



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

Shakti Gawain

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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.

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

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Author : Shakti Gawain

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From Reader Review Creative Visualization: Use the Power of Your Imagination to Create What You Want in Your Life for online ebook

Christine says

While it definitely has its fluffy New Age moments, this is, overall, a great book. Much more realistic than the highly-popular and bestselling Rhonda Byrne book (*The Secret*), *Creative Visualization* (originally published in 1975) does not come across as a cosmic cash cow waiting to be milked like the aforementioned tome. It is about changing your life by changing your negative state of mind. For example, this quote from page 10 sums up the book quite nicely in my opinion:

"The process of change does not occur on superficial levels, through mere 'positive thinking.' It involves exploring, discovering, and changing our deepest, most basic attitudes toward life."

Along with this special 30th Anniversary Edition comes with a fantastic 60-minute meditation CD that guides you through the exercises in the book. It is a great tool for those who work better when being verbally guided in meditation sessions.

Tami says

Creative Visualization is a special Thirtieth Anniversary Edition of *Creative Visualization* by multiple bestselling author Shakti Gawain. The set includes the contents of the bestselling book and a 60 minute CD of associated meditations and visualizations.

As the name suggests, *Creative Visualization* uses meditation and visualization techniques to help change unhealthy negative thought processes into more positive loving messages. Essentially, these methods are used to clear away blockages and uncover beliefs or ways of thinking that are limiting the individual. Affirmations are then used to replace negative beliefs with more positive ones. Possibilities are then opened up and manifestation of dreams can then be attained.

The theory and methods presented in *Creative Visualization* are timeless. Even though it was originally published thirteen years ago, the exercises are still invaluable. It is still one of the most important books for those looking at manifesting.

Lakshmi says

This book "found" me in the sense that it jumped into my line of vision as I walking down the street in Bangalore. It was amongst a spread of books being sold on the street by a roadside vendor. It's nicely

formatted for easy reading, and I have to say...if you put it into practice, you might really be surprised by what happens!

What's really interesting to me about this book is how it's written by this new agey guru with an Indian name from the Bay Area and yet it has a pretty huge following in India! :) Kinda interesting to see an American guru with followers in India for once! :)

Scotty says

A universe of infinite happiness and love. Mentally manifesting our physical reality. If you just believe....

Maggie Lang says

I think this is a good book to read every few years, and even just keep as a reference book. I recently RE-read it over the holidays -- which was a wonderful time to because of the natural instinct to VISUALIZE the new year and this new decade! A very positive, simple, straightforward guide on setting intentions, goals and realizing what you truly want ~ or maybe DON'T want. I feel like 2010 is off to a great start for me and I also think it's because I read this book again! Great birthday gift too!

Wendy T. Gibson says

This book changed my life and taught me how to shape it. It helped me to know myself, set goals, take control of my destiny and make something out of nothing. This is the book that taught me to make a Treasure Map or Dreamboard, long before that was the thing to do. It continues to influence me daily and I return to it again and again.

Marie says

I found this book in a used book store. Within 5 minutes I stumbled across it and it has been a staple since.

What I learned from reading this book is how to use my imagination to create the life I am intended to live.

No longer fearful and afraid of what the future holds or consumed with what has happened in the past.

Looking forward to more fearless journeys.

Pat says

I picked up this book because of a mention in a blogpost on Raptitude (which showcases clear, pragmatic, thoughtful writing) and was horribly disappointed. Then I was disgusted.

This book is a stain.

It's new age bullshit that will make eastern contemplatives blush and western neuroscientists cry. I don't mind losing an hour of my time reading it. What I despise is the fact that this charlatan sold 6 million books, misrepresenting both Buddhism and Physics in the process.

Shame on her.

Jelila Jelila says

Fabulous Book! - Seminal work on Creative Visualisation

I love this book! I read it in about 1992 although it first came out in 1978. It explains in simple and luminous terms, how to do creative visualisation.

Creative Visualisation is an astonishingly powerful technique of imagining which helps to draw our desires and wishes into reality.

Shakti Gawain explains the principles in simple and inspiring terms, and then gives a number of wonderful creative visualisation 'journeys' - imagined stories that you can follow to activate, harness and create with various areas of your sub-conscious mind - and your life!

It is a small, slim book, simple - and wonderful! I actually prefer it to some of Shakti's later and more advanced books - the simplicity of this book makes it so enjoyable to read and very beautiful. It is 'pure' in a sense.

I often recommend this book to friends and students - and in fact that is how the book first became a success - everyone who read it wanted to share it!

Great book!

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Saucy Kate says

If *The Secret* left you rolling your eyes, try this book instead. Gawain invokes more spirituality and less judgment by focusing on tools to help readers uncover what they really want out of life. She doesn't assume that everyone wants to live the Richistan life, and she certainly doesn't accuse the reader of being too lazy, uninspired, or ignorant to be rich and famous.

Yes, Oprah, I think your book recommendation SUCKS.

Shikha rawal says

Well it's one of those books which is easy to read. Easy to understand and finally small and easy steps to implement. Anyone who has some knowledge about the law of attraction, creative visualisation falls on the similar lines. There are some really great insights into affirmations and writing things down. Writing your goals down or affirmations on a daily basis has a profound long term effect. Also, Shakti has provided very good meditation techniques. I myself found it pretty beneficial. Visualisation as a tool has always and I mean it when I say, always given me the desired results.

I would recommend it to everyone who is interested in stirring their lives in some purposeful direction and focusing thoughts by means of meditation into producing desired results.

Thomas says

I came across this book years ago and was skeptical, didn't really apply the methods and didn't get any results. After several years and a lot of work on self, I now believe this approach doesn't work for many people due to blockages and ego attachments to suffering. Much of those same blocks are now behind me. I've tried this approach again, and I've had one amazing result which has completely blown my mind. I'm now a true believer.

Julie says

A great intro to imagery and guided meditations however, I would not recommend this book to anyone who is not clear or certain about what their spiritual beliefs are. The book takes the approach that 'if you think right, life can be in your hands' and that philosophy has proven itself fatalistic throughout history. There is one great small section on affirmations that can be integrated into changing our thoughts to plant seeds of new growth.

Sara Alaee says

Shakti Gawain describes that every moment of life is infinitely creative and the universe is endlessly giving. So what you need is to just put forth a clear and goal-oriented request and everything you truly desire comes to you.

Creative visualization uses meditation techniques to help shape positive attitudes towards life and change your everyday experience into a more loving and happy one. It's fully applicable to the humanity in every age or era. (And it's not at all a new age-y cliché!) Essentially, the methods proposed in this book aim to teach (or remind) us of how to (re)gain touch with our higher selves and thus feel powerful and responsible to bring change to our lives...

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William Strasse says

This is has been a very useful book. It "found" me at just the right time. I've known for a long time that we can rewrite our negative mental programming, but I'd never taken the initiative until recently to start monitoring my thoughts and what I found made me realize how much I needed to "change the tapes". This book gives a lot of very simple and effective techniques (affirmations, meditations, etc...) I've taken notes and started doing some of the exercises and already feel a difference in my energy level and interactions with the world. I know I will be working off of this book for quite a while.
