



Practical Guide to Creative Visualization: Manifest Your Desires

Osborne Phillips, Melita Denning

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If you're ready to do powerful magick without using any wands, robes, or altars, you need *Practical Guide to Creative Visualization* by Denning & Phillips. In it you'll learn everything you need to know to do this powerful system of magick with the mind.

First, the book explains exactly what creative visualization is and what it is not. Then it gives you a technique to relax your body and mind, a necessity in order to get the most out of your visualizations. You'll also learn how to use controlled breathing in order to enhance the magick.

Then you learn a variety of visualization techniques that can help you achieve your goals. The techniques include the Simple Creative Visualization Method, the Charging Technique, the Master Method of Creative Visualization, and the Star Technique of Creative Visualization. Also included in this book is a

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