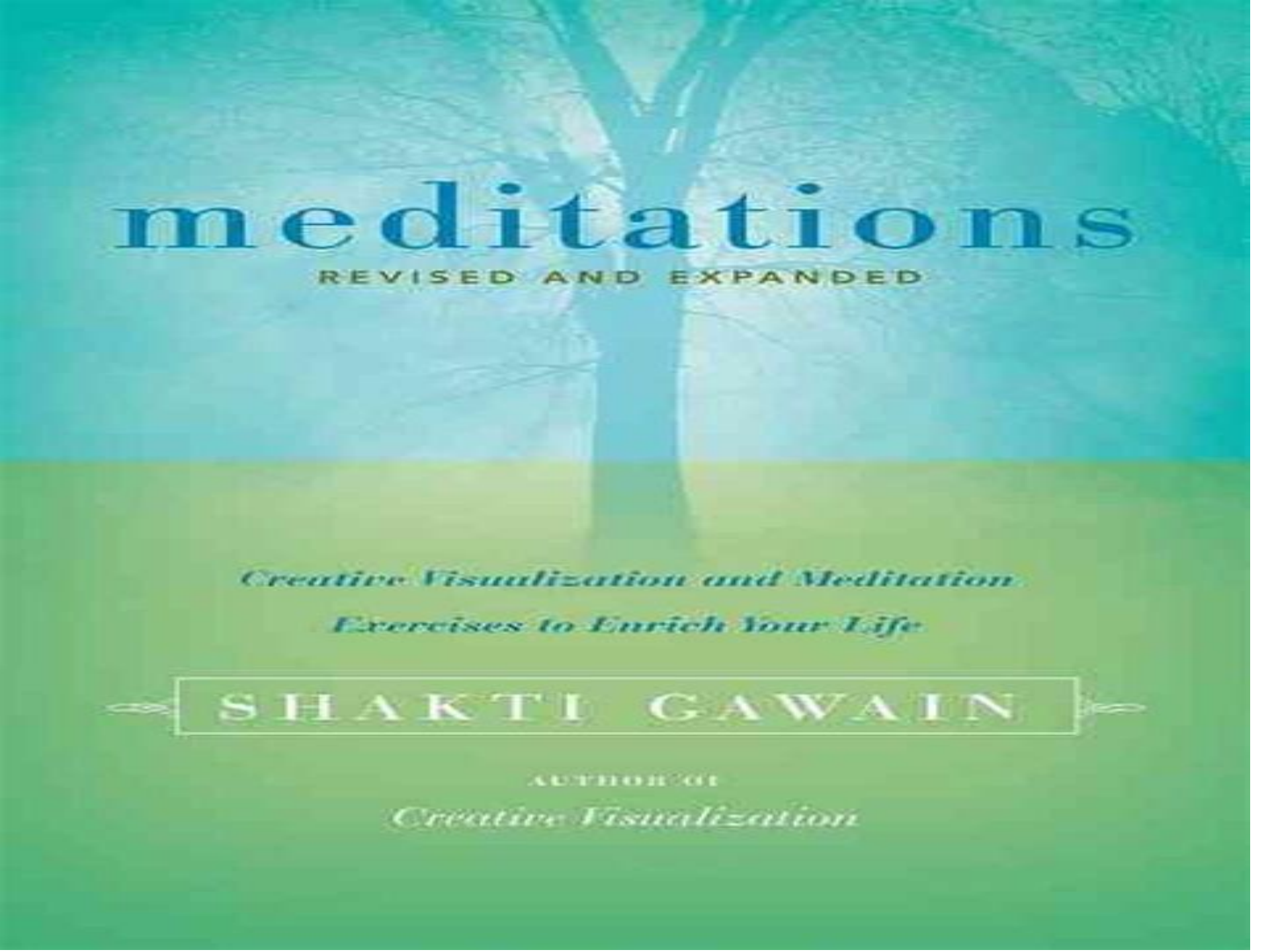




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Creative Visualization and Meditation

Exercises to Enrich Your Life

SHAKTI GAWAIN

AUTHOR OF

Creative Visualization

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Shakti Gawain



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Kathy Caprino sheds light on this growing epidemic of disempowerment and shows women how to reinvigorate and reclaim their lives Breakdown Breakthrough uses a comprehensive coaching behavioral and spiritual framework to explore how women can restore their power and reconnect with their life visions as they awake from the paralysis of professional dissatisfaction and personal diminishment Caprino outlines a new model for understanding disempowerment one that focuses on women's relationships with themselves with others with the world and with what she calls their higher selves She identifies twelve specific challenges professional women face and offers concrete practical advice for overcoming each one helping readers step back let go of what is holding them back and say yes to creating a compelling and rewarding next chapter of life and work This is also a deeply personal book Caprino candidly discusses her own struggles with crippling feelings of disempowerment and shares moving stories and heartfelt advice gleaned from her interviews with over one hundred women who experienced and overcame the crises she describes Breakdown Breakthrough offers working women who are stressed stuck and dissatisfied access to new inspiration hope and a definite plan of action *Summary of Shakti Gawain's Creative Visualization* Everest Media,2022-07-24T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 Creative visualization is the technique of using your imagination to create what you want in your life It is a key to tapping into the natural goodness and bounty of life You can work on any level and all will have results 2 Creative visualization is a technique that can be used to achieve any goal It involves imagining yourself in the situation you desire and it is not necessary to believe in any metaphysical or spiritual ideas 3 The physical universe is made up of energy We are all part of one great energy field Things that we perceive to be solid and separate are in reality just various forms of our essential energy which is common to all 4 Creative visualization is the process of imagining something you want and then making positive affirmative statements about it It is a very important part of the technique and should be enjoyable **Sensational Meditation for Children** Sarah Wood-Vallely,2008-07 Sarah Vallely has created a step by step roadmap for teaching children how to meditate Rich with philosophy supporting science and practical examples this book clearly explains the benefits of meditation for today's young generation Included are 12 meditations and a variety of fun filled exercises to help you get started right away Higher self esteem improved focus better reading skills closer family relationships and better health are just a few of the outcomes parents therapists and teachers who have used Sensational Meditation for Children are raving about

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