The Creative Visualization Workbook Second Editio

#creative visualization #visualization workbook #second edition #manifestation guide #mind power exercises

Dive into the enhanced second edition of 'The Creative Visualization Workbook,' a practical guide to harnessing your mind's power for personal growth and manifestation. This comprehensive workbook offers updated techniques and exercises to help you achieve your goals, improve well-being, and unlock your full potential through focused mental imagery and positive affirmation.

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The Creative Visualization Workbook Second Editio

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Part One the Basics of Creative Visualization

Creative Visualization

How Creative Visualization Works

The Physical Universe Is Energy

Form Follows Idea

The Law of Radiation and Attraction

Using Creative Visualization

A Simple Exercise in Creative Visualization

Imagine the Thing You Want

Relax Deeply

How To Visualize

Special Problems with Visualization

Four Basic Steps for Effective Creative Visualization

Set Your Goal

Four Give It Positive Energy

Affirmations

Traditional Meditation Practice

Affirmation

Important Things To Remember about Affirmations

Phrase Affirmations in the Present Tense

Always Phrase Affirmations in the Most Positive Way

Four Always Choose Affirmations That Feel Totally Right for You

Use Creative Visualization Often

Belief

Three Acceptance

Contacting Your Higher Self

Receptive

Going with the Flow

Prosperity

Sense of Prosperity

Scarcity Programming

Abundance Meditation

Your Self-Image

Get in Touch with Your Physical Images of Yourself

Embracing Your Inner Critic

Self-Appreciation Meditation

Affirmations for Self-Appreciation

Outflowing

Exercises in Outflowing

Go through Your Personal Possessions

Four Tithe Your Income

28 Grounding Yourself and Running Energy

Creating Your Sanctuary

Meeting Your Guide

Inner Guide

Meet Your Spirit Guide

The Pink Bubble Technique

Healing Meditation

Healing in Groups

Healing Meditation for Pain

Invocation

Ask Your Friends To Say Affirmations to You Frequently

A Creative Visualization Notebook

Write an Outflow List

Success List

Self-Esteem List

Self-Appreciation List

Clearing

Final Clearing Process

Setting Goals

Exercises

Treasure Maps

Look at Your Goals in the Relationship

Clearing Process

Use Visualization To Improve a Difficult Relationship

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series; CREATIVE VISUALIZATION by: Shakti Gawain by Romantic Faery 1,321 views 5 years ago 17 minutes - A talk on the books chronologically through my life that have made the most impact spiritually and changed my life in some way.

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Near-Death Experience (NDE)

Why Did It Happen to You?

Does Everyone Have Psychic Abilities?

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Shaktis Journey

Create a Visualization

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Culture

Exercises

Connecting to your inner voice

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Intro

First Card

Second Card

Third Card

Forth Card

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Manifesting is the practice of preparing your mind, body, and spirit to do the work to achieve the things that you want.

Give yourself permission to have what you want.

You must see yourself taking the steps and doing the work.

You have to feel it in your body what it feels like to do the work.

Take the actions.

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Intro

Prosperity Programming

Scarcity Programming

Creative Visualization

Pink Bubble Technique

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