



## Module 7: Personal Empowerment: Class #1

### MEDITATE WITH CREATIVE VISUALIZATION

Meditation is an excellent \_\_\_\_\_ that is gaining acceptance in the scientific community because of the \_\_\_\_\_ of its implementation, its wide \_\_\_\_\_ and \_\_\_\_\_ to each of us and of course, the \_\_\_\_\_ of its results. In our lessons we are going to be using some Creative Visualization techniques, which can be a very enjoyable, relaxing and an easy process to follow.

### WHAT IS IT?

Creative visualization is the process in which a person uses his/her \_\_\_\_\_ to formulate what his/her is looking to \_\_\_\_\_, aiming to gradually gain \_\_\_\_\_ with “the energy” of this experience and finally \_\_\_\_\_ it.



It is important to understand that the process of creative visualization is performed in deep levels of \_\_\_\_\_. Although dreaming and thinking positively is legitimate and is the initial action in the process of change and evolution, it is not \_\_\_\_\_. Creative visualization includes \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ our approach and attitude towards life. It is another statement a person is making to himself/herself, that he/she is taking \_\_\_\_\_ of his/her life. Applying it regularly may lead to deep and meaningful progress and development.

### HOW DOES IT WORK?

The process of visualization seeks to let the person enter a state of \_\_\_\_\_ and maintain it, because in a state like this, the frequency of brain \_\_\_\_\_ changes and becomes slower and deeper. This level of brain \_\_\_\_\_ is called level \_\_\_\_\_. Level \_\_\_\_\_ is a very healthy state of \_\_\_\_\_ in which a person can change or even create his/her own reality. In this state, the brain is not able to perceive if something is happening in the environment, or if he/she is imagining it. When entering this visualization process,



a person can guide his/her thoughts and feelings to create the  
\_\_\_\_\_ he/she desires.

**SOME OF THE BENEFITS OF MEDITATION:**

- Improved \_\_\_\_\_
- Less \_\_\_\_\_ about little things
- Better \_\_\_\_\_
- Knowledge of \_\_\_\_\_

**GUIDED MEDITATION - BLENDING WITH YOUR \_\_\_\_\_:**

The purpose of this meditation is to support you to make a stronger connection to your \_\_\_\_\_, and in turn for you to support your clients to make a connection with their \_\_\_\_\_, so that they feel their own \_\_\_\_\_, their \_\_\_\_\_, and practice on the fact that they are not only \_\_\_\_\_, but they are also \_\_\_\_\_.

**TRANSCRIPT**