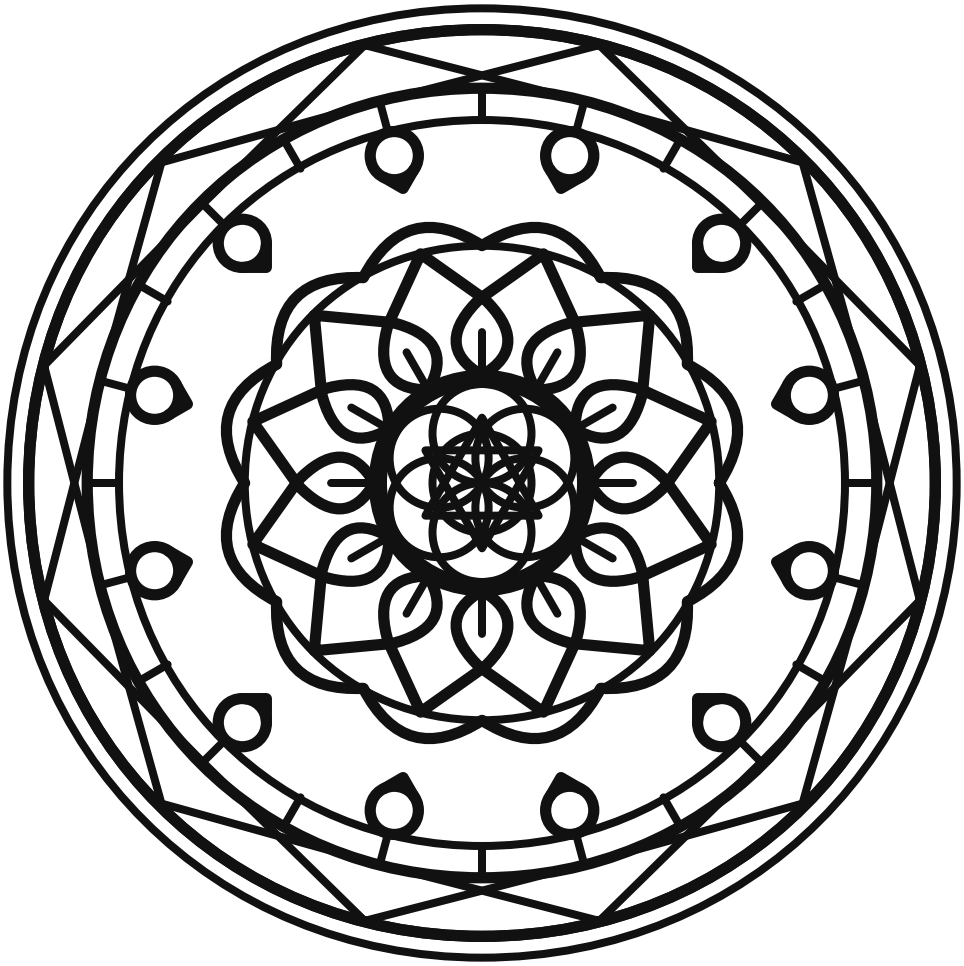
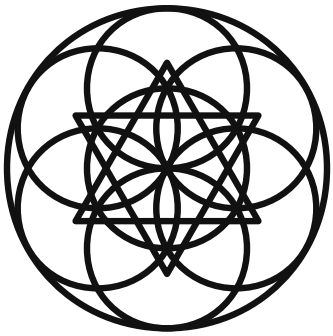


CELLULAR COHERENCE

Sacred Coherence

A Coloring Book of Sacred Geometry, Living Biology & Calm

50 unique designs · bold, easy-to-color outlines



Color with intention

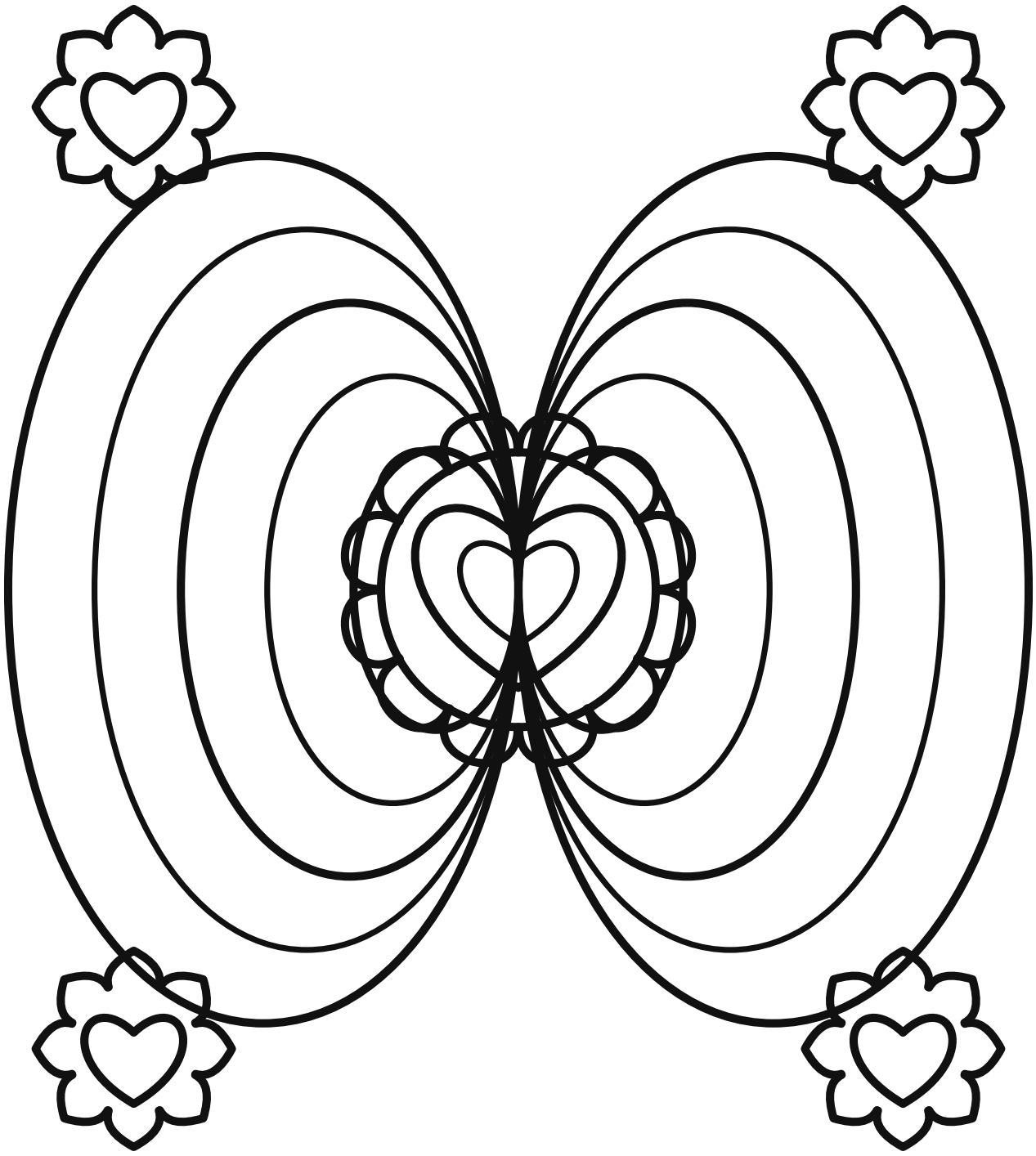
Coloring is a quiet way to practice coherence. Slow, repetitive strokes give the mind a single point of focus, and many people find their breathing slows on its own.

Before you begin: take three slow breaths, in for five and out for five. Choose a color that matches how you feel, and another that matches how you'd like to feel.

As you color: let each design's line be a gentle intention. Notice your breath whenever you reach the center of a pattern.

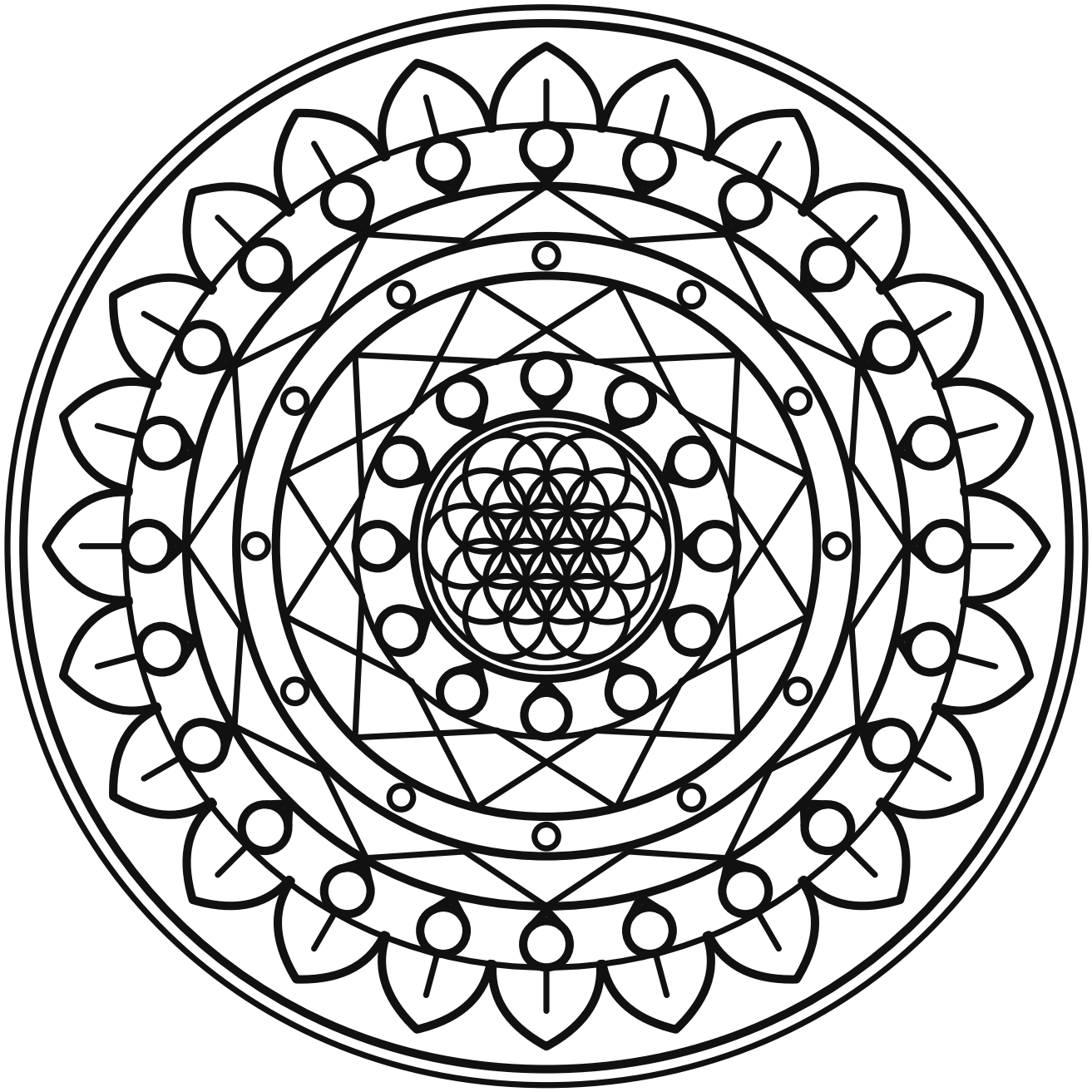
When you finish: pause and notice your body. What feels different from when you started?

Each design was drawn with bold, dark outlines so the shapes are easy to see and fill with pencils, markers, gel pens or paint. For best results print on heavier paper (28 lb / 105 gsm or card stock) and place a spare sheet underneath when using markers.



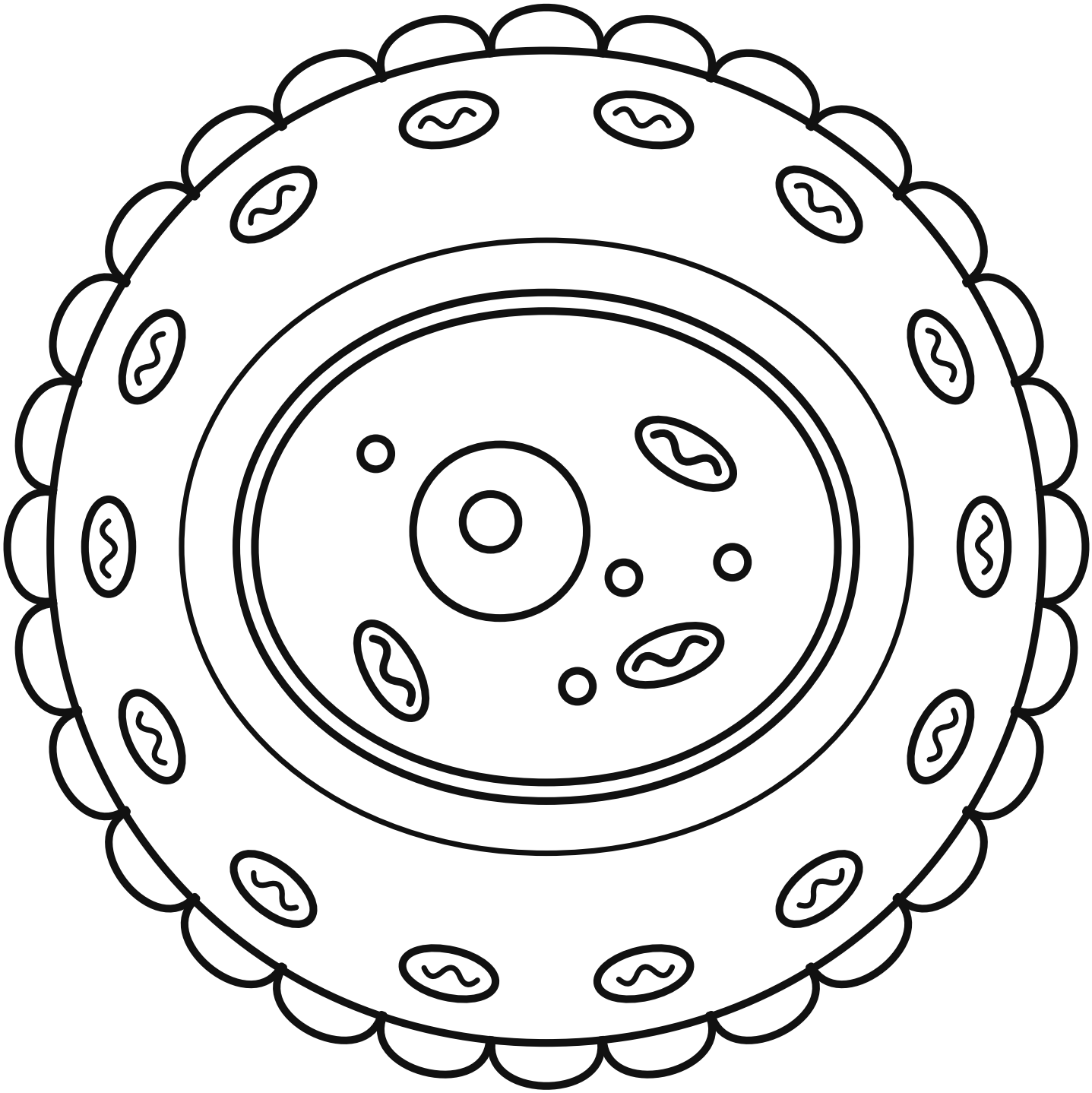
02 THE HEART FIELD

Breathe in for five, out for five.



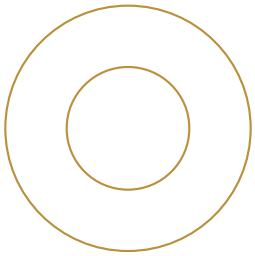
03 FLOWER OF LIFE MANDALA I

Pattern is how life remembers.



05 THE LIVING CELL

Thirty-seven trillion cells, one conversation.



THANK YOU FOR TRYING THE SAMPLE

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bold outlines and an intention under every design.

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