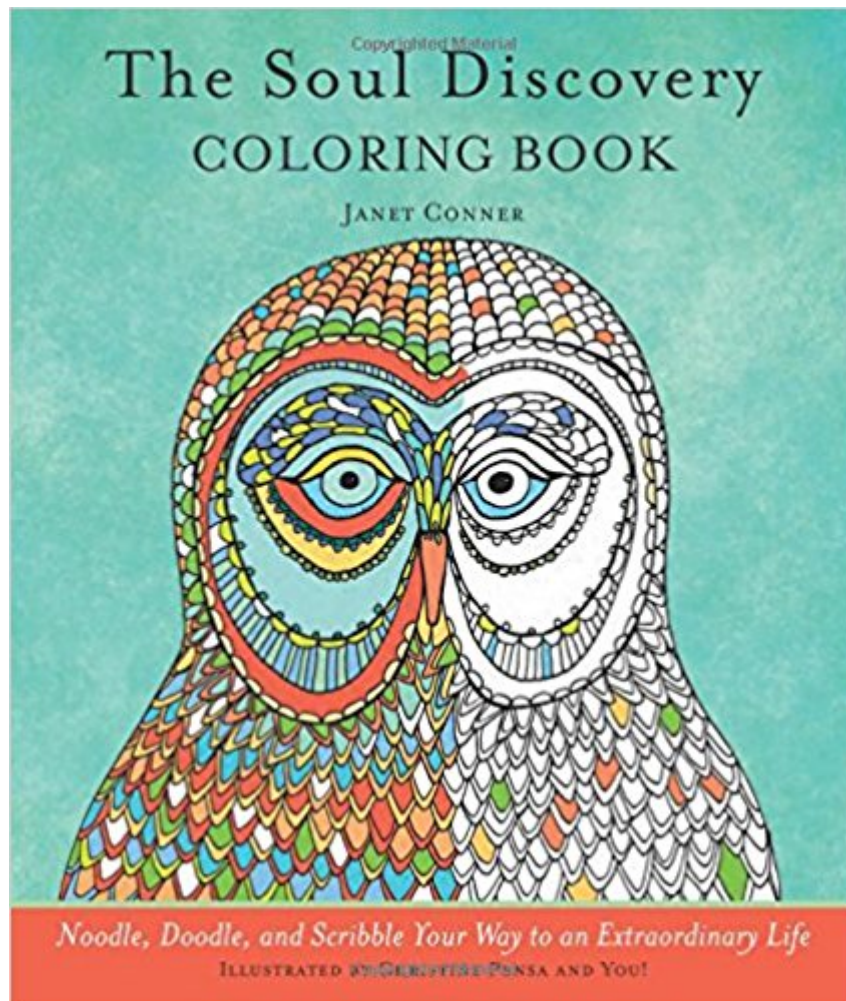


The book was found

The Soul Discovery Coloring Book: Noodle, Doodle, And Scribble Your Way To An Extraordinary Life



Synopsis

In *Writing Down Your Soul*, Janet Conner introduced tools to teach readers how to connect to the voice within where soul knowledge and spiritual breakthroughs occur: "If you want to engage in a vibrant conversation with the wisdom that dwells just a hair below your conscious awareness, write. Write every day, at approximately the same time, with passion, honesty, and the intention of speaking with and listening to the voice within." As a natural extension and follow-up to *Writing Down Your Soul*, here is a companion coloring book that offers a powerful catalyst for accessing the knowledge already deep within you. Structured around 22 key questions to ignite the imagination, such as "When I look out, what do I see?" "When I look in, what do I see?" and "If I could create the perfect gate to my extraordinary life, what would it look like?" The *Soul Discovery Coloring Book* invites readers to:

- Noodle:** use silence, reflection, staring off into space, allowing images to come
- Doodle:** not drawing to replicate, but allowing
- Color:** allowing the colors to choose you
- Scribble or soul write:** scribbling because when we soul write we write fast and messy to get ahead of our conscious mind

For each of the 22 key questions there are 4 pages: the first poses and explores the question and provides an image to color, the second provides an image to color plus space to scribble and doodle, the third offers a quote or small inspiration design for free drawing, and the fourth offers blank space to allow the reader to complete their exploration through writing or coloring. Adult coloring books are all the rage and *The Soul Discovery Coloring Book* comes with the added benefit of helping readers to reach deep within themselves to connect with the divine. The result? The reader not only colors a beautiful picture, but also creates a beautiful life.

Book Information

Paperback: 144 pages

Publisher: Conari Press; Clr Csm edition (March 1, 2016)

Language: English

ISBN-10: 1573246859

ISBN-13: 978-1573246859

Product Dimensions: 8.4 x 0.6 x 9.8 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #66,618 in Books (See Top 100 in Books) #67 in [Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Religious & Inspirational](#) #81 in [Books > Self-Help > Art Therapy & Relaxation](#) #265 in [Books > Self-Help > Creativity](#)

Customer Reviews

Anything written by Janet Conner has a way of helping me go deeper and deeper into my connection with the Divine. At the same time, she broadens my appreciation for the joy of simple things - like coloring. Christine Penza's illustrations are magical and will open you to experience the power of "The Imaginal". Packed with tips on how to deepen your journaling experiences and keep your curiosity alive by continually asking questions, The Soul Discovery Coloring Book is a refreshing addition to meditation practice - especially for those of us who tend to wiggle on our yoga mats!

Janet Conner's newest book is a delight! What a fun way to play and deepen your connection with the Divine. The Owl in the front cover is so special and symbolic. More than a coloring book, this book, with its creative prompt and discovery pages, provides an entrance to the mystical playground of your soul.

This is a great book for coloring and journaling. Janet provides creative prompts and questions to help release your inner voice on the page. Christine's illustrations make the book fun and playful. I love the owl coloring pages.

A great addition to the books by Janet Conner. Very soulful musing and allows quiet time for pondering her written pages of information.

Creative and fun!!!!

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The Soul Discovery Coloring Book: Noodle, Doodle, and Scribble Your Way to an Extraordinary Life
Doodle Inspiration: Learn How To Doodle (Cartoon Doodles, Doodle Patterns, Mandala Doodles, Zentangles, Zentangles, Doodle Prompts) ZEN DOODLE: The Art of Zen Doodle. Drawing Guide with Step by Step Instructions. Book one. (Zen Doodle Art 1) Anime Doodle Girls: Coloring Book (Doodle Coloring book by JennyLuanArt) (Volume 1) The Scribble Diary: My Brain Right Now
Magical Unicorns and Fairies: Adult Coloring Book: Unicorn Coloring Book, Fairy Coloring Book, Fantasy Coloring Book, Fairies Coloring Book, Adult Coloring Book Back to the 80s: 1980s Fads and Fashion Coloring Book: Adult Coloring Books Fashion, 80s Coloring Book, 1980s Coloring Book, Fashion Coloring Book ... Fashion Coloring Book for Adults) (Volume 1) Painting for the Soul:

Soothe your soul, expand your imagination, and paint your way to colorful, creative expression
Drawing: Drawing and Sketching, Doodling, Shapes, Patterns, Pictures and Zen Doodle (drawing, zentangle, drawing patterns, drawing shapes, how to draw, doodle, creativity) What to Doodle? Girl Stuff! (Dover Doodle Books) Doodle Design & Draw FASHION (Dover Doodle Books) Doodle Design & Draw ROCK STAR FASHIONS (Dover Doodle Books) Doodle Design & Draw DREAM ROOMS (Dover Doodle Books) ZEN FLOWERS: Flower Doodle Designs (Zendoodle, Zentangle, Doodle) Doodle Yourself Smart...Physics (Doodle Books) Donkey Coloring Book: 30 Hand Drawn, Doodle and Folk Art Style Donkey Adult Coloring Designs (Animal Coloring Books) (Volume 1) #Love #Coloring Book: #Love is Coloring Book #1 in the Adult Coloring Book Series Celebrating Love and Friendship (Coloring Books, Coloring Pencils) ... Series of Adult Coloring Books) (Volume 1) #Me #Coloring Book: #ME is Coloring Book No.5 in the Adult Coloring Book Series Celebrating Ideas to Live By (Coloring Books, Coloring Pencils) ... Series of Adult Coloring Books) (Volume 5) Spiralizer Recipes: 50 The Best Spiralizer Recipes From Classic Pasta Dishes, To Salads, Noodle Soups, Fries, Breakfast Noodles-Crush Your Pasta ... Recipe Book, Spiralizer, Spiralizer Cookbook) Grayscale Adult Coloring Books Gray Faces: Coloring Book for Grown-Ups Grayscale Coloring Books) (Photo Coloring Books) (Fantasy Coloring Books) Grayscale Animals) (Animal Coloring Books) (Volume 1)

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