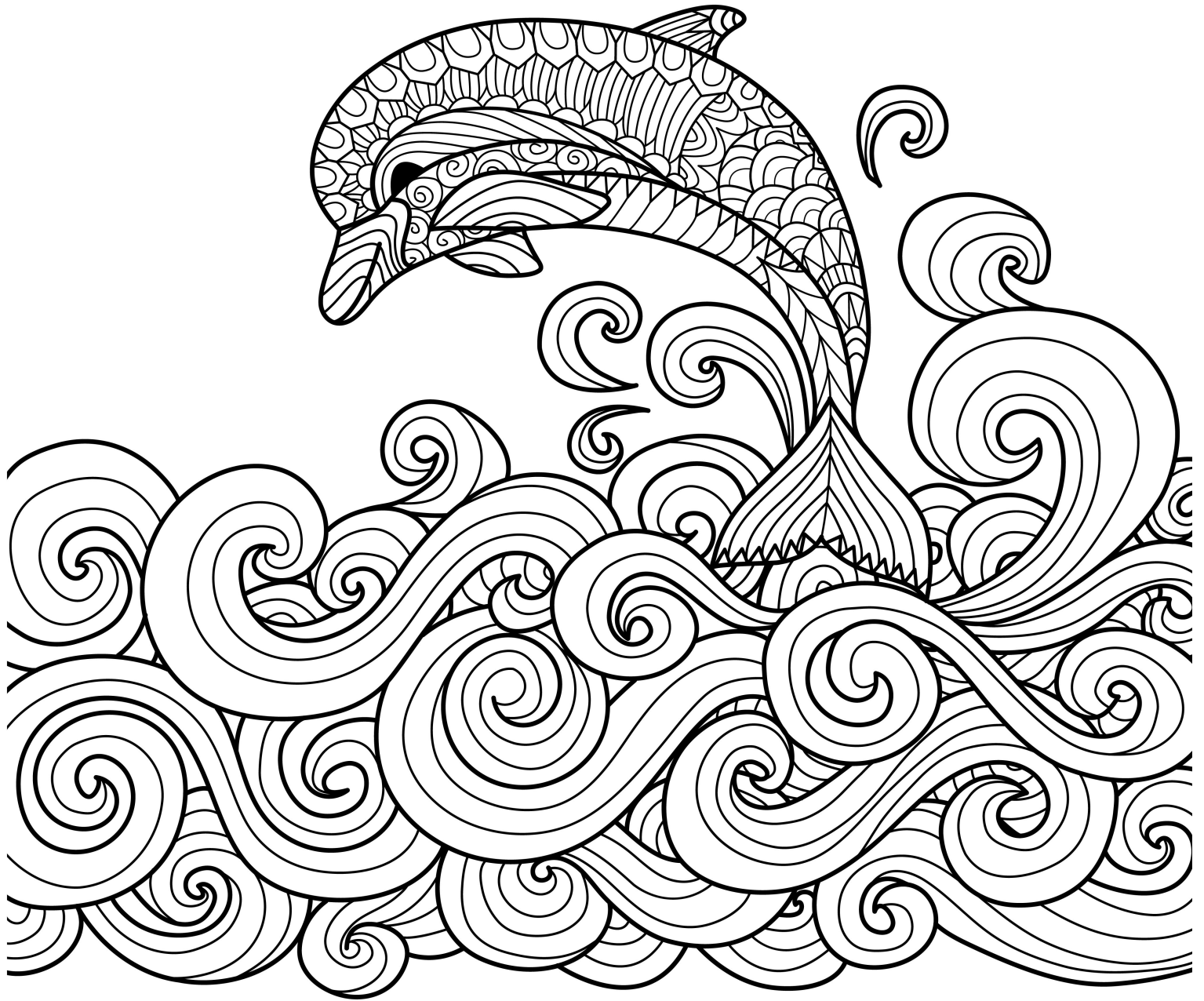
- Jon Kabat-Zinn

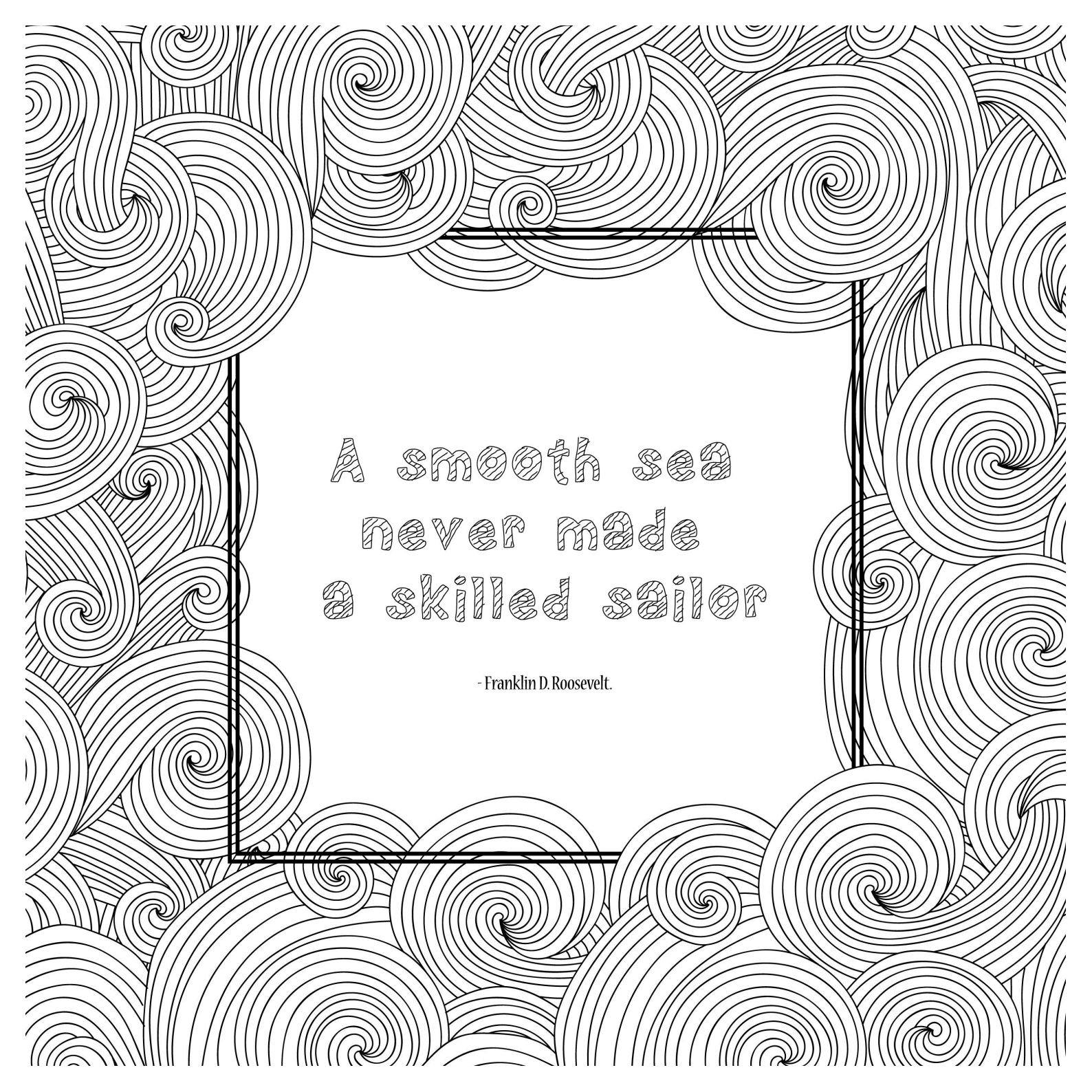






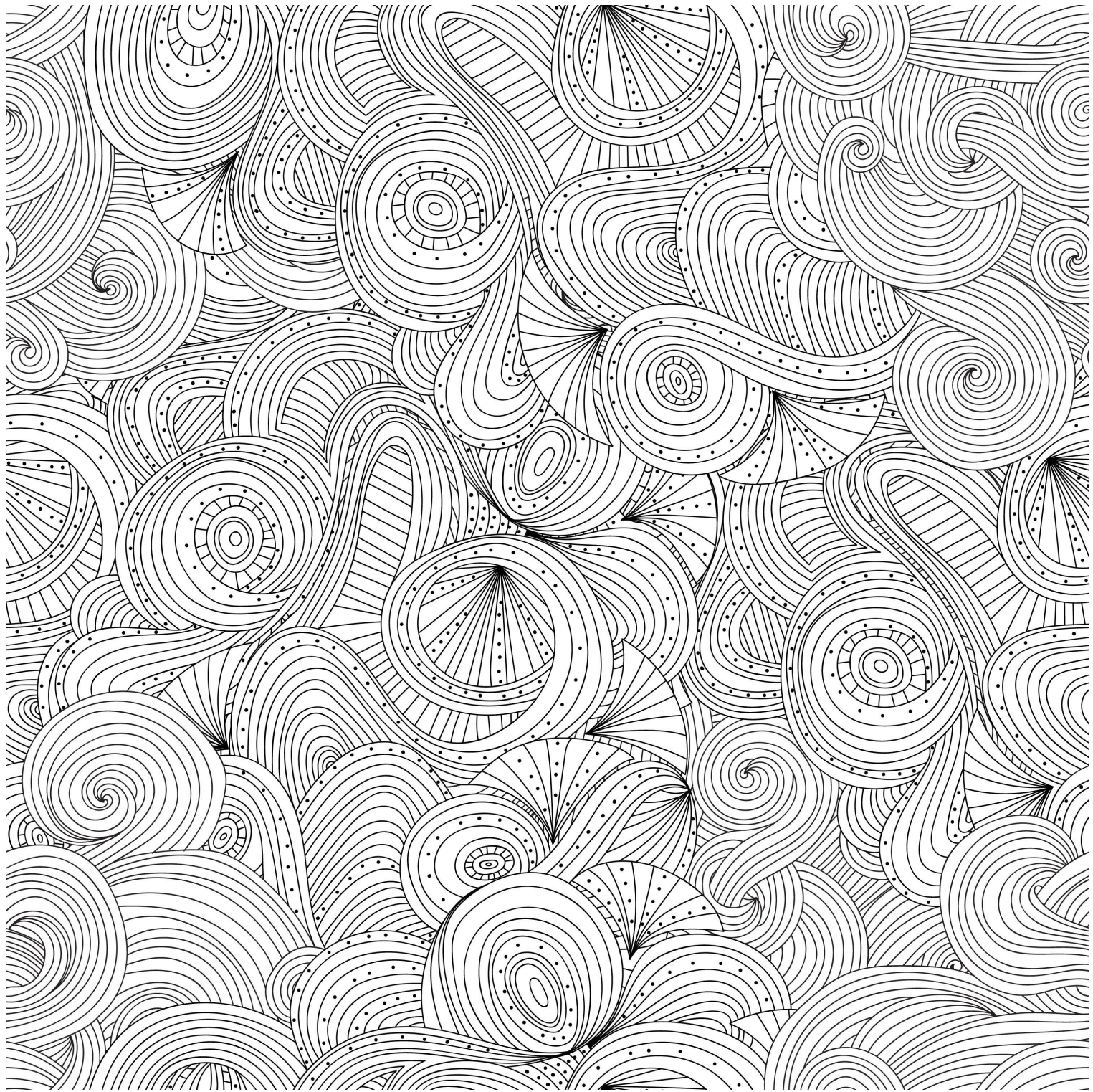




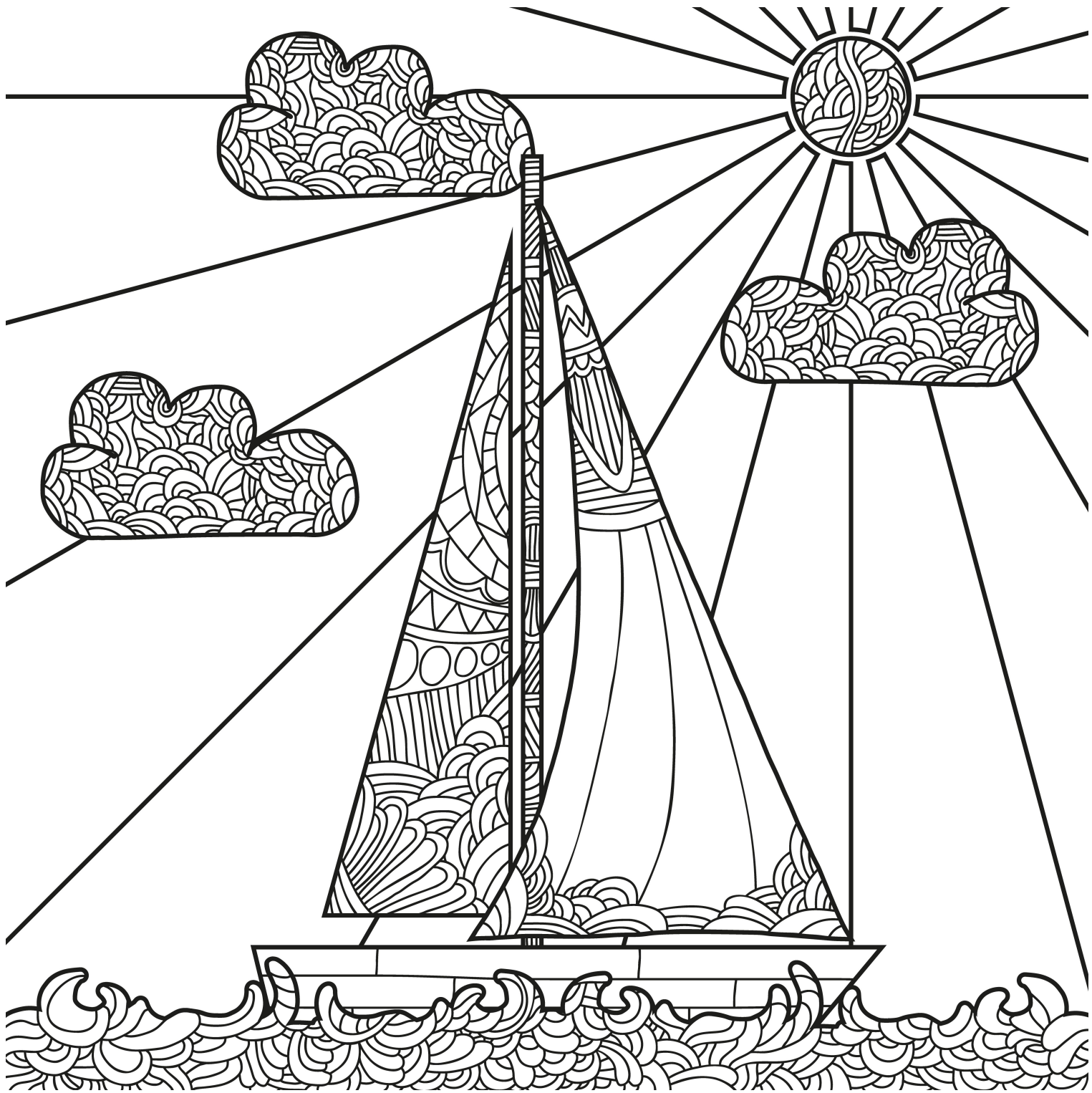


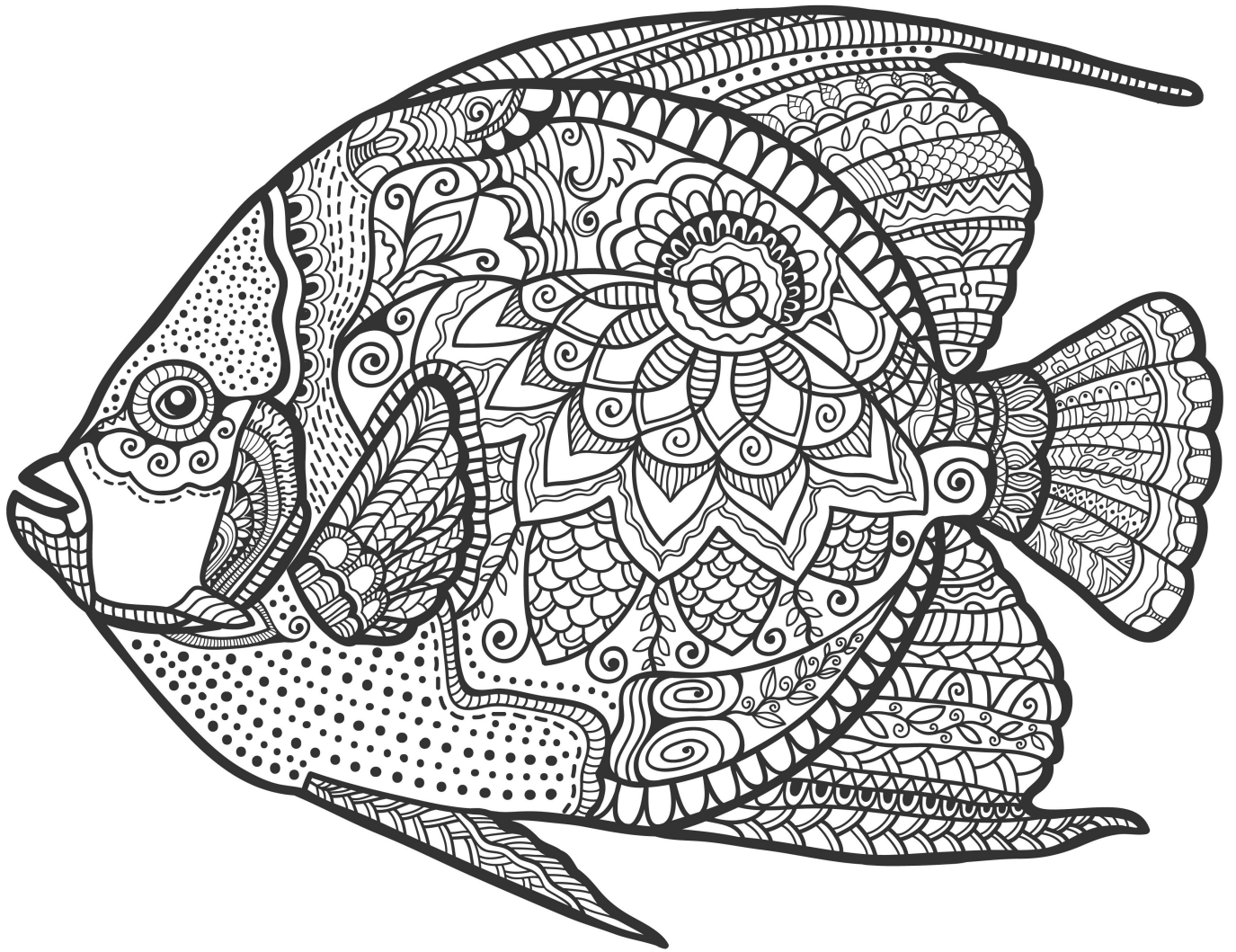
A smooth sea  
never made  
a skilled sailor

- Franklin D. Roosevelt.

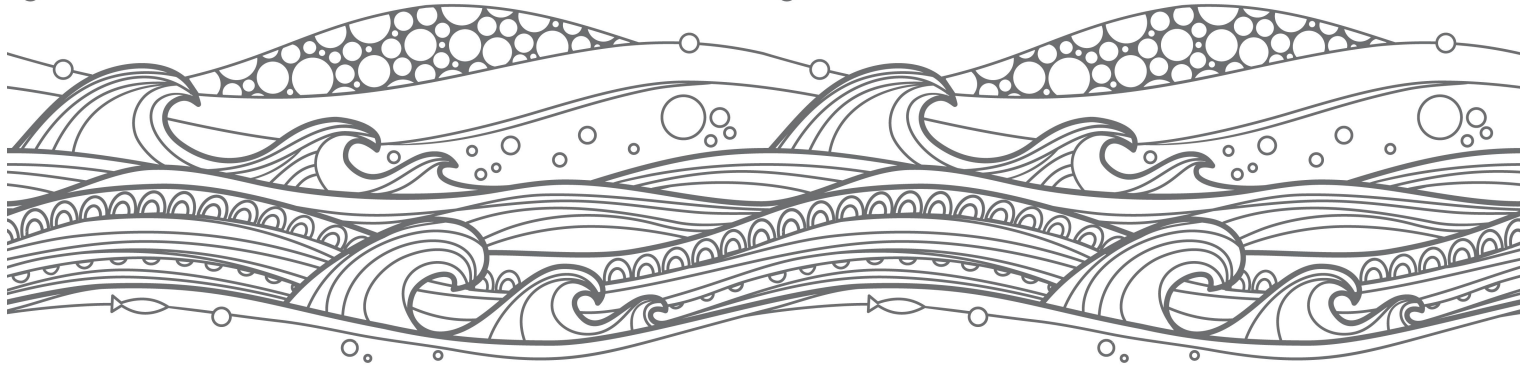
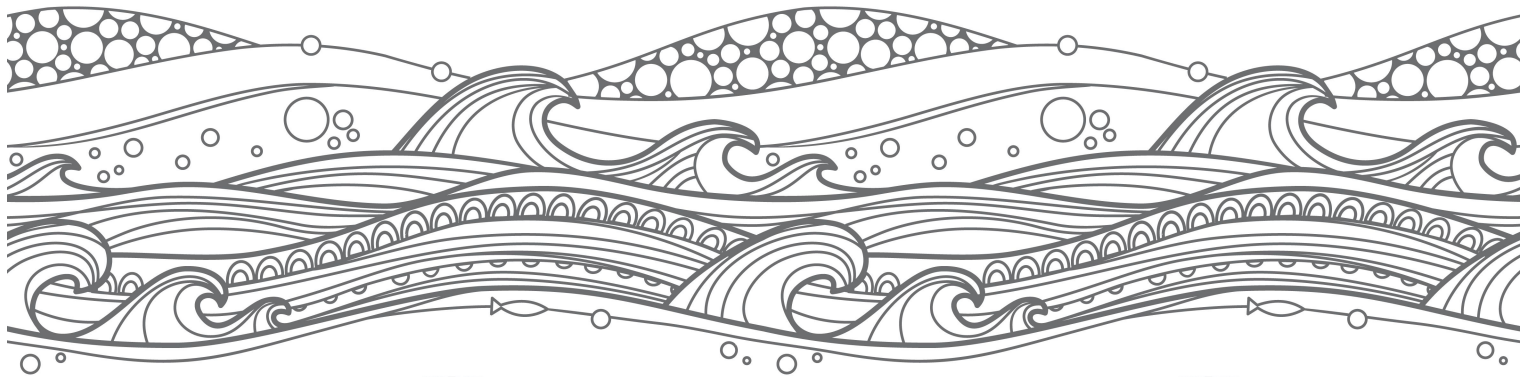
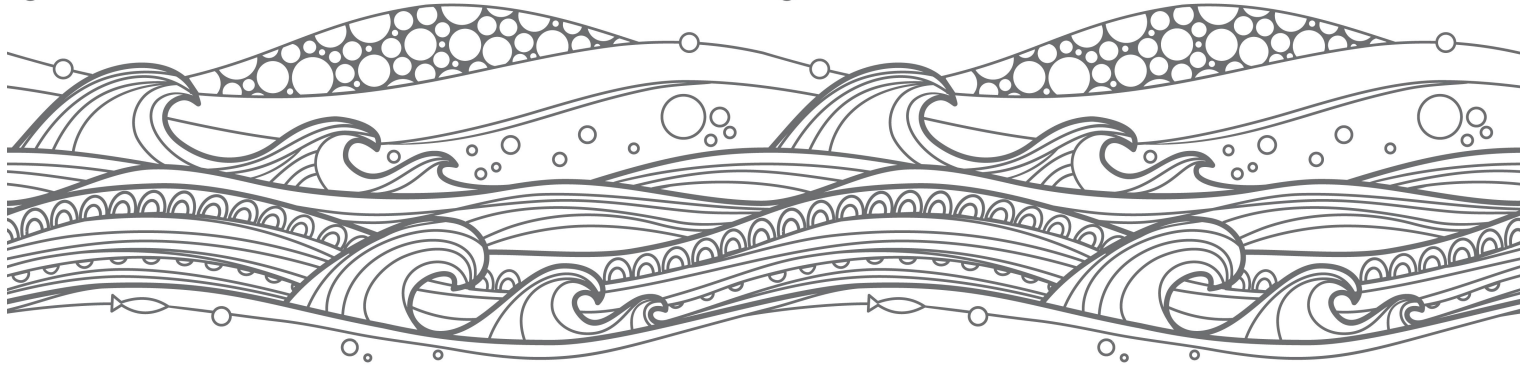
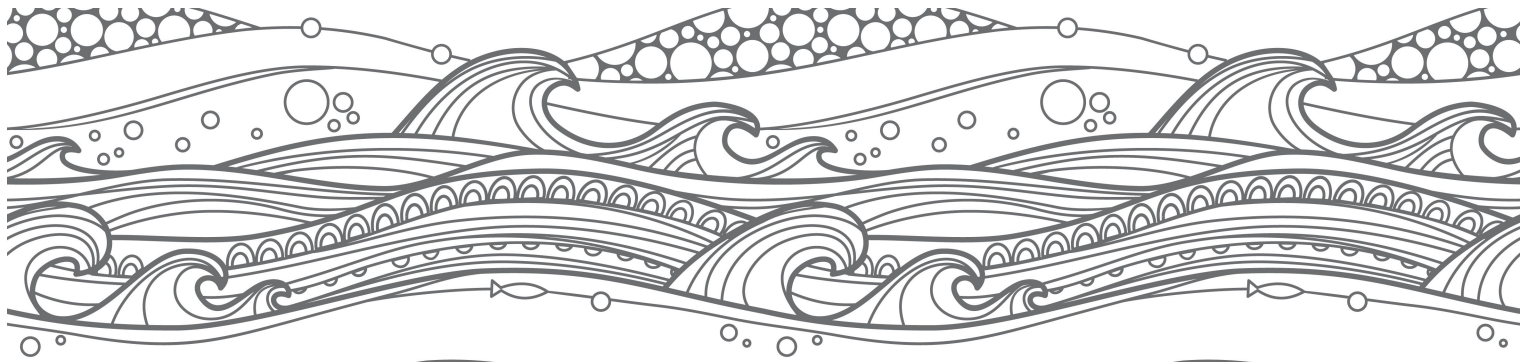


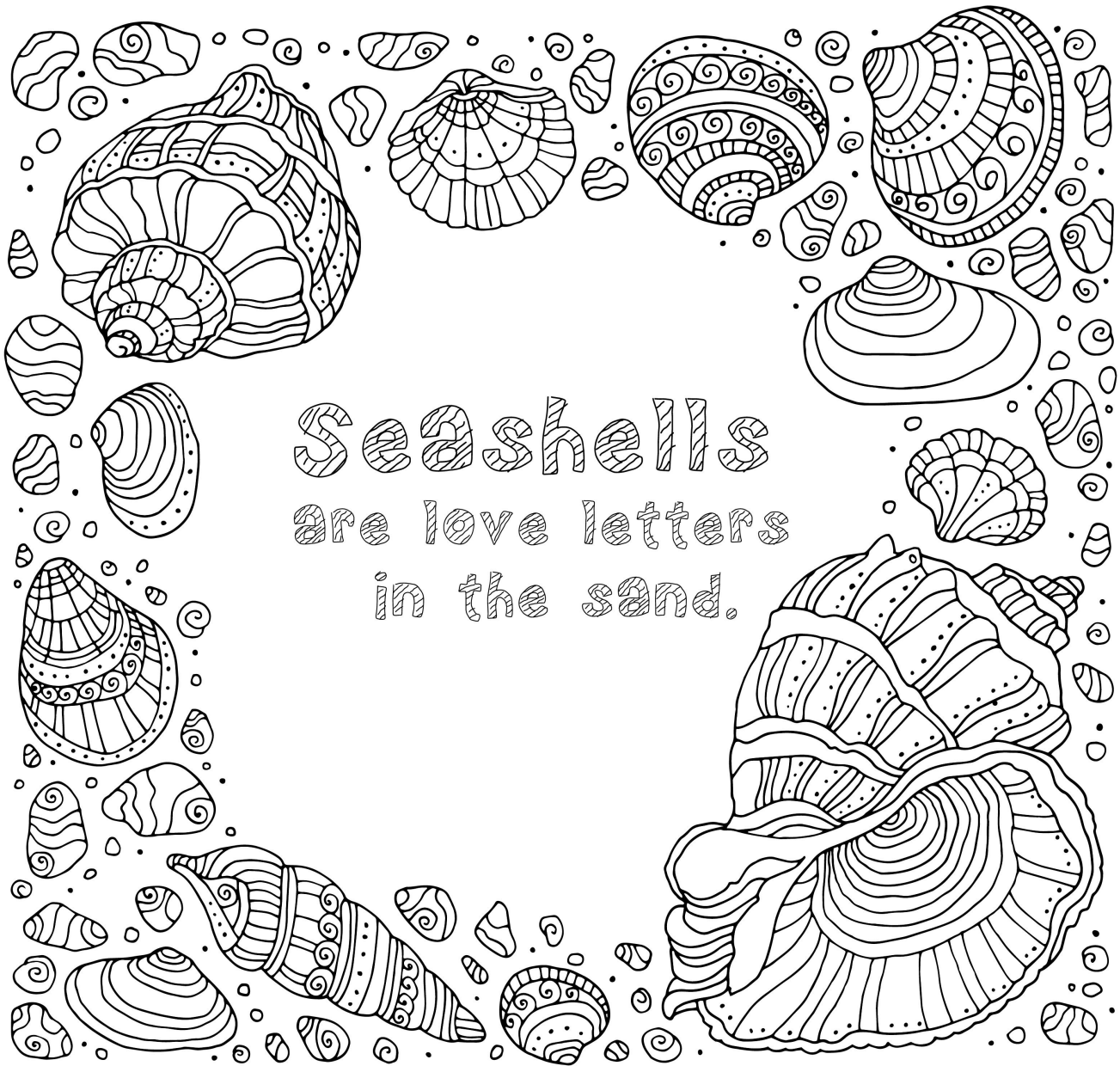




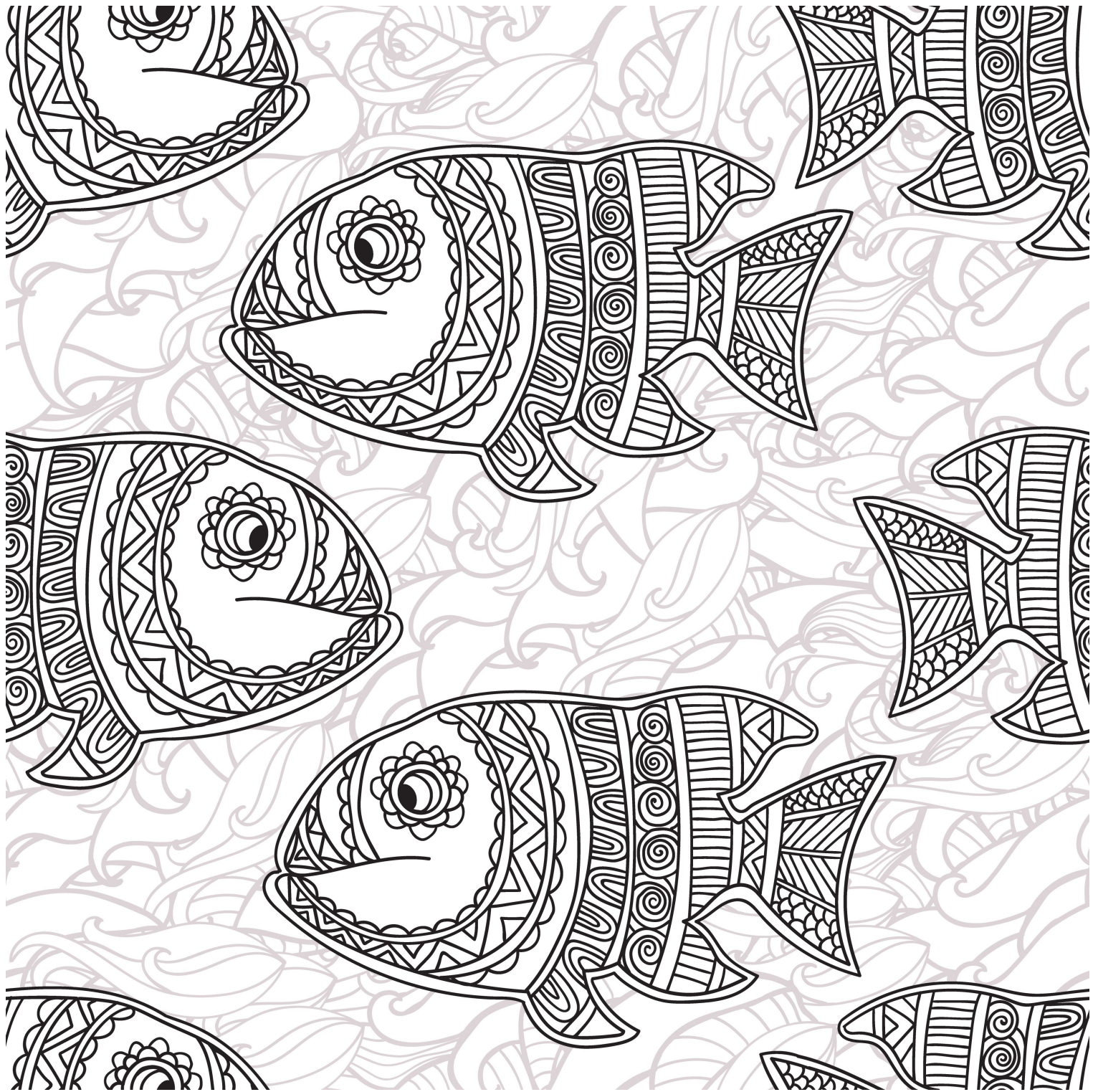


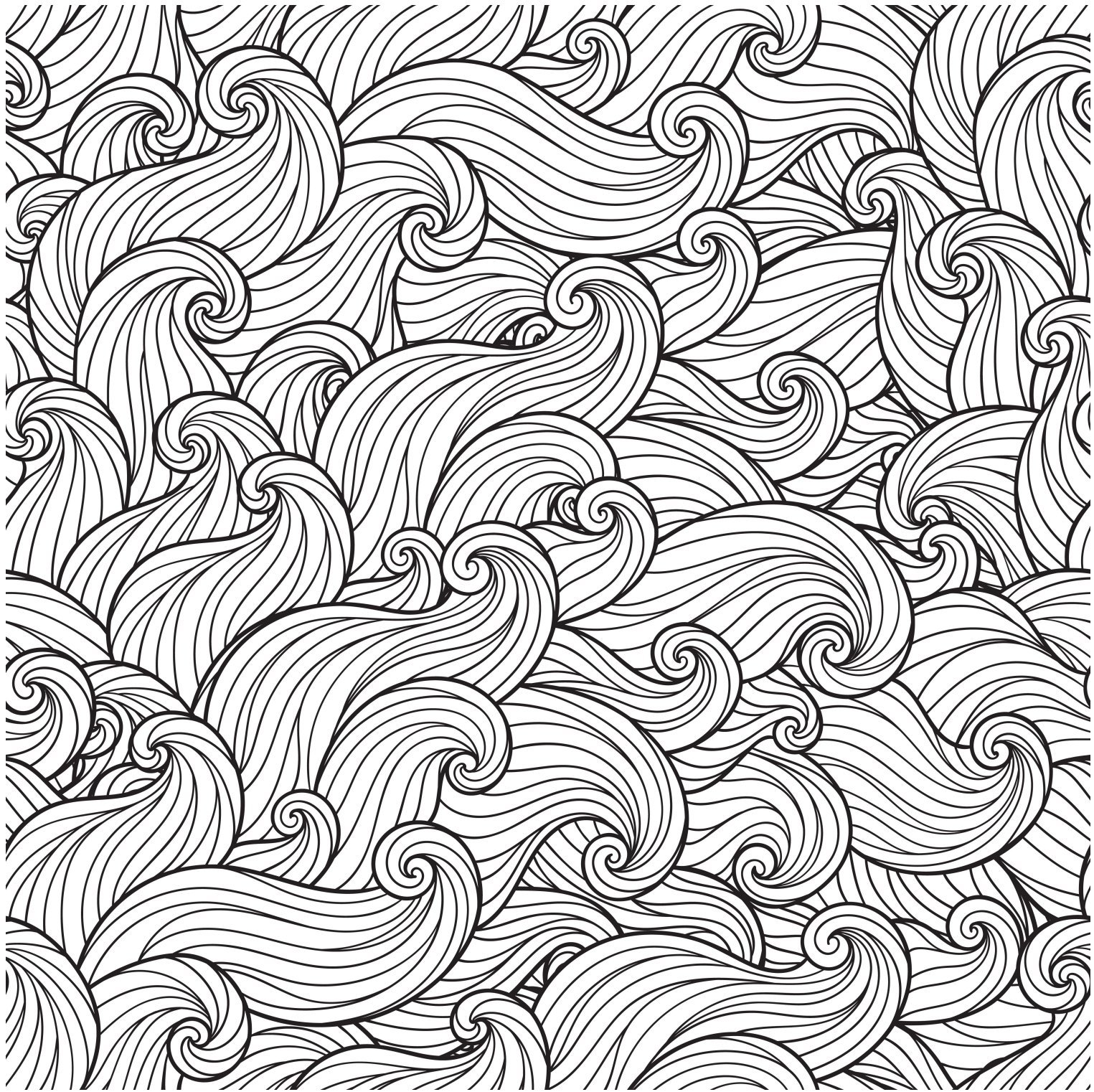


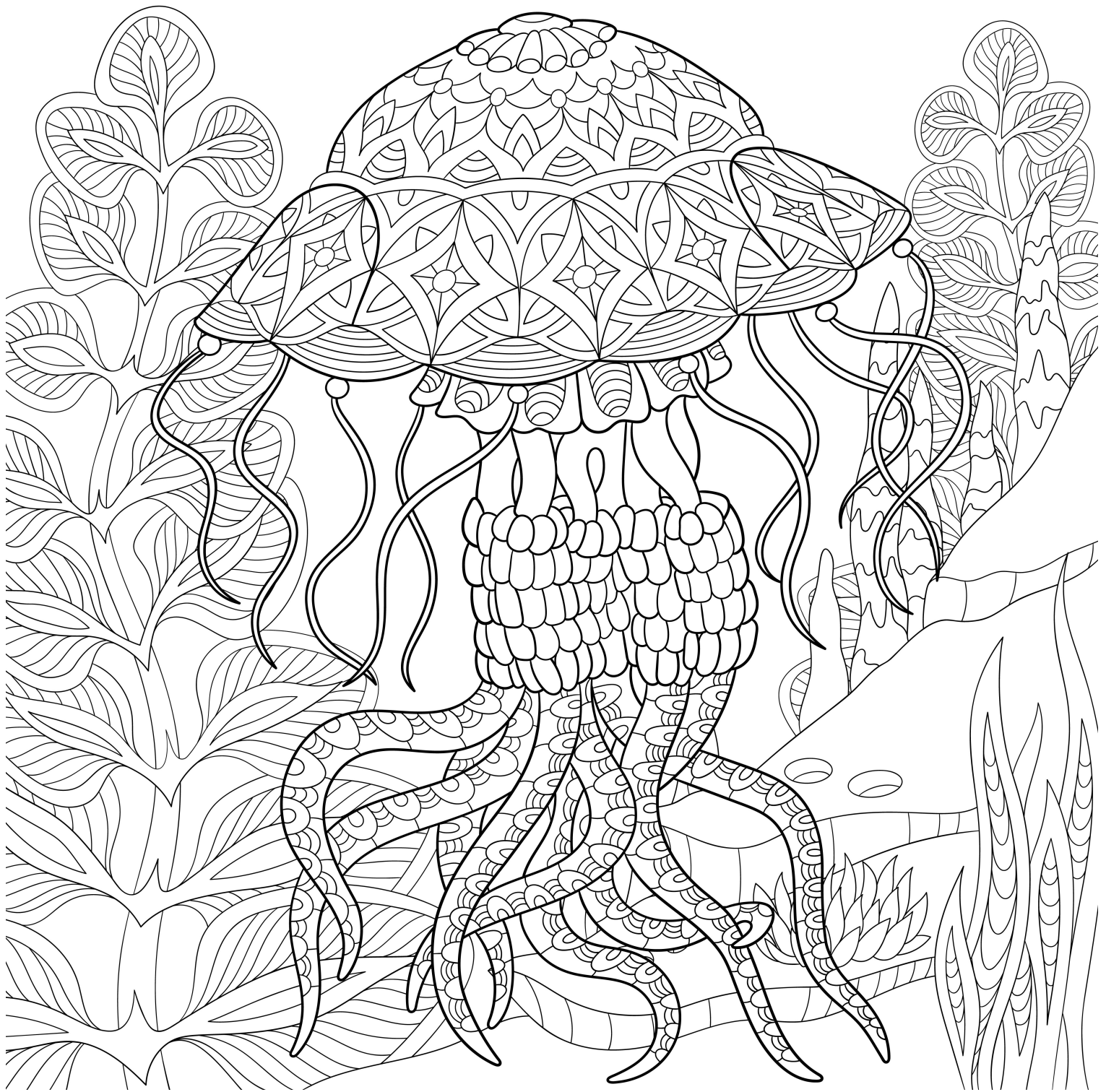


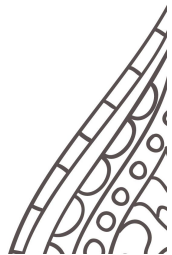
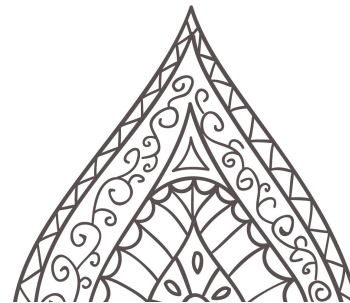
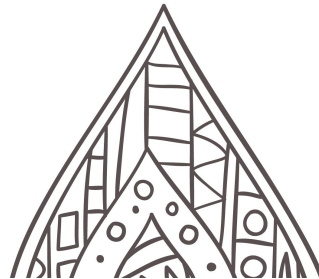
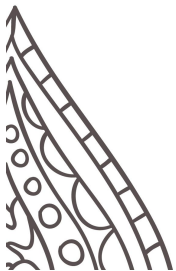
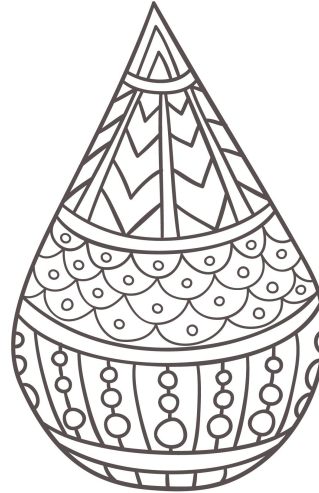
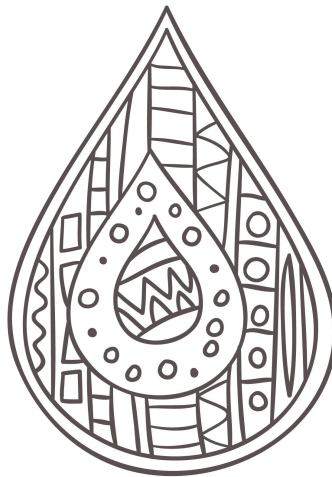
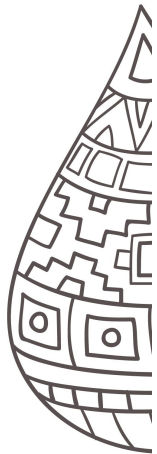
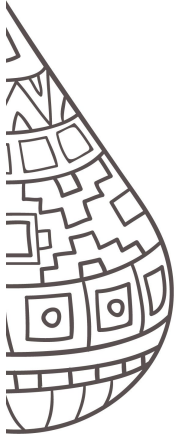
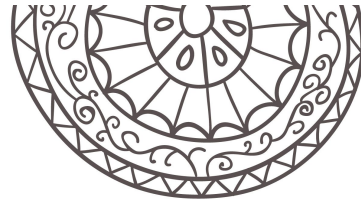
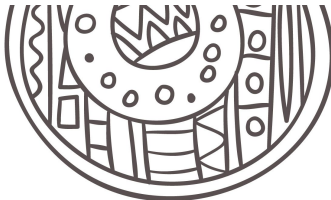


Seashells  
are love letters  
in the sand.









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