Technique de visualisation créatrice

Usez du pouvoir de votre imagination pour créer ce que vous voulez dans votre vie

La visualisation créatrice est l'art d'utiliser la puissance de l'imagination — et les images mentales qu'elle nous suggère — pour introduire dans notre vie des comportements positifs aux effets bénéfiques indéniables.

Ce guide clair et pratique propose des techniques simples pour :

- développer le pouvoir créatif qui existe en chacun de nous ;
- se débarrasser des habitudes négatives, accroître sa vitalité, améliorer sa santé ;
- prendre du recul pour résoudre ses blocages intérieurs ;
- se sentir plus détendu, plus serein ;
- s'épanouir, atteindre ses objectifs sur le plan professionnel ;
- établir et entretenir des relations humaines harmonieuses.

Vous découvrirez qu'en visualisant une image précise de ce que vous désirez voir se réaliser, elle deviendra une réalité objective… Vous accomplirez ainsi réellement ce que vous souhaitez.

1 CD
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MP3 AUDIO

3 h 34

Narration : Danièle Panneton
Musique de AIIIA, composée et interprétée par Louis Lachance.

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Visualisation Creatrice Mp3

Shakti Gawain

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