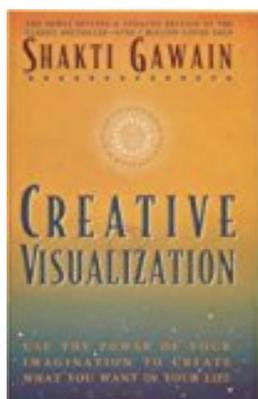


[PDF] Creative Visualization

Shakti Gawain - pdf download free book



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Description:

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 "gimmes." 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* --This text refers to an out of print or unavailable edition of this title.

From Library Journal Gawain's self-help title has sold more than three million copies in English and another three million in the more than 30 languages into which it has been translated. According to the publisher, this revised anniversary edition contains additional "meditations, exercises, and techniques that can become part of your everyday routine." The author asserts that people can achieve an ideal existence simply through mental visualization.
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