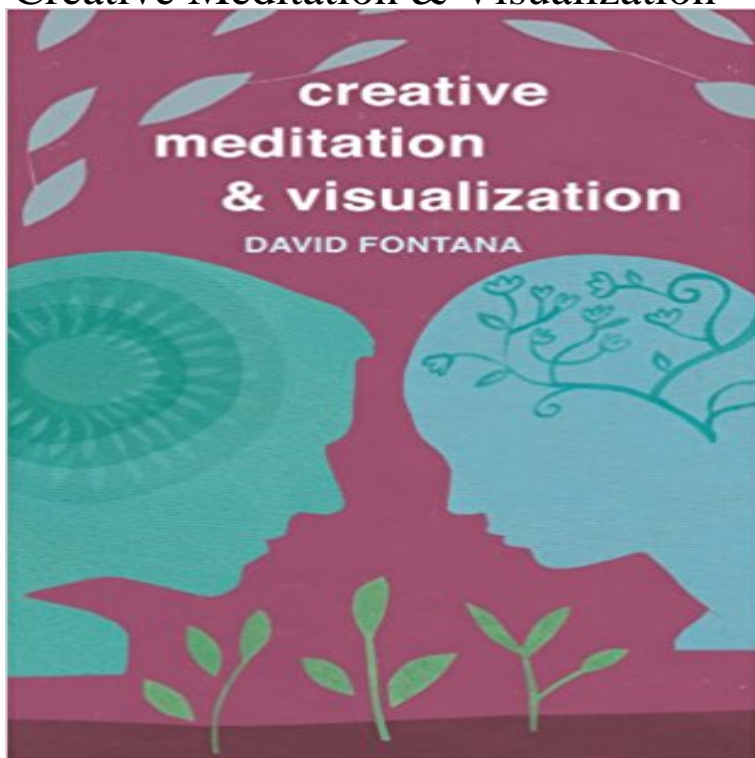


Creative Meditation & Visualization



Meditation focuses our powers of concentration. Visualization creating an image in the mind mobilizes our potential for making desires into realities. Thanks to the creative approach explained here, we can now combine these two techniques in an effective new way in order to attain all our life's goals. This practice of visualization within meditation has been shown to help heal the body, enhance athletic performance, stimulate creativity, promote career advancement, overcome shyness, and even achieve social success. Learn how to choose the right visualized image for a chosen personal goal, and how to use it as the stimulus for meditation so it will become a powerful force for achieving your desired results.

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