

# Colouring therapy

*Adult colouring book craze booms in United States*

**C**OLOURING TO COMBAT stress? You're not alone.

Intricate adult colouring books are the latest lifestyle craze to grip the United States, generating millions of fans, booming sales and libraries falling over themselves to host workshops.

Walk into any New York bookstore, and you'll find them artfully laid out on tables or filling entire shelves. Buyers can choose from Sanskrit patterns, urban landscapes, butterflies and flowers all offering "stress relieving patterns." The latest fashion? The swear word version.

Amazon sells hundreds of them, including nine on the top 20 bestseller list. Fans post their finished designs and swap tips on Facebook or Pinterest.

Dover Publications, which prints dozens of colouring books, decreed August 2 as National Coloring Book Day, sponsoring parties and hosting an online group discussion board for tips on how to throw a successful bash at home.

"It calms us down to be colouring," Linda Turner, a licensed creative arts psychotherapist in Manhattan, explained of the trend born in Europe.



"If you are really with it, if you are really in the presence of coloring the colours and just being with the art, it is a wonderful way to support calming and presence and relaxation," she said.

Turner said that while children are willing to explore and experiment, adults are not necessarily so comfortable with their creativity.

"These colouring books, they look adult, they look sophisticated... and they are going to

create, and they are going to be present in the moment and have fun... In ways that are safe for them," she added.

Since October, 19 branches of the New York Public Library in Manhattan, the Bronx and Staten Island have run colouring workshops, some on a weekly basis.

It is not the first time the United States has fallen in love with adult colouring books.

The first of these, *The Execu-*

*tive Coloring Book*, came out in 1961. It was followed by *The John Birch Society Coloring Book* and other satirical titles, mocking the world of work, or president John Kennedy.

Back then, fighting stress was not the point. Even so, *The New York Times* predicted the profits to be made from these books of black and white line drawings, often printed on cheap paper but with the power to fire the imagination. AFP

## ALIGN YOUR LIFE

### *The Correct Direction*

**V**ery often I get asked as to how important are directions in feng Shui. Some people tend to follow them diligently and do not invest in any property until it is facing a certain direction. Over the years people have got this practice confused with Feng Shui and tend to buy properties based on mere superstition rather than facts.

The most common misconception is that South facing properties are auspicious and benefit the occupants a great deal. While many also believe that East facing properties are beneficial as they face the rising sun. In some countries people buy North-facing properties as this boosts careers. But is there any truth to this? Is it really necessary to follow these directions?

In many cultures the facing of the properties was connected with the warmth of the sun. Hundreds of years ago when countries had different climates and there was no electricity, people preferred properties that invited and harnessed maximum sunlight into their homes. Sun being the life force was vital for wellbeing and good harvest. The facing of the sun and the strong sunlight depended upon the location of the country and which hemisphere it belonged to. That is the reason that different directions are chosen in different countries to tap into the sunlight and energy of the sun.

So is there one direction that is considered auspicious as per Feng Shui and is it a must that people should follow it? Frankly speaking it sounds superstitious and has no scientific basis to it. We have billions living on this planet and each one of us has different energies around us. So how can one fixed direction be beneficial to all?

The most appropriate and apt direction while picking a house or an apartment is based on Flying Star School of Feng Shui. As per this school of Feng Shui, the energies within our environment keep changing every twenty years. These twenty-year periods will have three prosperous directions – one direction represents the current prosperity, one direction future prosperity and one, long-term future prosperity. However these directions are not fixed and can be derived after applying Flying Star calculations to the floor plan of the property.

So do not believe everything that you read about fixed directions and always question the logic behind it.

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## Did you know... *Your dog loves you five times more than your cat!*



**WHEN IT COMES** To showing affection, get a dog home as they score better than cats in showering love on their owners. According to an interesting research, your canine friend loves you five times more than the feline counterpart.

For the study which is part of an upcoming BBC documentary, US neuroscientist Paul Zak took saliva samples from 10 cats and 10 dogs prior to a 10-minute playtime session with their owners.

He then took another saliva sample from all of the participants after their playtime encounter, testing it for the pres-

ence of oxytocin (love or bonding hormone). Earlier studies have shown that when owners interact with dogs, they appear to release oxytocin.

The results showed a 57.2 percent oxytocin increase in dogs while only 12 percent increase of the hormone was found in cats. "I was really surprised to discover that dogs produced such high levels of oxytocin - the dog level of 57.2 per cent is a very powerful response," Zak was quoted as saying in a catchannel.com report.

The documentary titled *Cats v. Dogs* premiered on BBC on February 4. IANS

