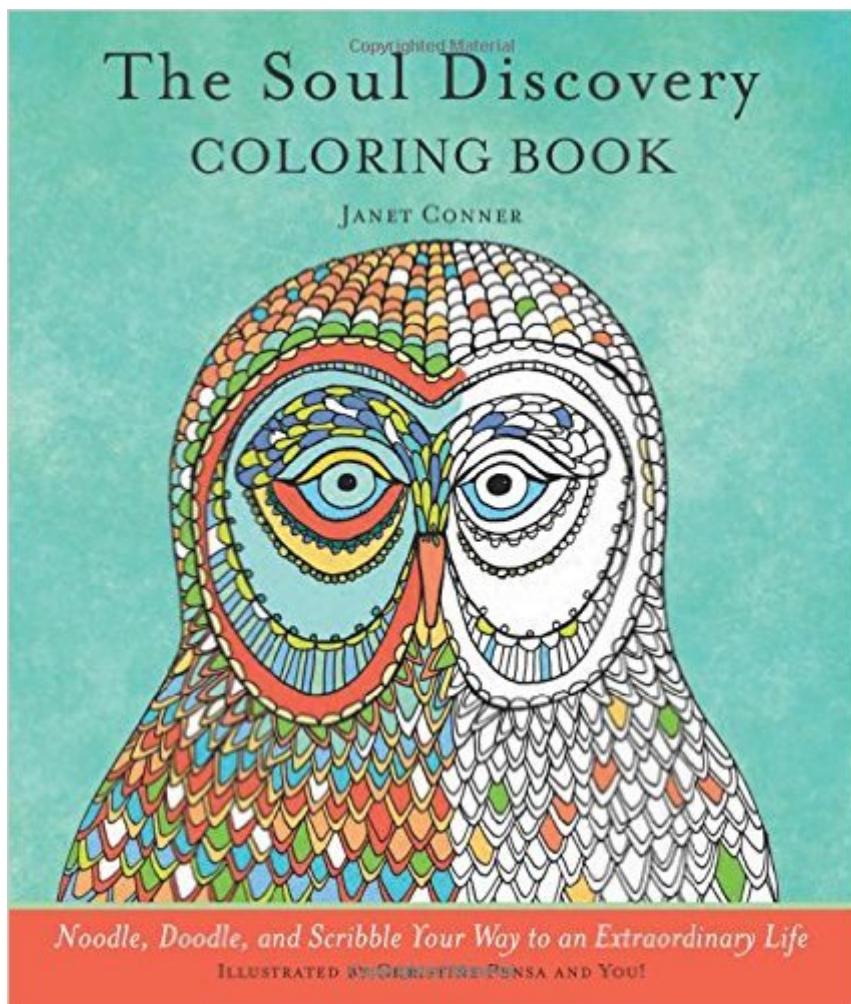


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# The Soul Discovery Coloring Book: Noodle, Doodle, And Scribble Your Way To An Extraordinary Life



## 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

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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 Â See all reviews Â (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 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, provide 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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