

# Creative Visualization: Use the Power of Your Imagination to Create What You Want in Your Life

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Creative Visualization is the art of using mental imagery and affirmation to produce positive changes in your life. It is being successfully used in the fields of health, business, the creative arts, and sports, and in fact can have an impact in every area of your life. With more than six million copies sold worldwide, this pioneering bestseller and perennial favorite helped launch a new movement in personal growth when it was first published.

The classic guide is filled with meditations, exercises, and techniques that can help you use the power of your imagination to create what you want in your life, change negative habit patterns, improve self-esteem, reach career goals, increase prosperity, develop creativity, increase vitality, improve your health, experience deep relaxation, and much more. This book can help you to increase your personal mastery of life.

When it comes to creating the life you want, Shakti Gawain literally wrote the book. Now considered a classic, Creative Visualization teaches readers how to use their imaginations to manifest their deepest desires. In a straight-talking narrative, Gawain uses the first part to cover the basics, with chapters such as "How to Visualize," "Affirmations," and "Creative Visualization Only Works for the Good." Once she shows readers how visualization actually works, Gawain moves on to loftier discussions, such as "Contacting Your Higher Self," "Meeting Your Guide," "Setting Goals," and "Treasure Maps."

Fear not; this isn't a spiritual-lightweight book for people with a severe case of the "gimmies." Gawain has her priorities in the right place, and she cautions readers that creative visualization will not serve greed or shallow-minded thinking. For example, she discourages the cycle of trying to have more money, so you can do what you want in life, so you will be happier. "The way it actually works is the reverse," she explains. "You must first be who you really are, then do what you need to do, in order to have what you want." Yet she also writes an excellent chapter on letting go of the misguided guilt that inhibits readers from becoming truly prosperous. --Gail Hudson

Creative Visualization... An introduction and workbook for the art of using mental energy to transform and greatly improve health, beauty, prosperity, loving relationships, and the fulfillment of all your desires.

Famous teacher Shakti Gawain provides easy-to-follow exercises, meditations, affirmations, and other techniques to tap into the natural goodness and beauty in all of life - to make positive ideas and concepts a total reality.

Thousands of readers are already using this book to explore and discover their conscious connection with their higher selves, and are making dynamic changes in their lives.

With Creative Visualization you too will seem to work miracles ...and you truly will be.

#### Other Books

Codependent No More Workbook. This highly anticipated workbook will help readers put the principles from Melody Beattie's international best seller Codependent No More into action in their own lives. The Codependent No More Workbook was designed for Melody Beattie fans spanning the generations, as well as for those who may not yet even understand the meaning and impact of their codependency. In this accessible and engaging workbook, Beattie uses her trademark down-to-earth style to offer readers a Twelve Step, interactive program to stop obsessing about others by developing the insight, strength, and resilience to start taking care of themselves. Through hands-on guided

journaling, exercises, and self-tests, readers will learn to integrate the time-tested concepts outlined in Codependent No More into their daily lives by setting and enforcing healthy limits; developing a support system through healthy relationships with others and a higher power; experiencing genuine love and forgiveness; and letting go and detaching from others' harmful behaviors. Whether fixated on a loved one with depression, an addiction, an eating disorder, or other self-destructive behaviors, or someone who makes unhealthy decisions, this book offers the practical means to plot a comprehensive, personalized path to hope, healing, and the freedom to be your own best self.

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