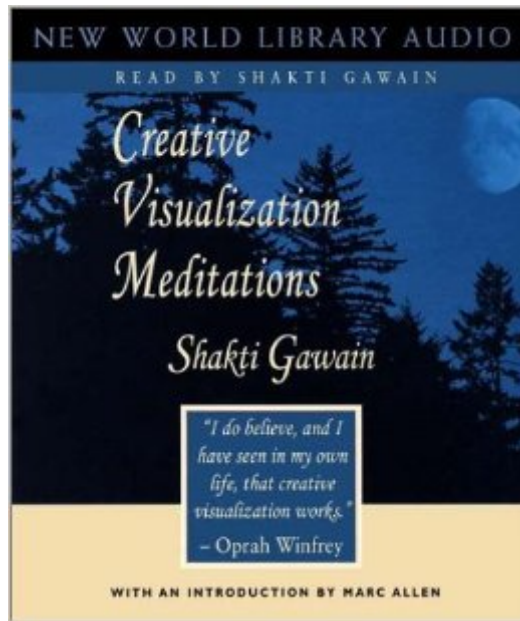


The book was found

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 starsÂ Â See all reviewsÂ (77 customer reviews)

Best Sellers Rank: #200,684 in Books (See Top 100 in Books) #77 inÂ Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #85 inÂ Books > Books on CD > Health, Mind & Body > Meditation #260 inÂ Books > Books on CD > Health, Mind & Body > Personal Growth

Customer Reviews

After reading Shakti's "Living In The Light", and being totally reborn by it, I eagerly ordered this tape with the hope that it would help me learn to meditate successfully. I had tried other tapes, as well as tried on my own, with awful results. WHAT A WONDERFUL, UNEXPECTED BLESSING!! I got powerful results right away. After struggling with smoking for 28 years, and trying every method under the sun, I stopped cold turkey after listening to the "Meditation Journey" portion of the tape morning and night, and visualizing after just 3 weeks. That was 5 years ago!! Shakti's voice is warm and reassuring, and I've used this tape to manifest many other things in my life. I give it to others as a gift all the time, and I highly recommend it if you'd like a strong model on which to pattern your own meditations.

I love this tape! I never thought I could visualize. One doesn't need to picture things clearly in order to benefit from this recording. I believe that this tape was designed for those who have difficulty meditating (or don't have the time); but who would also enjoy the rewards of meditation--relaxation, calm, and an overall positive outlook. What I like most about this tape is that the exercises are

varied. They range from visualizing a goal to affirmations. Gwain has a nice voice that is also a plus. I bought this tape on a whim , but I can honestly say that it helps bring hope and sense of calm to my everyday life. It's great!

I have really enjoyed this meditation CD. I like that it includes several different meditations, as many of the CD's out there have only 1 or 2. I find Shakti's voice to be calming, and easy to listen to - a necessity when trying to meditate. Although I generally have trouble visualizing, I've had pretty good results with a few of her meditations - which is no small feat for me! I would highly recommend this CD to anyone interested in meditating - whether a beginner or a "pro" - I think it has a lot to offer.

I am a novice to mediation, and was looking for mediation/visualization resources to help me stay calm and centered during a very stressful and negative time in my life. I never found her voice irritating as others have-- on the contrary I find it soothing and easy to listen to. It was very effective in helping me stay positive during challenging times (and I believe the positive imagery helped turnaround a negative situation)

This CD helps develop optimism and a relaxed state of mind. Includes visualization techniques to help you relax and to achieve goals, as well as many positive affirmations. A good "jump start" for the day whether you listen to the whole CD or simply a few tracks . . . listening to the entire CD will create deep state of mental and physical relaxation. Especially effective for me was the "pink bubble technique," in order to visualize goals--I often listen to it several times in a row. I find Shakti's voice very soothing. She is very "present," which helps one forget about the outside world while listening to the meditations. The only drawback is that the CD is slightly repetitive--though it is a CD, the recording was originally made for a cassette tape, and so the tracks of "other side of the tape" repeats some relaxation and affirmations, although you already did this at the beginning of the CD. Though some may find it bothersome, others may consider it simply more of a good thing.

I was skeptical of this technique but it has truly worked for me. Creative visualization has enormously helped me and this is the best guide on how-to. Get it!

I'm fairly new at meditation and needed some guidance. Shakti Gawain's Creative Visualization Meditations cassette tape has been a very good way for me to get on track. She offers several types of meditations, from relaxation to visualization - I've enjoyed them all so far. Highly

recommended!

This is my first guided meditation with a tape, and it (surprisingly) really worked for me! Usually, I have trouble thinking too much to sit still, so this really helped with that. I got this on audible to listen to my mp3 player, but I'm going to get this for friends and family.

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