



Creative Visualization Meditations (Gawain, Shakti)

From Gawain, Shakti/ Allen, Marc (INT)



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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.



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Editorial Review

Review

It's been fifteen years since Gawain's Creative Visualization title prompted a new movement in self-help techniques: this hour-long cassette continues the process, providing tips on meditations which can help listeners change negative habits and improve self-esteem. While newcomers can easily use this tape with no prior introduction, those already familiar with Gawain's concepts will welcome this extension of ideas. --

Midwest Book Review

From [AudioFile](#)

A primer on creative visualization, this program provides practical techniques for using mental imagery and affirmation as a way to produce positive change in one's life. A pioneer in the world consciousness movement, Gawain has a soothing, pleasant voice that patiently leads the listener through each visualization exercise. Mellow synthesizer music bridges the gap between exercises. P.B.J. © AudioFile 2001, Portland, Maine-- *Copyright © AudioFile, Portland, Maine*

Users Review

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Carolyn Livingston:

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