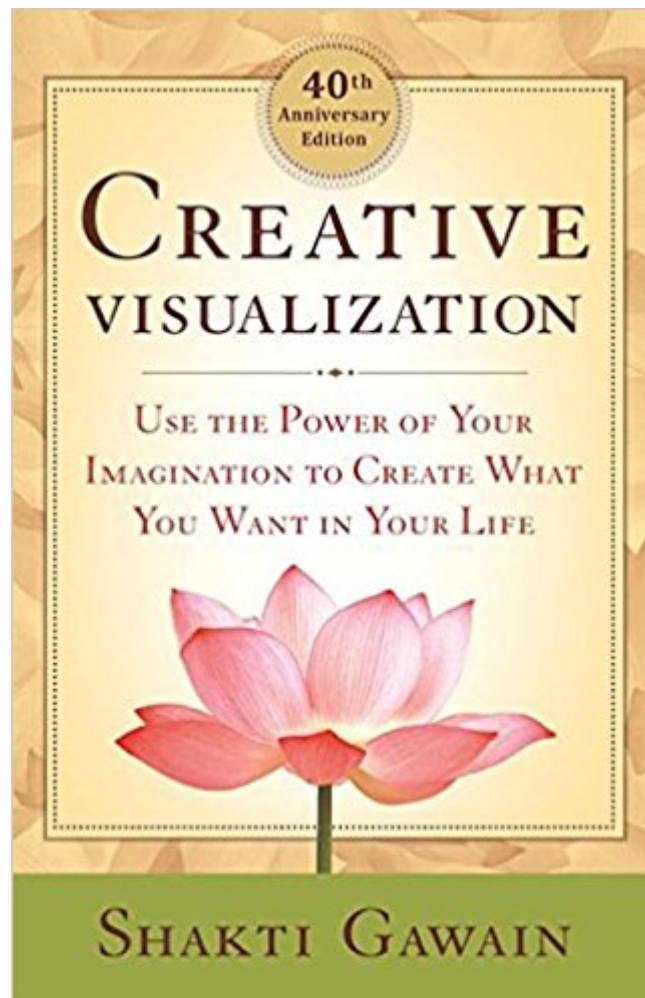




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Creative Visualization: Use The Power Of Your Imagination To Create What You Want In Your Life



Synopsis

As introduced by Shakti Gawain to more than seven million readers worldwide, creative visualization is the art of using mental imagery and affirmation to produce positive changes in your life.

Gawain's clear writing style and vivid examples make Creative Visualization easy to read and apply to your personal needs and wants. This groundbreaking work has found enthusiastic followers in every country and language in which it has been published, and Gawain's simple yet powerful techniques are now used successfully in many diverse fields, including health, education, business, sports, and the creative arts. Whether you read it for general inspiration and empowerment or to achieve specific goals (financial, creative, medical, career, relationship), Creative Visualization remains a profoundly powerful resource from a uniquely warm and wise teacher.

Book Information

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Customer Reviews

"I have seen in my own life that creative visualization works." Oprah Winfrey
"On behalf of the millions of people around the world whose lives you've touched and transformed, I thank you, Shakti, for the gift of this seminal treasure. Your words have helped us shape lives of greater peace, joy, and fulfillment." from the foreword by Marci Shimoff, bestselling author of Happy for No Reason
"Prepare yourself for some rather startling and truly marvelous results." New Age Journal
"[Creative Visualization] was like nothing I've ever read before. It's what got me started using visualization in my personal life and in my teachings." Jack Canfield, cocreator of the Chicken Soup for the Soul series

Shakti Gawain's other bestsellers include *Living in the Light*, *Developing Intuition*, *Reflections in the Light*, and *The Relationship Handbook*. Through her workshops and books, she has assisted thousands of individuals from all over the world in developing greater awareness, balance, and wholeness. She lives in Mill Valley, California. Marci Shimoff is the bestselling author of *Happy for No Reason* and was one of the featured teachers in the movie *The Secret*. She lives in the San Francisco Bay Area.

This book is small but very rich in its content, not a single page of filler. This is the only book on The law of attraction you will ever need. It's very detailed and contains many easy to use meditations and exercises to help you attain your goals. It tells you about treasure maps and vision boards. It's a book for everyone from beginners to people more deep into their journey. It also tells you how and why creative visualization works in a way you will actually understand. So what are you waiting for? Buy and read this book now, you won't be sorry!!

Creative Visualization: Use The Power Of Your Imagination To Create What You Want In Life by Shakti Gawain contains multiple and inventive channels for creating and implementing goals. How to visualize, challenges associated with visualization, four basic steps for effective visualization, contacting your higher self, and setting goals are among the various areas covered in the book. There is also an accompanying cd to go along with the book and it currently comes separate from the book, but there is also *The Creative Visualization Workbook* by Shakti Gawain that is publicly available for purchase.

This book has been written in the best understood format and easy to follow language. I have been through a third of this book and yet this book has already covered all that I know of visualization from numerous sources. The content is very rich in explaining this skill, gives a step by step guide on how to practice it and the best part is it tells you which all spheres of our life could benefit from mere imagination! This book is ideal for a beginner as well as someone who has previously learnt the value and practice of visualization skills. I have had success with visualization before and I was hoping to use my skill to the best possible level. This book has already given me insights on what could be possibly hindering my manifestations, I am sure I can find them easily now and work on them. I am very keen on reading ahead and do not wish to keep it down. Thanks to the author for this wonderful book!!

I used to have an older edition of this book, but it appears to have gotten lost. This used version was a steal. I am on chapter 4 so far, I have read this great work previously and got a lot of mileage out of it. I think it will give me hope that I can turn my life around for the better. As a right-brained individual, this is the kind of learning that comes naturally to me. Definitely get this if you are metaphysically minded.

Someone passed this book to me in 1989. It's tattered from use, filled with underlined and starred sections. I still have it and read it nearly every day. It holds positive messages of personal empowerment and self-love, combined with real working visualizations and meditations, to focus on creating the foundation for the life you want. It is written in a gentle and loving way, conveying wisdom taken from the best of the world's spiritual traditions. No guilt trips allowed. I bought a new one to replace the falling-apart one, then decided I needed to pay it forward and give copies to people I think would find some peace and joy in it. I give it my highest recommendation.

This is a very practical meditation guide--I've been exposed to many different types of meditation at various times in my life. This book consolidates teachings about the practice and makes it fairly easy to understand. I feel I do accomplish something when I follow its directions. I fall fairly easily into meditation and find myself in a peaceful, nurturing space.

Great book and loved the insight provided to begin a visualization practice. Thanks and Smile.

I like that this book helped me focus on positive affirmations, I also like the sections on creating goals which helped me clarify what is important to me. I also loved the ideal scene section too. It helped me become specific as to what I want to manifest specifically in my life.

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