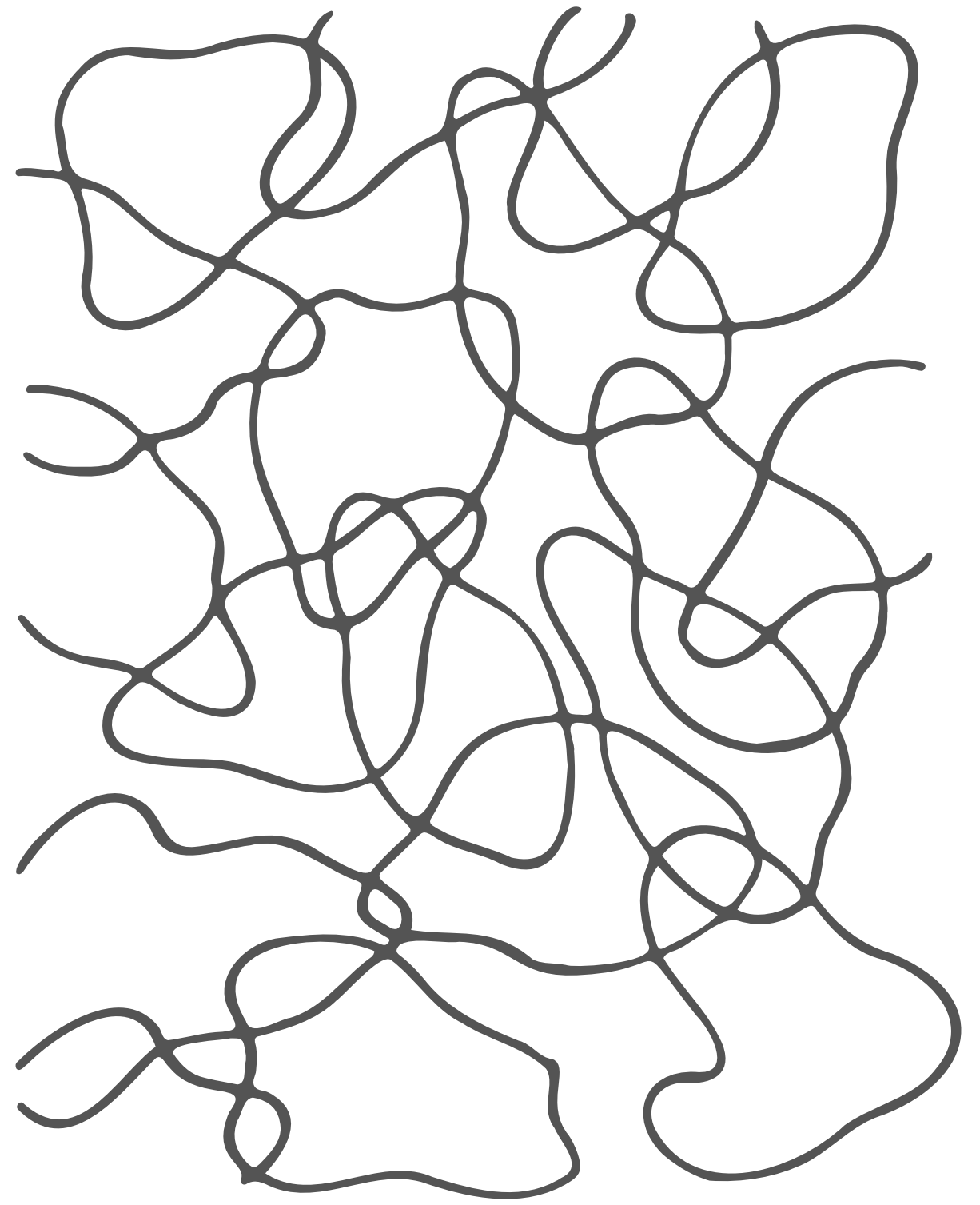
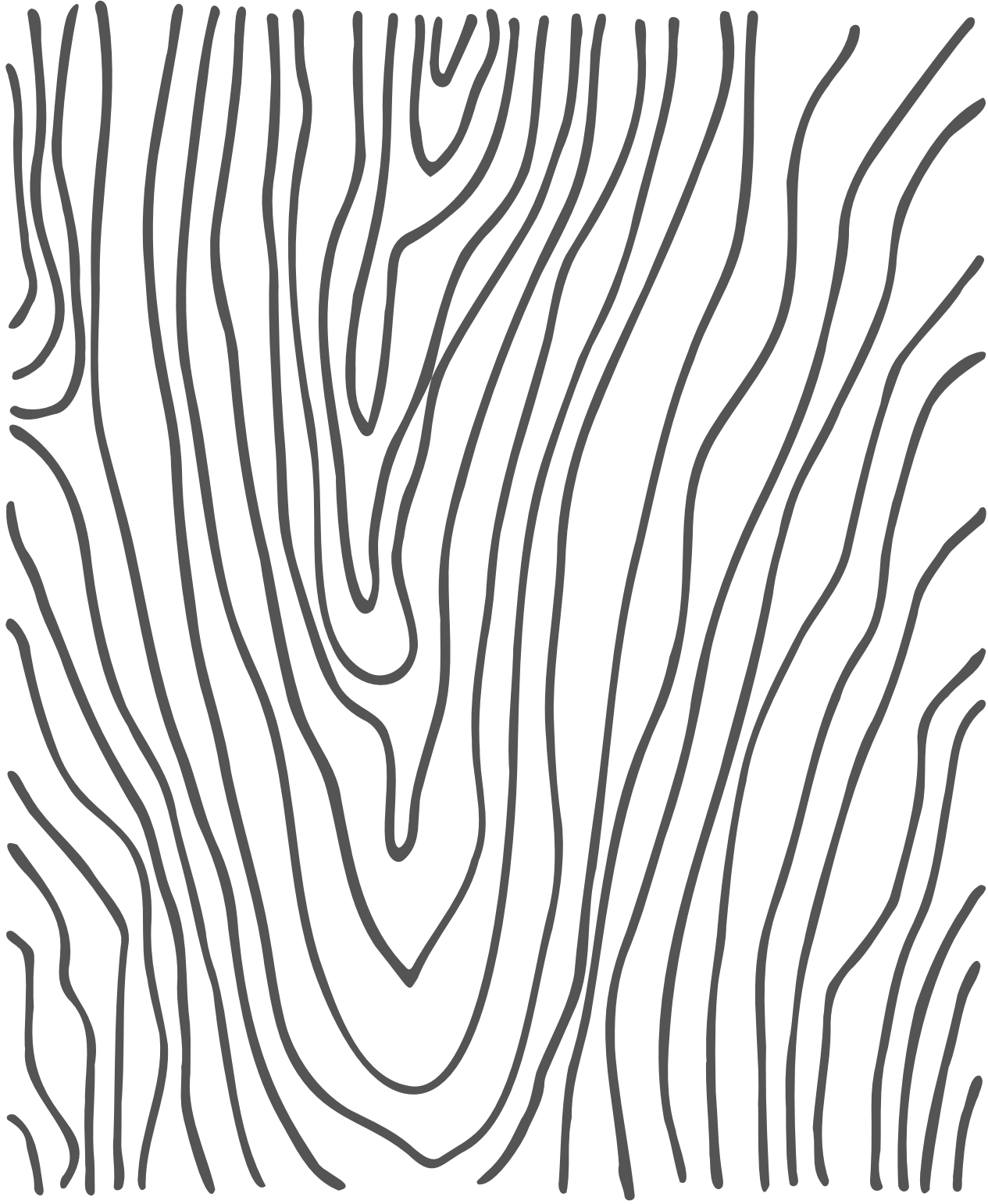


Adult

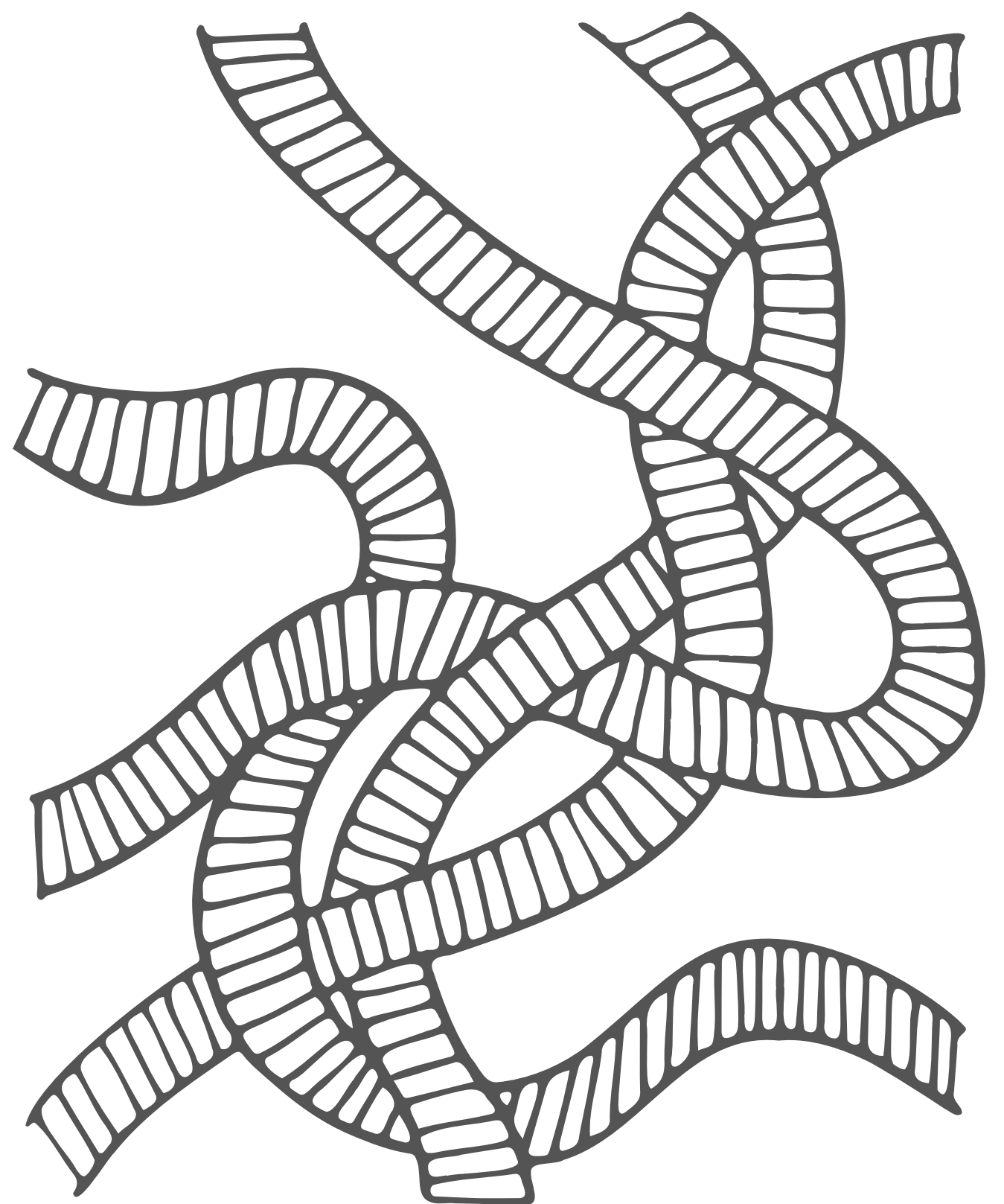
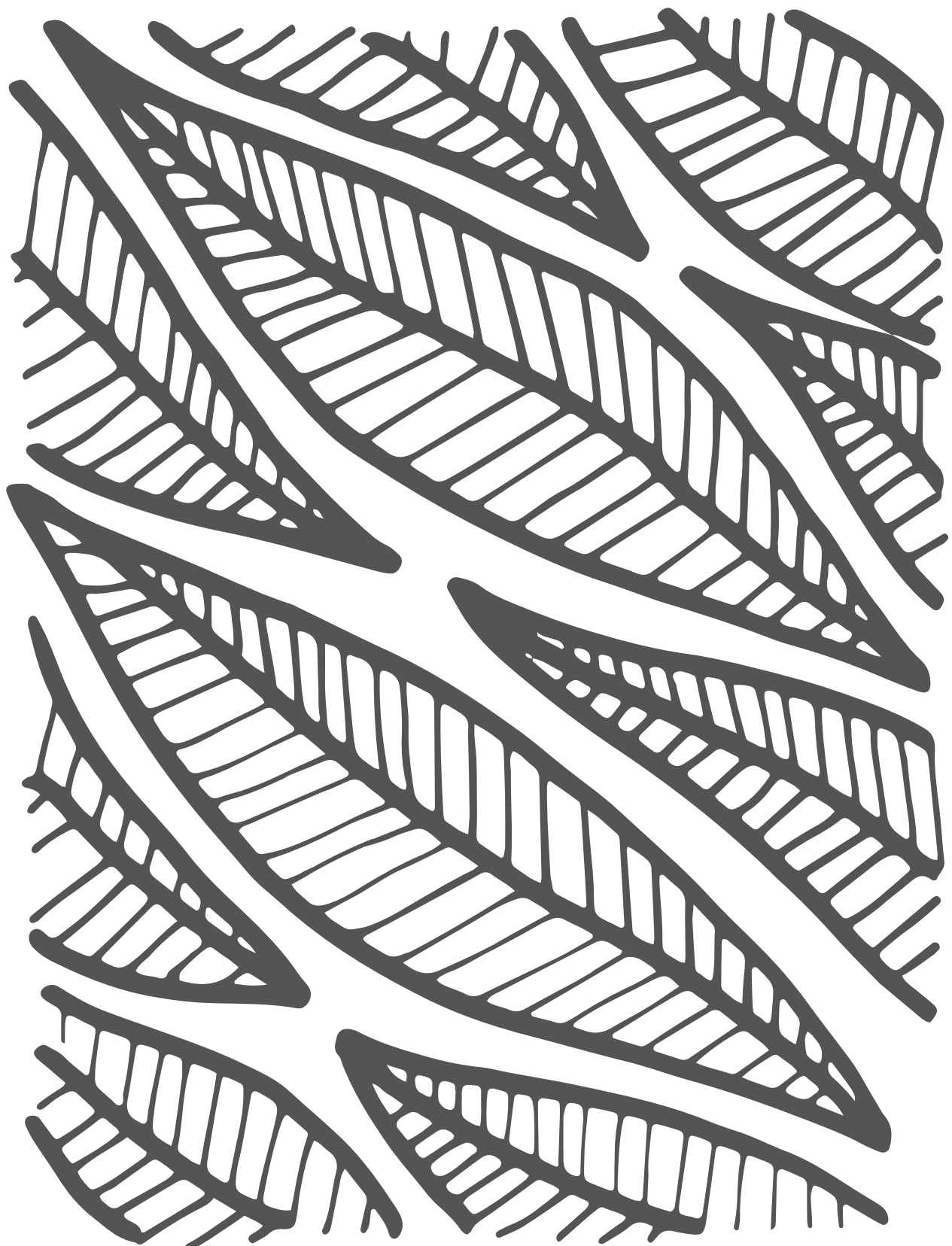
Mindful Doodles

20 pages of mindful doodling

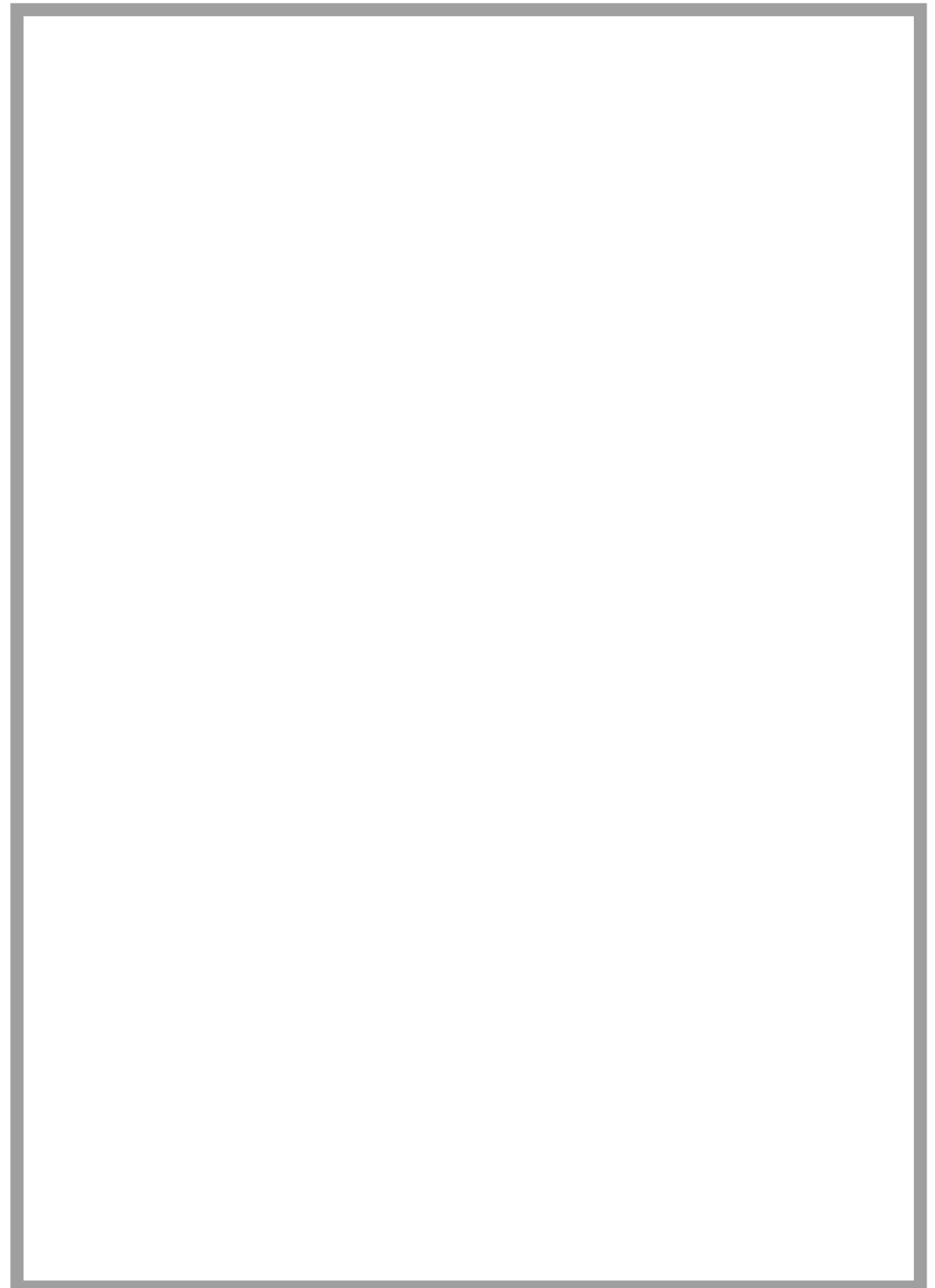
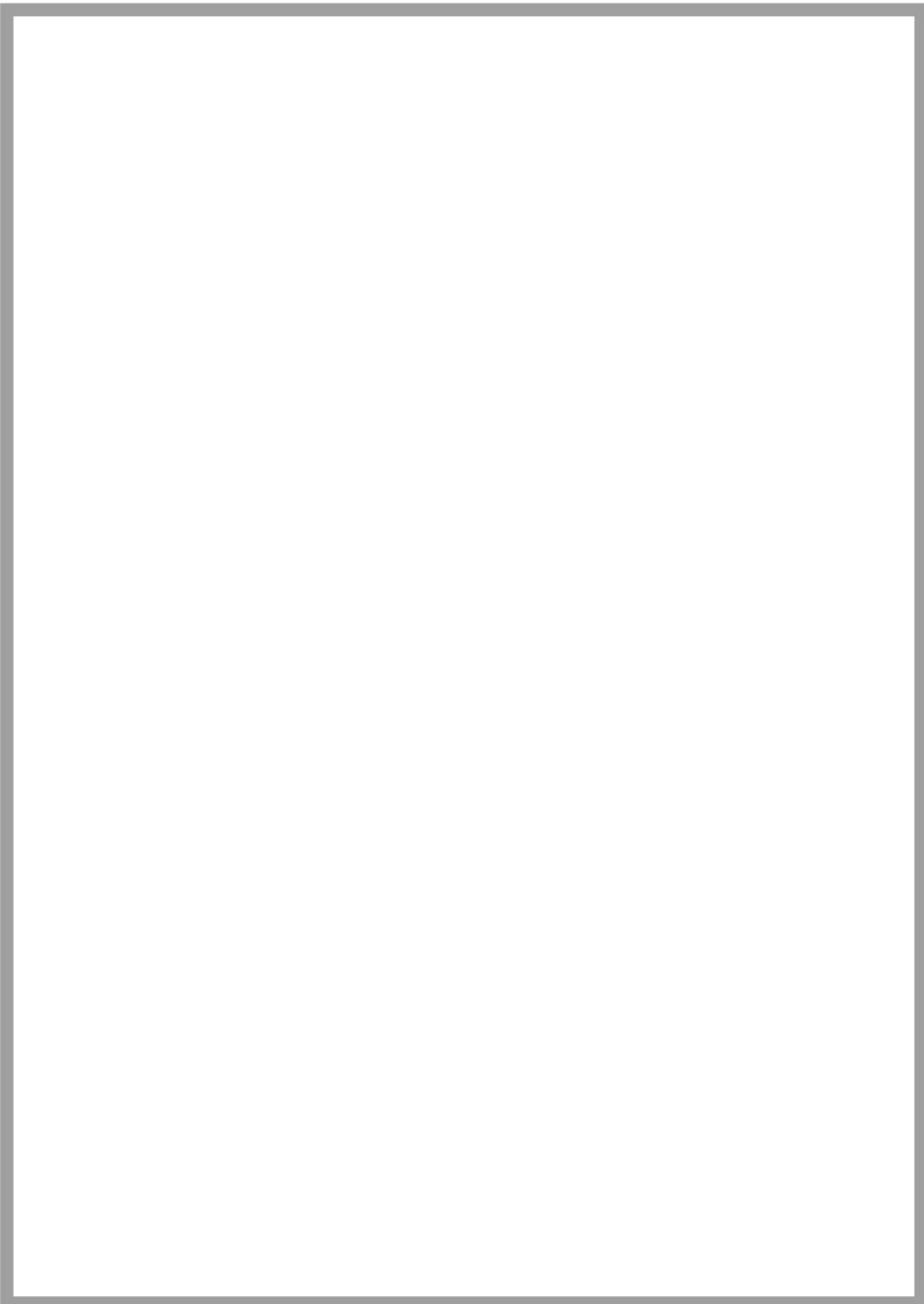
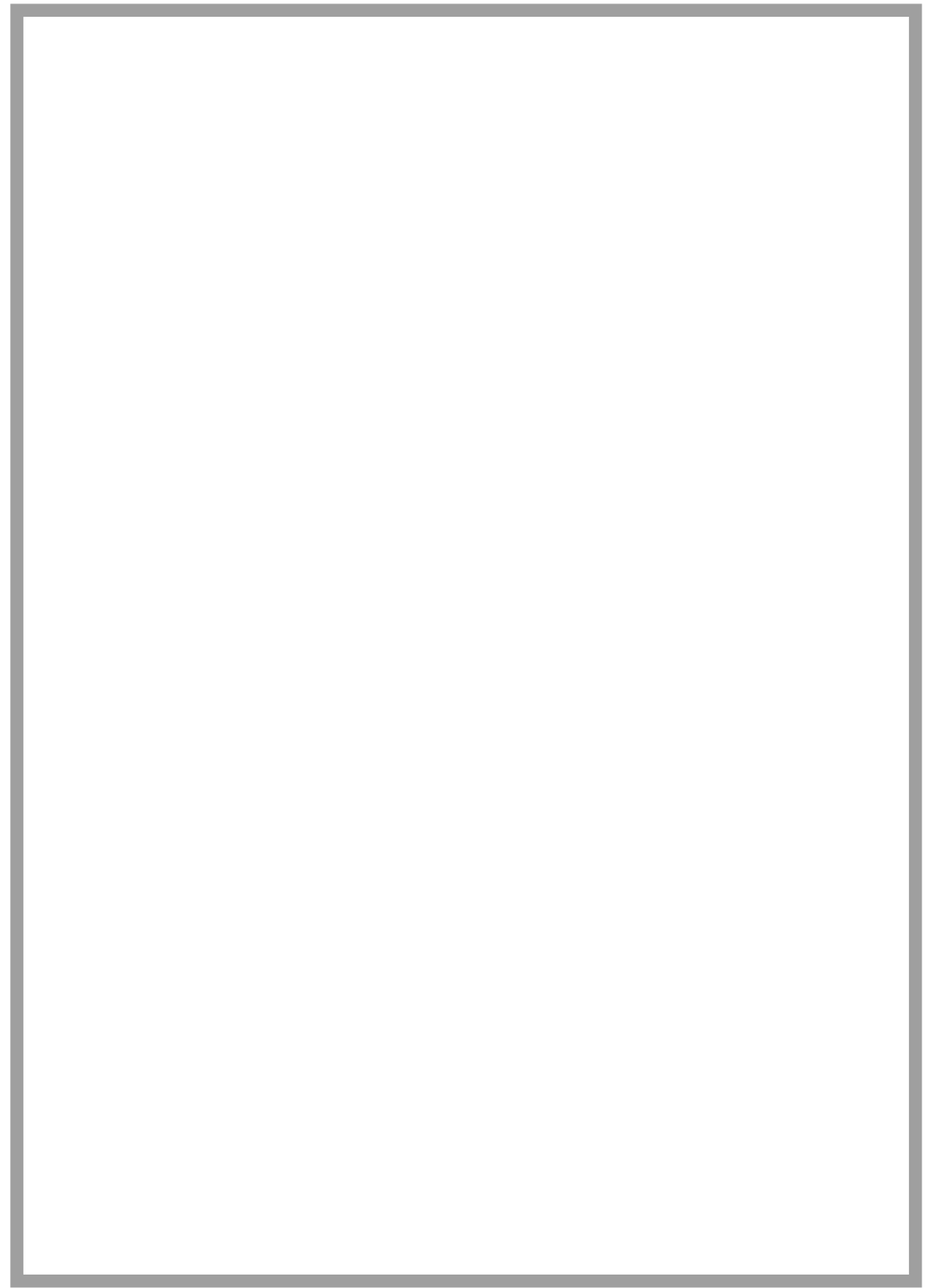
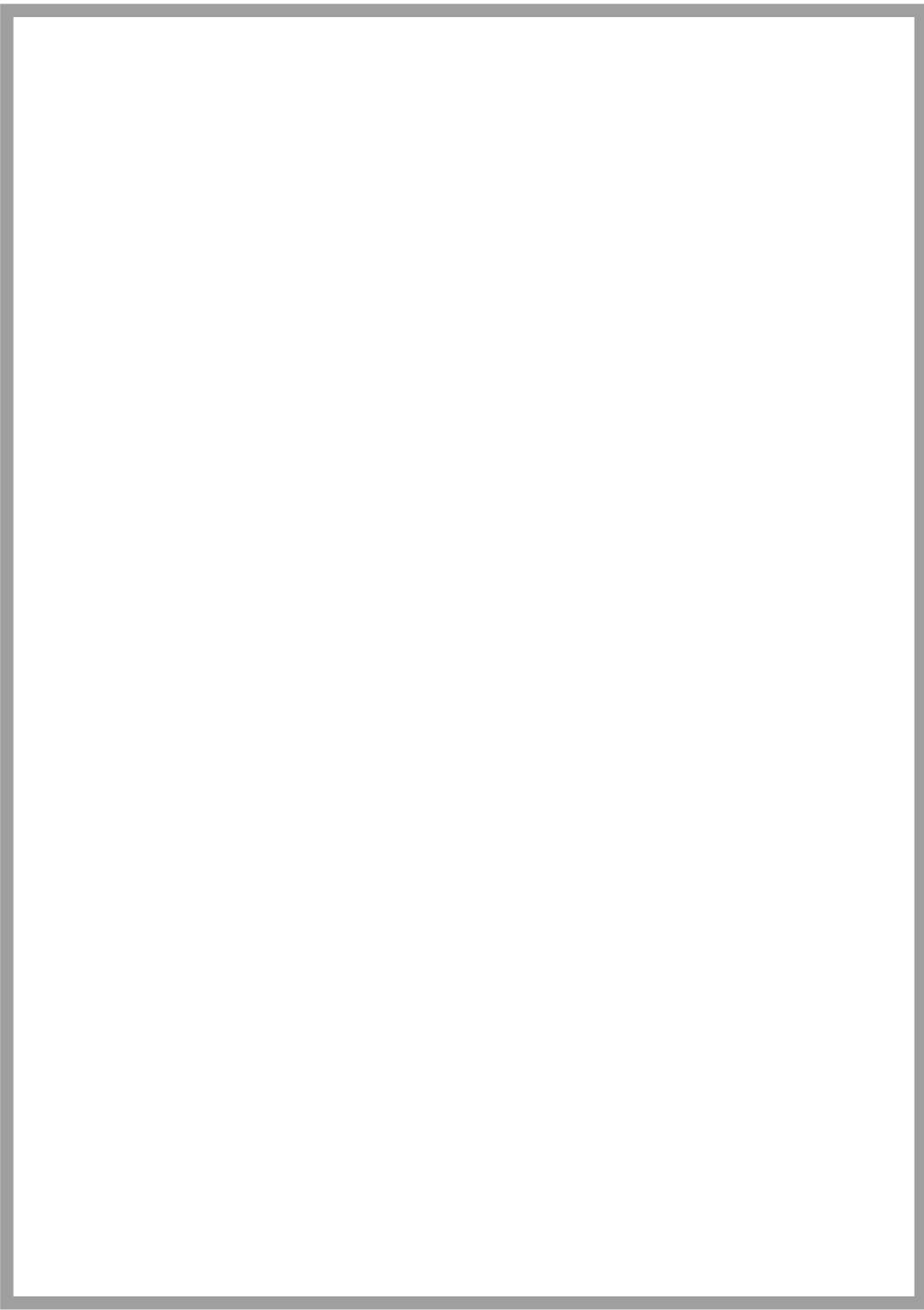




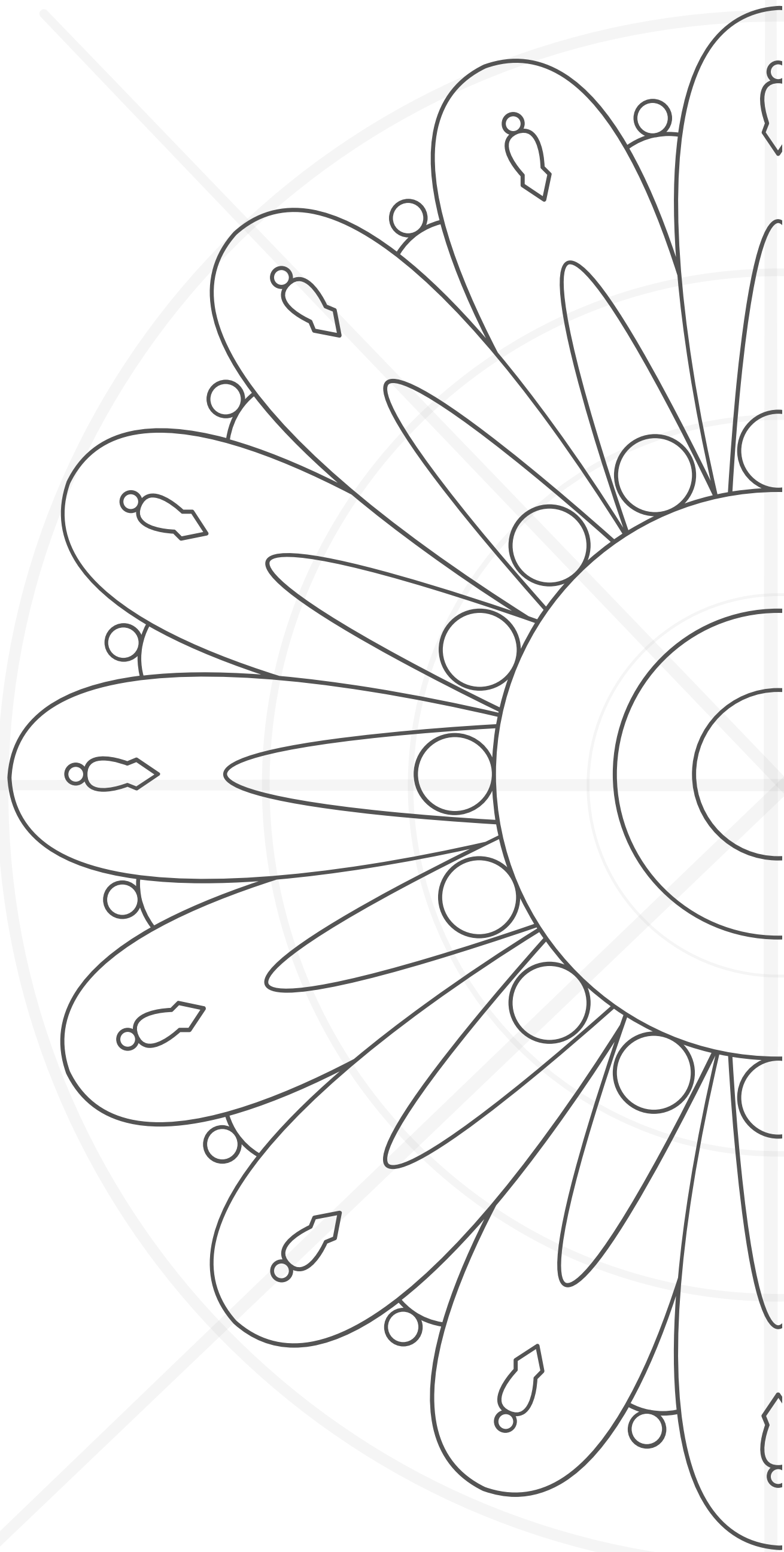
Try to copy the patterns seen on the following page.



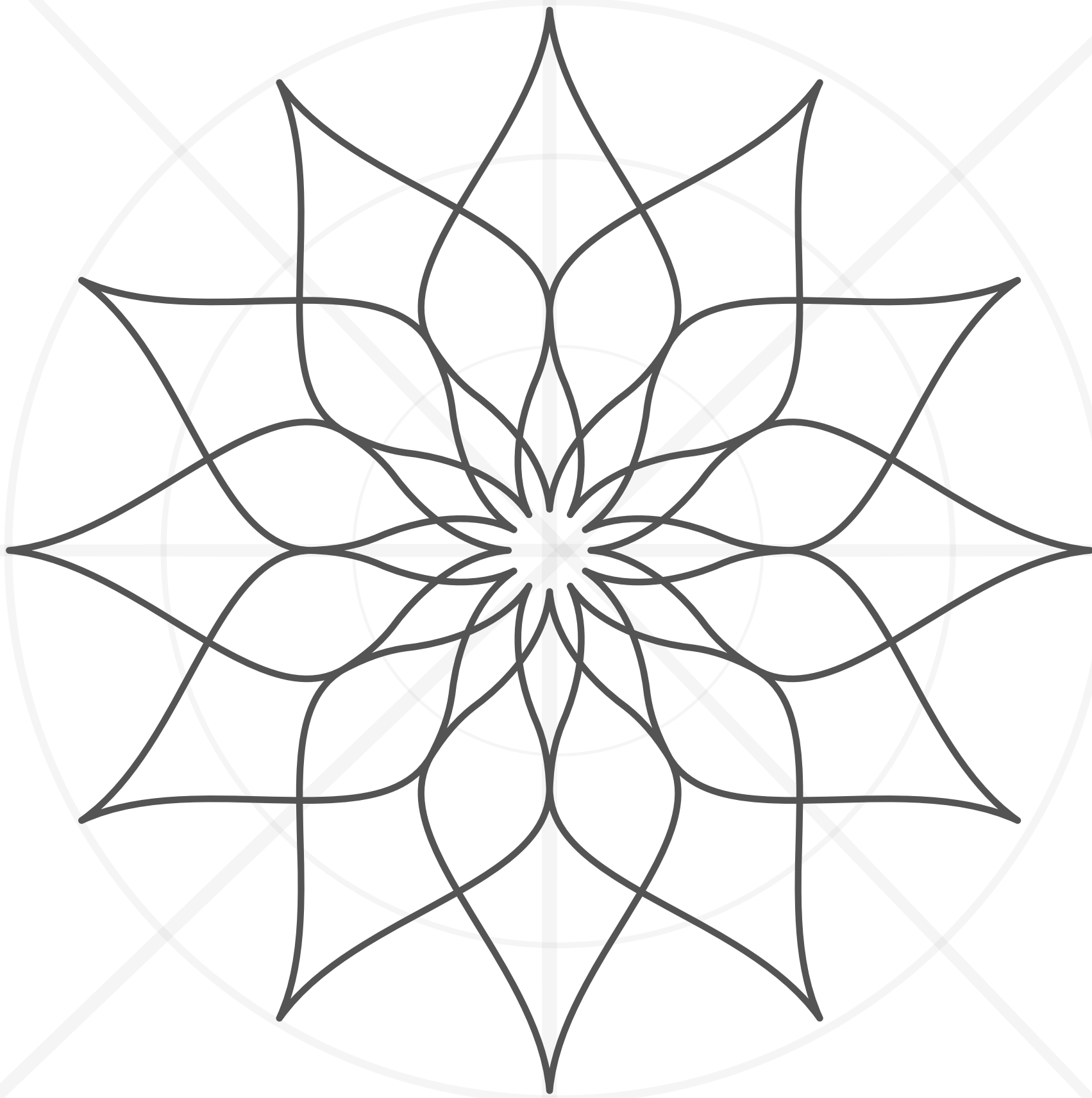
Try to copy the patterns seen on the previous page.



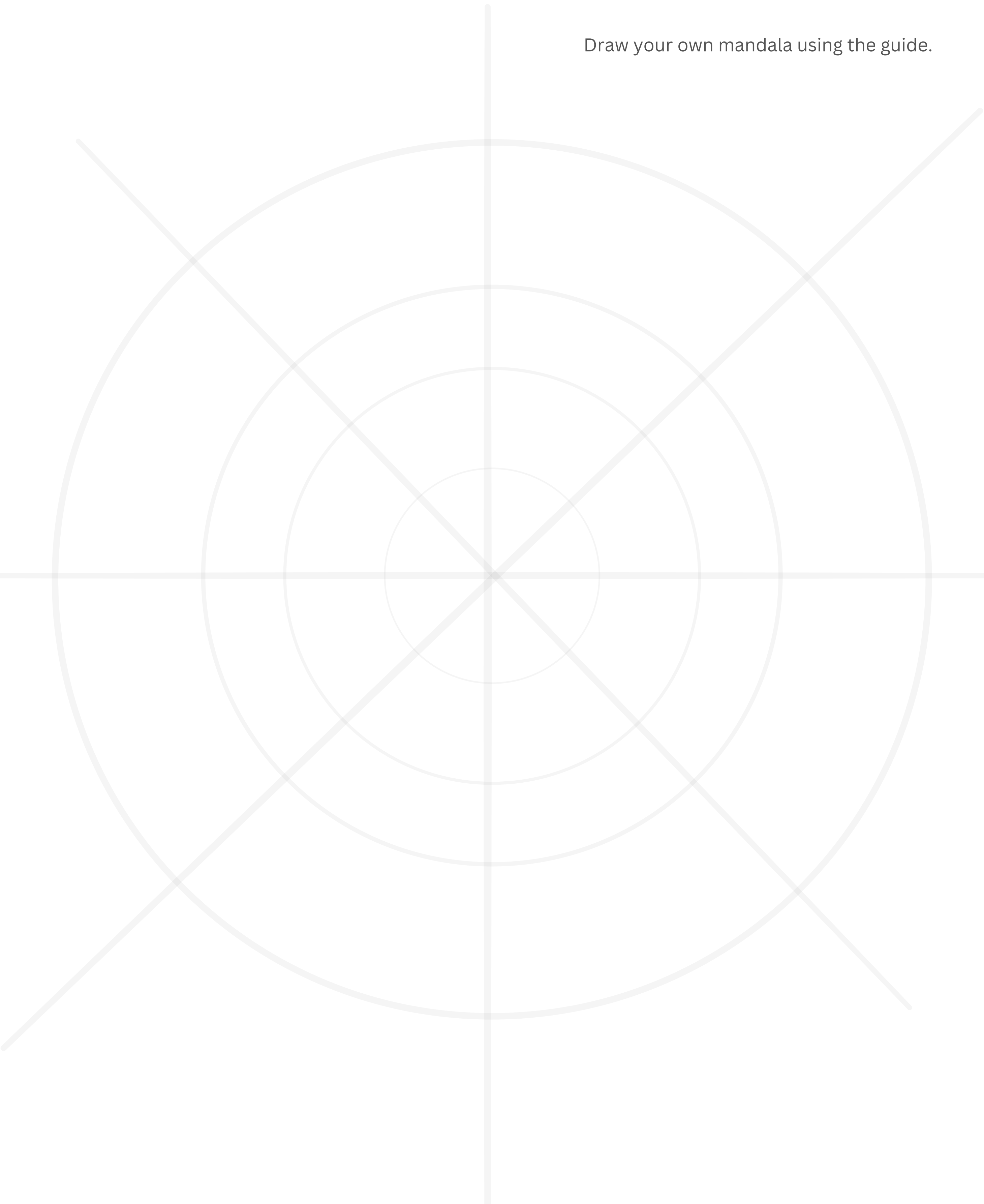
Continue drawing the mandala using the guide.



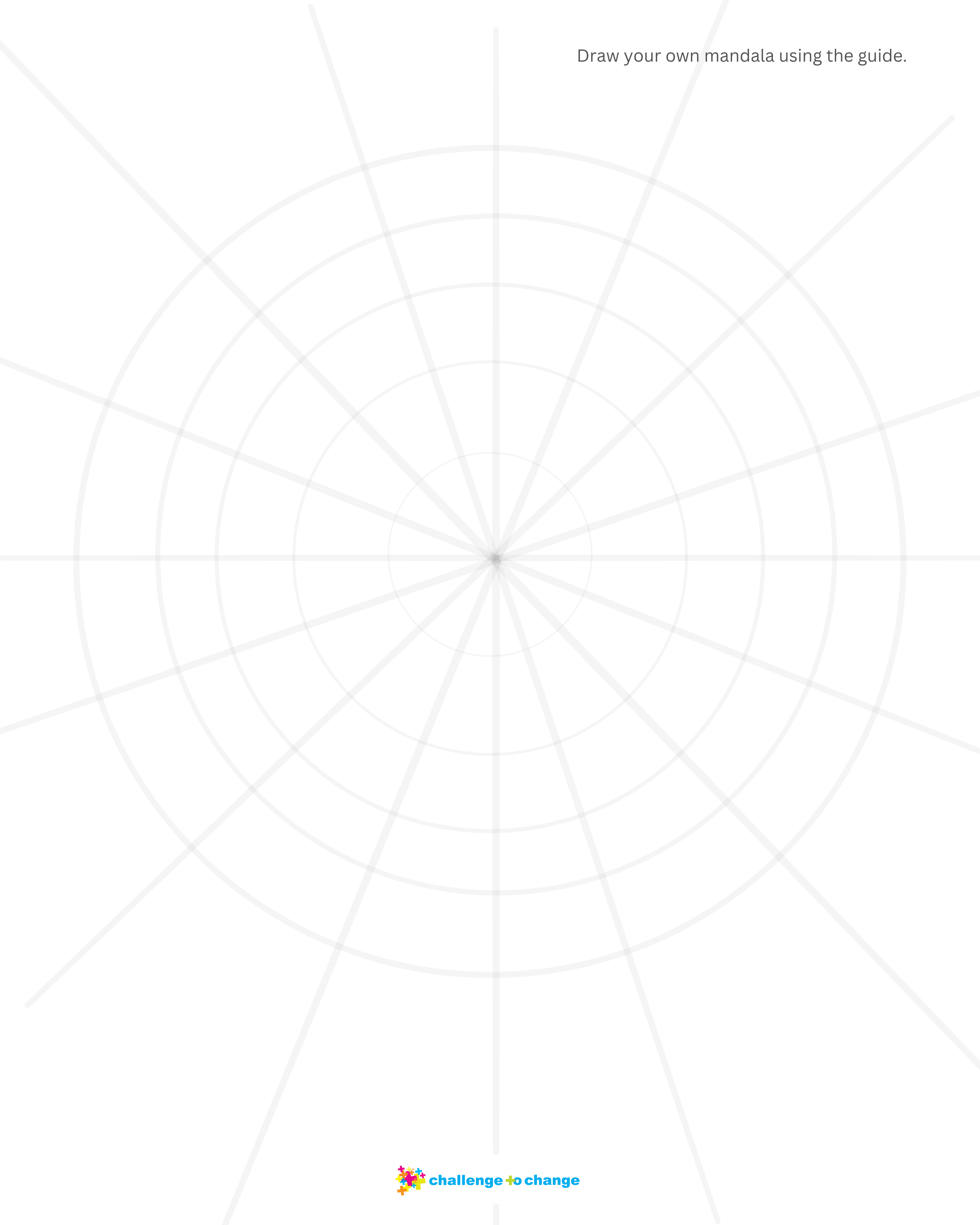
Continue drawing the mandala using the guide.



Draw your own mandala using the guide.

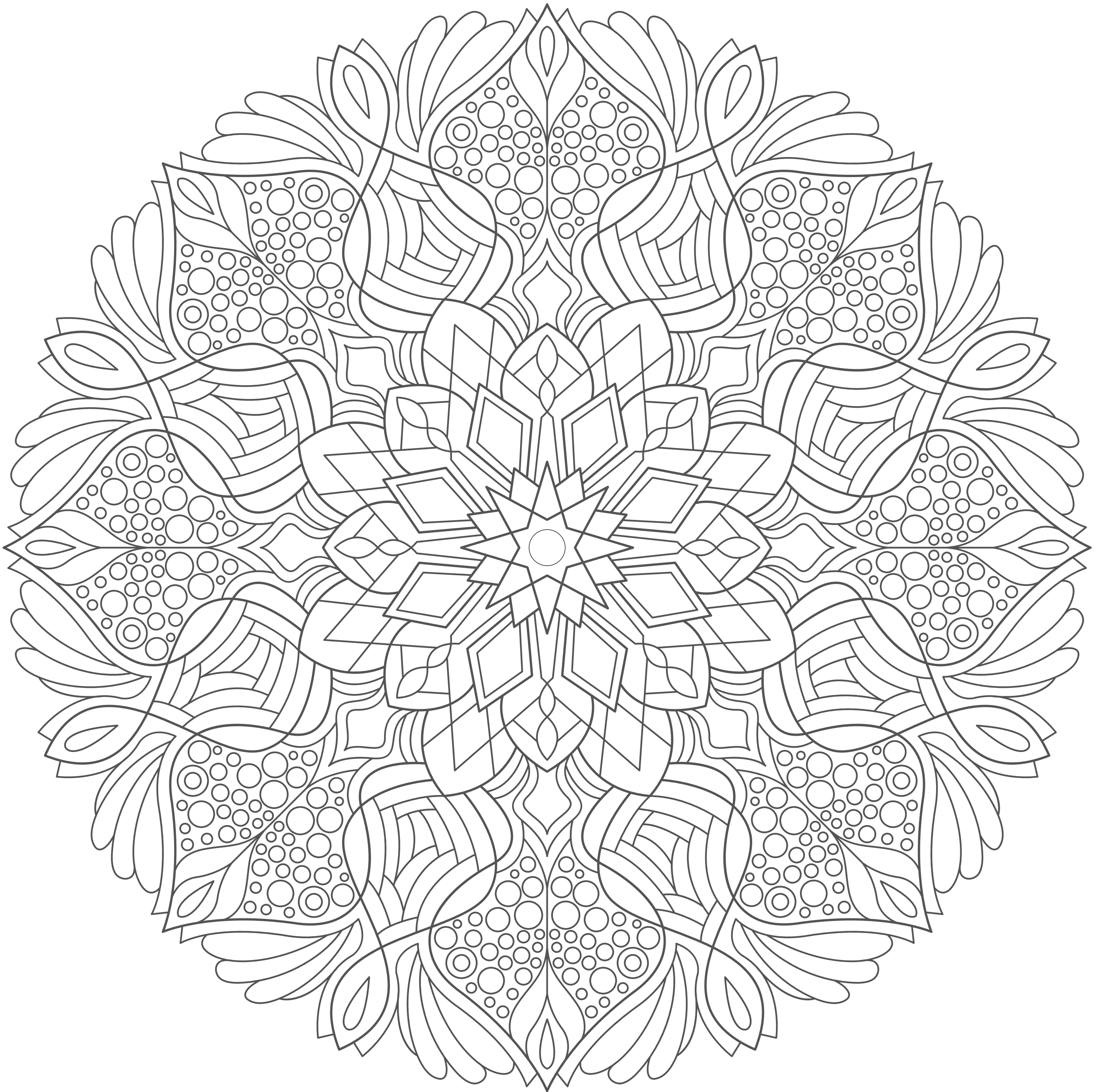


Draw your own mandala using the guide.







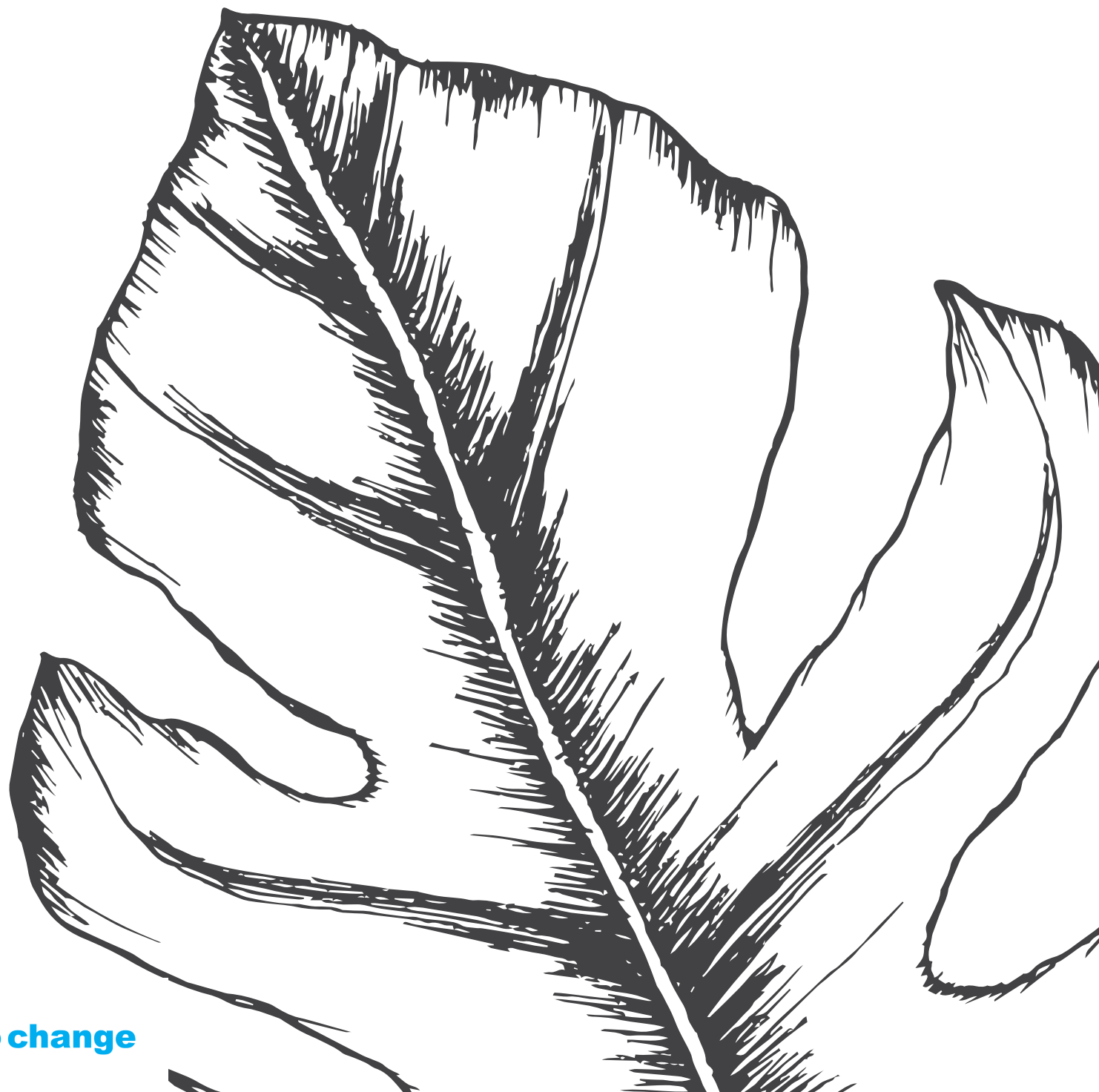




Fill in the
mantra and
color.



I am

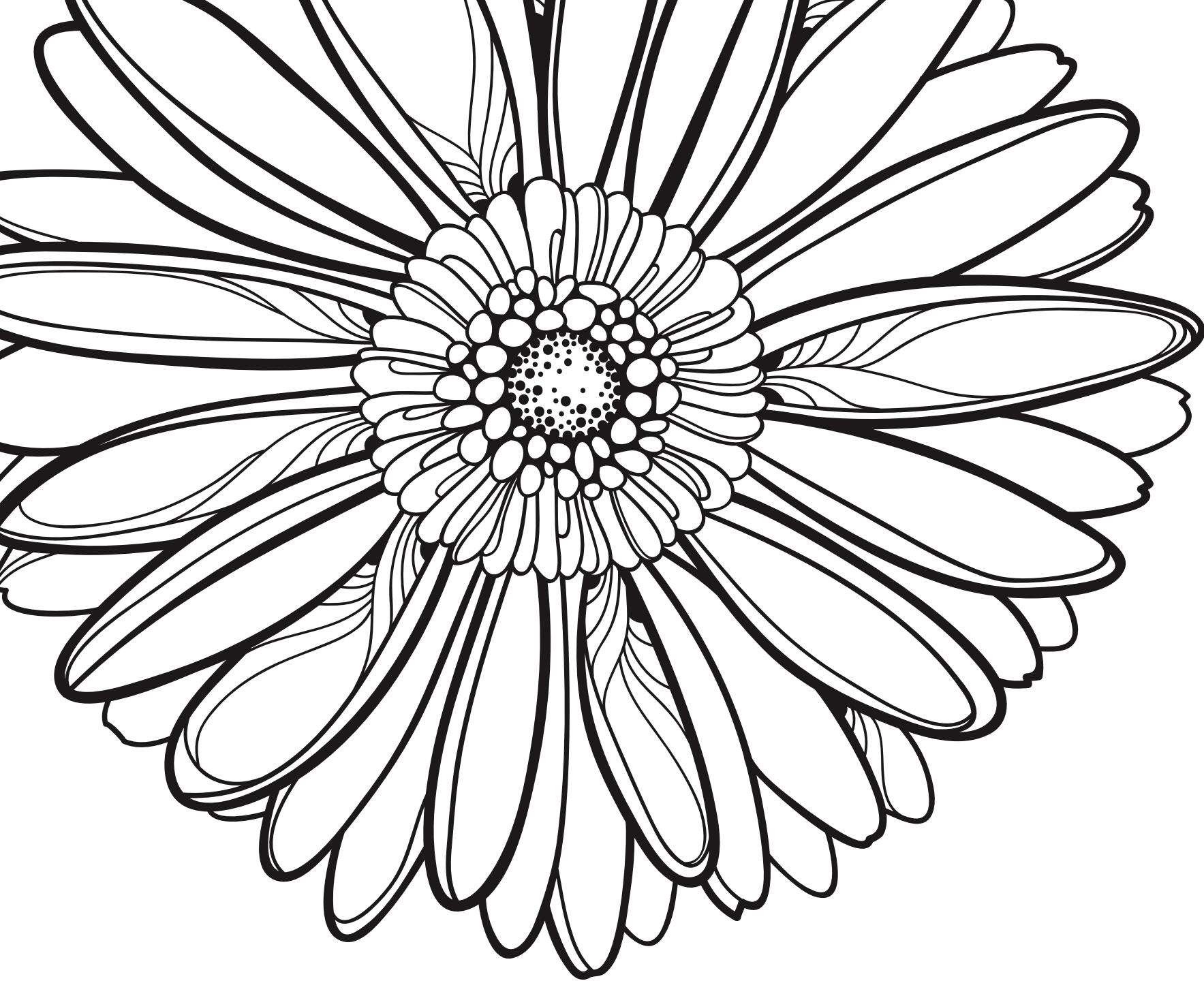




Fill in the mantra and color.

I am

Fill in the mantra and color.



I am



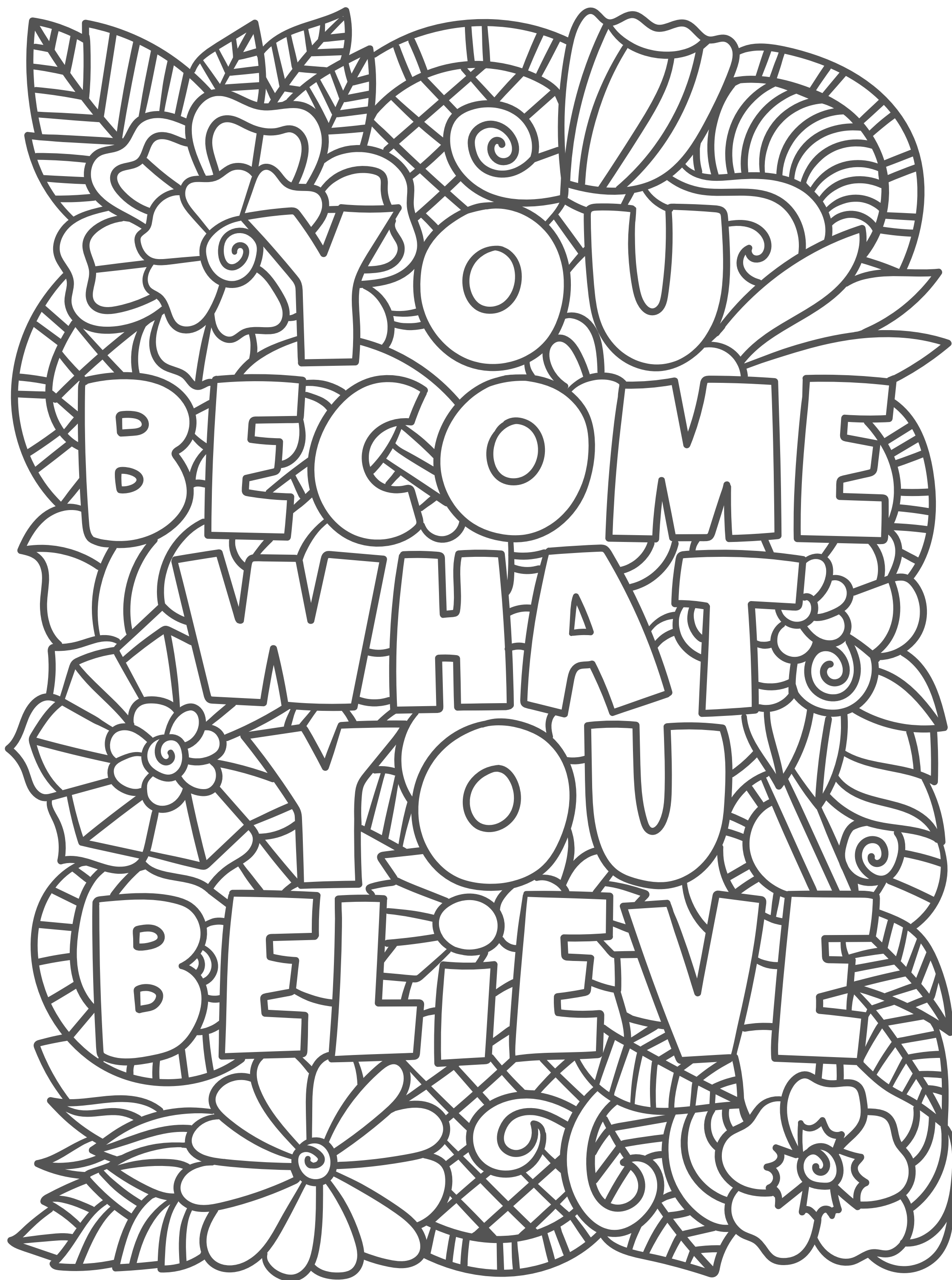


I am
Enough

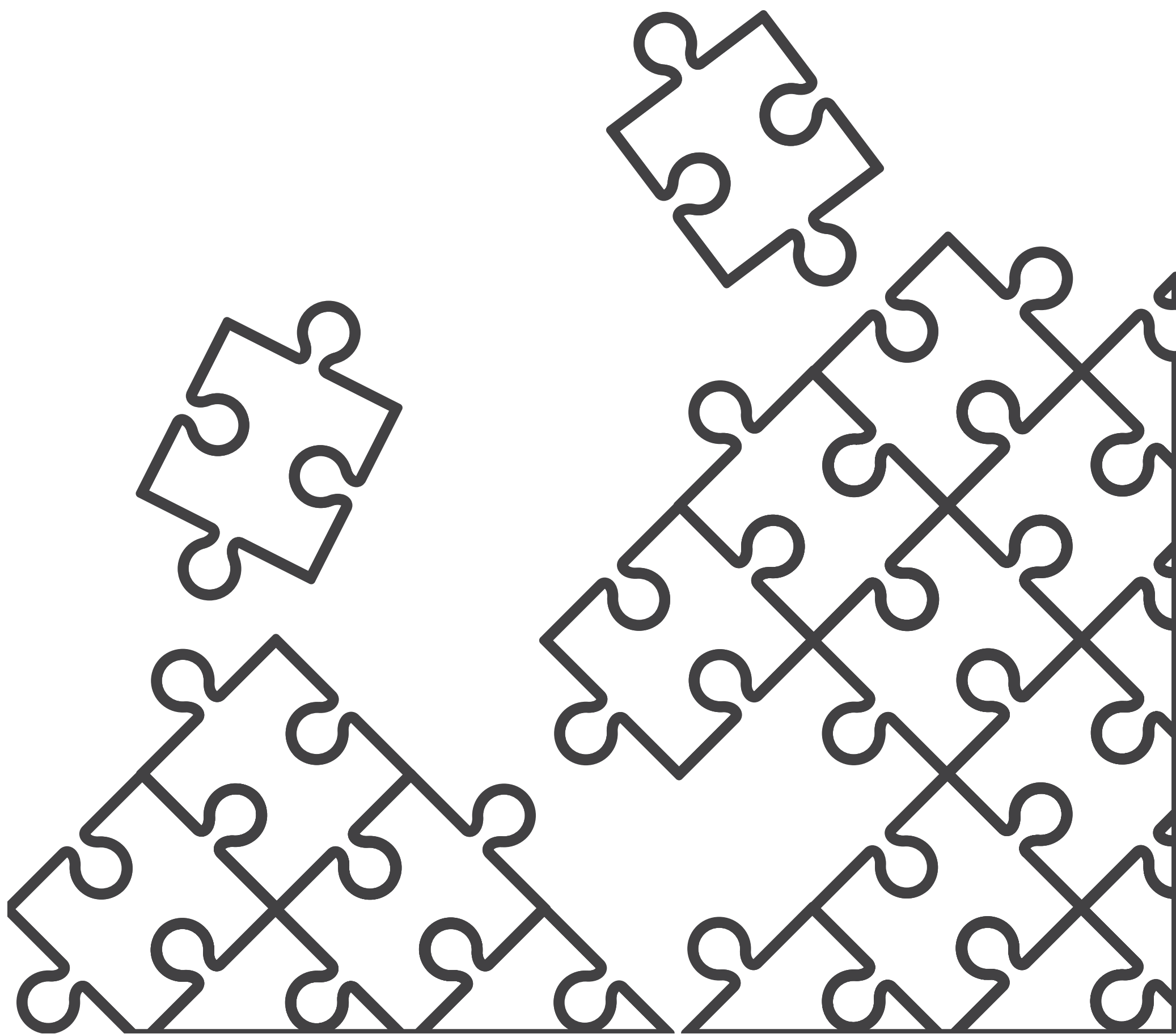
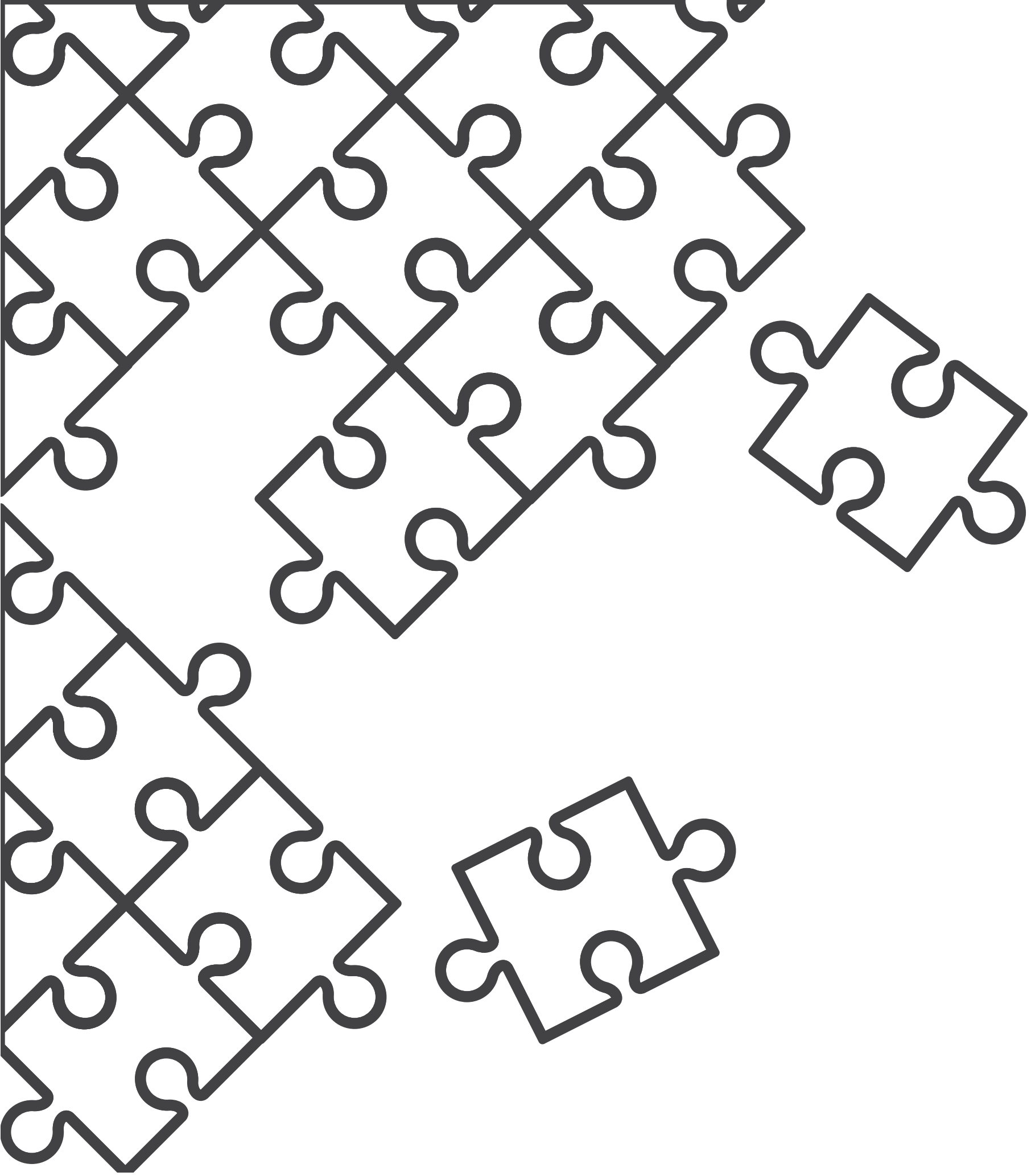




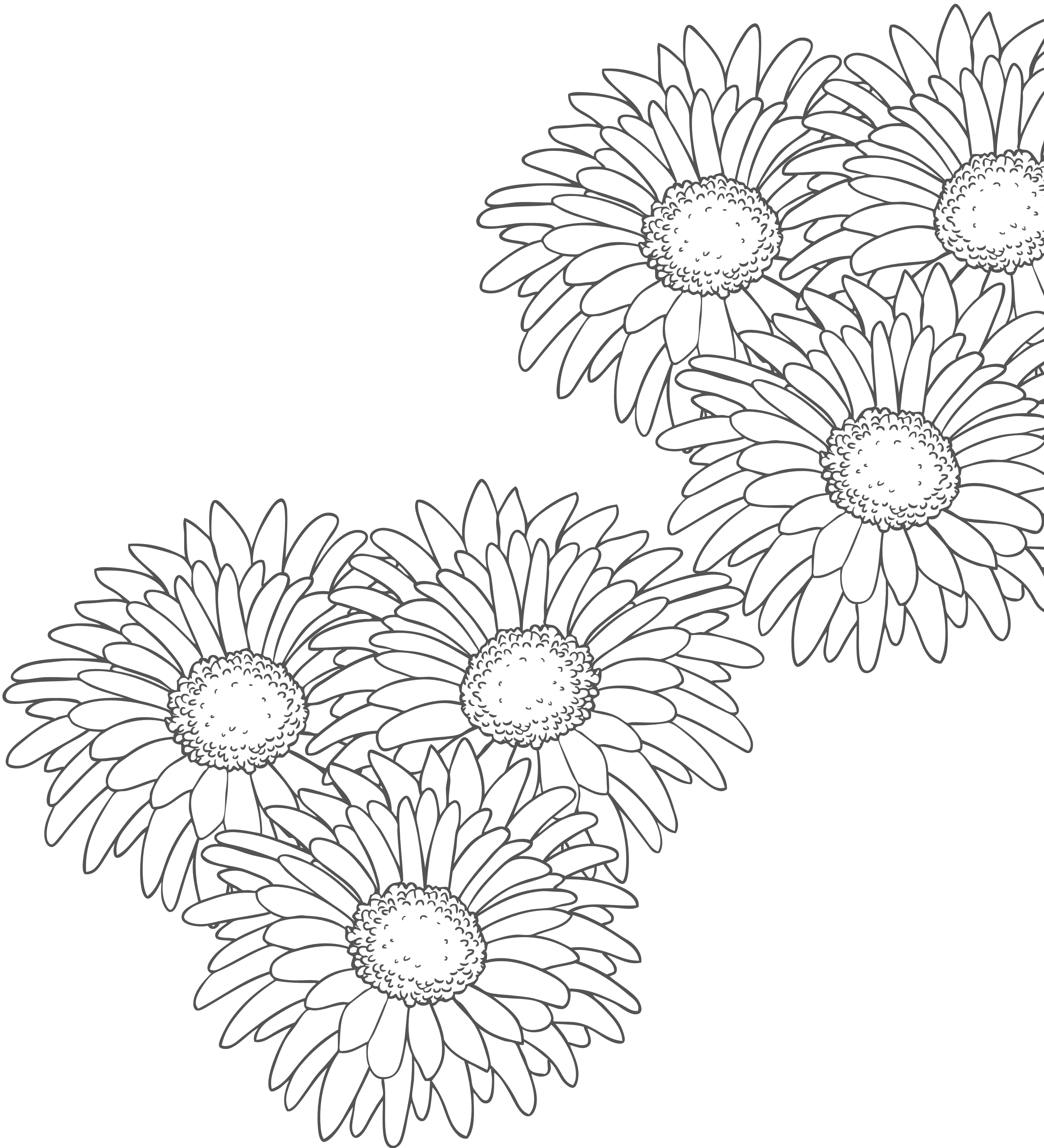
**THINK
POSITIVE
BE POSITIVE**



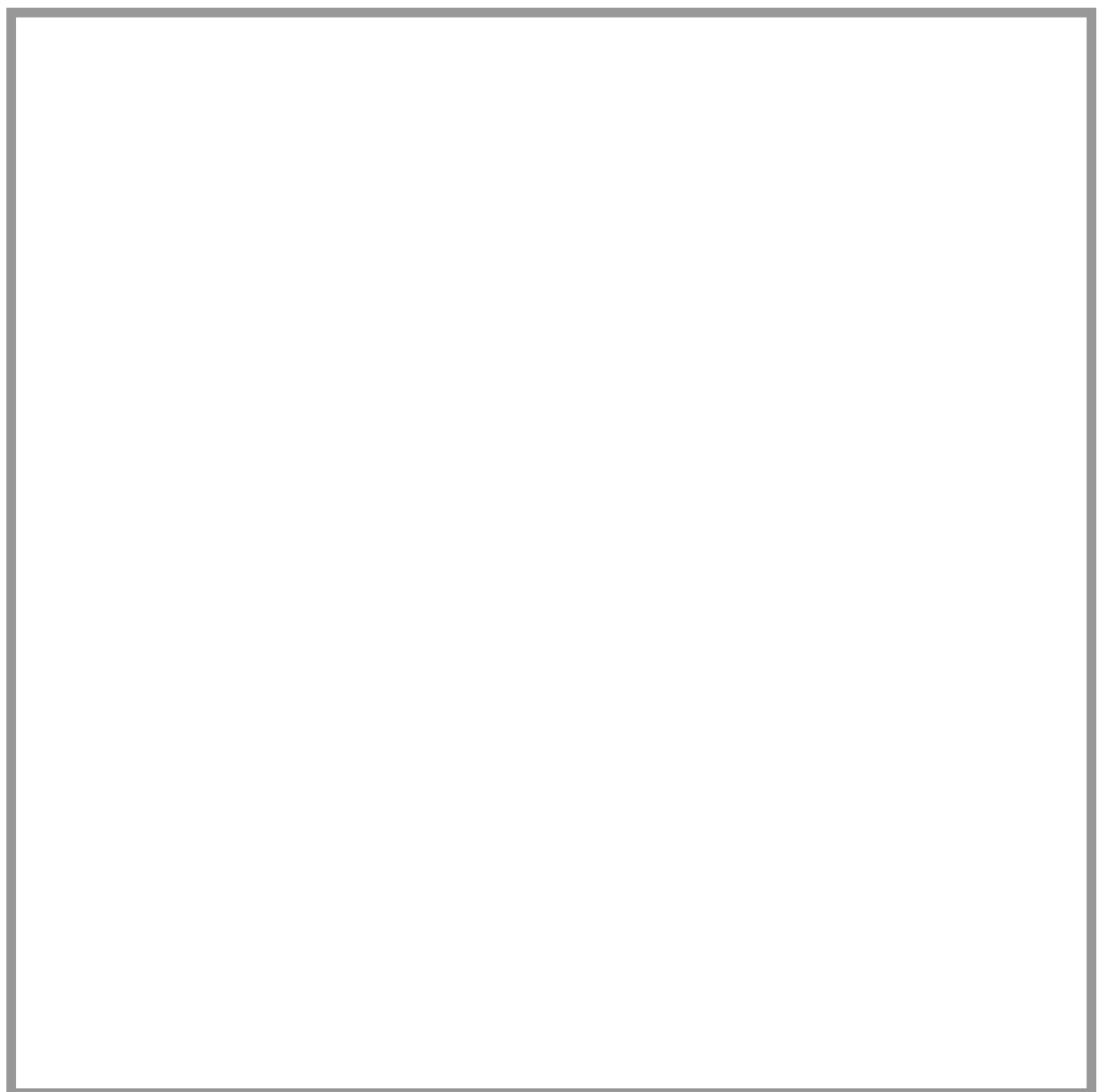
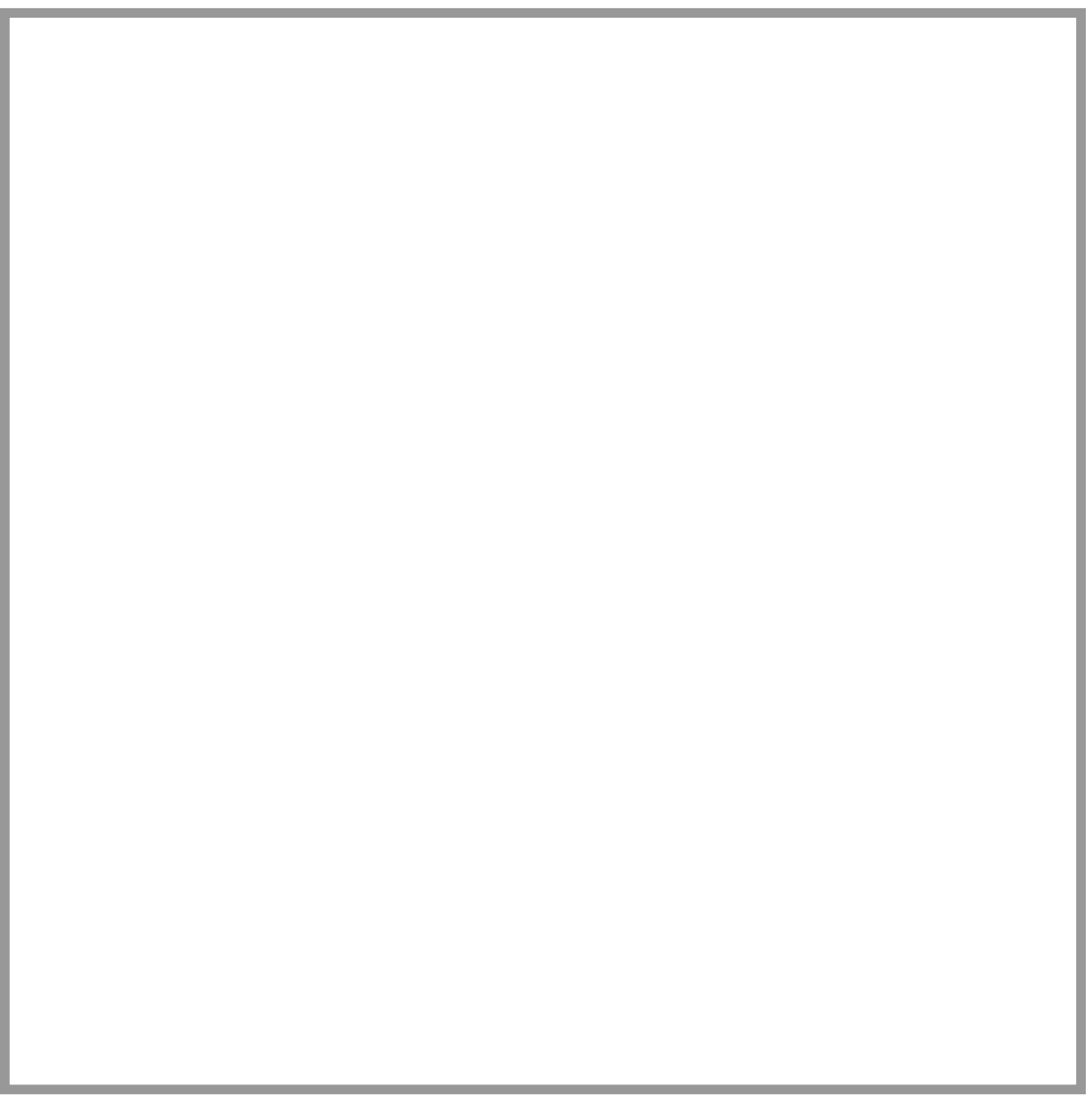
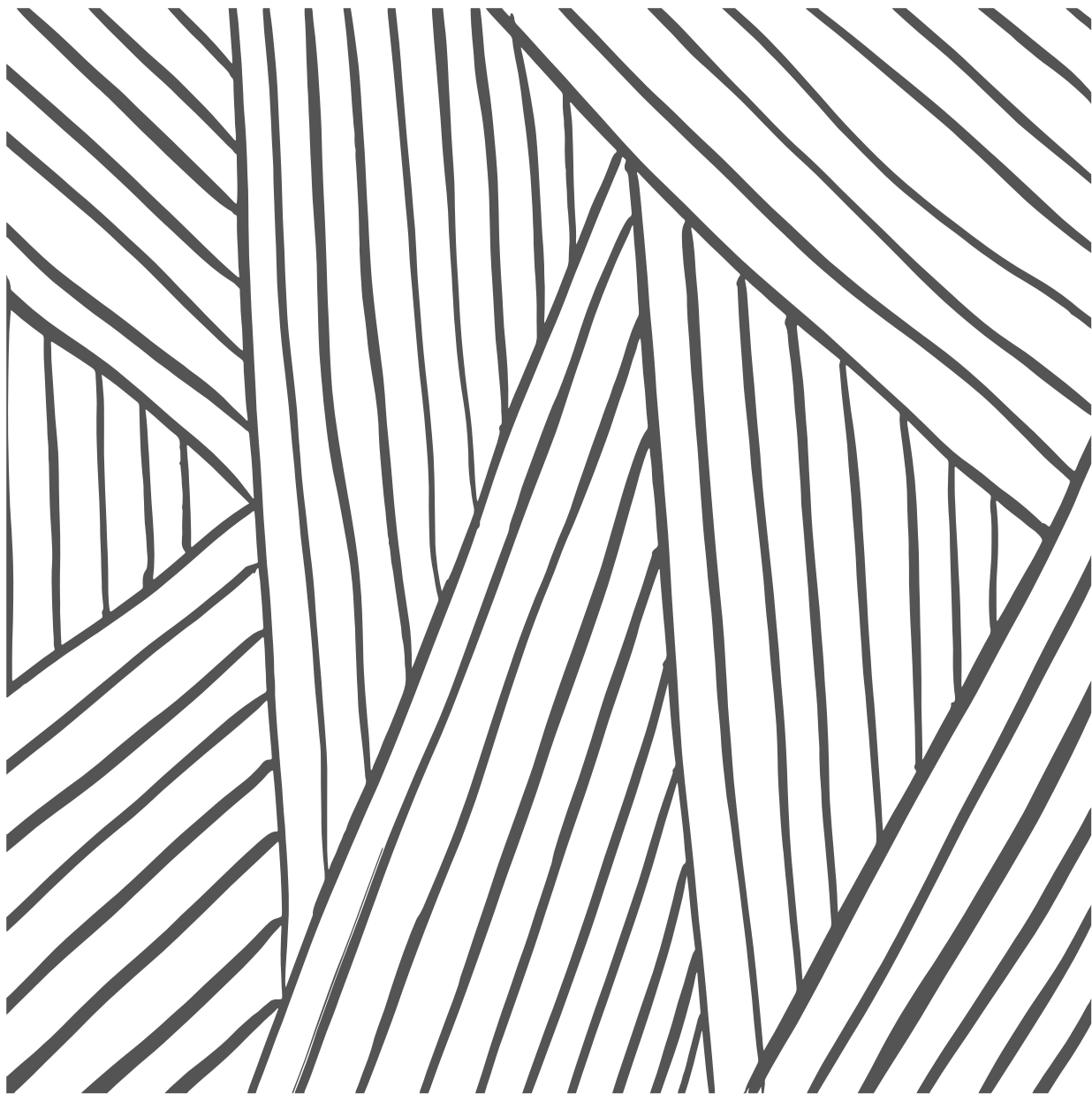
Continue drawing more puzzle pieces.



Continue drawing more flowers and then color.



Continue drawing the patterns.



Continue drawing the patterns.

