

THE **HARMONY**
OF **COLOUR** SERIES

MANDALAS AND MOSAICS

RELAX AND UNWIND WITH
ADULT COLOURING

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OF **COLOUR** SERIES

MANDALAS AND MOSAICS

Stressed out at work? Are the pressures of the world getting you down? We guarantee relaxation with these complex Zen and anti-stress colouring pages for adults.

Harmony of Colour: Mandalas and Mosaics offers detailed images and patterns that are chosen by experts for their soothing properties.

Be aware of the overall harmony of your colouring rather than focusing on each element individually. Try to balance the colours so that they are a reflection of your emotions of the moment. If the colours of your page are in harmony, then your mind will follow!

Now... grab your pencils or textas and de-stress...



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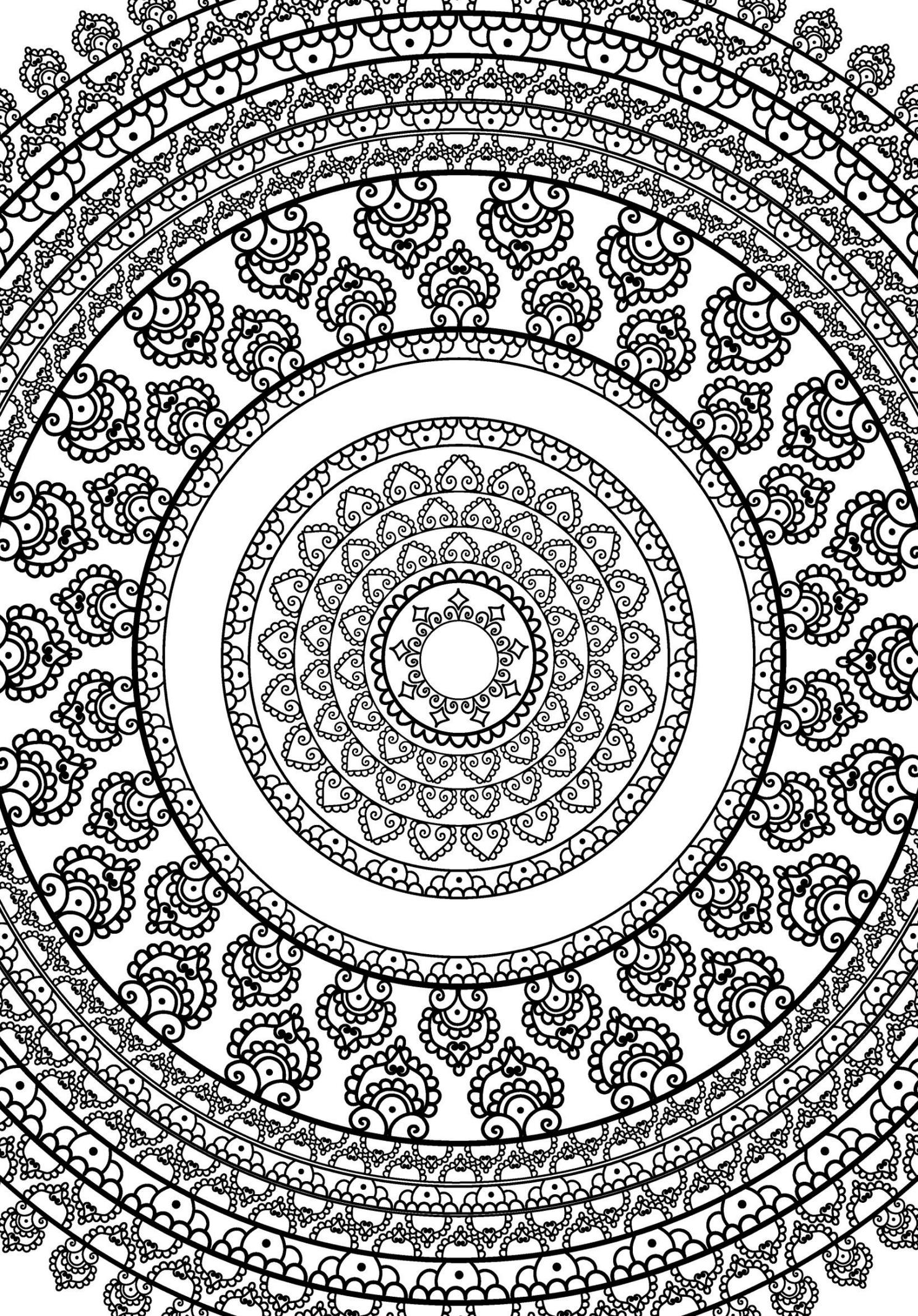
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All images: Shutterstock



“With an eye made
quiet by the power of
harmony, and the deep
power of joy, we see into
the life of things.”

— William Wordsworth —



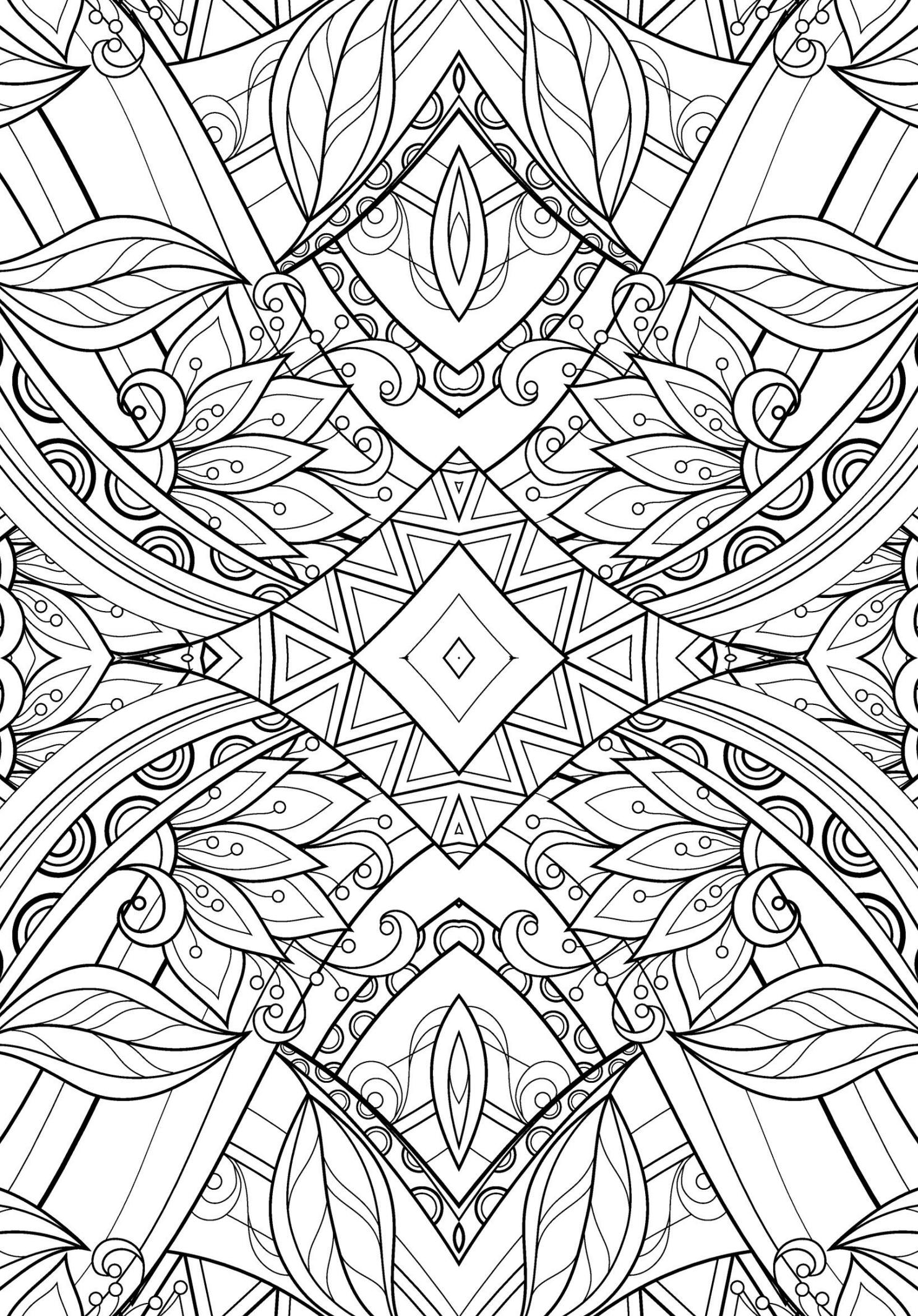
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“He who lives in
harmony with himself
lives in harmony
with the universe.”

— Marcus Aurelius —



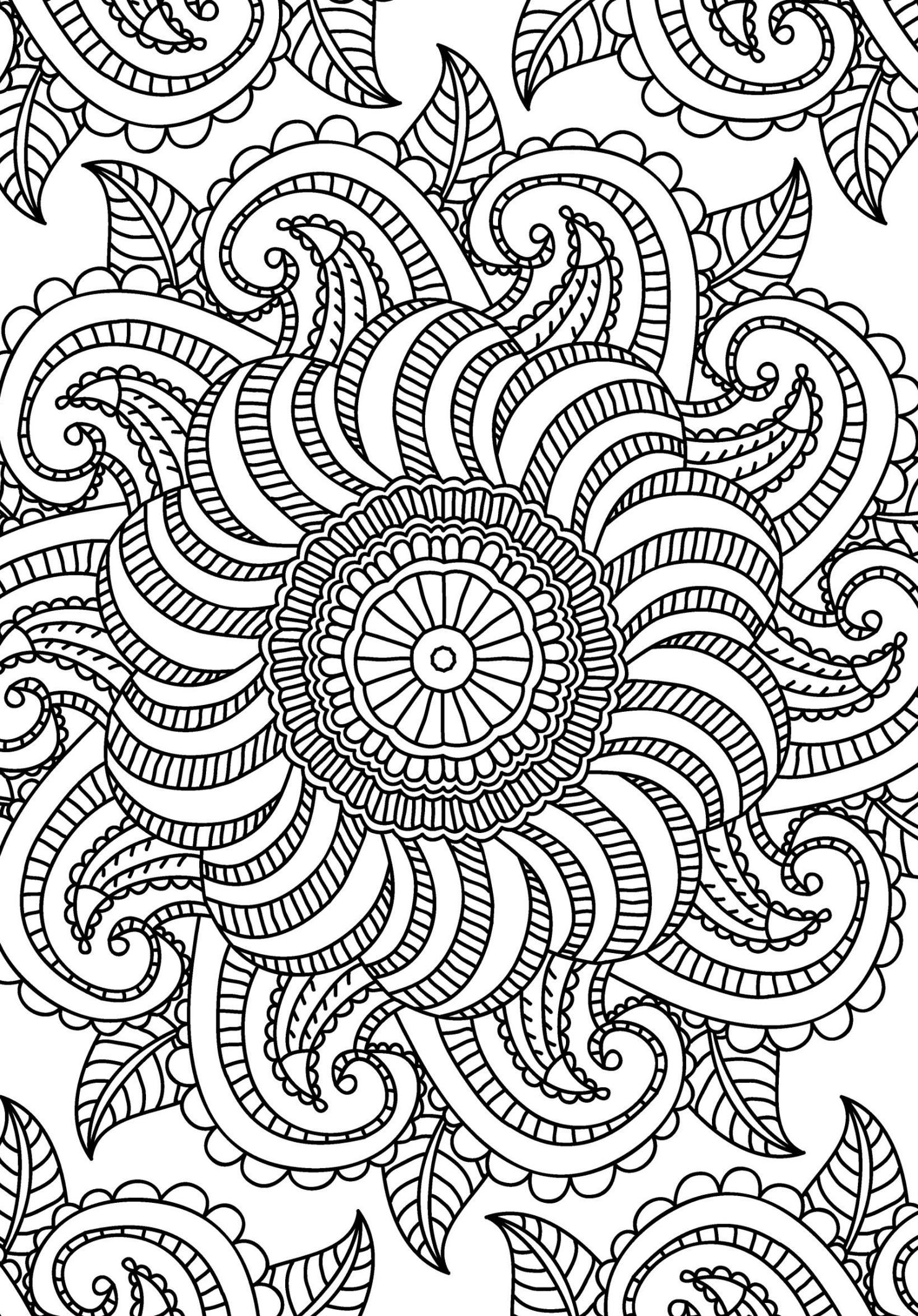
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“Happiness is mental
harmony; unhappiness
is mental inharmony.”

— James Allen —



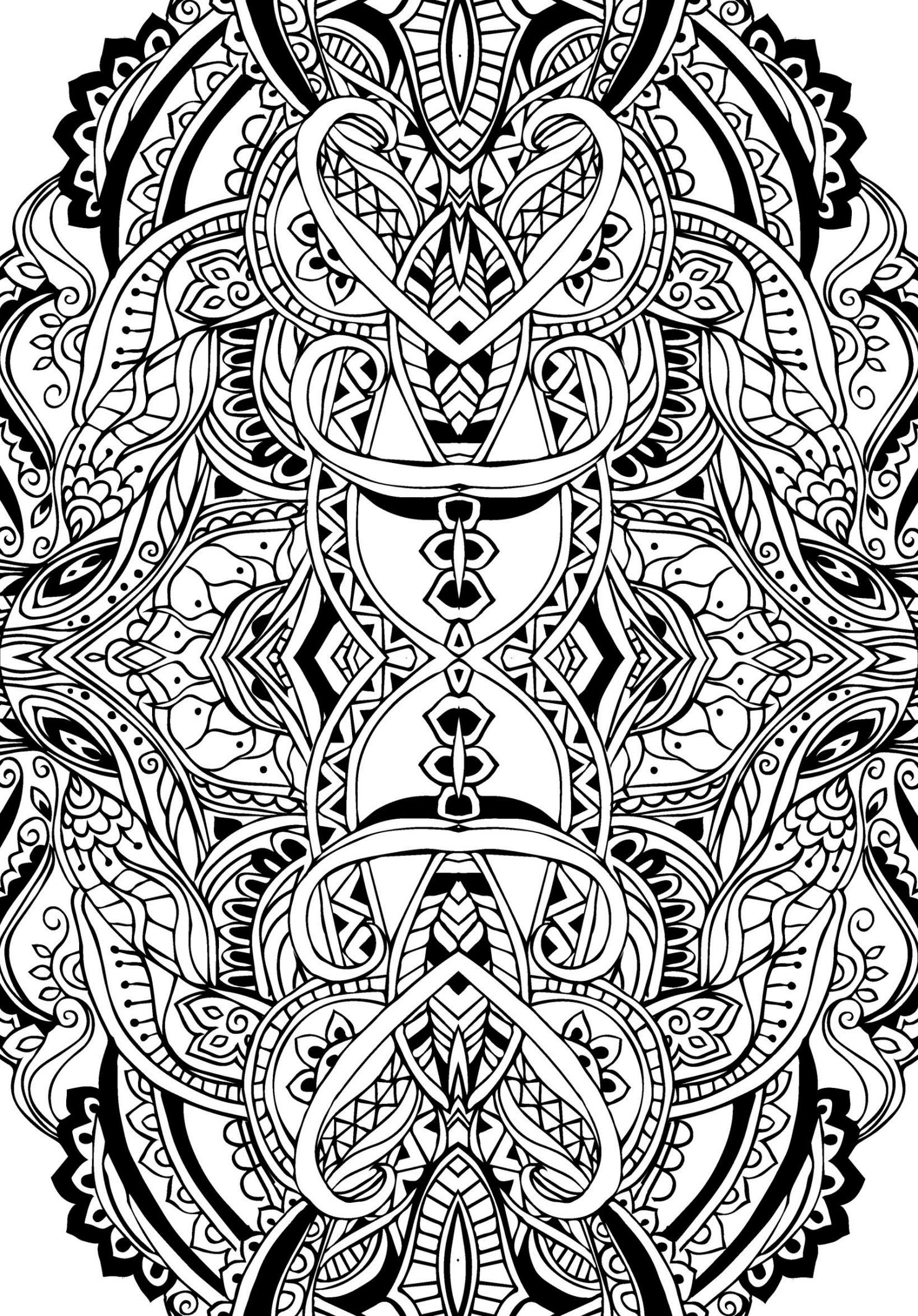
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“Harmony makes
small things grow,
lack of it makes
great things decay.”

— Sallust —



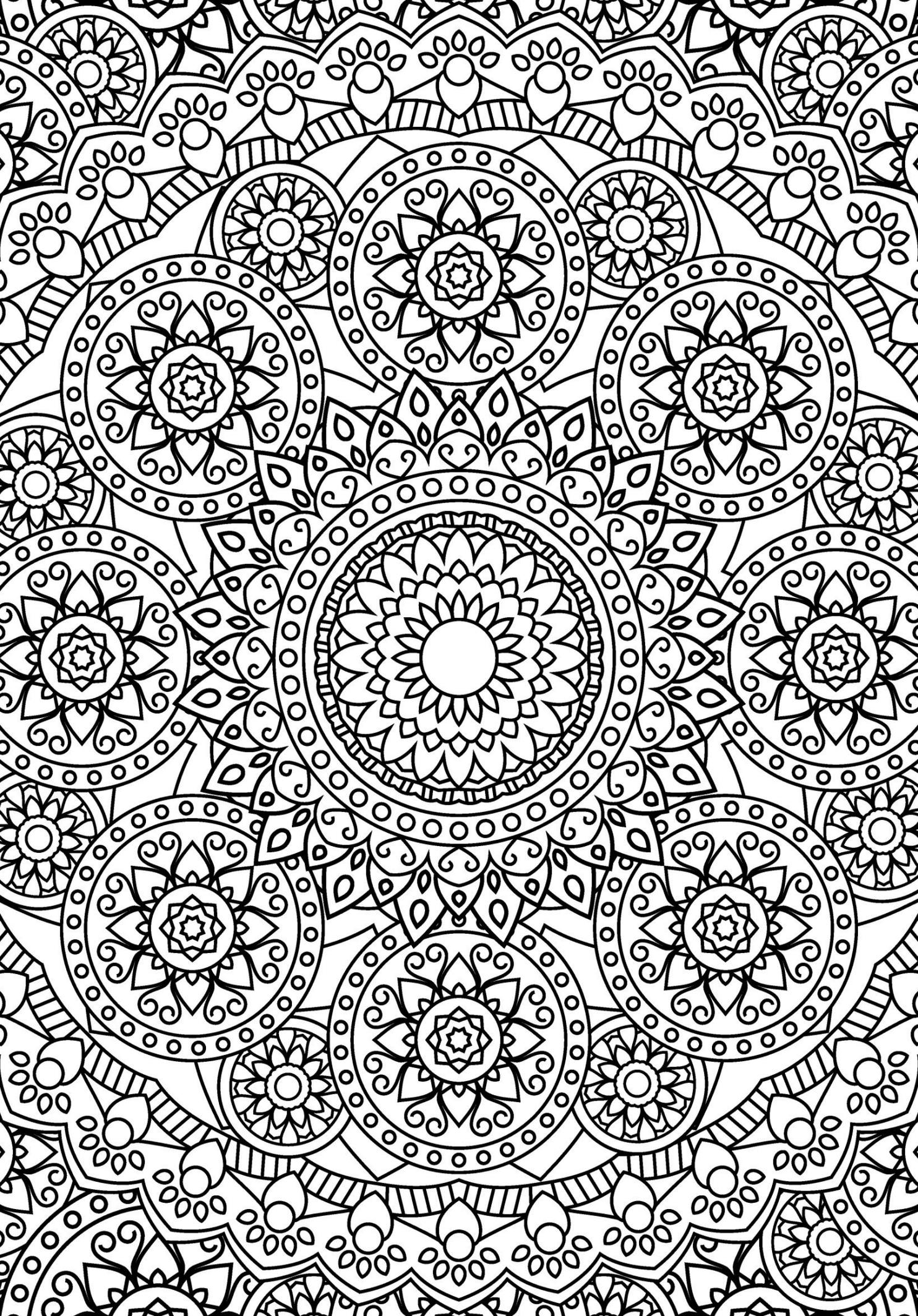
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“If you learn to make
harmony with your
past then there is no
mountain you can't
conquer in life.”

— Anurag Prakash Ray —



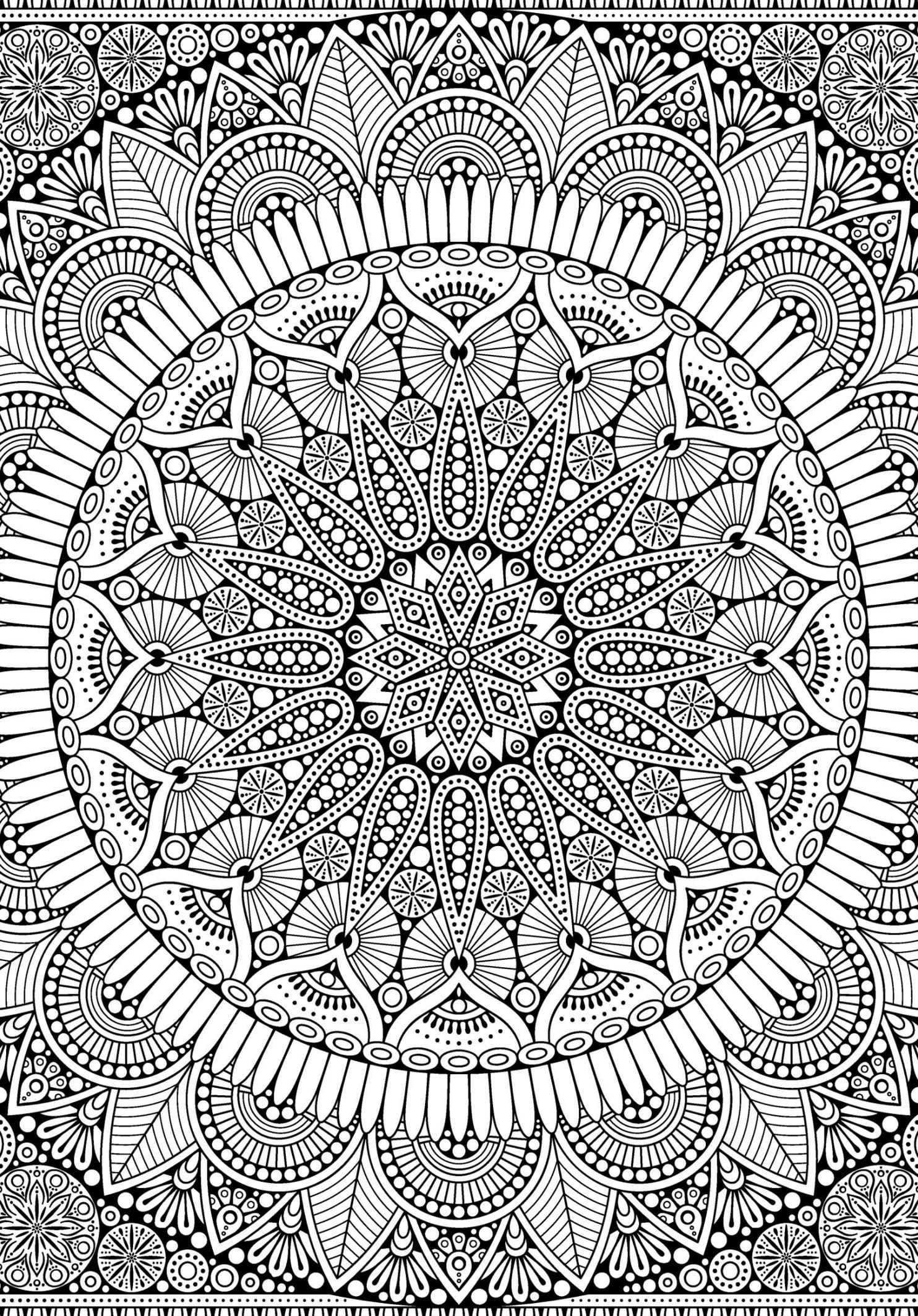
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“A successful work of art is not one which resolves contradictions in a spurious harmony, but one which expresses the idea of harmony negatively by embodying the contradictions, pure and uncompromised, in its innermost structure.”

— Theodor W. Adorno —



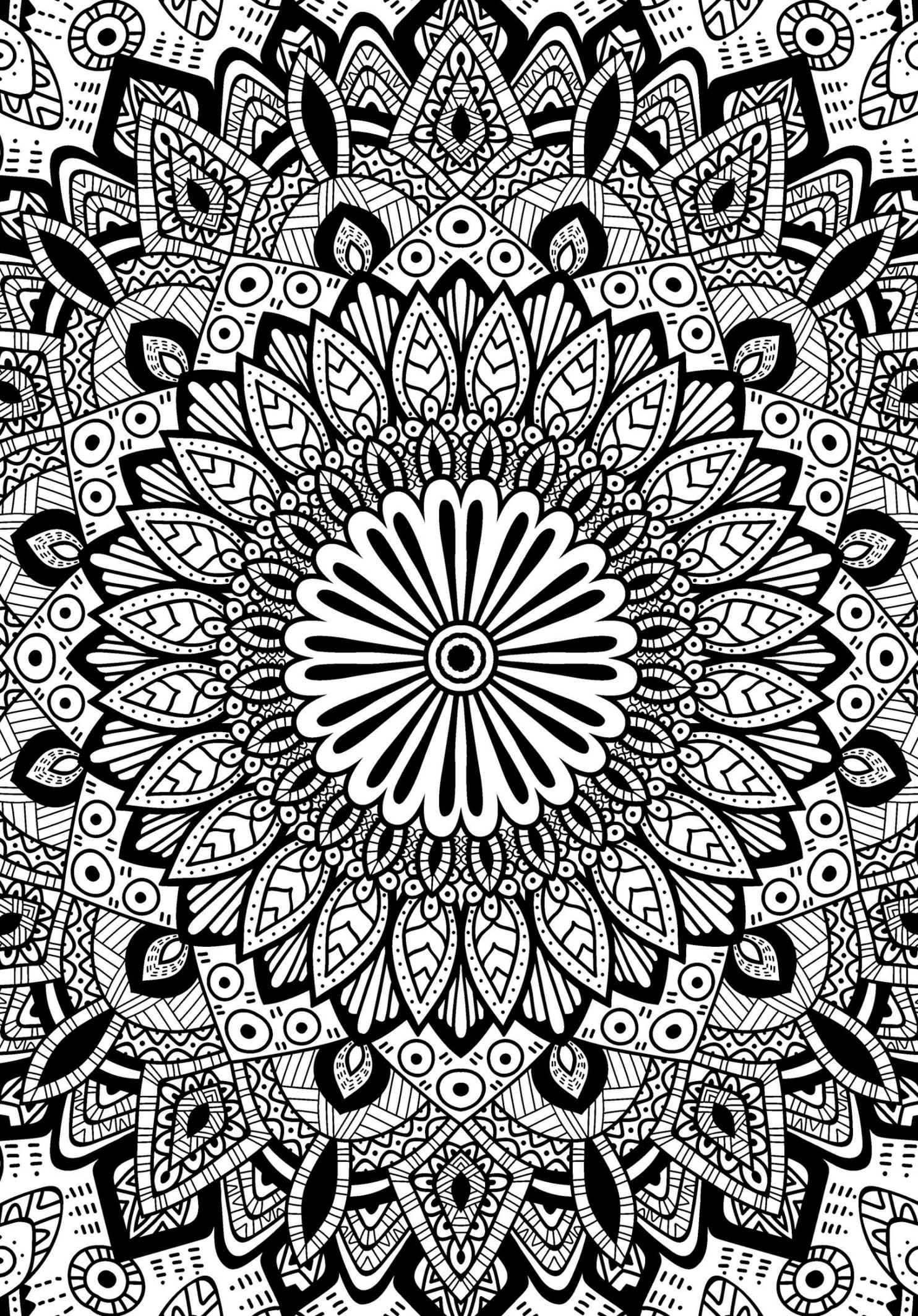
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“The simplification of life
is one of the steps to
inner peace. A persistent
simplification will create
an inner and outer
well-being that places
harmony in one’s life.”

— Peace Pilgrim —



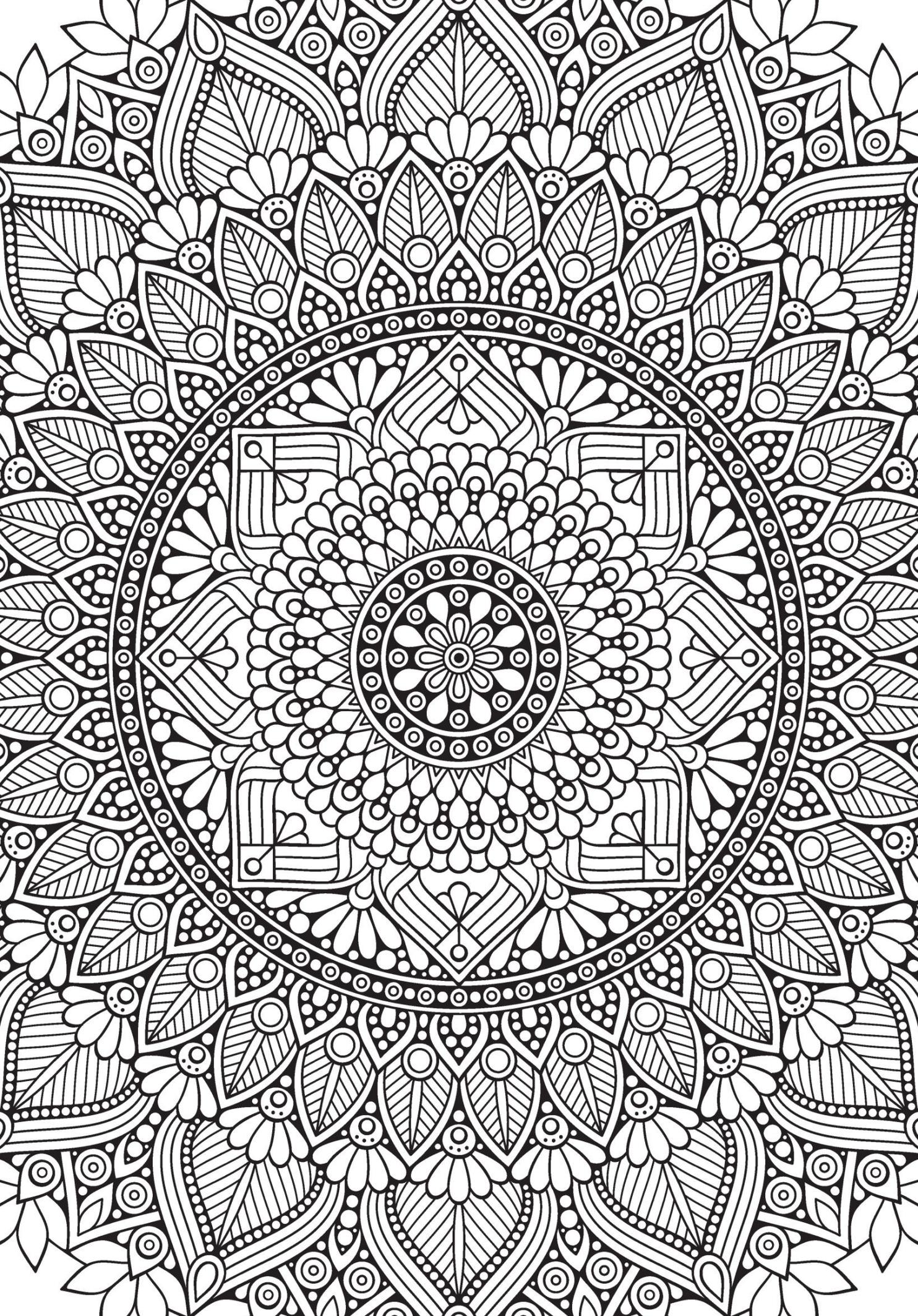
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“You don’t get
harmony when
everybody sings
the same note.”

— Doug Floyd —



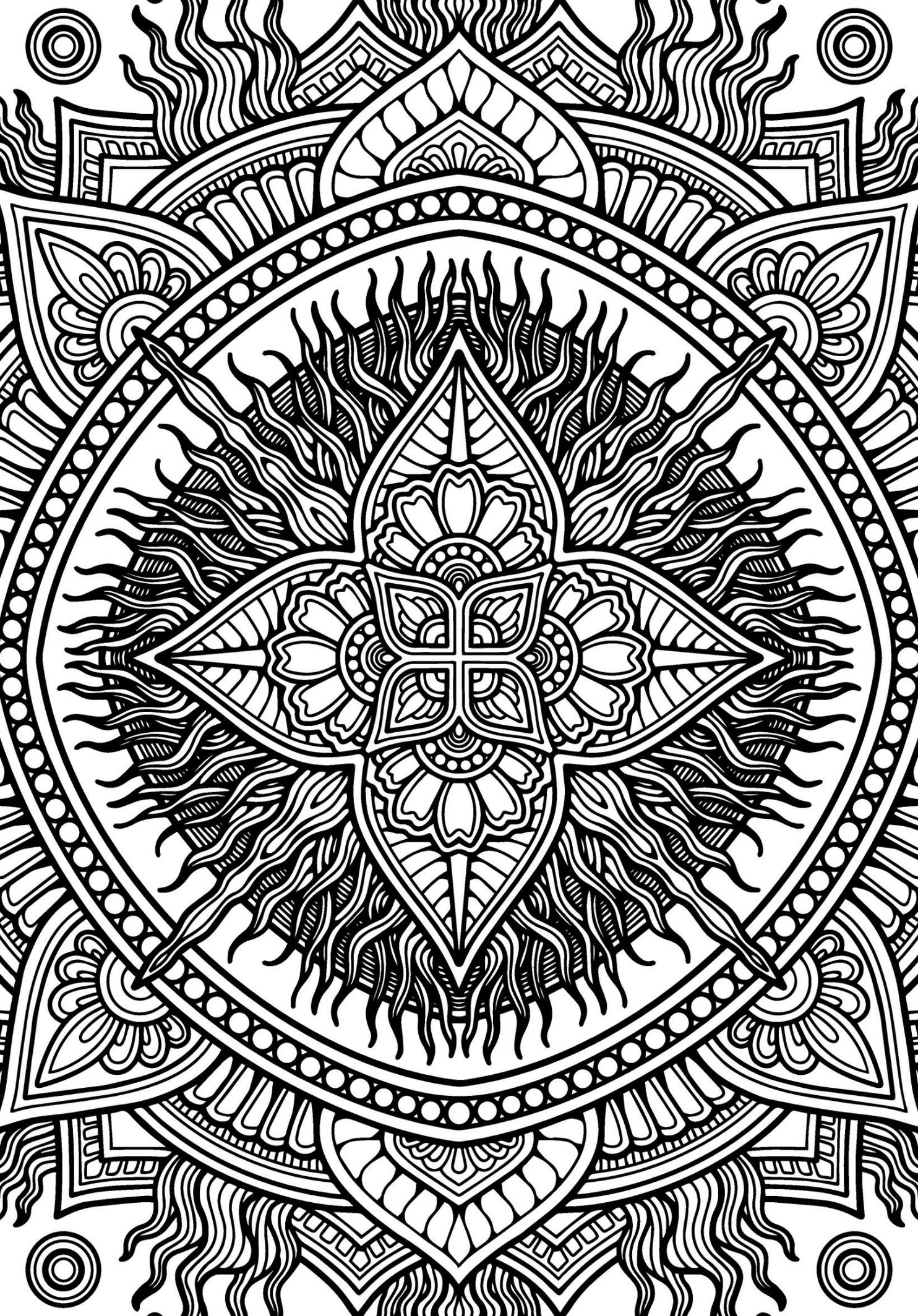
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“To create a vision of the
harmony of the unequal,
balance the infinite
variety, the chaotic, the
contradictions in a unity.”

— Hans Richter —



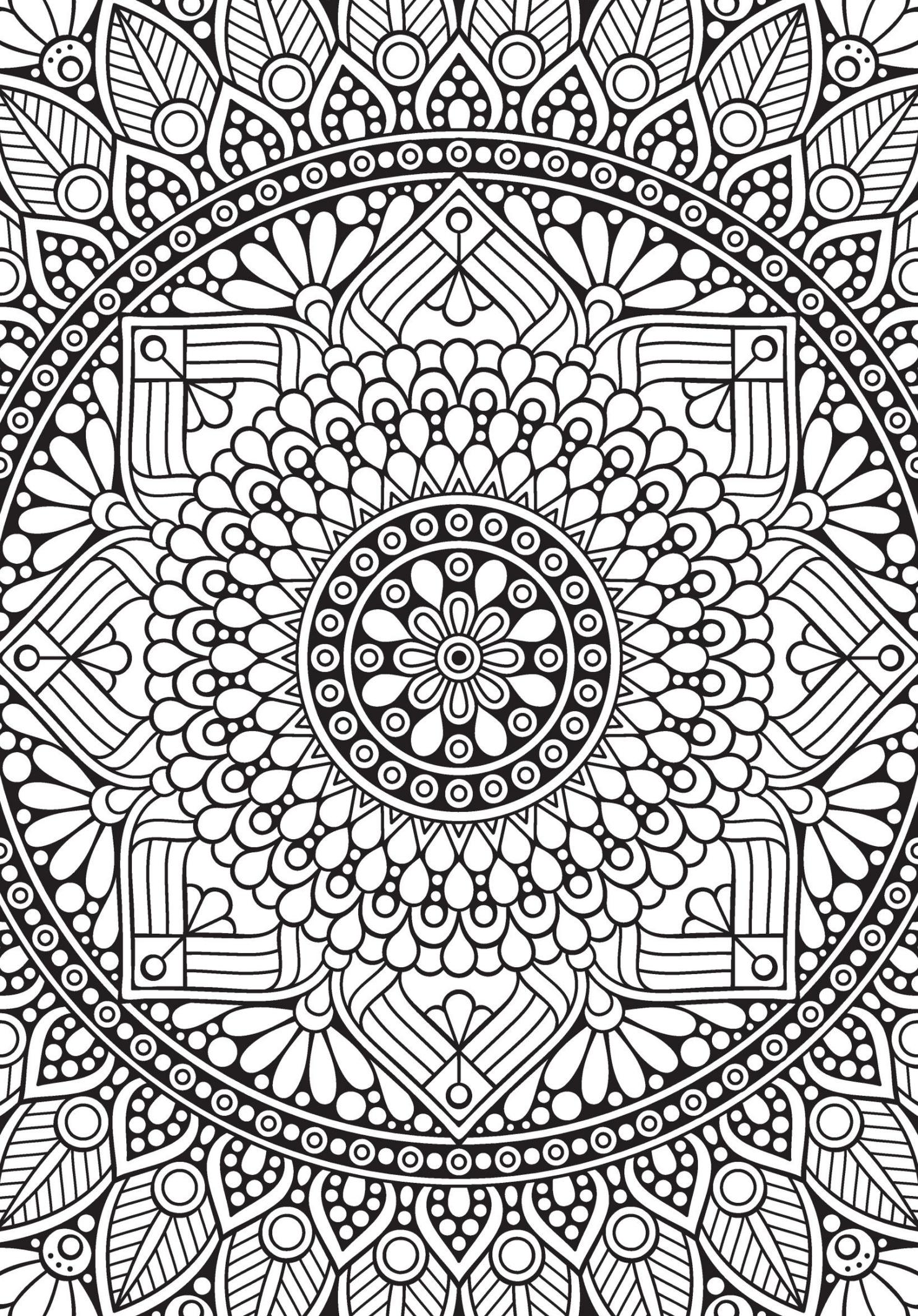
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“Invisible harmony is
better than visible.”

— Heraclitus —



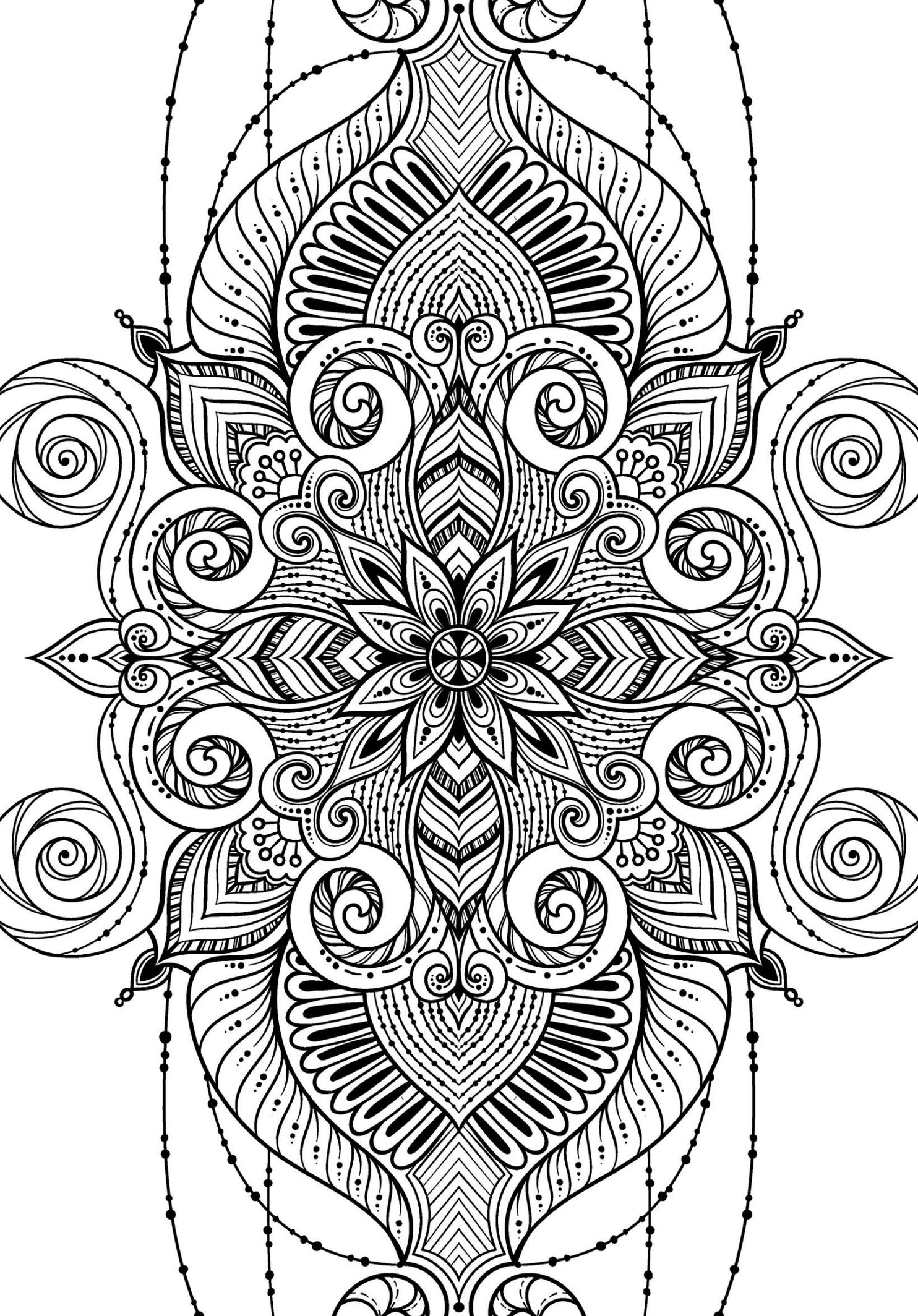
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“Harmony is a beautiful
balance between mind,
body and soul measured in
tender peaceful moments.”

— Melanie Koulouris —



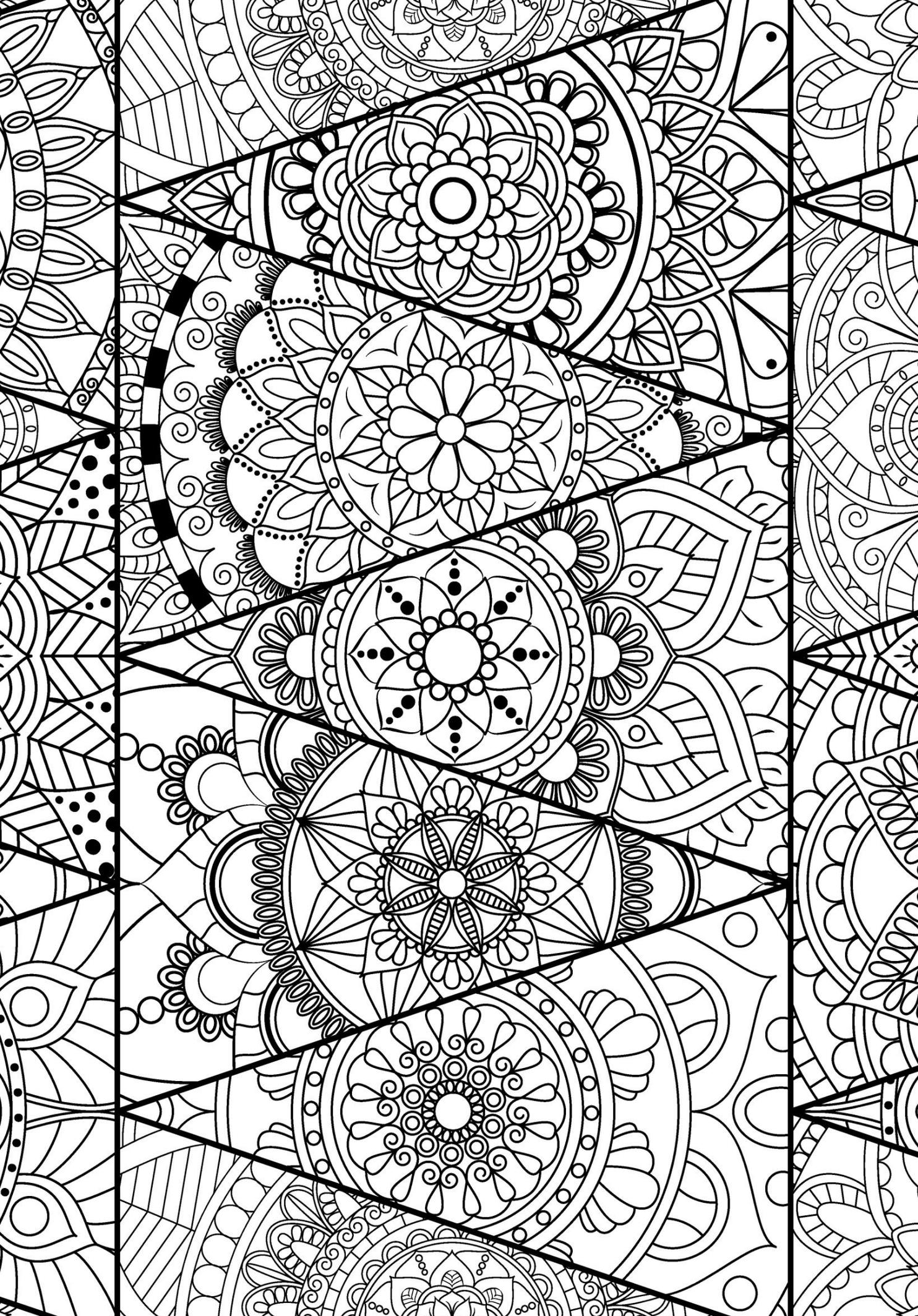
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“A life in harmony with nature, the love of truth and virtue, will purge the eyes to understanding her text.”

— Ralph Waldo Emerson —



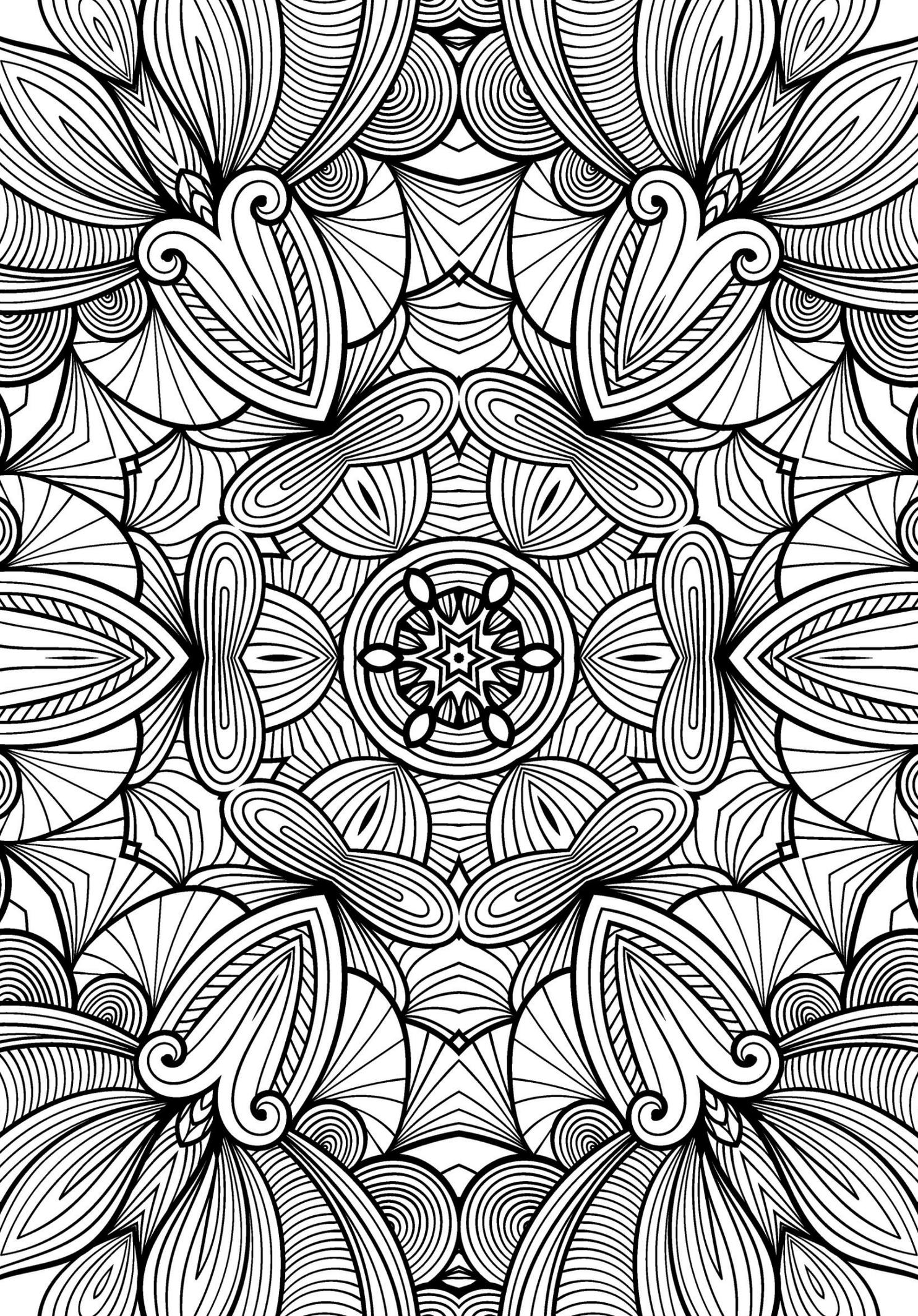
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“Happiness is not a matter
of intensity but of balance
and order and rhythm
and harmony.”

— Thomas Merton —



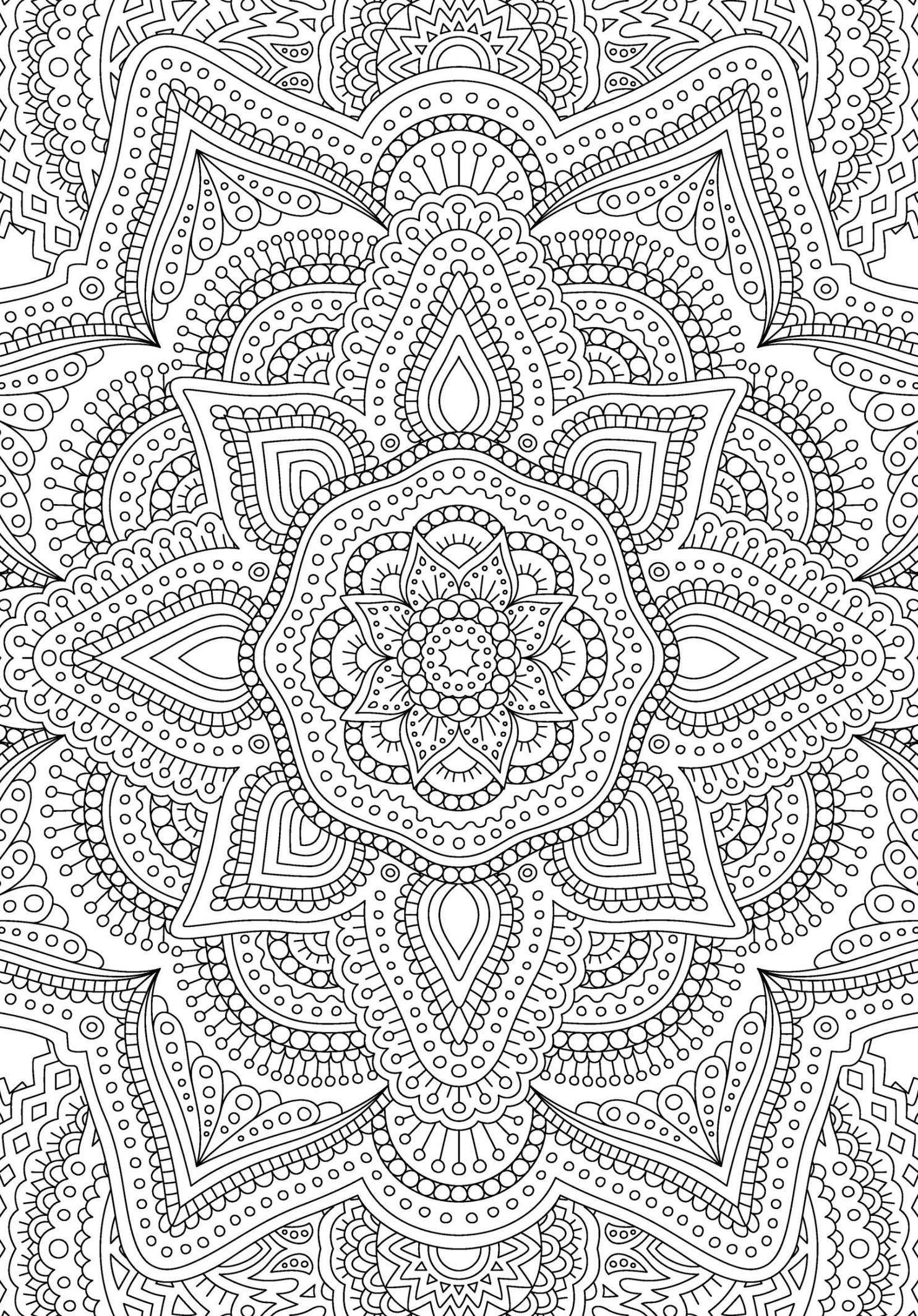
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“Harmony is one phase
of the law whose spiritual
expression is love.”

— James Allen —



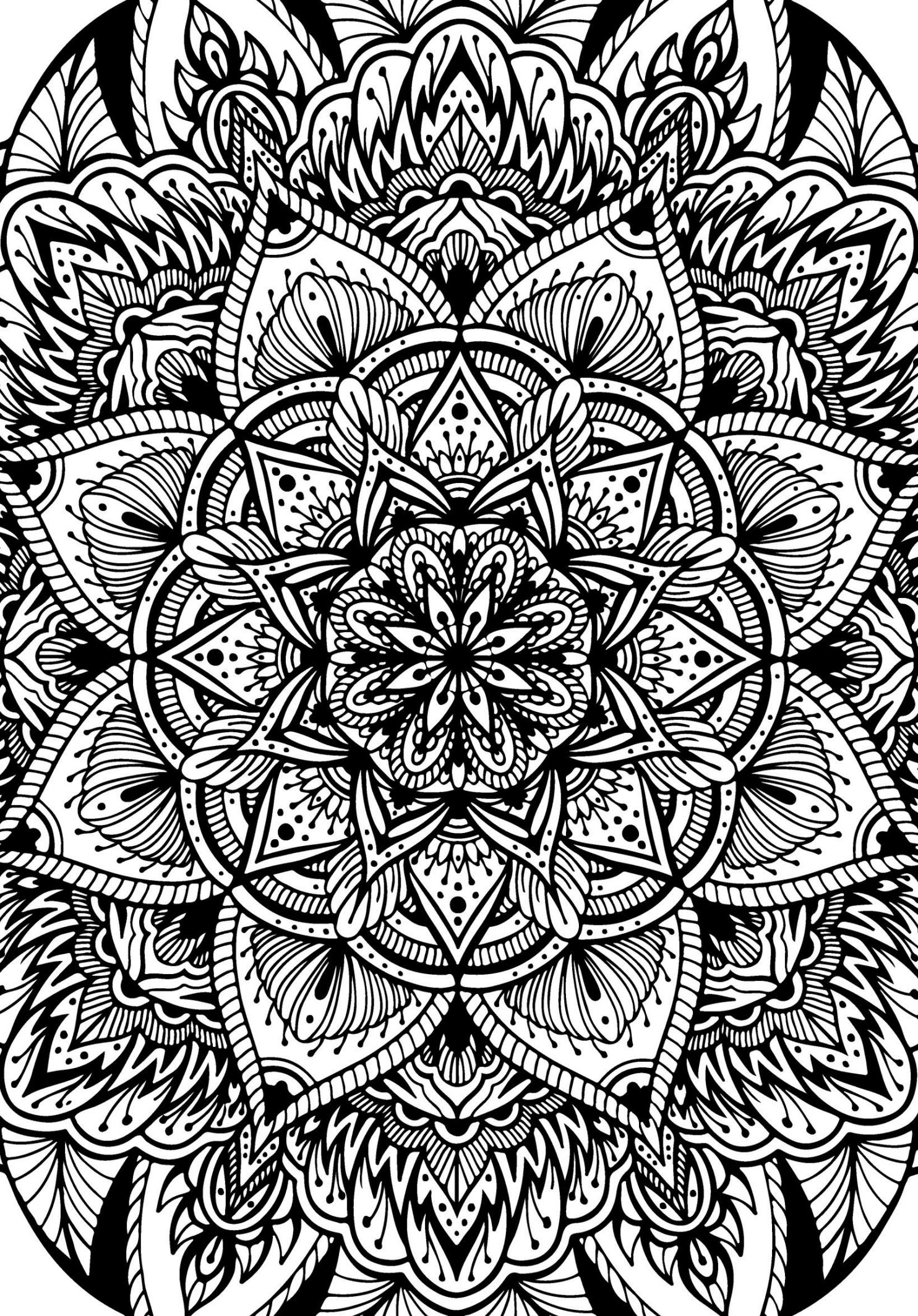
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“Harmony is
something we
must have with
others, but it must
start inside us first.”

— David DeNotaris —



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“Happiness exists on
Earth, and it is won
through prudent exercise
of reason, knowledge
of the harmony of the
universe, and constant
practice of generosity.”

— Jose Marti —



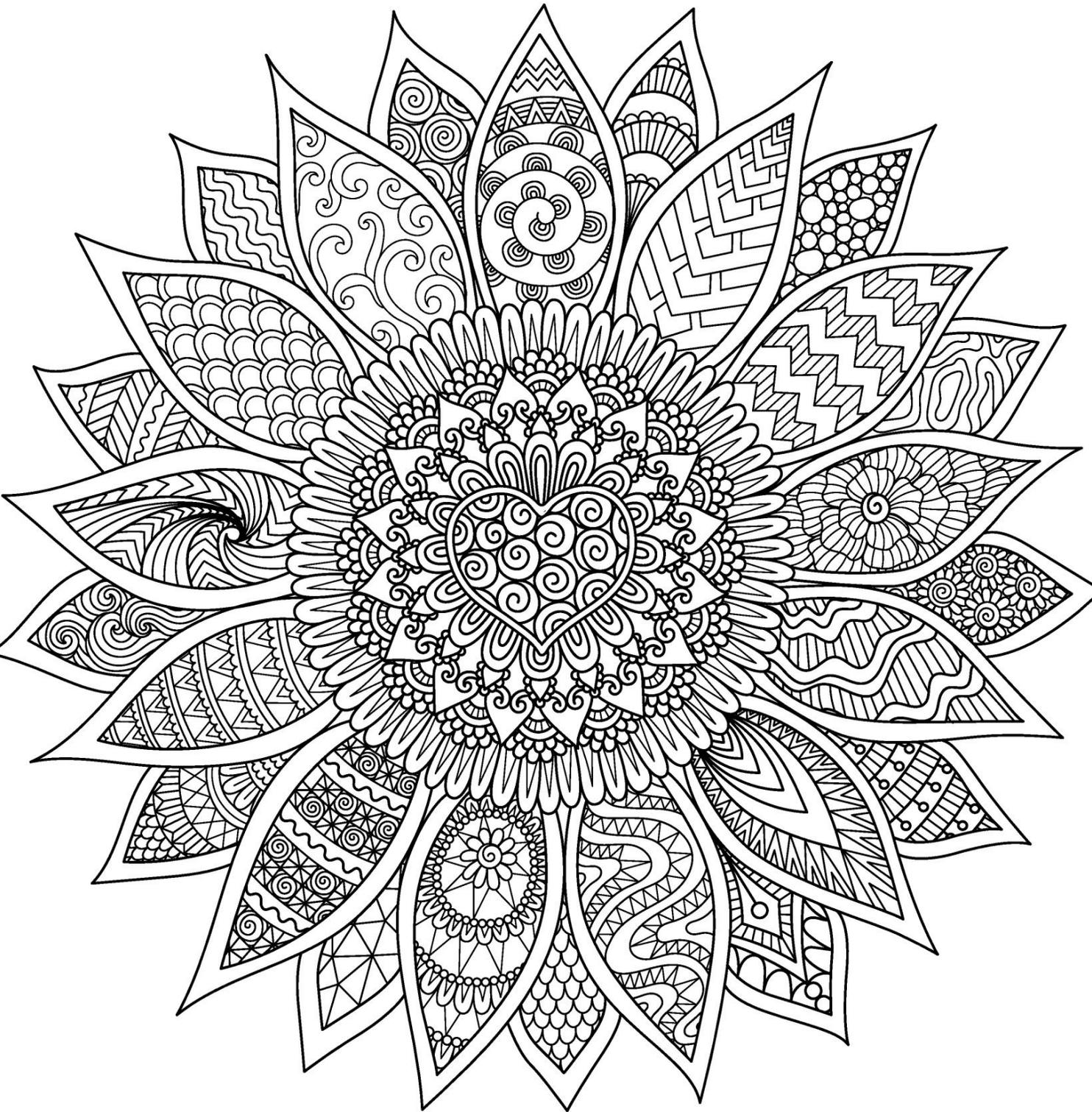
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“In studying ourselves, we
find the harmony that is
our total existence. We do
not make harmony. We do
not achieve it or gain it. It
is there all the time.”

— Maezumi Roshi —



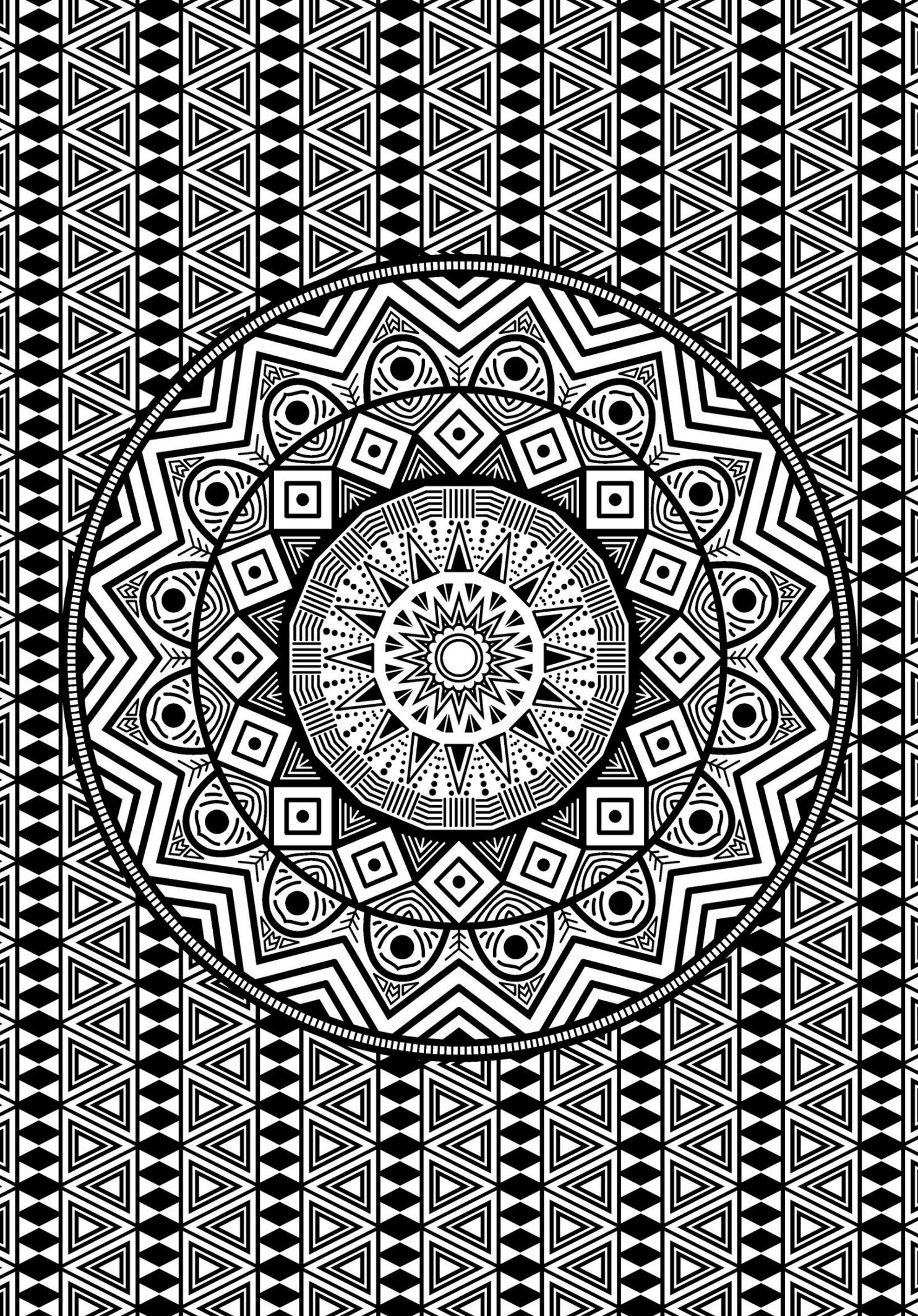
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“The more we nurture ourselves, remove the masks and allow ourselves uncensored expression, the more the rhythms blend with those surrounding us. We create inner-outer harmony.”

— Barry Kaufman —



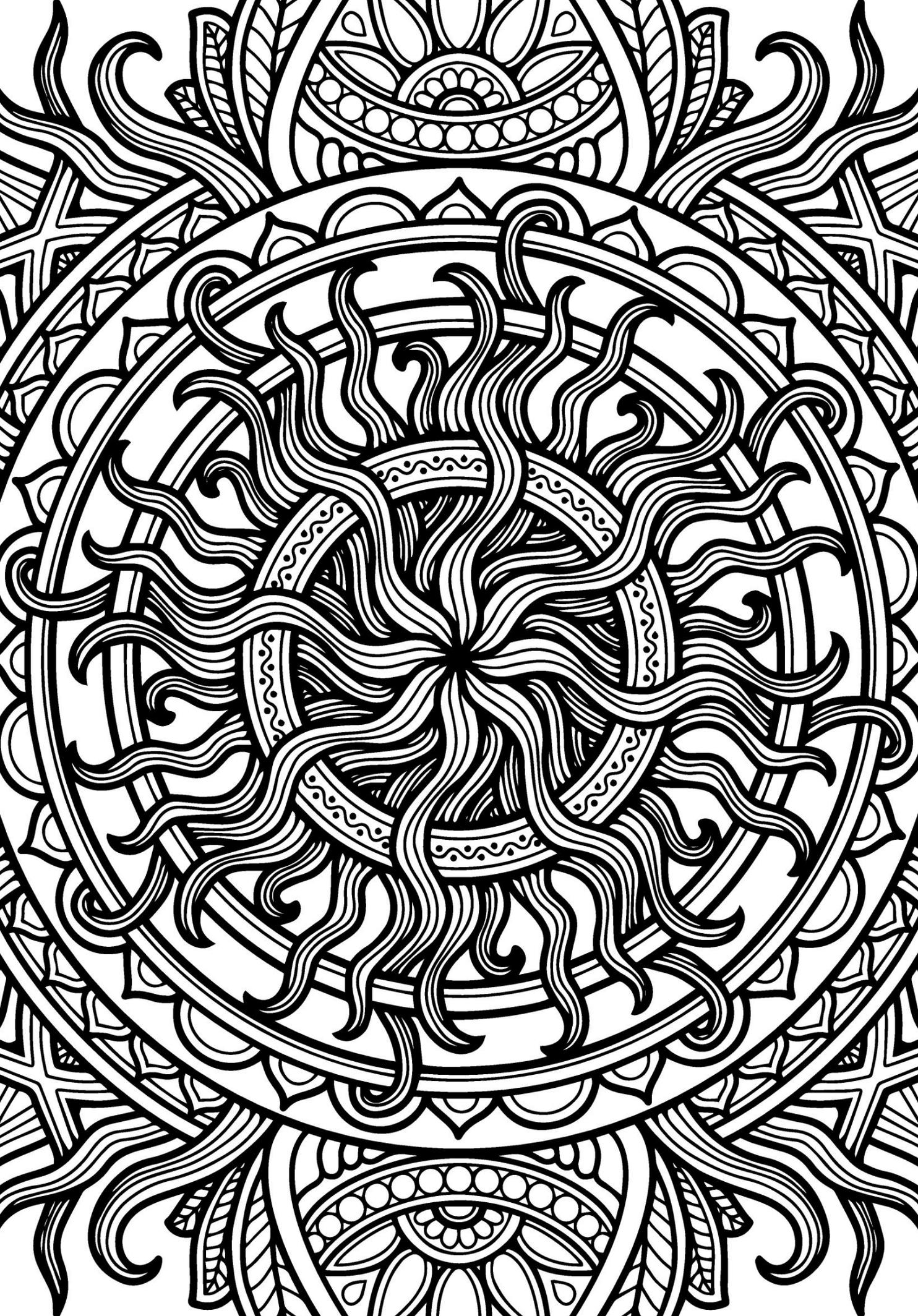
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“Love and harmony combine,
and round our souls entwine
while thy branches mix with mine,
and our roots together join.”

— William Blake —



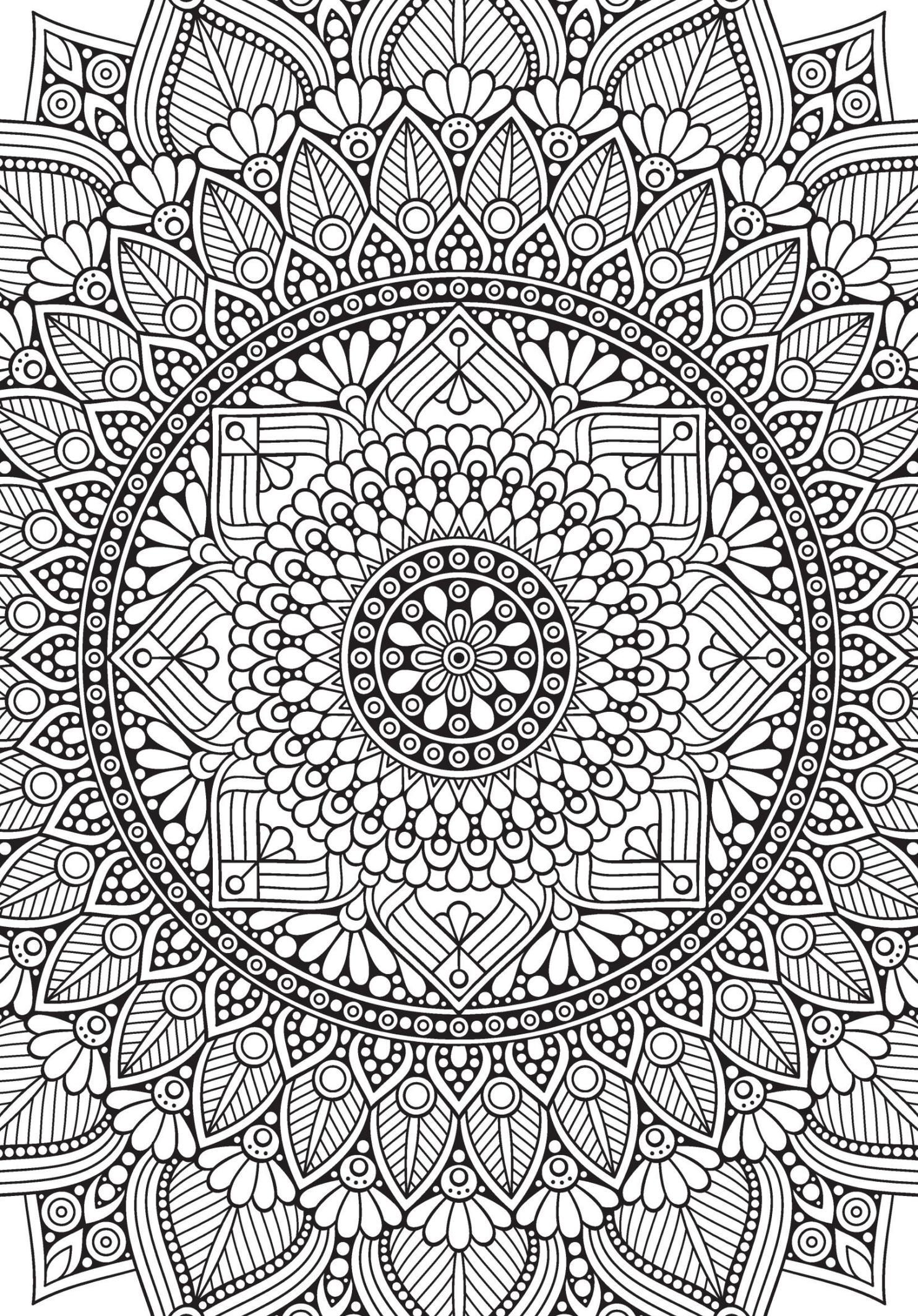
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“The trick is to yield to
what our will demand
from us, to be in
harmony with ourselves
by desiring to become
who we already are.”

— James Geary —



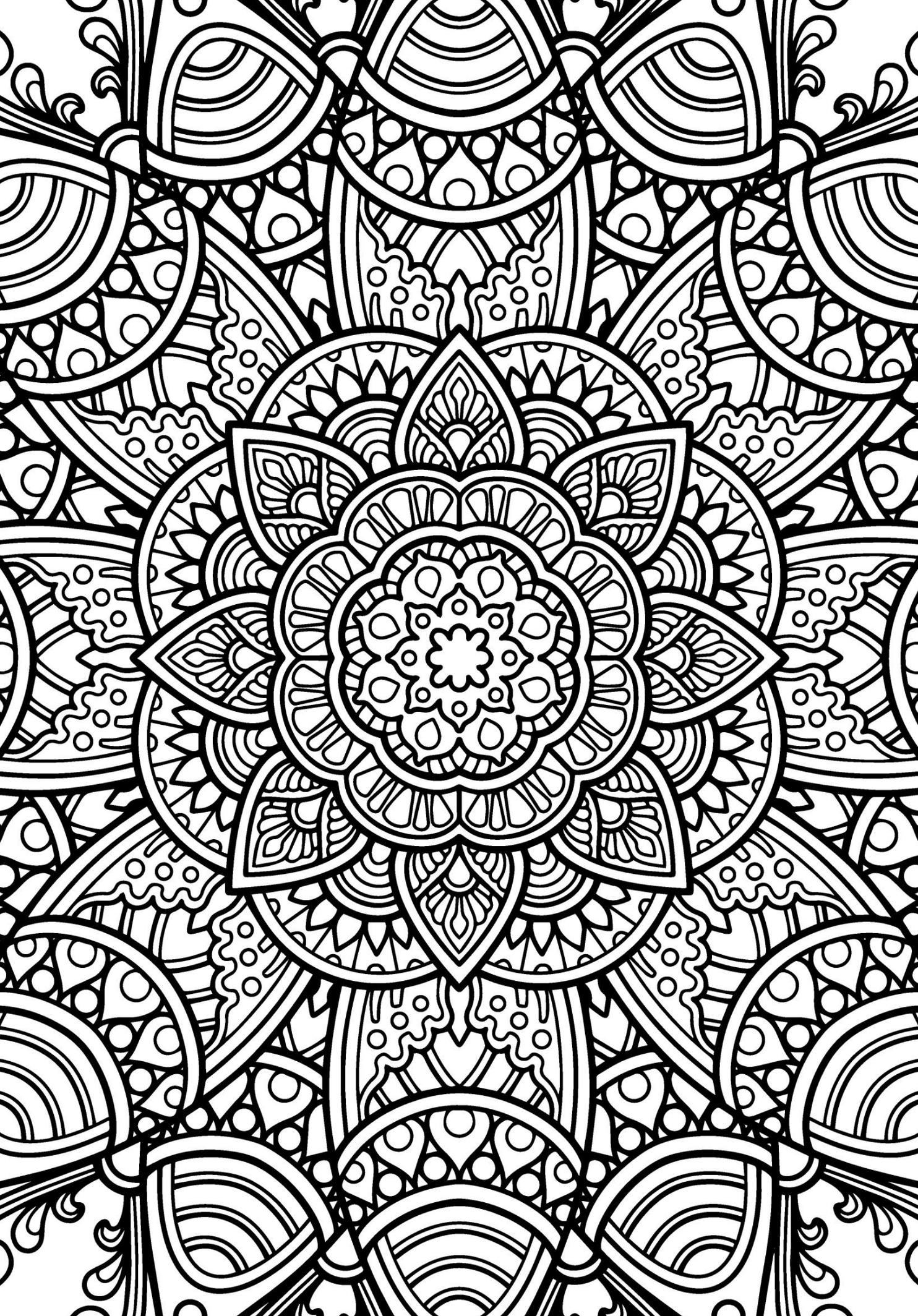
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“Women think of all
colours except the
absence of colour. I have
said that black has it all.
White too. Their beauty
is absolute. It is
perfect harmony.”

— Coco Chanel —



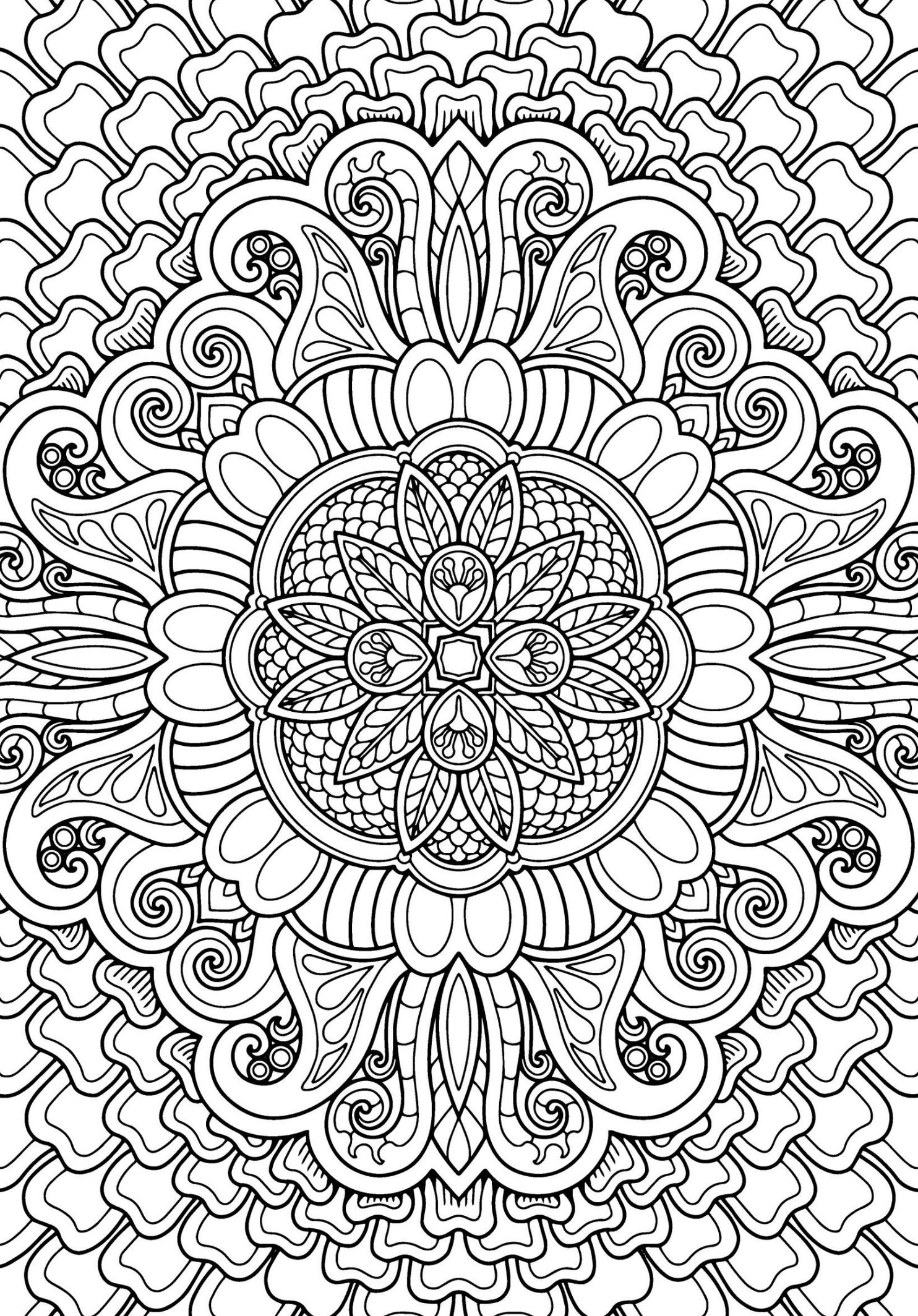
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“A choir is made up of many voices, including yours and mine. If one by one all go silent then all that will be left are the soloists. Don't let a loud few determine the nature of the sound. It makes for poor harmony and diminishes the song.”

— Vera Nazarian —



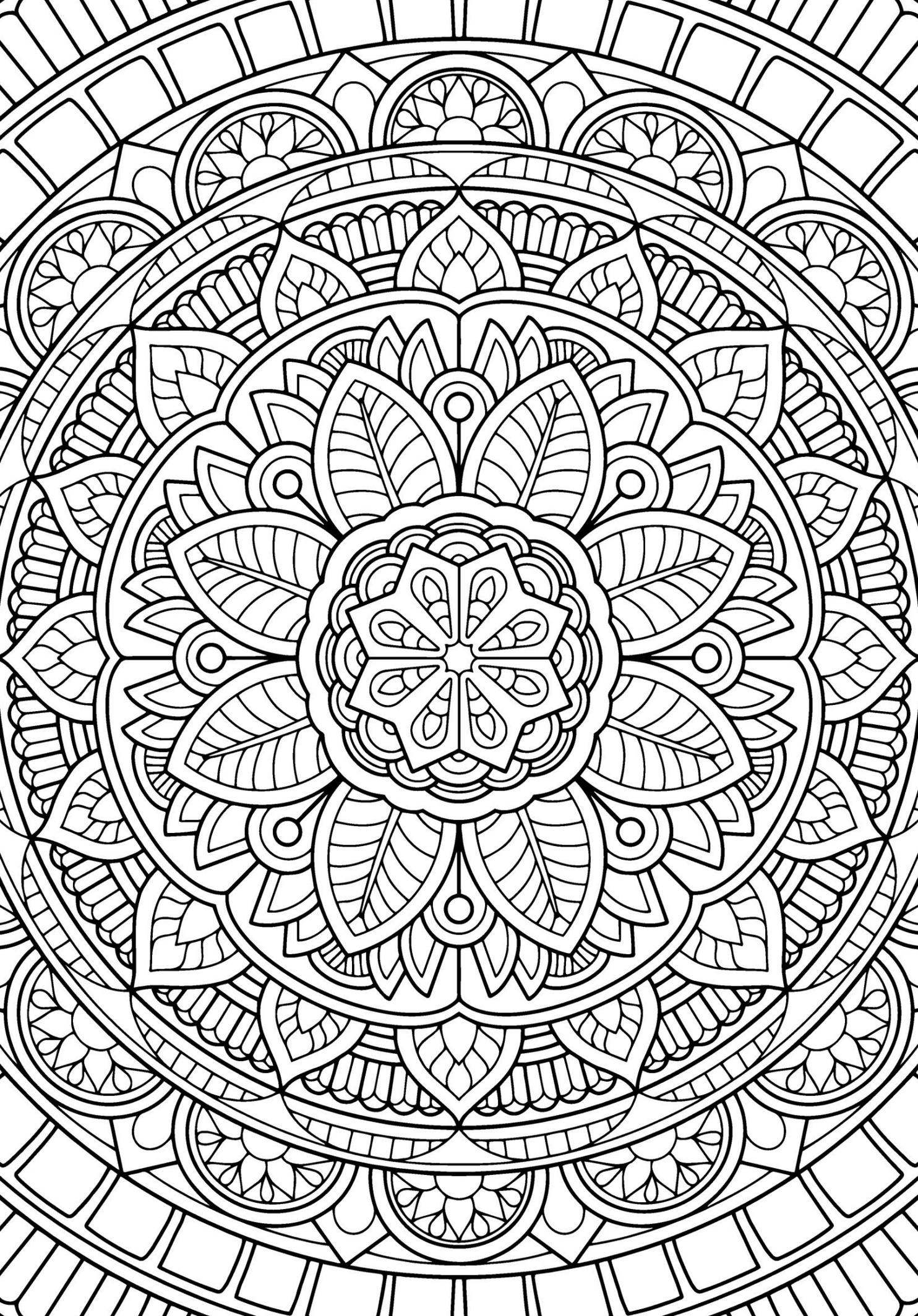
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“One must marry one’s
feelings to one’s beliefs
and ideas. That is
probably the only way
to achieve a measure of
harmony in one’s life.”

— Napoleon Hill



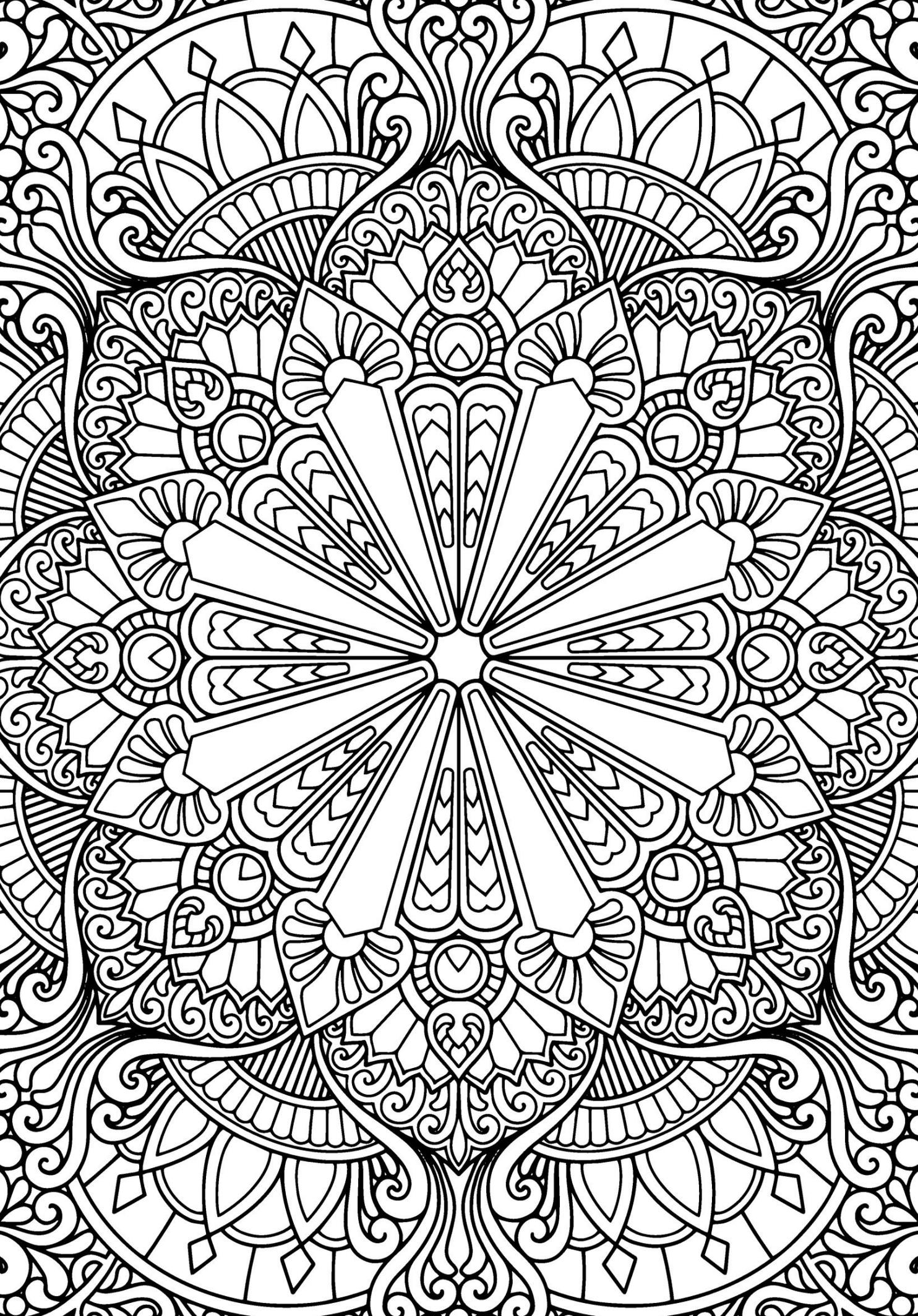
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“Harmony is pure love,
for love is a concerto.”

— Lope de Vega —



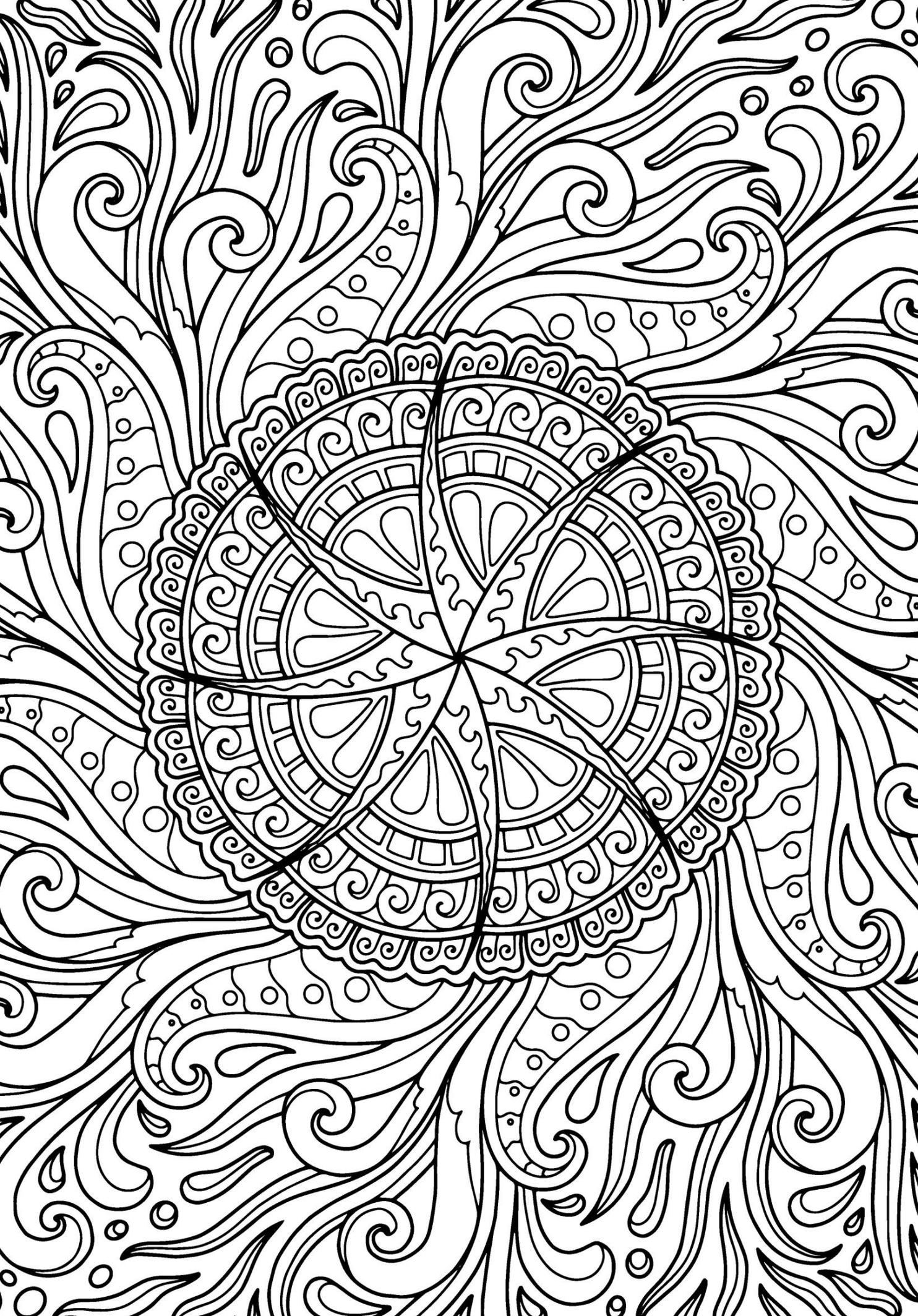
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“To put everything
in balance is good,
to put everything in
harmony is better.”

— Victor Hugo —



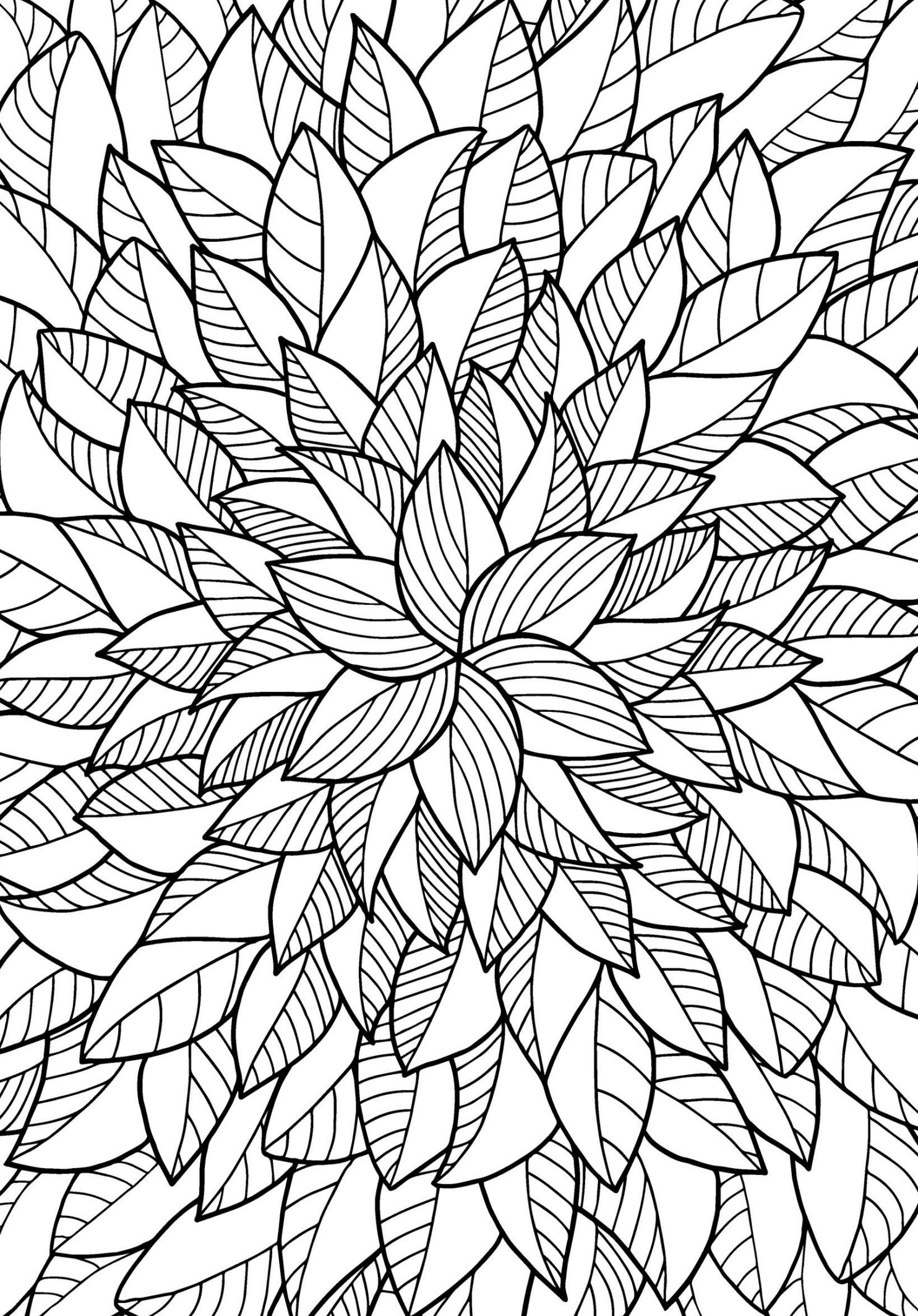
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“Thus then a single
harmony orders
the composition of
the whole... by the
mingling of the most
contrary principles.”

— Aristotle —



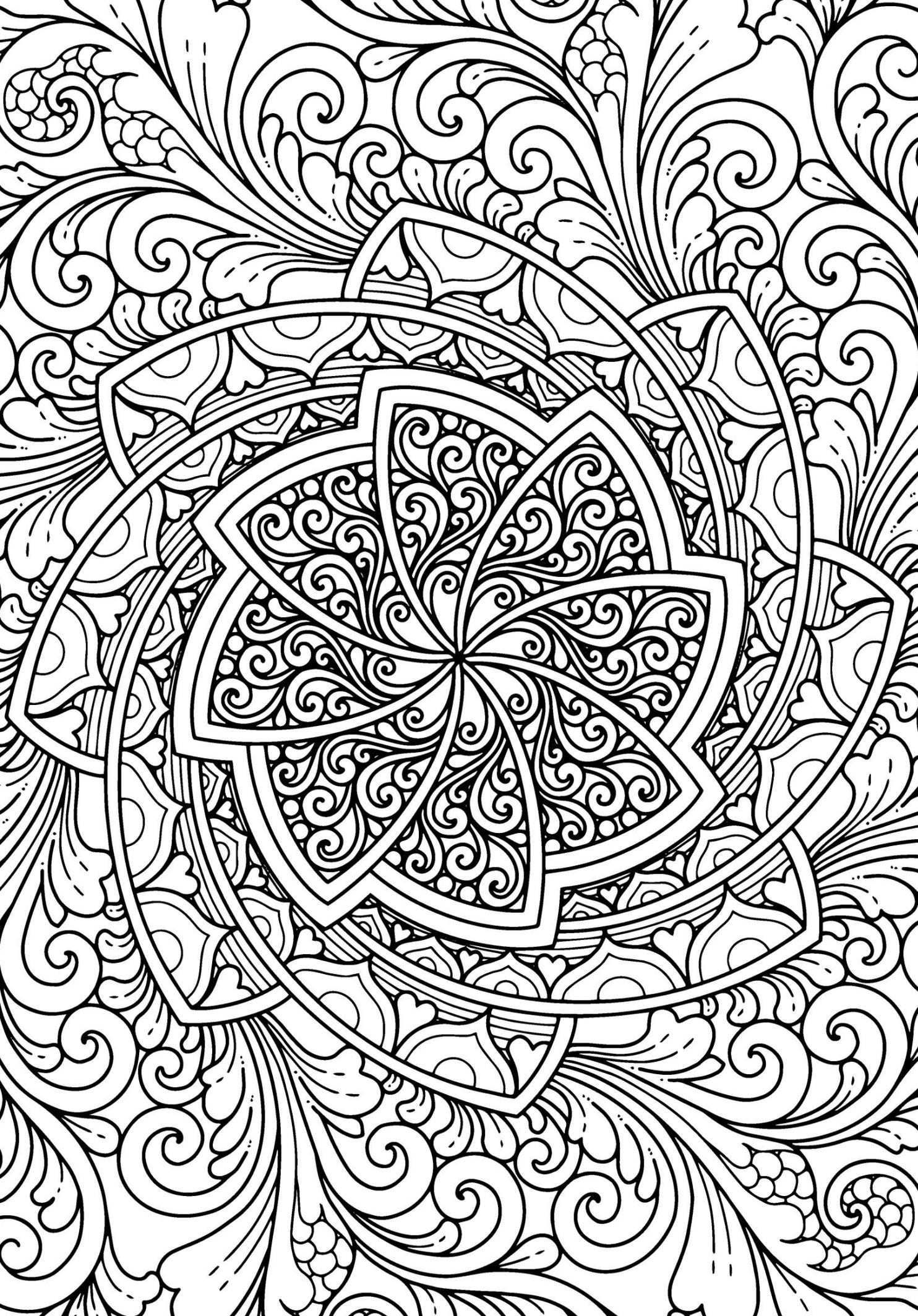
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“Always aim at complete
harmony of thought and
word and deed. Always
aim at purifying your
thoughts and everything
will be well.”

— Mahatma Gandhi —



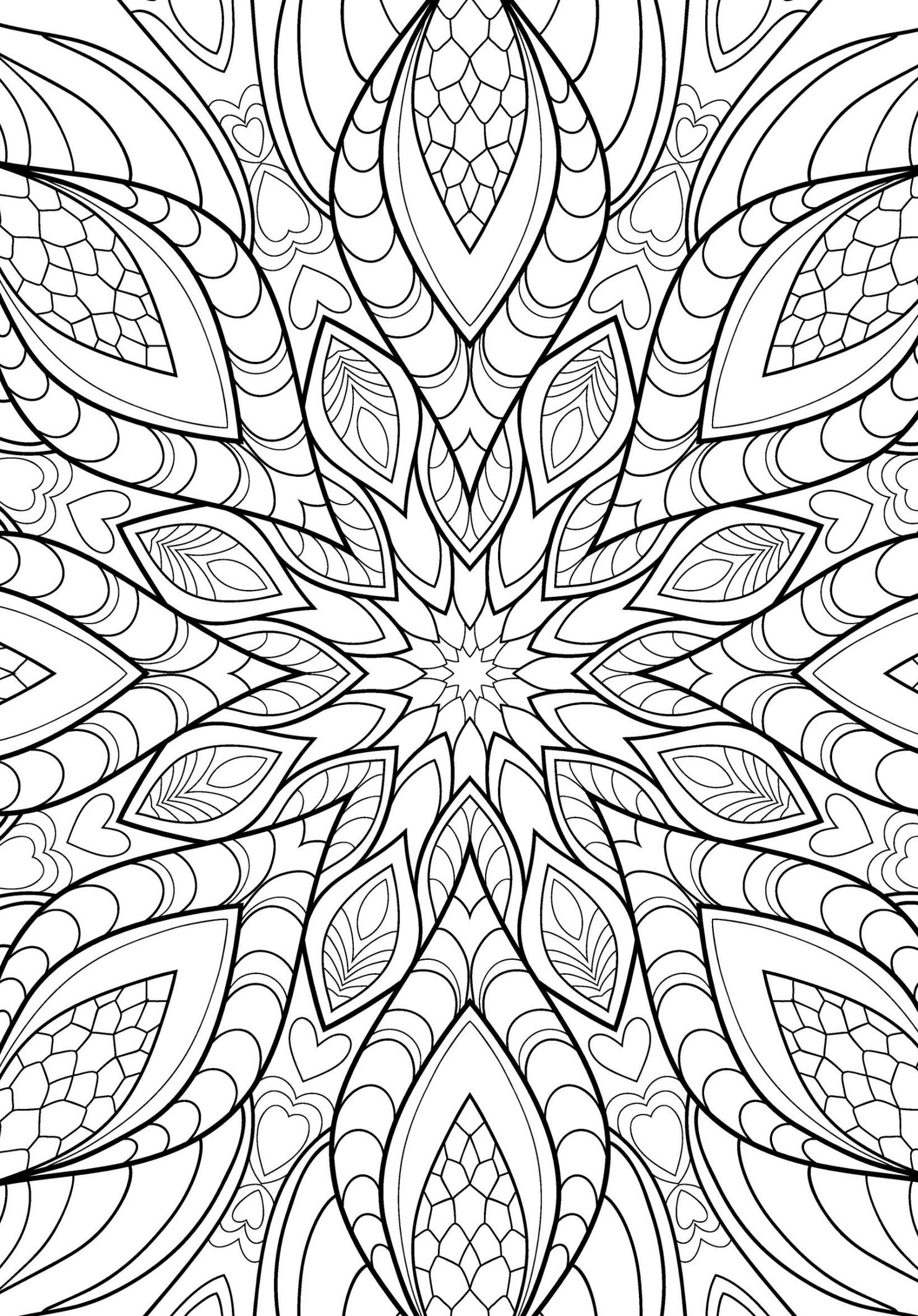
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“You are only afraid
if you are not in
harmony with yourself.”

— Herman Hesse —



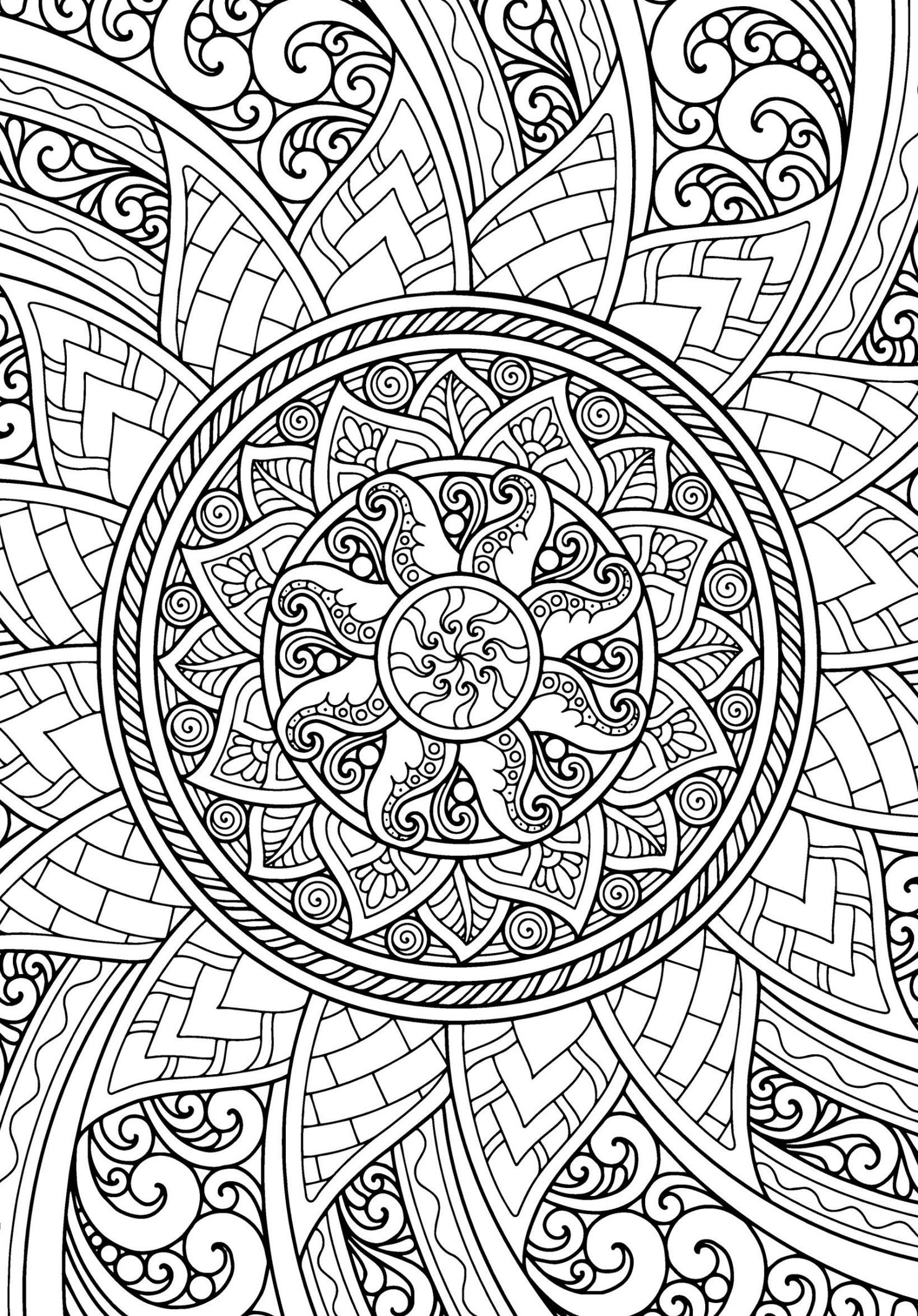
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“When we feel, a kind of lyric is sung in our heart. When we think, a kind of music is played in our mind. In harmony, both create a beautiful symphony of life.”

— Toba Beta —



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“Only by learning to live
in harmony with your
contradictions can you
keep it all afloat.”

— Audre Lorde —



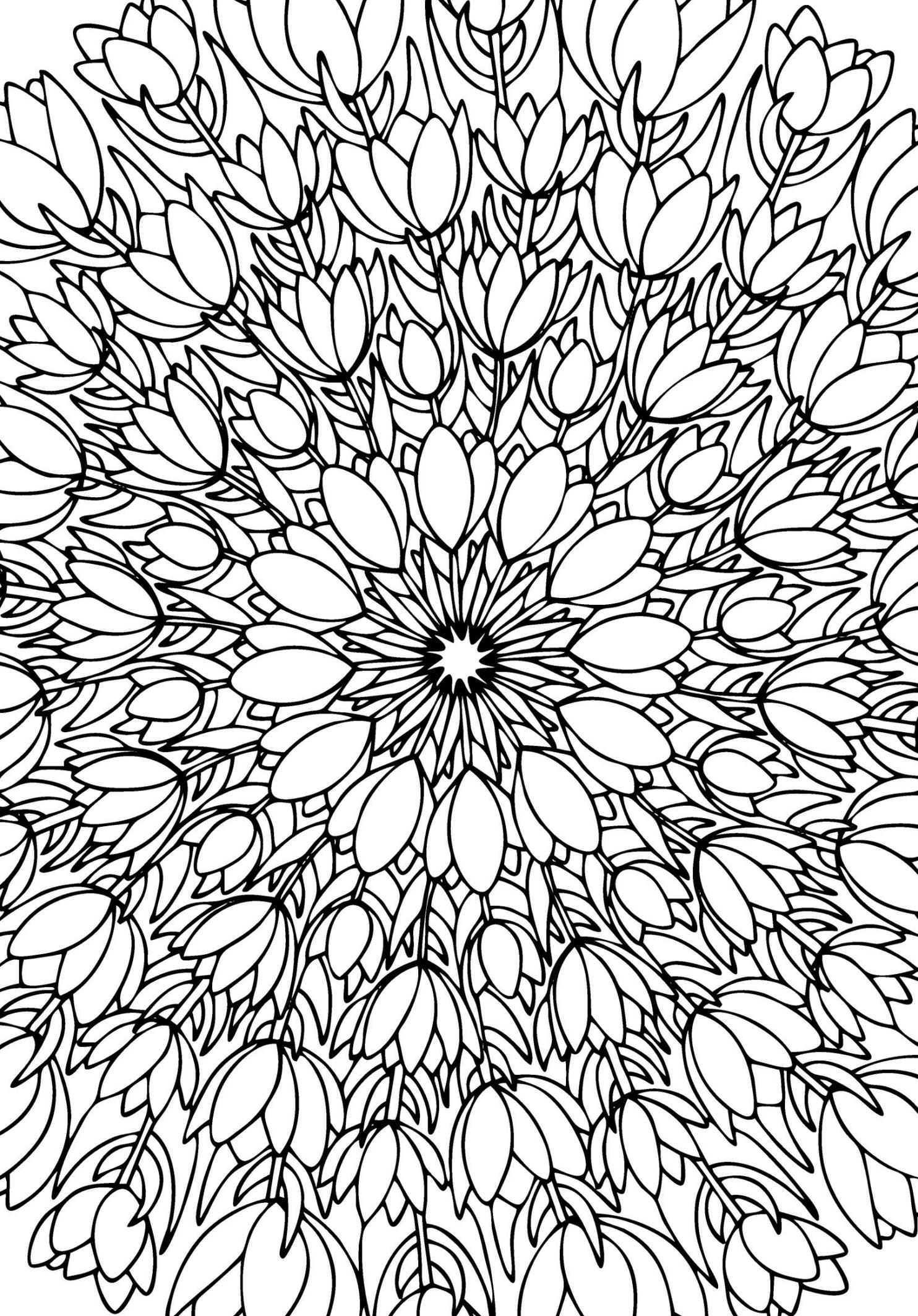
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“Nature is based on
harmony. So it says
if we want to survive
and become more
like nature, then we
actually have to
understand that it’s
cooperation versus
competition.”

— Bruce Lipton —



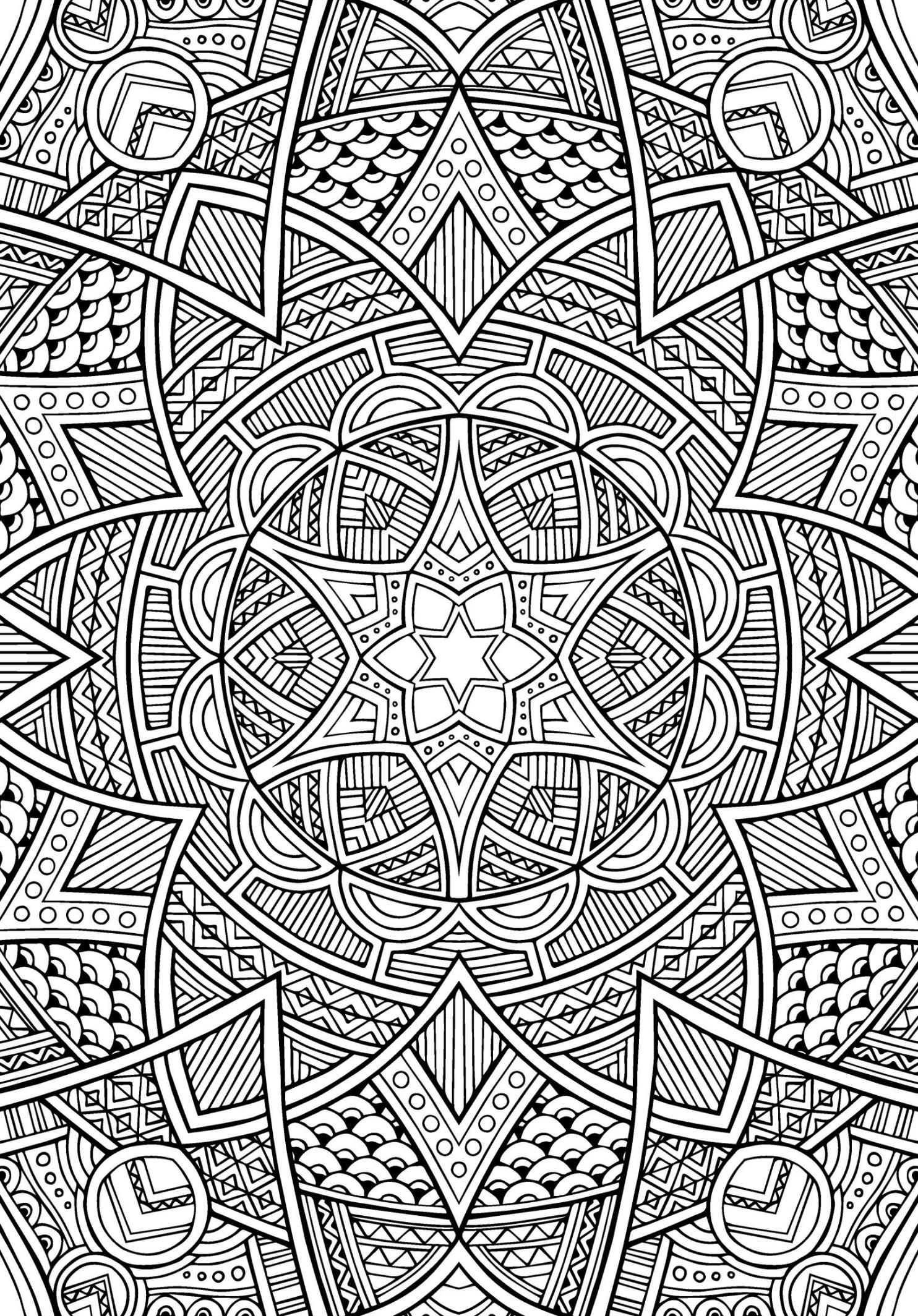
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“Truth is always in
harmony with herself,
and is not concerned
chiefly to reveal the
justice that may consist
with wrong-doing.”

— Henry David Thoreau —



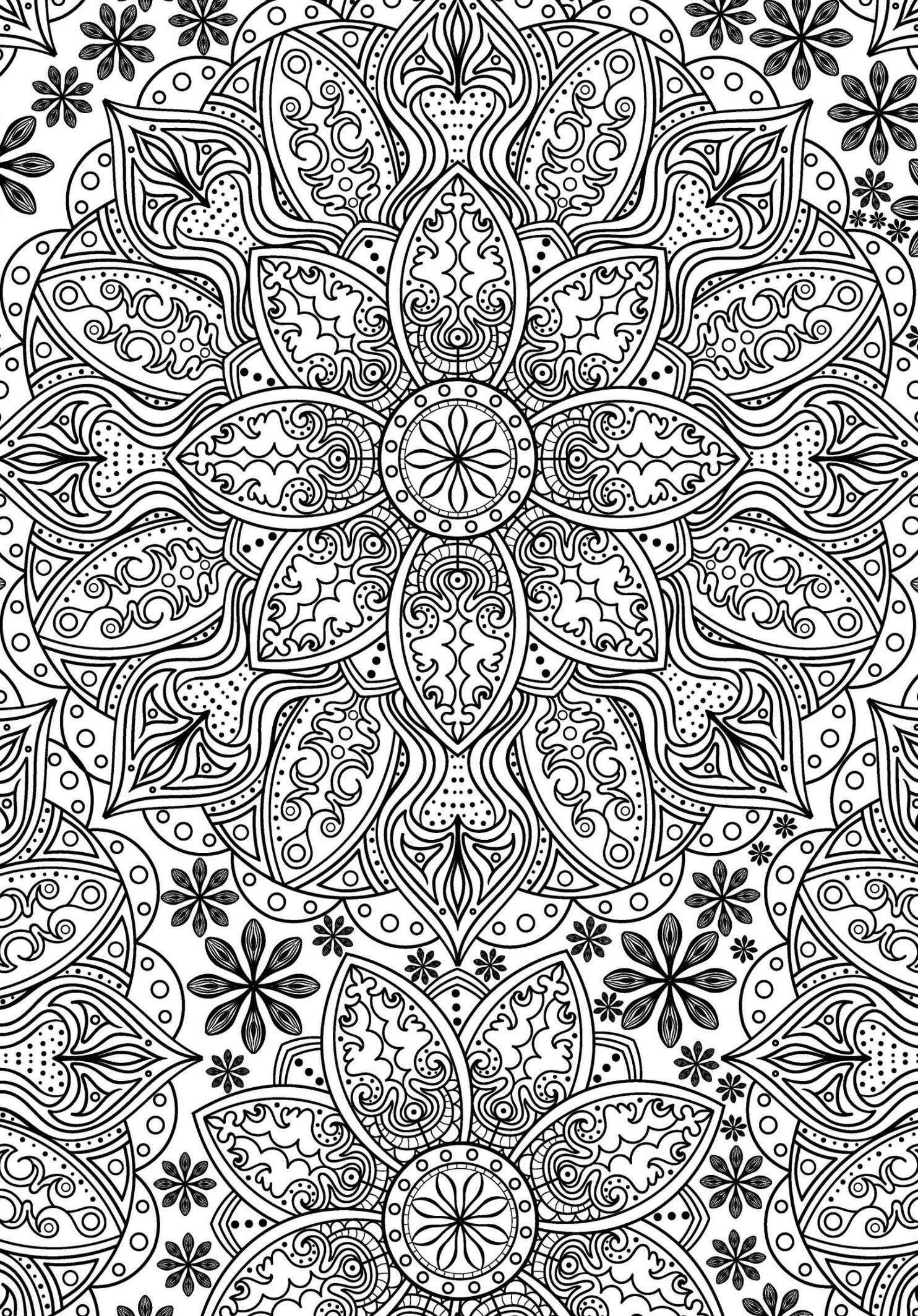
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“Observe good faith and
justice toward all nations.
Cultivate peace and
harmony with all.”

— George Washington —



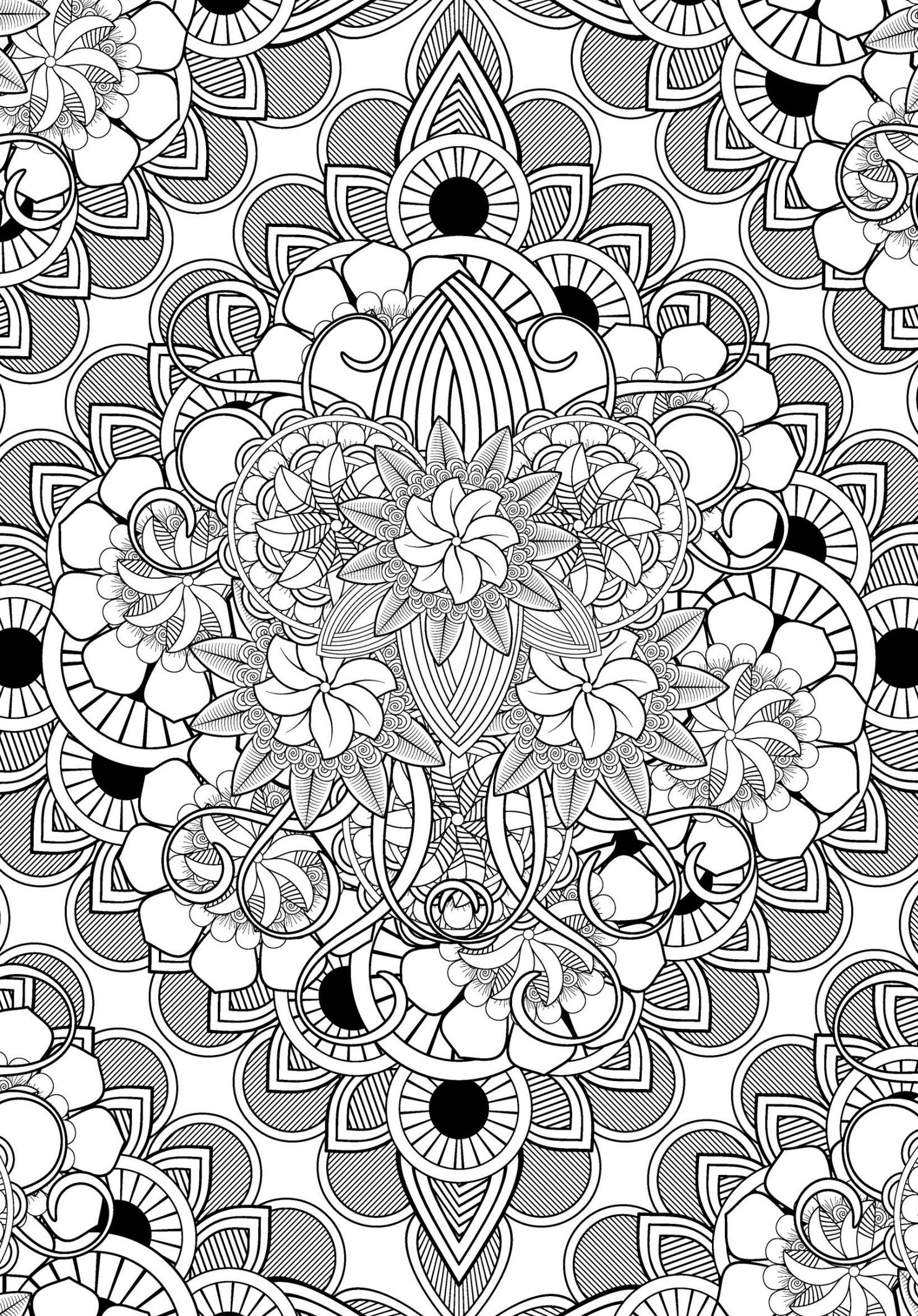
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“I believe that all centres that appear in space - whether they originate in biology, in physical forces, in pure geometry, in colour - are alike simply in that they all animate space. It is this animated space that has its functional effect upon the world, that determines the way things work, that governs the presence of harmony and life.”

— Christopher Alexander —



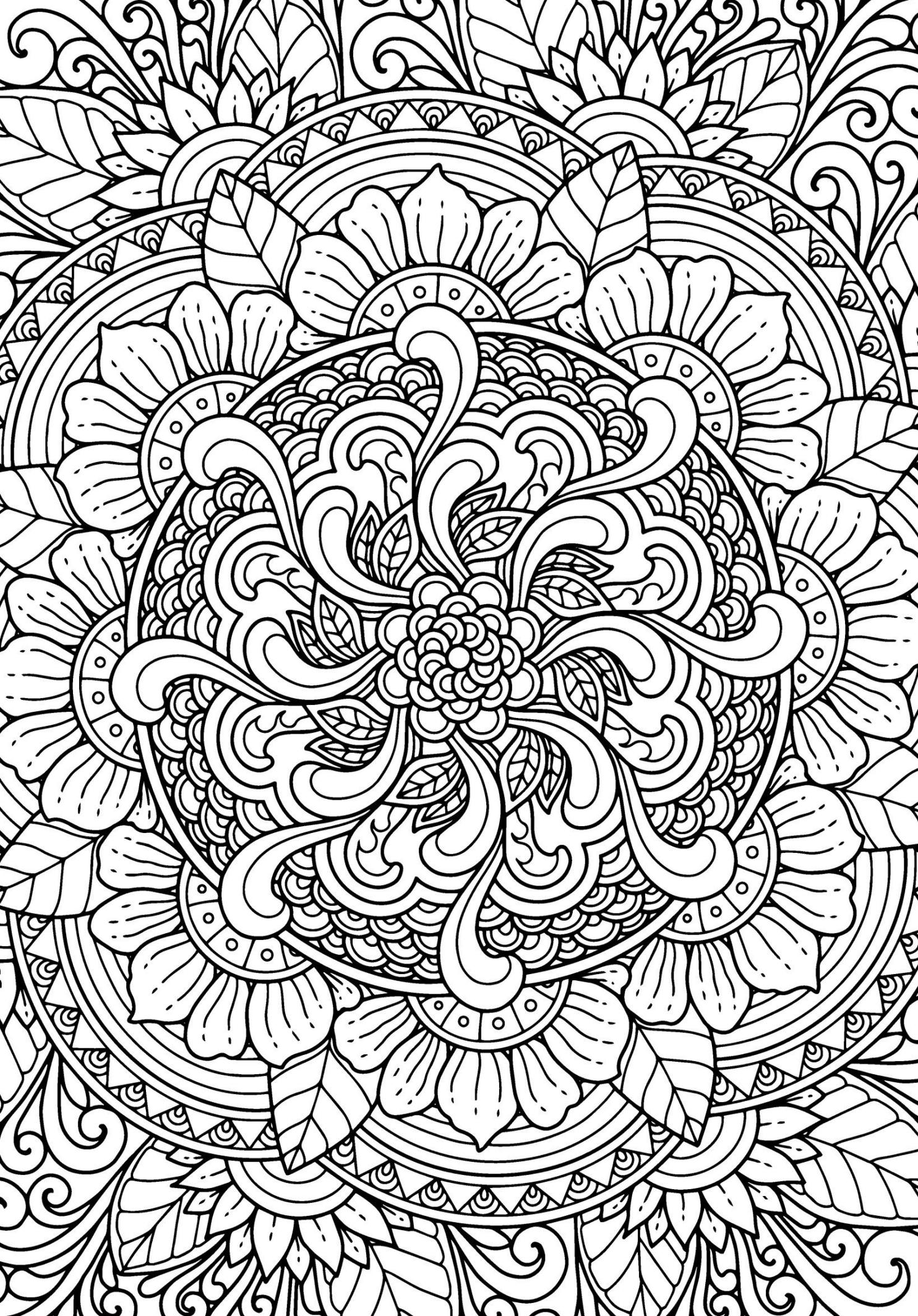
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“Without peace,
there is nothing
truly human. Peace
is harmony. And
harmony is the
highest ideal of life.”

— Klas Pontus Arnoldson —



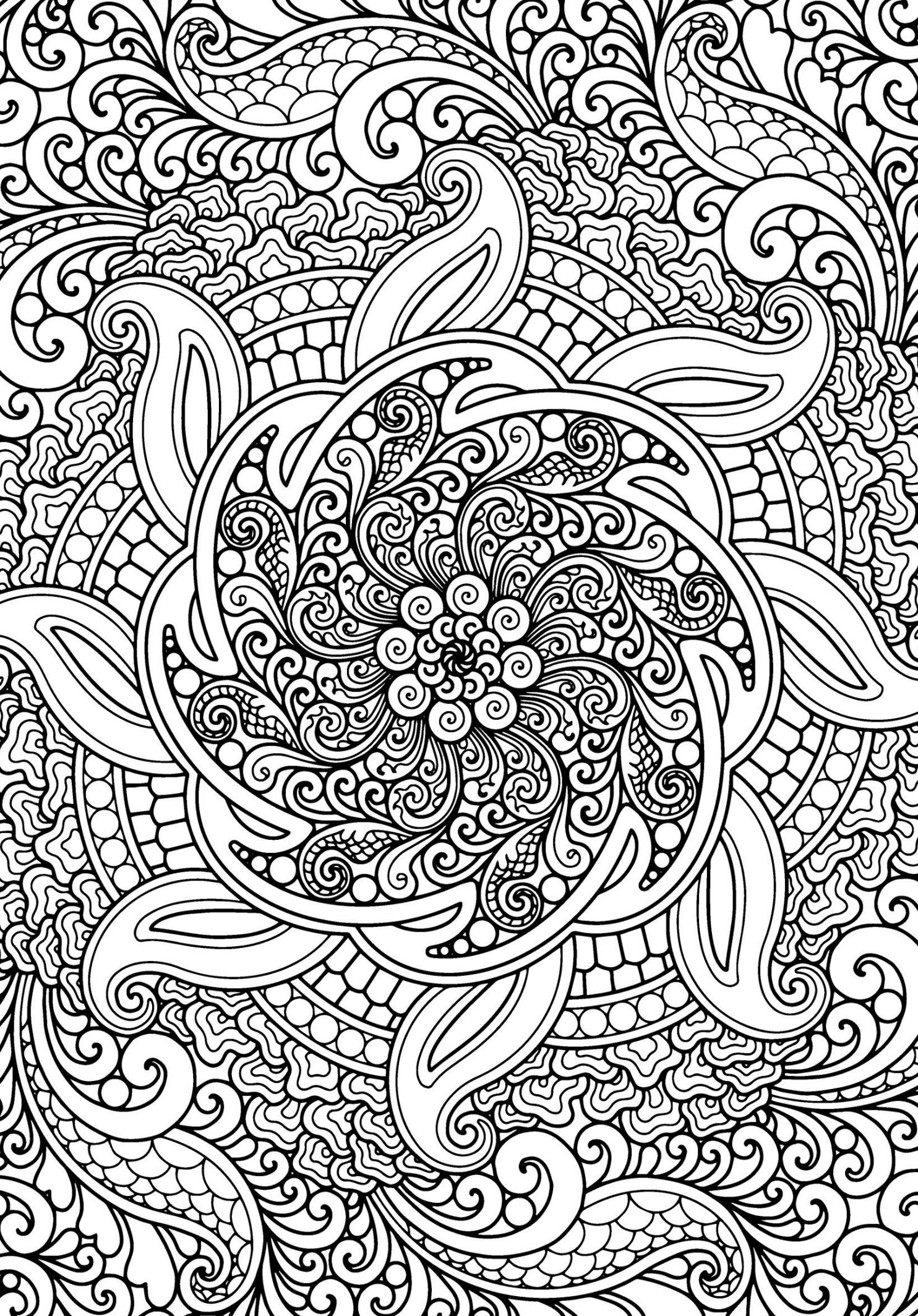
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“It’s a fabulous thing to
give life to fabric, to make
something move well, the
harmony of colour.”

— Hubert de Givenchy —



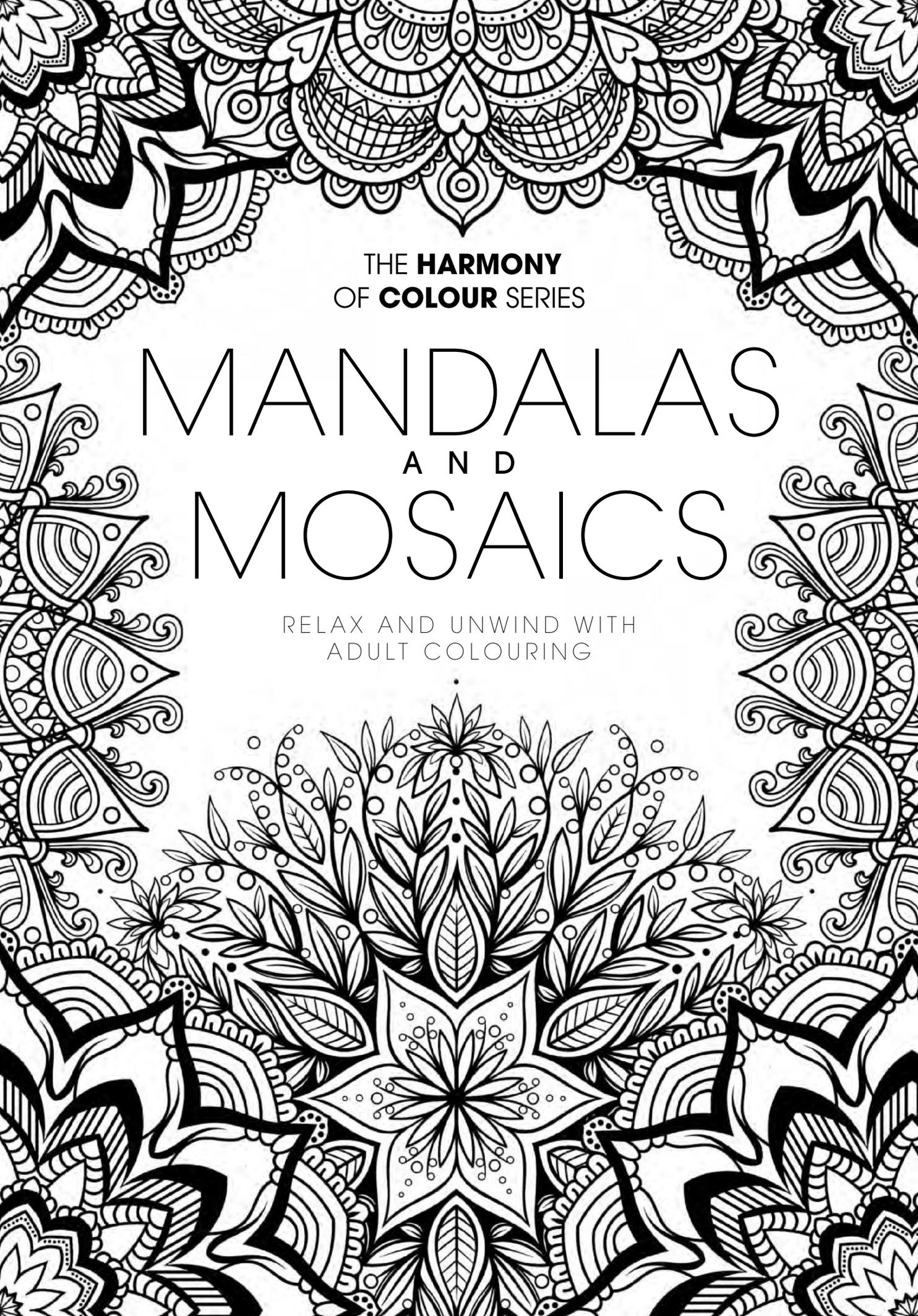
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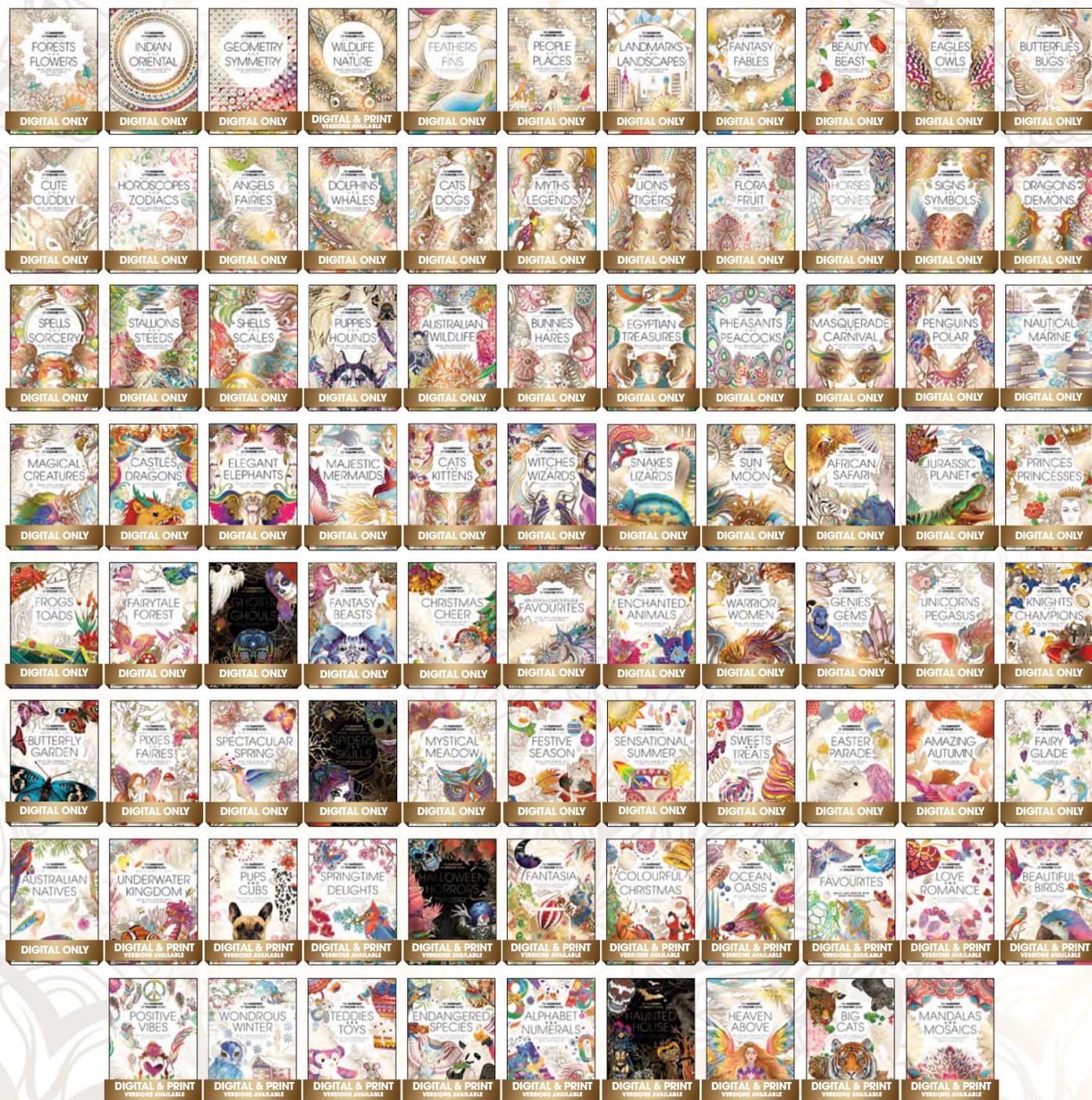


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