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## The Shakti Gawain Essentials 3 Books In 1 Creative Visualization Living In The Light Developing Intuition

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Shakti Gawain (30 September 1948 – 11 November 2018) was a New Age and personal development author. Her books have sold over 10 million copies. Background. Born Carol Louisa Gawain, she graduated from the University of ...

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Shakti Gawain is a pioneer in the field of personal development. For over three decades she has been a bestselling author and an internationally renowned teacher of consciousness. Shakti has assisted thousands of people across the globe in developing greater awareness, balance, and wholeness in their lives. Her body of work is considered by Oprah Winfrey, and many others, to be part of a shift in human consciousness. For the first time ever, her three classic books, CREATIVE VISUALIZATION, LIVING IN THE LIGHT, and DEVELOPING INTUITION come together in one unsurpassed collection. These renowned books have sold

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over 10 million copies and have been translated into more than thirty languages. However, they have never been presented in this manner before. This interactive eBook transcends the limitations of a physical book and truly presents Shakti's passion and knowledge in a unique and powerful way

Creative Visualization is the art of using mental imagery and affirmation to produce positive changes in your life. It is being successfully used in the fields of health, business, the creative arts, and sports, and in fact can have an impact in every area of your life. With more than six million copies sold worldwide, this pioneering bestseller and perennial favorite helped launch a new movement in personal growth when it was first published. The classic guide is filled with meditations, exercises, and techniques that can help you use the power of your imagination to create what you want in your life, change negative habit patterns, improve self-esteem, reach career goals, increase prosperity, develop creativity, increase vitality, improve your health, experience deep relaxation, and much more. This book can help you to increase your personal mastery of life.

Emerge Day by Day to a More Conscious Life Start each day with a gentle nudge toward greater awareness. This beautiful new edition of Awakening will guide you into closer alignment with the spiritual principles that govern all of life. The 365 entries are organized around the calendar year and the seasons. Each brief entry shares a bit of Shakti's clear and

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simple wisdom and offers a meditation or question to ponder. Thought-provoking, inspiring, and always affirming, these universal truths will help you recognize and release old patterns as well as open you to new ways of being — physically, mentally, emotionally, and spiritually.

In this powerful book, Shakti brings us an exciting message for the new millennium. Questioning the traditional transcendent spiritual path, and challenging many popular New Age beliefs, she describes the journey we must all make in order to heal ourselves and our planet.

Explains how to develop the many different levels of being and details ways to achieve a greater balance and wholeness in life

Intuition is a birthright, but many have lost touch with it. If embraced and followed, intuition can be an accurate force that permeates all facets of life. Shakti teaches readers how to tap into their inner knowledge and use it to enhance their lives and attain their goals. Chapters explore the role of intuition in health, creativity, work, and prosperity. Exercises based on Shakti's workshops and seminars help readers listen to their inner guide but also evaluate the worthiness of such knowledge in the context of the real world. Stories from her clients and her own life illustrate the practical advice she gives.

This practical handbook presents Shakti Gawain's definition of prosperity, one that places importance on the fulfillment of our real desires rather than the amount of money we have. Most people equate prosperity with money — if they only had more of it, they would prosper. In

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this new, innovative look at self-fulfillment, personal-growth pioneer Shakti Gawain shows us the pitfalls of such thinking — how people, regardless of their wealth, eventually find money fails to offer true contentment. Shakti Gawain presents a new definition of prosperity, one that places importance on fulfillment of the heart and soul rather than on monetary gain. She dismantles the cause-and-effect relationship most people construct around money and happiness, without ignoring the important role money plays in our lives. She challenges us to pay attention to our deepest longings, and yet to discard false desires. Shakti shows us how to create true prosperity, which includes satisfying relationships, happiness, and fulfillment. Her unique method of self-examination helps readers recognize the paradoxical relationships they establish with money. Instead of either denying its value or giving it too much importance, Gawain shows how money can be used to teach people to identify where they need more balance in their lives, freeing them to pursue fulfilling relationships and personal satisfaction — the main ingredients of true prosperity. She speaks with authority and warmth as she sheds new understanding on a subject that concerns us all.

Are you searching for deeper meaning and purpose in your life? Do you sense that you have an inner wisdom that can be a guiding force for you, yet wonder how to connect with that intuitive self? How do you know which inner voices to listen to? For over thirty years, Shakti Gawain has helped readers address these questions. Living in the Light has given literally millions of people clear and gentle guidance to create a new way of life — one in which we listen to our intuition and rely on it as a guiding force. The key lies in bringing the light of our awareness to every aspect of ourselves, including our disowned energies — our shadow side.

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With great insight and clarity, Shakti shows us the transformative power of bringing awareness to every part of ourselves. Simple yet powerful exercises on subjects including creativity, relationships, parenting, health, money, and transforming the world help us put these teachings to practical use in our daily lives. Living in the Light is a comprehensive map to growth, fulfillment, and consciousness. As we grapple with personal, national, and global challenges on many fronts, this classic work is timelier than ever.

It's easy to disconnect when life moves fast. Practicing Mindfulness offers effective exercises and meditations to live every moment of your daily routine, in the moment. From finding your breath to feeling grounded, these practice-based exercises make integrating mindfulness into your routine easy. With over 75 essential meditations--that take between 5-20 minutes from start to finish--Practicing Mindfulness is an approachable way to apply mindfulness in your day-to-day life. Reduce stress, improve mental health, and stay present no matter what the day holds when you practice mindfulness, with: Mindfulness 101 that provides clear explanations of what mindfulness is, along with why and how it helps in your day-to-day life 75 mindfulness exercises that are organized by difficulty to help develop your practice Practical advice for overcoming obstacles to your mindfulness practice like how to deal with distracting noises or fight off sleepiness Today and every day, mindfulness takes practice. Practicing Mindfulness offers effective, modern meditations and exercises to start practicing everyday mindfulness, today.

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