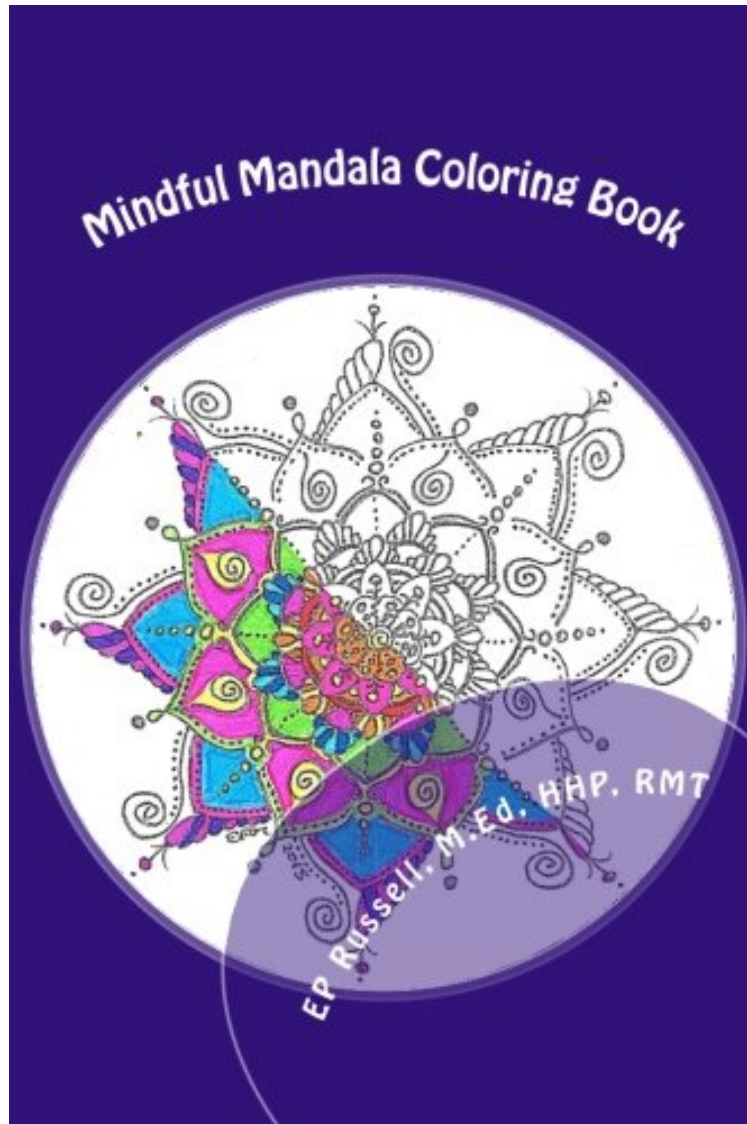


(Free pdf) Mindful Mandala Coloring Book (Meditating With Mandalas) (Volume 1)

Mindful Mandala Coloring Book (Meditating With Mandalas) (Volume 1)

Lizbeth Russell HHP

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A book of mindful Mandala-inspired designs to color. Mindful phrases accompany each design, and can be used for meditation or as affirmations.

About the AuthorElizabeth (Lizbeth) Russell, M.ED, HHP, CAP™, RMT, is a Certified Angel Practitioner™, Entrepreneur, Herbalist, Intuitive Holistic Wellness Coach and Kundalini Reiki Master. She holds a Master's degree in Education, and over 25 years' experience teaching Spanish. She is the owner of Lizbeth's Botanicals and Linden Tree Intuitive. In 2015, she received her Holistic Health Practitioner diploma, with a focus on Herbal Medicine, through the American College of Healthcare Sciences. Currently she is a co-host of Angelic Realms Radio's Monday show and member of the International Association of Angel Practitioners – Home of Earth Angels Worldwide.