

Creative Meditation and Manifestation: Using Your 21 Innate Powers to Create Your Life

Amara Honeck

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An enticing and enlightening guide to unlocking creative powers and moving toward self-realization.

Creative Meditation and Manifestation is a refreshing and enriching exploration of ways to develop what author Amara Honeck calls “creative powers,” designed to spark mindfulness and inspire action toward the realization of one’s goals.

In this twenty-one day program, Honeck examines the attitudes or actions that she believes will ultimately help people to be more insightful, manifest life changes, and reach their full potential. Honeck devotes a chapter to each of the twenty-one practices, clearly defining each power, why it is important, how to use it, and how to bypass any obstacles that appear when trying to implement it.

The chapter entitled “Creative POWER of Thought,” for example, immediately establishes why it is so important to harness our thoughts in order to manifest goals: “Thoughts create our reality even if our thoughts about ourselves are wrong.” Not only does Honeck explain why it’s necessary to think positively, she also presents realistic advice on how to “fix” negative thinking and turn negative thoughts around. In addition to introducing new techniques to move past impediments, Honeck incorporates the techniques already presented in previous chapters—such as acknowledging what you are grateful for, which was presented in “POWER of Gratitude.”

Honeck’s premise that these practices can move a person past the conscious to the subconscious mind—which she believes is the driver of real decision-making—is directly and plainly stated. The importance of each power in helping manifest the desires of our life is equally well illustrated. But what is perhaps the most encouraging aspect of this book is Honeck’s balanced attitude toward the management of one’s expectations. She provides reassurance and gentle advice to encourage continued effort, even when success is not achieved.

The chapter “When It Doesn’t Come Together” anticipates perception errors such as unrealistic expectations, and offsets them with practical suggestions such as making sure one’s intentions are positive. Most importantly, *Creative Meditation and Manifestation* exudes pure and positive language and energy, promoting a healthy attitude of kindness and compassion along the journey of mindfulness and manifestation.

While the practices here have mostly been explored before in self-discovery and manifestation books, Honeck’s simple presentation of the creative powers is extremely inviting. The unique and dynamic layout of each page leaves at least one third of the page for what Honeck calls “creative interaction” in doodles/Zentangles and journal lines. This lends to the book’s visual aesthetic, and is creatively inspiring in addition to being informative.

Enticing and enlightening, *Creative Meditation and Manifestation* promotes an active and creative engagement in the fulfillment of one’s dreams.

MAYA FLEISCHMANN (January 17, 2016)

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