

# Mindful Moments & the Ocean

*Antistress coloring book with calming quotes to soothe your soul*

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"Life is now. There was never a  
time when your life was not now,  
nor will there ever be."

Eckhart Tolle





"You are not a drop  
in the ocean. You are the entire  
ocean, in a drop."

Rumi





"Be here now."

Ram Dass



