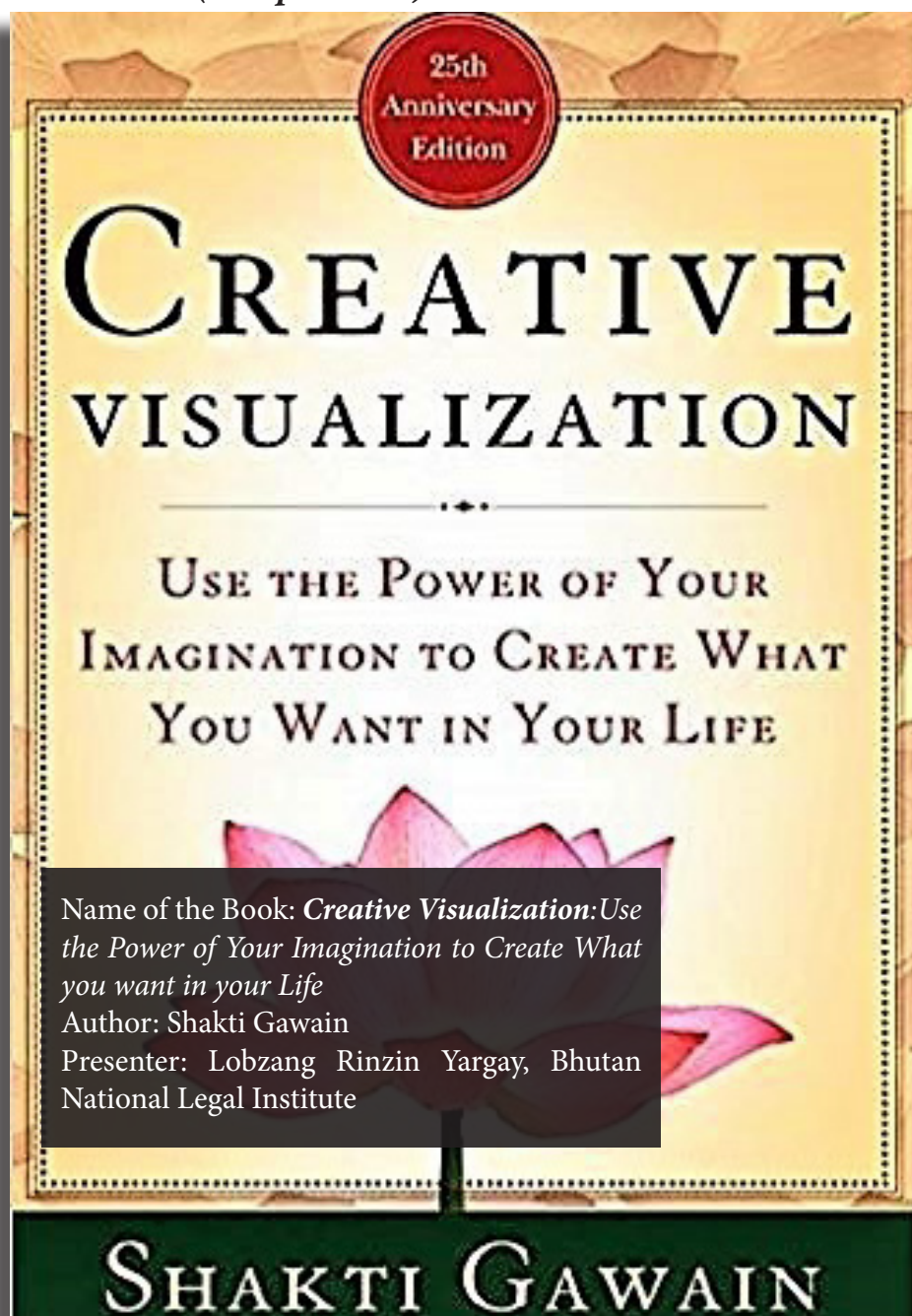


48th Session (27 April 2018)



Name of the Book: *Creative Visualization: Use the Power of Your Imagination to Create What you want in your Life*

Author: Shakti Gawain

Presenter: Lobzang Rinzin Yargay, Bhutan
National Legal Institute

Synopsis of the Book

This is one of the Books recommended by Her Majesty the Gyalum Ashi Dorji Wangmo Wangchuck for the Judges' Book Club. The book was written in 1978. This book is a world wide best seller. 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 our personal needs and wants. This ground-breaking 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. The book acts as a general inspiration and empowerment to achieve specific goals including financial, creative, medical, career, and relationship, amongst many others. *Creative Visualization* remains a profoundly powerful resource.



Profile of the Author

Shakti Gawain was born in the United States of America in 1948. She is a renowned author, speaker, teacher and a counselor in the field of Personal Growth. For over twenty five years, she has been a best selling author and internationally recognized teacher of consciousness. Her distinguished publications include '*Creative Visualization*', '*Living in the Light*', '*Path of Transformation*', '*Four Levels of Healing*' and '*Creative True Prosperity and Developing Intuition*'. She is also a passionate environmentalist.

Profile of the Presenter



Lobzang Rinzin Yargay is the Director General of Bhutan National Legal Institute. He studied Law in India and Australia. He served as Judge in various courts.

Discourse

Creative Visualization synthesizes Western psychology and Eastern philosophy for success, positivity, change, growth and self-discovery using meditative and mindfulness tools and techniques to visualize, set goals and achieve what we want in life. The book is about being accommodative, adjustable, forgiving, loving, peaceful and happy by looking within and spreading positive energy around with affirmation and positive approaches. It is a tool for creating new life and living fulfilling life.

The book teaches us about learning to use your natural creative imagination in a conscious way, as a technique to create what you truly want - love, fulfillment, enjoyment, satisfying relationships, rewarding work, self-expression, health, beauty, prosperity, inner peace, and harmony and whatever your heart desires. The use of creative visualization gives us a key to tap into the natural goodness and bounty of life.

Imagination is the ability to create an idea, a mental picture, or a feeling sense 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. Your goal may be on any level including 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, or simply see yourself as a radiant being, filled with light and love. You can work on any level, and

all will have results through experience you will find the particular images and techniques that work best for you. Creative visualization 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.

