

## **“Learn How to Unleash the Power of Your Imagination and Create Exactly What You Want in Your Life... *Guaranteed!*”**

Discover an INCREDIBLY POWERFUL Technique Used Successfully in the Fields of Health, Business, the Creative Arts and Sports.

Dear Friend,

About 10 years ago, a close personal acquaintance shared an incredible story with me. My friend found himself completely overwhelmed by his personal finances. Despite having a good paying job, his weekly spending was recklessly out of control. For example, during one 13-month period my friend made charges to his credit cards, which were almost double his weekly paycheck. And to make matters worse most of his credit card bills were going unpaid for months...

He was suffocating.

On the fast track to nowhere, his personal relationships suffered, his work suffered and eventually his emotional and physical health began to decline. The real ironic part was that despite all his debt, he was still able to gain bank approval for more and more credit cards - so week after week; month after month his debt kept piling up. My friend would use cash advances from one credit card to pay off others...often paying only the minimum amount due. His bills, expenses and life were all spiraling dangerously out of control. He knew something had to be done. He was losing everything important to him - his family and friends, not to mention his good credit - all over his own stupid mistakes.

For Christmas, my friend received a special gift - a book entitled “Creative Visualization” by author Shakti Gawain. Little did he know at the time, but this was probably the greatest Christmas present he could have ever received.

The next morning he began applying the techniques outlined in the text. He took it all very seriously - doing all the exercises, meditations and affirmations. Taking on two jobs, my friend began putting money towards his debt and was able to cut his expenses nearly in half by living frugally. Something he never imagined possible. He completely changed his entire lifestyle.

Within a short period of time, my friend found himself amazed at how easily positive changes started to happen...and how they all were happening very naturally. Doors started opening and he found there were many good resources to help him repair his credit. After some simple changes in his spending habits and within a few short years my friend was finally able to pay off all his credit card debt.

More importantly - not only did my friend solve his financial problems, he was able to learn how to use his own creative imagination in a more conscious way - as a technique to create what he truly wanted. Anything he could imagine: satisfying relationships, rewarding work, self-expression, health, beauty, prosperity, inner peace and harmony...whatever his heart desired. He found that applying Creative Visualization gave him the key to tap into the natural goodness and bounty of life. Something his life had been missing for years.

### **What Exactly is Creative Visualization?**

Creative Visualization is the technique of using your imagination to create what you want in your life. There is nothing at all new, strange or unusual about Creative Visualization. You are already using it every day, every minute in fact.

It is your natural power of imagination, the basic creative energy of the universe, which you use constantly, whether or not you are aware of it. In the past, many of us have used our power of Creative Visualization in a relatively unconscious way. Because of our own deep-seated, negative concepts about life, we have automatically and unconsciously expected and imagined lack, limitation, difficulties and problems to be our lot in life. To one degree or another, that is what we have created for ourselves.

Imagination is the ability to create an idea, a mental picture or a feeling of something. In Creative Visualization you use your imagination to create a clear image, idea or feeling of something you wish to manifest. Then you continue to focus on the idea, feeling or picture regularly, giving it positive energy until it becomes objective reality...in other words, until you actually achieve what you have been imagining.

Let us say, for example, that you are feeling unsatisfied in your current job situation. If you feel that the job is basically right for you but there are factors that need improvement, you could begin by imagining the improvements that you desire. If that doesn't work, or if you feel that you would prefer a new job, then focus on imagining yourself in the employment situation that you desire.

Either way, the technique is basically the same. After relaxing into a deep, quiet, meditative state of mind, imagine that you are working in your ideal job situation. Imagine yourself in the physical setting or environment that you would like, doing work that you enjoy and find satisfying, interacting with people in a harmonious way and receiving appreciation and appropriate financial compensation. Add any other details that are important for you, such as the hours you work, the amount of autonomy and/or responsibility you have, and so on. Try to get a feeling in yourself that this is possible; experience it as if it were already happening. In short, imagine it exactly the way you'd like it to be, as if it were already so!

To use Creative Visualization it is not necessary to believe in any metaphysical or spiritual ideas, though you must be willing to entertain certain concepts as being possible. It is not necessary to “have faith” in any power outside yourself.

The only thing necessary is that you have the desire to enrich your knowledge and experience, and an open enough mind to try something new in a positive spirit.

### **Creative Visualization - A CASE STUDY**

Consider the following research presented by Dr. Charles Garfield, PHD., a former NASA researcher and leading authority in sports psychology. The study examined the effect of mental and Creative Visualization training on four groups of world-class athletes just prior to the 1980 Lake Placid, New York Olympics.

The four groups of elite athletes were divided as follows:

Group 1 – 100% conducted physical training.

Group 2 – 75% conducted physical training, 25% mental training.

Group 3 – 50% conducted physical training, 50% mental training.

Group 4 – 25% conducted physical training, 75% mental training.

What the researchers found was that Group 4 – the group with the most mental training – had shown significantly greater improvement than Group 3.

Likewise, Group 3 showed more improvement than Group 2; and Group 2 showed more improvement than Group 1.

The results were astonishing! Who would expect that athletes training mentally would be able to advance further than their counterparts who were training physically?

Garfield explained, “During mental rehearsal, athletes create mental images of the exact movements they want to emulate in their sport. Use of this skill substantially increases the effectiveness of goal-setting, which up until then had been little more than a dull listing procedure.”

If Creative Visualization could have such an astounding impact on the performance of world-class athletes...Imagine what it can do for you!

[Click Here for Dr. Charles Garfield's findings \(.pdf format\)](#)

**Your Life is Your Work of Art:**

Creative Visualization is magic in the truest and highest meaning of the word. It involves understanding and aligning yourself with the natural principles that govern the workings of our universe, and learning to use these principles in the most conscious and creative way.

If you had never seen a gorgeous flower or a spectacular sunset before and someone described one to you, you might consider it to be a miraculous thing (which it truly is!) Once you saw a few yourself and began to learn something about the natural laws involved, you would begin to understand how they are formed and it would seem natural to you and not particularly mysterious.

The same is true of the process of Creative Visualization. What at first might seem amazing or impossible to the very limited type of education our rational minds have received, becomes perfectly understandable once we learn and practice with the underlying concepts involved.

Once you do so, it may seem that you are working miracles in your life...and you truly will be!

### **Who is Shakti Gawain ?**

Shakti Gawain is a pioneer in the field of personal growth. Her other best-selling books include Living in the Light, The Path of Transformation, Developing Intuition and Creating True Prosperity. Her many best-selling books have sold more than six million copies in thirty languages worldwide.

Shakti has appeared on such nationally syndicated shows as Oprah, Good Morning America, Sonya Live, The Larry King Show, The Leeza Show, America's Talking and New Dimensions Radio; and she has recently been featured in Cosmopolitan, New Woman, New Age Journal, Body Mind & Spirit and Time Magazine.

For over 20 years Shakti Gawain has facilitated thousands of people in learning to trust and act on their own inner truth, thus releasing and developing their creativity in every area of their lives.

**“I do believe, and I have seen in my own life that Creative Visualization works!” - Oprah Winfrey**

Now available for the first time anywhere, I'm extremely proud to be sharing Shakti Gawain's entire Creative Visualization program - all in one comprehensive package through Conscious One. This opportunity provides you with a complete step-by-step blueprint on how to unleash the power of your imagination and create exactly what you want in your life.

**“Impossible, Becomes Perfectly Understandable Once We Learn and Practice the Underlying Concepts of Creative Visualization!”**

Here are just some of the indispensable concepts you'll discover in Shakti Gawain's special 5-part book and Creative Visualization program:

- Learn the important basics of Creative Visualization including what it is and how it works.
- Understanding the law of 'radiation and attraction' and how by applying these principles in your everyday life you can achieve your goals.
- How by using Creative Visualization you can change your basic attitudes and experience deep and meaningful growth in your life!
- A simple yet VERY effective exercise in Creative Visualization which will get you started quickly on your journey towards personal growth.
- Important relaxation techniques including how to use 'active' and 'receptive' visualization and the importance of both.
- Discover the 4 basic steps for Creative Visualization and how they can be used to achieve your personal and professional goals.
- The importance of affirmations - perhaps the most important elements of Creative Visualization!
- Over 40 positive affirmations which you can use immediately in your daily life. Written in an easy-to-read format.
- 7 important things to remember about affirmations — Use these tips to create your own life-energizing affirmations.
- Effective techniques to making Creative Visualization part of your life, including the three elements within you that determine how successfully Creative Visualization will work for you in any given situation.
- Secrets to connecting with your "higher self" including a special exercise in Creative Visualization that will help you achieve your goals quickly.
- Learn how to eliminate feelings of unworthiness and fear which you may have adopted at an early age.
- 5 incredibly powerful exercises designed to help you naturally share the goodness of the universe with others.
- Using Creative Visualization to help maintain good health - learn how illness and 'accidents' are often messages or indications of some inner problem that need resolution.
- The secret to 'grounding' yourself so your Visualization exercises can have the strongest impact possible.

- An excellent morning exercise you can use when you first wake up or anytime you want to feel relaxed and refreshed.
- The “Pink Bubble” technique - Discover a wonderfully effective meditation exercise you can use anytime.
- Powerful meditation techniques which can be used for healing yourself and others.
- Using invocation to summon any quality or energy that you want or need including; strength, wisdom, serenity, compassion, softness, warmth, clarity, intelligence, creativity and healing power.
- Effective ways to use affirmations to give yourself a more positive, creative outlook and help you achieve specific goals.
- 7 “Clearing” Exercises: If you have trouble realizing a goal, or sense resistance in yourself use these invaluable exercises to get yourself back on track!
- Essential tips on creating your own powerful affirmations and how to bring about fast and dramatic life changes.
- 5 Goal Setting exercises so you can easily define what you want to achieve - including 4 powerful goal setting rules.
- The importance of using Creative Visualization to establish an “ideal scene” and create “treasure maps”.
- Successful Creative Visualization techniques to help improve your health and beauty.
- The importance of using Creative Visualization to help improve personal and professional relationships.
- Living creatively by incorporating Creative Visualization techniques and how to make truly powerful contributions that last an entire lifetime!

**“Excellent Techniques to Use to Actively Direct the Course of Your Own Life ...”**“I was looking to take control of my life, to actively direct it, rather than swimming with the tide. This book allowed me to do just that.

Gawain gives a number of excellent techniques to use to actively direct the course of your own life. From spoken and written affirmations, to “treasure maps”, all the information given is powerful, and works! I still have a treasure map I drew about fifteen years ago, and everything I visualized then has come to pass over the years. This stuff is real, pure, simple magic that

**anyone can do. Don't hesitate, take yourself in hand and go for it!"**

- Laura Haggarty (Berry, KY USA)

**Ask yourself: do I really have what I really want in my life?**

Imagine how you would feel if you had it all...

- business fulfillment,
- loving and caring relationships,
- vibrant health,
- a natural release from daily stress,
- unlimited creativity,
- deeper personal friendships,
- an enriching and successful career.

**Have you given up on creating the ideal life you once dreamed of?**

**"I highly recommend it to anyone interested in transforming their life for the better ..."****"I was thoroughly impressed with the way Gawain can write such a practical guide to the process of how we create our lives from our thoughts and feelings.**

Gawain includes many exercises which help readers learn how to relax, how to visualize, contact their higher selves, program prosperity, heal themselves and others, meditate, and state meaningful affirmations. I especially enjoyed her "pink bubble" manifestation meditation for bringing what you most desire to you.

I feel very at home with the exercises and techniques outlined in Creative Visualization, and highly recommend it to anyone interested in transforming their life for the better."

- Cynthia S. Larson - realityshifters.com

**"Almost Everything You Truly Need or Want is Here for the Asking; You Only Need to Believe that it is so, Truly Desire it, and be Willing to Accept it"****"Techniques that really do work ..."**

"This book is well written with easy to follow techniques that really do work, if you work them! Reading this book, I learned to write my affirmations over and over and over. As I memorized each one, I would sit with my eyes closed, listening to quiet meditative music and begin to 'visualize' myself having, doing or being what my affirmations were. The changes didn't occur overnight, it took concentrated effort of daily practice over a few months. At last... I began to 'create' the new ideas, attract the things I wanted because I was 'acting as if I believed'. Give yourself a gift today... get this book, read it and do the exercises consistently."

- P. Dumas (Charlottesville, VA USA)

Creative Visualization is such an innately powerful process that even five minutes of conscious, positive meditation can balance out hours, days, even years of negative patterns!

**“Learn to Contact Your Inner Source of Happiness and Flow it Outward ... Not Because it is Virtuous to Do So, But Because it Feels Really Good!”**

Your goal may be on any level-physical, emotional, mental, or spiritual. You might imagine yourself with a new home, or with a new job, or having a satisfying relationship, or feeling calm and serene, or perhaps with an improved memory and learning ability. Or you might picture yourself handling a difficult situation effortlessly! Conscious Creative Visualization means a new way of thinking and a new way of living...

**“I don’t know where I’d be or what I’d be doing now if I hadn’t found this book ...”“1985 was a stressful time: I was going thru a divorce (that held much-needed freedom but no financial rewards, that’s for sure), trying to finish a graduate degree and lost my job at a lousy trade magazine. Fortunately, an acquaintance told me I needed to find a copy of Creative Visualization RIGHT AWAY.**

I don’t know where I’d be or what I’d be doing now if I hadn’t found this book. But I’m sure I wouldn’t be HERE doing what I’m doing, living a big life. I’m no heiress but life is great. And I continue to visualize and make lists and maps.

If you’ve just found this book/concept, it doesn’t matter how old you are or what your circumstances are, get going! LEAD your life, rather than wait to see what will happen.”

- W.P. NEW YORK, NY United States

Order Now and Receive These 3 Very Special Bonus Gifts (valued at over \$xxx.xx) ... ABSOLUTELY FREE!

**BONUS #1: The Creative Visualization Workbook:**

Revised and updated by author Shakti Gawain to accompany the Creative Visualization text - this workbook offers powerful, effective affirmation and meditation techniques presented in an easy-to-understand approach. Learn step-by-step how to design your own individual blueprint for positive change and personal growth. Includes new material not found in Creative Visualization text. \$12.95 value - FREE!

· Additional important exercises and examples of Creative Visualization and how you can practice these simple and effective techniques whenever you desire.



- Includes a powerful introduction to the most basic visualization techniques and how to use them everyday.
- Learn how to set goals in a way that is fun and enlightening - and how you can gain even more clarity and focus in your life.
- Getting in touch with and clearing out negative thoughts and belief systems - even if they are years or decades old!
- A special practice area is reserved in the workbook allowing you to work on each individual area of your life.
- Important techniques to help you connect more effectively with your intuition and creativity, and generate positive energy!

#### BONUS #2: The Creative Visualization Kit:

Contains over 50 additional pages of supplemental material by the author as well as a reserved space for your own notes, goals and affirmations. An invaluable companion to the author's text. \$xx.xx value - FREE!

- Contains 25 incredibly powerful affirmations which you can use in your everyday life. Each affirmation is printed on an individual pocket card for quick and easy reference. Sit with these cards during your daily meditation and see how easily these affirmations can change your life!
- Contains 25 blank individual pocket cards - use these cards to write and edit your own personal affirmations.
- Learn how to enjoy and prioritize goals including important guidelines for creating and setting new goals.
- Effective shortcuts to using affirmations in order to manifest your goals.
- The secret to forgiving yourself, forgiving others and how to release your core negative beliefs.
- The importance of 'Positive Energy Lists' and how they help you appreciate yourself and your life.
- Indispensable Creative Visualization techniques and practices to help you get to the point where you can use your imagination positively.

#### BONUS #3: Creative Visualization Compact Disc:

The meditations on this one-hour audio program detail the practical techniques of using mental imagery and affirmations to produce positive changes in one's life. In each meditation, Shakti Gawain personally guides listeners as they go through the meditation process. This second edition features a brand-new reading by Shakti. \$12.95 value - FREE!

- Dynamic learning tools for life transformation - conveyed directly by the author - it's like having your own Creative Visualization Guru whenever you need!
- An ideal companion to the text and workbook material - conveyed in Shakti's warm, casual supportive voice.
- Effective mental imagery and affirmation exercises to make positive changes in your life.
- Uncover and apply the secrets about identifying prosperity and renewed inner-strength.
- Complete guided meditation exercises and specific examples for you to easily follow!

**“Your Life is a Work of Art. Every Moment is a Moment of Creation, and Each Moment of Creation Contains Infinite Possibilities!” “I believe this book speaks true as to how we conduct our lives ...”**

“I think everyone can benefit from reading Creative Visualization. First, if you let it, it will permit you access to relaxation, and then access to your inner peace, power, and light. Use the tools provided in this work to remake your life by sending out new patterns and thoughts and passions into the world and watching them return to you many times over.

I believe this book speaks true as to how we conduct our lives. We often start out trodding along the worn-out paths of our parents, expecting and fearing what they have told us to expect and fear. Then, as we age and feel the confinement of these early messages, we break away and give ourselves new and exciting messages that permit us to grow. But we all can grow at any time and in any place. We just need to train ourselves in the process. Herewith, the training manual.”

- John Sollami (Stamford, CT)

Now, How Much Would You Be Willing to Give in Order to Get Your Hands on All This Knowledge?

The information contain within this program could easily retail for over \$200 or even \$300 - However through an exclusive arrangement with the author directly, Conscious One is able to offer Shakti's entire program - this includes her book, interactive workbook, visualization kit and pocket cards and CD - all for the incredibly low price of only \$XXX!

Best of all, if you aren't completely satisfied with the program material we'll promptly refund 100% of your purchase price - No questions asked! - That's how confident we are that Shakti's program will create a positive and lasting impact on your life.

Sincerely,

SIGNATURE

P.S. This program is available in VERY limited quantities. You will not find this offer anywhere else - ACT NOW!

P.P.S. Remember: Our bodies communicate to us clearly and specifically... if we are willing to listen to them... I encourage you to study the principles, try the techniques with an open mind and heart, and then judge for yourself whether they are useful to you. There's no risk, no reason at all not to try this amazing program for yourself... as this special offer may never be available again!