



**ADULT COLORING BOOK: Restore Integrity  
and Purity of the Musculoskeletal System  
Functions, Stress Relieving, Creativity, Mandala,  
Patterns, Doodles (Mandalas For Mindfulness  
Book 4)**

*Alex Right*

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# **ADULT COLORING BOOK: Restore Integrity and Purity of the Musculoskeletal System Functions, Stress Relieving, Creativity, Mandala, Patterns, Doodles (Mandalas For Mindfulness Book 4)**

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## **Restore Integrity and Purity of the Musculoskeletal System Functions**

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**Today only, get this Kindle book for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.**

Muscles and bones are the basis of the musculoskeletal system, thanks to which we are able to move through the solid earth. The musculoskeletal framework gives us shape on the material level, and on the energy-informational level.

Each of us can paint. It is our desire. It is difficult to find the necessary shapes. But they've been given to you. You can bring in additional geometric circuitry elements, if you feel the need, improvise more with shape and color.

The color is to be chosen intuitively. I would like to draw red - paint red, I want black - paint black. Do not restrain yourself and your imagination. Draw and be glad, let the sadness and longing leave you. You can help yourself.

You can start working with the first pattern. You can intuitively determine the sequence of circuits that you need to paint at first. For this purpose it is necessary to view all the pictures and choose the three that attract your attention. Thus you define the most problematic areas in your locomotor system.

If you apply the scheme of color and pattern you like, you can keep it. If the diagram is dominated by dark and aggressive tones, if the pattern is an internal protest and anger, then it is better to break it off and discard it.

Do not think that you have wasted time. Results have been achieved. You dropped the energy mud on a piece of paper, and thus helped yourself.

Do not forget about yourself. Take time for yourself. Allow yourself to be healthy. And smile more. Then the process of restoring the function of the musculoskeletal system will go faster.

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