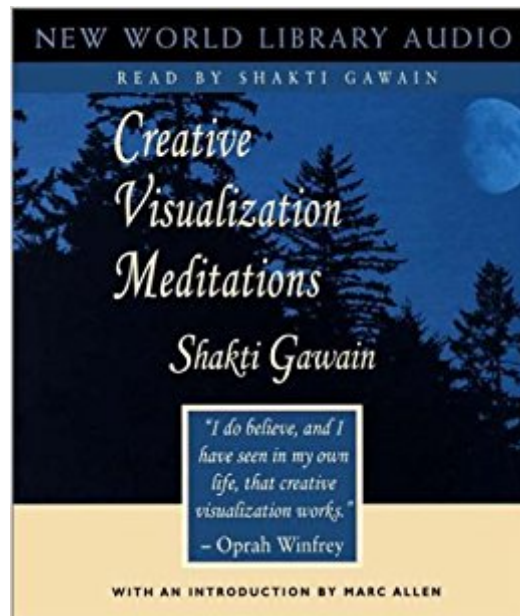




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Creative Visualization Meditations (Gawain, Shakti)



Synopsis

This companion to Creative Visualization details the practical technique of using mental imagery and affirmation to produce positive life changes. In each meditation, the author describes specific images and directs the listener through the meditation process.

Book Information

Series: Gawain, Shakti

Audio CD

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Average Customer Review: 4.4 out of 5 stars 82 customer reviews

Best Sellers Rank: #103,337 in Books (See Top 100 in Books) #22 inÂ Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #27 inÂ Books > Books on CD > Health, Mind & Body > Meditation #65 inÂ Books > Books on CD > Religion & Spirituality > General

Customer Reviews

It's been fifteen years since Gawain's Creative Visualization title prompted a new movement in self-help techniques: this hour-long cassette continues the process, providing tips on meditations which can help listeners change negative habits and improve self-esteem. While newcomers can easily use this tape with no prior introduction, those already familiar with Gawain's concepts will welcome this extension of ideas. -- Midwest Book Review --This text refers to an out of print or unavailable edition of this title.

A primer on creative visualization, this program provides practical techniques for using mental imagery and affirmation as a way to produce positive change in one's life. A pioneer in the world consciousness movement, Gawain has a soothing, pleasant voice that patiently leads the listener through each visualization exercise. Mellow synthesizer music bridges the gap between exercises. P.B.J. Â© AudioFile 2001, Portland, Maine-- Copyright Â© AudioFile, Portland, Maine --This text refers to an out of print or unavailable edition of this title.

Shakti Gawain is the best. I wish her older books were available on CD. Creative Visualization had the best short visualizations for relaxation.

I can tell this CD is helping me with daily, weekly visions as I am starting to see what I have been visualizing about!

good techniques. interesting ideas and makes you think about what you really want and need.

Hello Friends, Many years ago I felt the need for a soothing voice and affirmative creative visualizations, something I could participate in to decrease the fear I was experiencing at that time. I found it at the Bodhi Tree bookstore and it was just what I needed. Recently I discovered I couldn't find it in my home but was so glad to see it still existed and I could buy another and I did, for myself and a friend. So, at times when I want to relax, I listen to Shakti Gawain's creative visualizations which help me manifest my goals, root myself to this earth, and feel the sweet and energetic vibration of her Chakra visualization. I also use these visualizations for my creative writing classes which I teach through Santa Monica college continuing education and at my home, through Writing in the Light. I recommend this to anyone who desires those affirmative, relaxing moments. This CD and her book are classics and I understand why. Rachelle Benveniste

I recently purchased this item for a friend; however, I myself have owned this product in a taped version since the late 1980's. I used it religiously for several years to help visualize my career, personal, and monetary goals. I will not tell you that everything I visualized occurred immediately but it did help me focus and I did realize my goals - actually I surpassed them. I own several different meditation/visualization tapes/CDs but out of all them, this is and has been my favorite. I highly recommend this product.

I was not sure what to purchase, but decided on this CD because I have the book. It has been the best purchase I have ever made. The meditations are wonderful and the affirmations even better. What I love is that the meditations are short enough that I can listen to them for a short time (10-15 min) and then get on my way. Shakti Gawain's voice is very calming and peaceful. I highly recommend this CD.

One of my favorite meditation cd. Love Shakti Gawain.

I recommend Shakti Gawain's Creative Visualization Meditation CD. It's certainly not the best one out there, but is good for beginners. This 60 minute CD is much better than the original book on tape she did years ago. On that tape, she read very fast, she sounded unenthusiastic, the meditations were rushed, so I couldn't get much out of it. Here, she reads slow and her voice is calm and relaxing. The added music is pretty good, however I would have wanted a little more time spent with her guidance through the creative visualizations.

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