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So what exactly is creative visualization?

Creative visualization is the conscious use of the creative imagination applied actively in your day-to-day living for the purpose of attaining goals, overcoming obstacles, increasing self-awareness and enhancing the overall quality of your life. In the case of creative visualization as it is used in this book, the purpose is of course to improve and enhance the quality of life for your children and for their future – although you will also undoubtedly experience many benefits yourself!

Using creative visualization with children is especially rewarding as it is usually near to second nature for them. Children have both a natural need and an ability for creative and imaginative play that makes the consciously applied use of imagery almost effortless for them. It certainly makes more sense to most children than many other things they are taught.

Being such a natural tool for children, creative visualization can easily help them grow up far more aware and centred than they otherwise would be. Using various techniques of visualization, we can guide our children in such a way that they retain their natural innate connection with their creative and spiritual selves. Creative visualization can help us show our children how to nurture and cherish their own inner child. Through this we contribute, not only to the growth but to the blossoming of self-assured, intuitive, creative and loving individuals – the kind of individuals that we ourselves are seeking to become.

For children with particular needs or challenges – such as excessive nightmares, irrational fears, over sensitivity, hyper activity or an inability to concentrate – creative visualization can be an invaluable tool for them to overcome or meet these challenges.

Most importantly, through the use of creative visualization the process of personal inner growth become FUN! Creative visualization will help your children to grow and blossom, *enjoyably* and harmoniously into the fulfilment of their very own individual potential.

This book outlines a series of basic, effective ways for you to use creative visualization with your children. You can use these processes with one child, with your family or even with a play-group or in a school situation. In my experience the processes in this book can be used successfully with groups ranging in size from two to twenty.

The simple techniques, principles and ideas are based on my own twenty years of experience working with and teaching children and teenagers throughout the world – and raising my own daughter. They are easy to implement and will help develop your children's creativity, self-esteem, focus and concentration, increase their awareness and self-mastery and given them a stabilizing sense of centeredness so vital for children growing up in our tumultuous times.

This book can be used by all parents and guardians, whether you are new to creative visualization or you are already familiar with and practising forms of self-development, meditation or creative visualization.

Have fun and enjoy!