

CREATIVE VISUALIZATION MEDITATIONS



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The Power of Creative Visualization

Vishen Lakhiani studied meditation and creative visualization to reduce his stress at a simple startup job in 2002. But the results changed his life. Within a year, he quit his job to start Mindvalley, which now is one of the fastest growing education company.

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Creative visualization Wikipedia

Creative visualization is the cognitive process of purposefully generating visual mental imagery, with eyes open or closed, simulating or recreating visual perception, in most commonly guided meditation or some form of meditative praxis, relaxation techniques,

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Creative Visualization Meditations; By: Creative Visualization, this presentation teaches you methods for using mental imagery and affirmation to produce positive change. Today, creative visualization techniques are used successfully in the fields of health, athletics, business, education, and the creative arts.

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