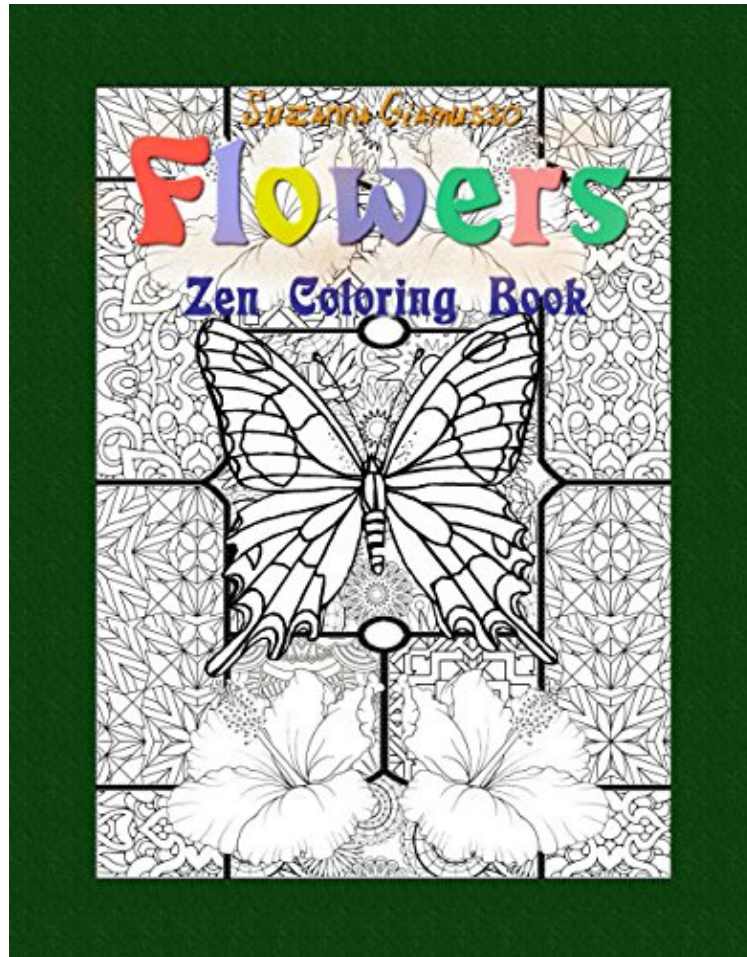


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Flowers: Zen Coloring Book

Suzanna Giamusso

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We tend to see body, breath, and mind separately, but in Zen they come together as one reality. The best way to achieve a state of Zen is the meditation. It's a very simple practice. It's very easy to describe and very easy to follow. One of my ways to meditate is to draw. In this little book I offer you twenty of my meditations focused on flowers. Each of these 20 drawings I colored with a positive sentence from my favorite author.