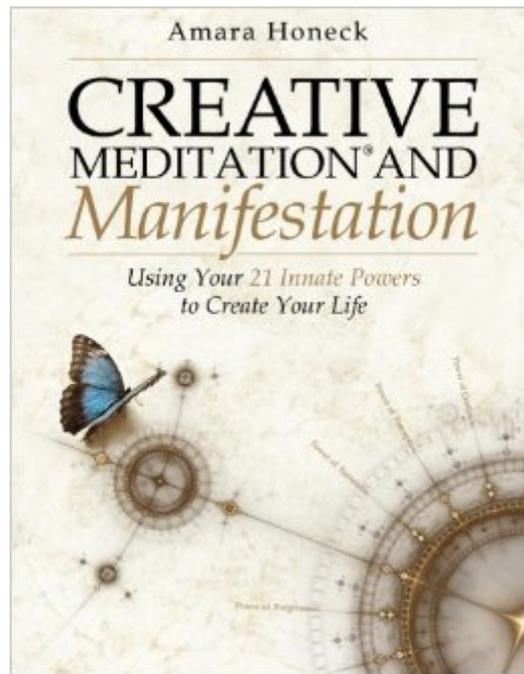


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# Creative Meditation And Manifestation: Using Your 21 Innate Powers To Create Your Life



## Synopsis

Society " through social media, radio, and television " tells us what we should want in our lives: to be more, have more, get more. But money and possessions are not necessarily what brings us happiness. Our highest joy comes through finding and achieving our life's purpose and goals " our soul's desires. Through the Creative Meditation and Manifestation practice you will learn to access the inner POWERS we all possess and put them to work building a pathway to your greatest success and happiness. This 21-day interactive workbook engages readers on many levels and offers easy-to-understand and powerful guidance on:

- Learning to be mindful using a simple technique to bring you fully into the present.
- Creating your life by giving you real tools for learning to change your thoughts and thought process.
- Using a simple form of meditation to quiet your mind chatter so you can get to the real issues and goals in your life.
- Focusing your thoughts, words, and actions to become who you are meant to be.
- Redirecting negative thoughts into positive thoughts so you can co-create a beautiful life.
- Helping you create a life filled with joy by empowering you with Creative Meditation and Manifestation tools to win back your autonomy.

Answer your soul's wake-up call, tap into your inner POWERS, and create your beautiful life.

## Book Information

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## Customer Reviews

Author Amara Henpeck, a shamanic practitioner and counselor, spiritually focuses on life enlightenment and problem-solving. Her goal with her clients (and we are now clients by reading and applying the principles of this book) focuses on finding one's own personal spiritual power,

soul healing, and dreamwork. Having studied with the Foundation for Shamanic Studies and the internationally known Monroe Institute, she has studied meditation, is a certified Tibetan sound bowl healer, and is a shamanic medium with clairaudient abilities, one who merges ordinary and non-ordinary reality. As she informs in the opening pages of her book, “I want you to understand that I was where you are now. I wanted peace. I wanted answers. I wanted to be in control of my life. I wanted to be in control of my outcomes. I wanted to pull toward myself all that brought me joy. I wanted to release all that brought me pain. I wanted to understand. I wanted to believe. I wanted hope. I wanted love. I wanted acceptance. It took me a while, but I found meditation. Meditation, for me, held the keys to all of those doors that were locked. However, meditation was difficult. How do I quiet the mind chatter? After much trial and error, I found my own way and it worked perfectly for my style. My mind became quiet and focused.” One of the several aspects of this book is Amara’s incorporation of worksheet, coloring blocks and journal pages – even for Kindle book readers, as they are available through the download sites highlighted in the text.

Creative Meditation and Manifestation takes the reader on an interesting journey through what the author, Amara Honeck calls our “creative powers”. These 21 powers: Intent, Gratitude, Sacred Space, Meditation, Mindfulness, I AM, Wording, Journaling, Thought, Visualization, Forgiveness, Prayer, Emotion, Compassion, Vibrational Frequency, Belief, Perception, Trust, Surrender, Allowing, and Inspired Action, when used together, form a methodology to assist the reader in understanding how to unlock their innate universal gifts, which ultimately assist them in the realization of their goals and the living of a more positive joy-filled life. Honeck has created a twenty-one day program that allows the reader to take a deep dive into each of these 21 unique powers, with each power explained in its own dedicated chapter. In many cases she offers the reader personal experience on how to avoid the pitfalls and challenges of implementing these powers into everyday life. Each chapter ends with examples and exercises to assist the reader with incorporating the ideas and information easily. There is also a natural flow from one chapter and exercise to the next, which allows the reader to connect the concepts and build knowledge of the overall process. Honeck also offers the reader an interesting, creative format of drawing, coloring, doodling, and journaling to clear the mind of excess mental junk so that the new ideas can take root. This unique layout style of formatting the pages to bring in the creative side reminded me of the mind-mapping technique and greatly helped me with the process of incorporating these new ideas. It also made the book visually aesthetic and unique.

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