



Animal Totem Mandala Coloring Book: Art Nouveau Creatures and Reflections for Relaxation

Wendy Martin, Natalie Zaman

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The Animal Totem Mandala Adult Coloring Book with Reflections for Relaxation: 30 elaborate animal mandalas to color with accompanying meditations for calm and connection. Animal Totem Mandala Coloring Book Animals color our world. They shape our language. Have you ever been as busy as a bee? As cheeky as a monkey? Or as prickly as a porcupine? We all relate to animals in some way. But did you know that bees are also messengers of love? Or that monkey's mischievous ways reveal sacred truths? Porcupine's quills are the means by which she keeps her ancestors close. Every animal has a secret message for us. The Totem Animal Mandala Coloring Book with Reflections for Relaxation is an Art Nouveau adult coloring book featuring 30 of the world's most beloved animals to color: Wolf, Lion, Snake, Porcupine, Bat, Honey Bee, Elephant, Swan, Horse, Peacock, Octopus, Pig, Turtle, Buffalo, Panda, Raven, Luna Moth, Mouse, Monkey, Salamander, Owl, Rabbit, Moose, Seal, Hen, Alligator, Spider, Stingray and Fox. Every page is rendered in a swirling, circular and complex mandala pattern with the unique and added bonus of accompanying meditations. Each of the thirty kaleidoscopic creatures in the Animal Totem Mandala Coloring Book can be filled in with your favorite coloring medium. Use crayon, paint, watercolor, sharpie or pencil. The possibilities are endless. What makes this adult coloring book unique is the addition of straightforward reflections on each animal's nature. Art Nouveau pictures with intricate patterns for focus and calm come together with simple words to bring ritual depth to the meditative and relaxing process of coloring. Use the words to forge a deeper connection to the nature of each animal—or, simply color, relax and enjoy. The choice is yours. The Animal Totem Mandala coloring book is exquisitely drawn by award-winning artist and COVR finalist Wendy Martin, each mandala in the Totem Animal Mandala Adult Coloring Book with Reflections for Relaxation is rendered in a fluid Art Nouveau style and accompanied with enlightening and meditative verse by Natalie Zaman.

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