What's the big hurry? You're not ever going to get it done, so what are you racing toward? Every single activity or endeavor that you're involved in is for one purpose only, and that is to give you a moment of joy. That's why it all exists. Lighten up. Laugh more. Appreciate more. All is well.

Abraham — G-4/20/02
Two men on the park bench on main street couldn’t take their eyes off of us as we parked our Chevy Tahoe in front of the dry cleaners. Why are they so interested in us, we wondered. Is it really that obvious that we are strangers?

“Is that a plow on the front of your car?” one of them asked as I carried my bundle of clothes past them. I explained that it was a hitching device, so that we could tow this car behind our motor coach.

“Oh,” his eyes showed a bright sign of recognition. “Are you staying over at Normandy Farms?” “Yes, I replied. It is the most beautiful place we have ever stayed.” “Well, we’re glad you’re here,” he replied. “I hope you can stay awhile.”

“Only one more day,” I told him. “But we’ll be back in the spring.”

At that moment I didn’t ever want to leave Foxborough, Massachusetts. I wanted to sit on the park bench and visit with my new friends. I liked being with them.

Then off to the hair salon around the corner. I’m the first one there today, and no one is in the shop. I’m all alone, with empty chairs, and combs and brushes and bottles of hair care products, when two of the happiest, most talkative people I have ever met, or even seen in a movie, continue their happy conversation with each other, not seeming to notice that I am there. And I feel no concern that I am apparently invisible. I am enjoying, so much, their happy, playful way.

During the time that I was there, a steady stream of equally happy and playful hair stylists and customers joined us, and as each new person arrived, the quality of the fun and sense of Well-being increased even more. When it was time for me to leave, I wanted to stay. I liked being with them.

“When will we see you again?” they asked, as I reluctantly reached for the door. “We’ll be back in the spring.” I replied, smiling as I left.

Not more than a block from there we stopped at a tire place to have a tire checked. A very nice man confidently assured us that they would check it out and take good care of us. We sat in a waiting room, and soon a mother and her little girl, Sara, sat next to us. Sara made herself at home, pouring a drink of water and offering it to her mother. They talked playfully with each other, while new windshield wipers were being installed on their car. And as they were leaving, Sara’s mother said to us, “They’ll fix you up. They always take good care of me.” I liked being with them. “Will you be here long?” Sara’s mother asked. “We’re leaving tomorrow. But we’ll be back in the spring.”

Last night we pulled into a campground in New Jersey where a very nice man and his three boys interrupted their game of lawn football to help us maneuver our big rig into a very tight, and extremely beautiful “overflow” camping space right in front of their home which is next door to their campground. “Come on back!” he said, gesturing boldly, “you’re all right, come on back. Just don’t run over that car parked right behind you!” I slammed on the brakes. “How could a car be there and me not see it in any of my mirrors, or the back-up camera?”

“Got ya,” he laughed. We laughed. It that great, or what? How would he know that fun matters more to us than anything else in life. Or is this just another happy, playful man, waiting for us along our way to remind us that Well-being exists everywhere we go?

But still, I like knowing that we’ll be back in the spring!
Dear Friends,

We do love receiving your messages and reading your letters and notes that come by the thousands! Even though we can't personally respond to you, we will continue to read and listen to and relish your wonderful responses to Abraham's materials... And we will continue to expect you to be aware of how very much we appreciate your delightful addition to our delicious physical experience — and to the upliftment of All-That-Is.

From our hearts,

Jerry & Esther
90 day event schedule details

From time to time there are changes in our scheduling, so please reserve in advance with our San Antonio office at (830) 755-2299. Prepaid reservations are required.

If you cancel 7 days, or less, before any event, a $50 cancellation fee will be charged.

11/2/02 — Dallas, TX — Held at the Embassy Suites Hotel, (Dallas Park Central), 1313 No. Central Expressway, Dallas, TX 75243. For directions or sleeping accommodations call (972) 234-3300. Saturday 9AM to 4:20PM. $150.00

11/23/02 — San Antonio, TX — Held at the Weston La Cantera, 1664 La Cantera Pkwy., San Antonio, TX 78256. For directions or sleeping accommodations call (210) 558-6500. Saturday 9AM to 4:20PM. $150.00.

11/30/02 — Tallahassee, FL — Held at the Courtyard Marriott, 1018 Apalachee Pkwy., Tallahassee, FL 32301. For directions or sleeping accommodations call (850) 222-8822. Saturday 9AM to 4:20PM. $150.00.

12/7/02 — Boca Raton, FL — Held at the Renaissance Boca Raton, 2000 NW 19th Street, Boca Raton, FL 33431. For directions or sleeping accommodations call (561) 368-5252. Saturday 9AM to 4:20PM. $150.00.

12/14/02 — Orlando, FL — Held at the Embassy Suites (Lake Buena Vista Resort), 8100 Lake Avenue, Orlando, FL 32836. For directions or sleeping accommodations call (407) 239-1144. Saturday 9AM to 4:20PM. $150.00.

1/4/03 — Houston, TX — Held at J.W. Marriott, 5150 Westheimer Road, Houston, TX 77056. (713) 961-1500.

1/25/03 — San Antonio, TX — Location to be announced. Saturday 9AM to 4:20PM. $150.00.

1/28/03 — Tucson, AZ — Location to be announced. Tuesday 9AM to 4:20PM. $150.00.

2/1/03 — West Los Angeles, CA — Held at Courtyard Marriott, 13480 Maxella Avenue, Marina del Rey, CA 90292. For directions or sleeping accommodations call (310) 822-8555. Saturday 9AM to 4:20PM. $150.00.

2/15/03 — San Diego, CA — Held at Embassy Suites, 4550 La Jolla Village Drive, San Diego, CA 92122. For directions or sleeping accommodations call (619) 453-0400. Saturday 9AM to 4:20PM. $150.00.

THANK YOU FOR AN INCREDIBLE WORKSHOP DAY TODAY IN ALBUQUERQUE!!!

It is almost 10:00 PM and we are back in Santa Fe watching one of the videos we purchased today. You would think after an eight hour Workshop that you might want to tune it out for a while however this is not the case. This was the first Workshop with Abraham for my wife Denice and myself—however, not the last.

The manner in which it is spoken and the words that are spoken through Esther resonate so strongly with us that we just wanted to say Thank you for your work and for making this wonderful information available to us.

From the looks of your workshop schedule, you are working very hard and traveling a great deal to share this work with the planet. Once again, Thank you, Thank you, Thank you from the bottom of our hearts.

With Love and Gratitude, from two of your newest fans!

Bob & Denice Sherwin — NM
Please reserve in advance with our San Antonio office at (830) 755-2299. Prepaid reservations are required.

Following is general information for up-coming workshops. Specific location and other details will be provided when you make your reservation, or you may request this information at any time.

Time Format for following events: 9AM to 4:20PM

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Virtual Reality Process Defined and Refined

You intended to come into these bodies

Sometimes you find yourself out there on the raw and ragged edge. (We call it the leading edge; you call it the bleeding edge) But it is what you intended when you came forth into these bodies. You said, I know how this works; I understand Universal Forces; I know about Law of Attraction; I know that I am Source Energy projecting myself forth into the physical dimension, into a physical embodiment—and I know that in that personality I will be on the leading edge of thought. I know that I, with all other physically focused Beings, will play with one another in a sea of fantastic contrast to evoke from one another new, precise, clear, leading edge desire. And I know, you said, that when that desire is born within me, that the asking (that that desire is) will summon forth unto it. And you said, Let me at it!

You also said, I know I will have a Guidance System within me that will help me modulate the amount of desire that I focus in any point in time. I can go fast; I can go slow. I’ve got my hands on the steering wheel and my foot on the throttle. I get to choose all of that. And, you said, I will use my glorious Guidance System to know, in any point in time, how well matched I am to my desire. I will be able to tell by the way I feel how much harmony I have with my own desire, or how much disharmony I have with my own desire. I will be able to feel my degree of allowing or my degree of resistance. I will be able to feel how aligned with Source Energy and with my own desire I am—or how misaligned I am.

So here you are. Welcome to planet earth. Actually, you could welcome us as easily, for this is where you reside. We come to visit you occasionally. We are always aware of you, but it is your perspective, it is your point of attraction, that does the summoning. You get to choose all of that. If things get moving too fast, you make a decision for things to slow down without ever speaking it in words. If
things move too slowly and you find yourself bored, you make a decision — without needing to speak it in words — to speed things up.

All of this just naturally unfolds for you. You cannot get it wrong. What we desire for you is that you relax and enjoy, and savor.

Allowing good; or pinching the good off?

"Allowing" means, how much of who I really am, I'm allowing — by my choice of thought — to be present in this moment. When you're ornery, you're pinching some of it off. That's why you feel ornery. When you're allowing who you really are to flow, you feel good. You feel as we feel: You feel clear; you feel sure; you feel invincible; you feel powerful; you feel eager; you feel adventurous; you feel kind; you feel willing; you feel compassionate; you feel understanding — you feel like giving others the benefit of the doubt.

When you're edgy, when you're feeling a little vulnerable, or defensive; when you're feeling guilty or shameful, when you're feeling fearful — these feelings are indications that you're pinching off who you are. And it's no wonder you feel bad.

Instead of saying, I think I feel bad because you said such and such to me, or because outside circumstances have happened in this way ... we would like you to stop for a moment and say, Oh wait a minute, I feel bad for one reason only: I feel bad because I'm not allowing who I really am to flow. And this is what it feels like when I pinch that off.

Shouldn't Somebody do something about Violent Uprisings?

We say, somebody should do something about that. And guess what? There is only one person who can. So we have a new game for you to play, and the game goes like this: I've decided, in my physical human form, that I'm going to take complete, ultimate responsibility for everything that happens to me. It'll take a little getting used to, I'm not ever again going to blame somebody else for where I am, for how I'm feeling, or for what's happening to me.

Can you imagine if everyone would say, my life is my job? So you don't blame your mate anymore. You don't blame your kids, your parents; you don't blame your teacher; you don't blame circumstances. You say, "I take full responsibility."
I'm very appreciative of your tapes. I listen to them more than any other music, radio station, or more than I watch television. I plan special road trips so that I can take in the information in a more expansive environment. I LOVE your stuff. I can't seem to get enough of it. So, I am going to subscribe to your Weekly Tape Subscription, finally (why deprive myself?).

Sonja Derian — CA

I am a fairly new member — I got the sample tape, then the Laws of the Universe set. I went through all and went into a kind of permanent rave about the content. I am no stranger to channeled messages. I am an enthusiast, actually. But listening to Esther and Abraham has been the most enjoyable and accessible experience of them all. I cannot get enough and could not enjoy them more. I have dispersed the tapes to other likely converts and will be buying more to feed my habit.

I thank you for doing the work that you are doing so well. The sound quality and editing on the tapes is of the highest quality. And your web site makes them all very easy to take advantage of. May you continue endlessly, and find your way into the Library of Congress one day. Only as it should be.

David Baldwin — RI

I attended the recent workshop in Portland, Oregon. It is powerful to get this information and Abraham's insights first-hand. The Virtual Reality concept is very powerful and is changing the tone of my daily life. Thanks! Things are getting better every day — more of what I am wanting and fewer side-trips to places that I don't really want to go.

With love and hope,

Peg — Email

I just received the Introduction CD of Abraham-Hicks teachings. I am stunned! Stunned by what I'm hearing on it. Now I would like to start as quickly as possible with using these teachings. I really want to make it sort of a course, and so I would like to order sort of a starting kit, if possible. I want to start working with it really seriously for I think this material is so important for bringing the whole earth to the next level.

Thanks already,

Much chocolate spread sandwiches and good vibes and love

Elvin de Reegt — Netherlands

I want to express my overflowing joy to you and to thank you for bringing your message of All is Well!

Ever since our paths intersected, I have experienced dramatic changes in my life experience, thoughts and outlook. What a blessing! I am no longer a victim of "can't you see what you are doing to me??", but rather a "creator of my own experience". (I know now that it always was so.)

I have to tell you that when I listen to your weekly tapes, sometimes I feel so overcome with emotion, that I just want to shout for joy, (and often do, especially when riding a curvy mountain road, on a sunny day, with the sun streaking through the evergreen trees, my friends and loved ones riding out in front of me, a few riding behind, the bike and I are one with the road... All is well...) the air smells of warm forest, the stellar jay is sitting on a branch watching us pass, he even comes to take the sunflower seeds I offer when we stop to enjoy the beauty of a waterfall by the side of the road...)

There is great love HERE for you!

Lisa Stevens — WA
I attended my first Abraham workshop in September in Albuquerque and it was just as wonderful as I imagined it would be. I'm so impressed by Abraham’s wisdom, compassion, good humor and perfect timing! And I'm also impressed by Esther's passion, stamina, and generosity in letting Abraham speak through her. Jerry is delightful, too!

I look forward to attending more of your fabulous life-affirming workshops in the future, and I want to thank you both for all you do in bringing Abraham to us.

I am grateful,

Much love,

Johanna Snow — NM

I just wanted to express my sincere appreciation for the wonderful day I had with you in Troy Michigan. It was so fabulous to see you and be with you even though I have spent so many hours with you (via cassette tape) over the last year and a half. I really know exactly what Abraham means when they say “a true co-creative experience at its best”.

I look forward with the most eager enthusiasm at receiving the recorded tapes from this day so that I can relive over and over again the joy and appreciation that I feel and have felt from this (what a beautiful reality — not virtual).

As I have listened to the tapes, I have felt on many separate occasions that certain parts of Abraham’s response to someone else’s question were being directed specifically to me. I have said countless times, “... that was for me!” I have never felt that more clearly than when I was at the seminar on September 14th. It is becoming more and more clear to me what would be the most fulfilling work in my life and I sincerely appreciate the fact that you are offering this information at this time and that the Law of Attraction and my desire have allowed us to come together.

I have a real difficulty expressing my genuine gratitude for the work that you do and what it has done for me in my life. It is something that has brought concise clarity about what it is that I want to do for everyone else because of what Abraham has done for me! You are wonderful beings and I have so much love and appreciation for you. LIFE IS SO GOOD! (And it just gets better and better and better...)

Until we exchange again, much love to you!

David Budge — Canada

Oh, how can I thank you? How can I put into words? What gift could I send? How could I express my profound Gratitude for your loving, inspiring, delicious, exciting, empowering teachings? You are bringing me to my own heaven on earth. I have never been this happy — this free to follow my own path of joy, delight, wantings. You are forever leading me back to me. Back to fun, tenderness, love, appreciation through your tapes and books.

It feels like one endless birthday and best of all there is more and more, and more that you make available. After I have excitedly listened to the tapes I’ve ordered, read the precious, wonderful Sara books that I have ordered — there’s always more to order. That’s the best; more and more and more to look forward to. I can’t get enough and you keep supplying more.

You just are soooooo wonderful.

I send you love, appreciation and blessings, and joy, daily, hourly!

Thank you for making my dreams come true. Thank you for allowing me to live this rich, perfect, delightful life.

Meggan Friedman — TX
STATER SET: CASSETTES

YOUR STARTER SETS WILL ARRIVE IN A STURDY ALBUM and the recordings (CD or Cassette) included are:

- **INTRODUCTION TO ABRAHAM**
  - A valuable overall perspective of Abraham’s basic teachings — and about Jerry & Esther.

- **LAW OF ATTRACTION**
  - Learn how this most powerful Law in the Universe affects your daily life.

- **LAW OF DELIBERATE CREATION**
  - Use this Process for creating your life deliberately, rather than by default.

- **LAW OF ALLOWING**
  - Your Well-being is natural. Learn how to free yourself as you are freeing others.

- **PROCESS OF SEGMENT INTENDING**
  - You will learn, here, how to use your natural power always to your advantage.

...Esther and I are extremely pleased to be able to offer this Starter Set to those of you who are ready for this delicious experience of upliftment.

CASSETTE STARTER SET — $35.00
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To order, call (830) 755-2299
or see ordering instructions on page 33.
This is it!

**IF YOU WANT TO GET A SOLID FOUNDATION OF UNDERSTANDING**
before you move forward into the teachings of Abraham — this spectacular series is it!

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**THIS STARTER SET CONTAINS** the remastered and edited versions of the original five powerful and popular recordings that Abraham delivered in the beginning of their interaction with us.

**THE ORIGINAL ANALOG TAPES HAVE BEEN LOVINGLY EDITED** to the 74 minute format; the sound has been professionally remastered — and they are a joy to experience.

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*(CD-1 thru CD-5)*
Virtual Reality Process Refined

The attitude that we would have is: The Universe is lining it up just right, and the timing will be just exactly right. And I’m not doing anything wrong. I’m doing everything just exactly right. And in the perfect timing, in a timing that I cannot even quite see yet, this is going to happen. And meanwhile there isn’t anything else for me to do.

How is it that you all get so involved in things that have nothing to do with you? The Law of Attraction is a huge Law. So next time you find yourself thinking: Well, I should write one more affirmation, or I should do one more Virtual Reality. I need to do something. I must be doing something wrong, or what I’m wanting would be, we say, what you need to do is chill out. What you need to do is relax and accept that you’ve done your work. You’ve asked; the Universe is doing its work; it is answering. Your work is to get into this place where you joyfully receive it.

You can’t take score about when it’s coming or where it’s coming, or how it’s coming. In other words, you accept, in this faith-based attitude, it is coming, and all is well. And as you do that, ahh.

Then, when you really get there, then it doesn’t matter how long it takes— but it doesn’t take any time, then. If you could say, “I don’t care how long it takes,” you’re there! And then it takes no time. But as long as it matters how long it takes, you’re not there—and it’s going to take a long time. Good, you got that. You all got that. (That was really good, did you write really good?)

There is great love here for you. We are complete.

— G-3/2/02 — North Los Angeles, CA

G-1/26/02 — Not "one world", but many individual worlds. What does Non-Physical want from our religions? Does our bombing Afghanistan split our Energy? But, Thomas Edison invented thousands of "failures"? Does watching movies affect our future reality? How can she foster her child’s birthright? Meditation techniques to communicate with Non-Physical?

G-2/2/02 — How can one person help floundering Argentina? To get past his habits of thoughts? Is “couples counseling” proving counterproductive for them? Free from resistance to media war violence. Non-Physical’s perspective of our ongoing varied wars? Saving the state and its problem children? Is resistance lighting up your Light Board?
G-series tapes SPRING, 2002

G-2/23/02 — They have labeled her son, paranoid. Must our view of god be limited? Precognition, déjà vu, & meaning of dreams? Been trying meditational techniques for 20 years. “Kurt, get away from the explosive tree!” Can she heal self of bipolar illness? Gets obliterated when with “Alcoholics Anonymous” friend.

G-3/2/02 — Well-being is the special of the day. Was this instantly unpleasant relationship a reincarnation? Follow your bliss; let the slender in. Others’ opinions of you are from you. As physicians, do we co-create illnesses? Allow Well-being, with or without the body. The perfect life, from appreciation to inspiration.

G-3/9/02 — Is “lost oil cap” the Dominant Thought? Is there a more gentle “monitoring process”? Does her Dominant Thought underlie her fear? In regard to having that one relationship? You deserve good thoughts about bad people. How to feel which thought feels better? Four year old has morbid spider fear.

G-3/16/02A — Allow others to have their experience. What’s your dominant vibrational pattern of thought? What’s your opinion of penny pinching fathers? Do you believe foods make you fat? Doesn’t trust, or feel safe with, men. But, aren’t children affected by their environment? Why do some children have horrible experiences?

G-3/16/02B — Regarding my age; what’s my dominant vibration? Abraham, regarding “time” in our physical shoes. Esther translates the prebirth attitude of Non-physical. Seth, Solomon, Abraham, a soup of Energy? After astrological concerns, she feels better now. What now, after his catastrophic investment scenario? How did Abraham choose Esther and Jerry?

G-3/23/02A — Somebody should be doing something about that. Whenever you’re remembering, you are visualizing. Learn to practice thoughts that feel good. Striving to throw consistently fast ball. Does girlfriend stuff affect his baseball pitching? The difference between “Inner Being” and “God”? Is it fair to say God evolves?

G-4/20/02 — A discussion of the Virtual Reality Process. Another look at the Place Mat Process. Fortuitous fan belt break, at 100 MPH. What is the purpose of our dreams? Her bug attack nightmare became a reality. Can she speed up her business development? After husband’s transition, she began noticing couples.


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Quarterly Quotes from Abraham-Hicks

Your child is naturally joyful. Your child is naturally tuned in to Source Energy. And as he is diving through and digging through contrast, it is natural that there would be some things that might disconnect him. Just don’t let his disconnection then inflame your disconnection. Many parents have discovered that their children, for the most part, feel good when they do — and the ornerier you are, usually the ornerier your children are. They are a strong reflection of the way you are feeling much of the time.

San Antonio, TX 1/26/02

The more fear one has of anything, the more a vibrational match to the thing that they fear they are. Help your child discover that if she makes things that are potentially frightening a non-issue to her, then they don’t bother.

San Rafael, CA — 3/9/01

Most parents, when they see children not terrorized by the things that terrorize them, they work very hard until they’ve finally got you terrorized. They teach you those irrational fears. Well-meaning, but they do just the same.

San Antonio, TX — 4/20/02

The greatest destruction that takes place upon your planet, and the greatest sadness that is brought about as a result of it, are your man-made, man-induced wars. And yet, when we feel in to the vibration of the masses that are involved (not just the leaders, but the masses that are involved) within the conflict, is a satisfying adventure. Wars are created because they are satisfying something within large numbers of people — or it would not be.

Phoenix, AZ — 3/23/02-B

The person that needs to do something is not that person. The person that needs to do something is you! Some of those people in your life do not deserve your good thoughts. In other words, “They are bad. They are evil. They are wrong! They are inappropriate. They do not deserve your good thoughts,” and you stubbornly are not going to give them any. They may not deserve your good thoughts. But you do. You deserve your good thoughts about them. This is what the Art of Allowing is. It’s allowing my own Well-being.

San Rafael, CA — 3/9/01

Get out into the sunlight, out where everything is, with a vibration that is so dominant that those who annoy you, those who don’t agree with you, those who make your life feel uncomfortable don’t come into your experience, because your vibration, through your practice, has become so clear, so pure, so clean, so in keeping with what you want, that the world that revolves around you just feels like that. That’s what you planned.

San Rafael, CA — 3/9/01

Your society wants to condemn them. Your society would like to crucify them. Your society would like to lock them up. Your society would like to put them off in places where they can never get near any of you. Your society does not understand that they are your creation. As individuals, you have to accept responsibility for everything that’s interacting with you. Because it would not be interacting with you if you did not have an active vibration about it.

This is really, really important. This means I cannot blame how I feel on my mate. I cannot blame how I feel on my children, or on my mother, or on my government, or on my society, or on my client, or on the other drivers around me. In other
You have the ability to control the power of your thoughts. You have the ability to control the power of your mind. You have the ability to make a vibration dominant that matches your desire. You do. And that's all it takes. And that's all any successful person ever has done. It's all anyone who has ever achieved anything that they wanted has ever done. They just wanted it, and talked themselves into believing it.

San Francisco, CA — 3/16/02B

You can say things like, "As I look at successful people, and by that I mean rich people, yes, and I mean happy people, and sometimes they're rich and happy. But when I'm talking about the successful ones, what I really mean is the really happy people. People that are really joyful, that want to get up every day, that are eager to get into their day. Almost without exception, they had a pretty rough beginning, which turned them into a powerful rebel initially. And then they found a way to relax into their natural birthright of Well-being.

Tucson, AZ — 2/2/02

You are always molding yourselves into a better feeling place. And you will never get it done. It will never be completely finished. It will never be absolutely right. You will always have some dominant thoughts that are not a vibrational match to the newfound desire. But that is always what your work is.

And it's time for you to just begin relaxing about it, and not make it a personal issue of your own valor, or your own value, or your own integrity. In other words, it's just, how many times have I thought this thought?

San Rafael, CA — 3/9/01

Continued on page 28
The reason that this is ultimately so satisfying, is because you have only ever always, only ever always been the one who could only ever always do anything about anything in your life experience. Nobody else can contain their behavior so that you will feel better — you are the only one ever that could do anything about it.

And so, when you stop and think about it, and you think, Hmm, let’s talk about the uprising, the seemingly eternal uprising in the Middle East — everyone thinking that somebody else should do something different, and nobody else willing to do it different for the other.

When feeling joy you are allowing Well-being

And so, we are calling this gathering the Art of Allowing, because what we want you to focus upon is: Am I, in my physical body, right now, focused upon something that is activating a vibration within me that is causing me to be in the state of allowing the Well-being that is me? The Well-being that I so much want and absolutely deserve?

So when you feel joy, you’re there. When you feel exhilaration, you’re there. When you feel love, you’re there. When you feel appreciation, you’re there. When you feel frustration, you’re not quite there. When you feel anger, you’re even further from being there. When you feel depression or fear, you are not there.

Now, many would say; Somebody should do something about that. Somebody should get those fearful things and get rid of them. Somebody should round up all the terrorists and kill them, so that I don’t have to be afraid. And somebody should round up all of the diseases and snuff them out, so that I don’t have to be afraid.

In fact, somebody pretty much needs to gather up everybody that doesn’t think just like me, and get rid of them. And then in this not-much-to-worry-about world my fear will be gone. And we say, so will your creative edge. So will your ability to decipher. So will your ability to create new desire.

You have the ability to guide your experience in powerful ways because you have the ability to focus your attention, which means you have the ability to activate vibration within you, which means you have the ability to match your Source Energy any time, anywhere.
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A Twelve Point Synopsis of Abraham-Hicks’ Teachings

1. **You Are a Physical Extension of That Which is Non-Physical.**
   All-That-Is, or that which you call God, is not finished and waiting for you to catch up. You are the leading edge of thought, here seeking more: more of all that feels good to you, more of that which is fresh and gloriously uplifting. (You are, in essence, bringing heaven to earth.)

2. **You Are Here in This Body Because You Chose to Be Here.**
   You chose the opportunity to experience this delicious contrast in time and space, and with great anticipation you came to co-create with other joy-seeking beings, to fine-tune the process of deliberate thought. (What, where, when and with whom you create are your choices, too.)

3. **The Basis of Your Life is Freedom; the Purpose of Your Life is Joy.**
   You are free to choose to discover new avenues for your joy. In your joy you will grow, and in your joyous growth you will add to the growth experience of All-That-Is. (However, you are also free to choose bondage or pain.)

4. **You Are a Creator; You Create With Your Every Thought.**
   By the Universal Law of Attraction, you are attracting the essence of whatever you are choosing to give your attention to — whether wanted or unwanted. And so, you often create by default. But you can know by how your emotion feels if what you are attracting (creating) is what you are wanting or if it is not what you are wanting. (Where is your attention focused?)

5. **Anything That You Can Imagine is Yours to Be or Do or Have.**
   As you ask yourself why you want it, the essence of your desire is activated, and the Universe begins to bring it to you. The more intense your positive feelings, the faster it is coming to you. (It is as easy to create a castle as a button.)

6. **As You Are Choosing Your Thoughts, Your Emotions Are Guiding You.**
   Your loving Inner Being offers guidance in the form of emotion. Entertain a wanted or unwanted thought, and you feel a wanted or unwanted emotion. Choose to change the thought and you have changed the emotion — and you have changed the creation. (Make more choices in every day.)
The Universe Adores You for it Knows Your Broader Intentions.
You have chosen to come to earth with great intentions, and the Universe constantly guides you on your chosen path. When you are feeling good, you are, in that moment, allowing more of that which you have intended from your broader perspective. (You are Spirit Incarnate.)

Relax into Your Natural Well-being. All is Well. (Really It Is!)
The essence of all that you appreciate is constantly flowing into, and creating, your reality. As you find more things to appreciate, your state of appreciation opens more channels that allow more for which to feel appreciation. (As you think, you vibrate. As you vibrate, you attract.)

You Are a Creator of Thoughtways on Your Unique Path of Joy.
No one can create in your experience, for no one can direct or limit where you can direct your thought. There are no limits to your joyous journeys to experience. On the path to your happiness you will discover all that you want to be or do or have. (Allowing others their experiences allows you yours.)

Actions to Be Taken and Possessions to Be Exchanged Are By-products of Your Focus on Joy.
On your deliberately joyous journey your actions will be inspired, your resources will be abundant, and you will know by the way you feel that you are fulfilling your reason for life. (Most have this one backwards, therefore most feel little joy in their actions or their possessions.)

You May Appropriately Depart Your Body Without Illness or Pain.
You need not attract illness or pain as an excuse to leave your body. Your natural state — coming, remaining or leaving — is that of health and Well-being. (You are free to choose otherwise.)

You Can Not Die; You Are Everlasting Life.
In grace, you may choose to relax and allow your gentle transition back into your Non-Physical state of pure, positive Energy. Your natural state is that of Foreverness. (Have fun with all of this! You can’t get it wrong, and you’ll never get it done.)

PS It is not necessary for even one other person to understand the Laws of the Universe or the processes that we are offering here in order for you to have a wonderful, happy, productive Life Experience — for you are the attractor of your experience. Just you!

Jerry & Esther Hicks — 11/95 (www.abraham-hicks.com)
FOCUSED IN OUR NOW, the only point in which we have the power to create — neither speculating into the future nor reminiscing into the historical past — ABRAHAM speaks, primarily, toward that practical information which we can personally learn to deliberately apply to our current experience and thereby gain beneficial results....From their broader perspective, unencumbered by your cultural beliefs, ABRAHAM reaches into a place, within you, of clear, primal acknowledgement, from which you will repeatedly hear the enthused inner “voice” reminding you, “I knew that!”

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AB-2 LAW OF ATTRACTION * — The most powerful Law in the universe. It affects every aspect of your daily life. A Law which is, whether you understand that it is or not. Specific processes are offered here to help you learn how to harness this Law — to get what you want.

AB-3 LAW OF DELIBERATE CREATION * — Discover the ecstasy of understanding universal Laws which are absolute — no matter what the circumstances. Without an understanding of this universal Law, it is as if you are playing in a game where the rules are not understood, so it is not only impossible to know if what you are doing is appropriate, but you do not know how to win the game. The rules of the game of life are clearly offered here.
AB-4 LAW OF ALLOWING * — Of all things that you will come to understand through this physical life experience, nothing is more important than to become an allower. In becoming an allower, you are free of the negativity that binds you. Learn the joyful difference between tolerating and allowing — and experience the blissful difference in every relationship you have.

AB-5 SEGMENT INTENDING — Our futures are individually paved by the steady stream of thoughts we set forth. We are literally creating our future life as we direct our thoughts of this moment into the future. Discover the magnificent power you hold in this moment — and learn how to use that power always to your advantage.

AB-6 GREAT AWAKENING, BLENDING — You have deliberately and excitedly chosen this time to be physical beings upon this planet, because you knew in advance that this would be the time when many — not all — physical beings would recognize the broadness and great value of their being. Follow this step-by-step process for awakening.

AB-7 RELATIONSHIPS, AGREEMENTS — We are all creators as we individually think and plan, but we are also often co-creators as we interact with others. Most relationships with others are far less than we want them to be. Find out why. Discover how to rejuvenate unhealthy relationships and attract new harmonious ones.

AB-8 BODILY CONDITIONS — Nothing is more important to us than the way we feel and look, and yet so many do not look or feel as they would like to. There is not a physical apparatus, no matter what the state of disrepair, that cannot have perfect health. Discover the powerful processes to bring your body to the state of being that pleases you.

AB-9 CHRIST, RELIGION & BIBLES — While it can be satisfying to read and remember the teachings of the great ones who have gone before us, it is ever more joyful to discover the power of that knowledge within our own being. Learn the process to go within — as Christ encouraged — to experience the blissful oneness with Christ.

AB-10 ADDICTIONS — Habits, or compulsions, or addictions can range from annoying to destroying. Often, long after they are no longer wanted, they can bind and control your life. As you listen to this recording — you will for the first time understand exactly what the addiction is, and the simple process offered here will free you from it.

AB-11 JOYOUS SURVIVAL — While there are seemingly earth shattering events occurring in greater frequency upon your planet, you need not be affected by them. Discover how to create and control your experience in this seemingly unstable environment.
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SPECIAL SUBJECTS TAPES — VOL II

AB-12 PIVOTING & POSITIVE ASPECTS* — If I am the “Creator of my own experience”, why don’t I have more of what I want? Fostered by an action oriented world, most of you do not understand your true nature of attraction, thus the confusion in why you are getting what you are getting. These processes of pivoting and the book of positive aspects will assist you in the self-discovery of what is important to you, and will put you in the strong, clear place of Well-being, so that you can allow what you want into your experience.

AB-13 SEXUALITY — Love, sensuality and the perfect sexual experience — pleasure vs. shame. This misunderstood issue lies at the heart of more disruption in the lives of physical beings than any other issue. Discover the true nature of your being, and release yourself from the negative turmoil that surrounds the subject of sexuality.

AB-14 DEATH — Aging, deterioration and the perfect death experience — choices vs. chances. The gathering of years is a natural experience. However, deterioration of your physical body is neither natural nor necessary. Be healthy and productive and active and happy until the very day of your chosen re-emergence into the Non-Physical.

AB-15 DOLLARS — Abundance, in perfect flow — gaining the freedom that dollars can bring vs. losing your freedom while gaining your dollars. As there is an abundance of the air you breathe, so there is an abundance of the dollars you seek. Listen and learn how to relax and breathe in the fresh air of freedom offered to you through the abundant flow of dollars.

AB-16 HEALTH, WEIGHT & MIND — The perfect states of weight, health and mind — how can I get there and stay there? Diet plans abound and research continues and yet the number of those unsuccessful at maintenance of satisfactory bodily and mental conditions increases. Understand how your body functions and why you are as you are — and then begin your swift and steady progress toward that which you desire.

AB-17 MATING — The perfect mate: getting, being, evoking one — Attracting vs. attacking. While it is your natural endeavor to co-create with others, there are few who have discovered the bliss of magnificent relationships. Find out how you can experience the joy of a perfect union.
AB-18 PARENTING — Perfect harmony between my children and me — and me and my parents. Harmonizing vs. traumatizing. While often disconnected from parents, either by death or by distance, your parent/child relationships often have great influence in your experience with your children or with your current life experience. Learn how to perceive what has been in a way that is beneficial to your now rather than destructive. Let that which you have lived be of value.

AB-19 CAREER — The perfect career. What, where and when is it — and what can I do about it now? With so many exterior standards or rules regarding the appropriateness of your behavior or choices — in most cases more confusion than clarity abounds. Use this process to discover and attract that which is perfect for you. Stop the futile backwards approach — and begin creating from the inside out.

AB-20 SELF APPRECIATION — If I am so "Perfect as I am" — then why don’t I feel better about me than I do? Selfishness vs. selflessness. Your awareness of your perfection was intact as you emerged into this physical body, but it was soon sabotaged by the critical, comparing, judgmental world that surrounded you. Rediscover your true sense of value and Well-being and perfection.

AB-21 INNER GUIDANCE — Tell me more about my Inner Voice? Because you have thought in terms of being dead or alive, you forget that you are, simultaneously, physically focused while another part of you remains focused from Non-Physical perspective. Once remembering that the inner you exists, you may begin to listen to what your Inner Voice is offering. Here is the process for re-establishing that important conscious connection.

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A Perfect Me Would Look Like....?

**Question:** So, basically, we can have whatever we want?

**Abraham:** Yes, not basically, absolutely, undeniably, unequivocally, yes.

**Question:** So, I'm wondering if you were physical...

**Abraham:** We are. We've never stopped being physical. [You are?] Esther is alive. Jerry is alive. You are alive. In other words, we are Source Energy pouring through physical all of the time.

**Question:** I was just wondering what it would look like if, if we had these skills perfectly down, if we were evolved to create deliberately, and we had the Art of Allowing down, what would it look like?

**Abraham:** You would be someone who is fresh and light all of the time. You would be someone who others, who know you, would say, this person is always smiling and always happy. You would be someone who others would say, it seems like all she has to do is lightly suggest something, and next time I turn around it's in her experience. It would be like passion and adventure, and eagerness just rotating in your experience. You would vacillate between joy and contentment and exhilaration and love and satisfaction, and eagerness. It's a wonderful state of being. You would feel confident.

In other words, as we would say, what's your dominant vibration? Are you secure or insecure? Secure. Are you happy or sad? Happy. Are you exhilarated or defeated? Exhilarated. Are you flexible or tense? Flexible. In other words, your answers would all reflect the joyful state of being that you found. In other words, when you are allowing, all the time, the Pure Positive Energy that is You flowing through, you would feel great.

Do I have all of the answers to all of the questions? Or am I still seeking? Still seeking. Am I frustrated that I don't know everything right now? No, I'm happy to allow it to unfold. Because I understand that I can't get it wrong, and I never get it done. And the reason I can't get it wrong is because I never get it done. Because if I stand in a place that doesn't feel right, all I have to do is conjure a Virtual Reality that feels righter, and it becomes that.

It feels like appreciation of what I see. It feels like the world revolves
around me. It feels like everywhere I go, there are people that are a vibrational match to the best of that which I've conjured. It feels like joy abounding. It feels like things that others worry about is in some other Universe altogether, because I see no evidence of it. I'm so in alignment with who I am, and so in alignment with who I really am from Source—and so eager about unfolding.

So, would I only be standing in a place that has been perfected, by others' standards? No, I would not ever be standing in any perfect place. I'd be standing in a diverse place where I am evoking the perfection that is pleasing me. It's like the chef in a well-stocked kitchen would not say (a Virtual Reality chef, in a Virtual Reality well-stocked kitchen) in other words, this Source Energy chef would not say, "I don't want those things in my pie, so get them out of the kitchen." He would say, "Allow all things that anybody might like in any pie, and I'll just select from this well-stocked kitchen the things that please me in my pie.

I can't get it wrong because I never get it done because If it doesn't feel right I just conjure a Virtual Reality that feels righter, and it becomes that!

And who knows? My taste in pies may evolve. So it may serve me some day that that other stuff is there. For I am a growing chef," he would say. "I am never stagnant or dormant, I'm always reaching for something new.”

Actually, it would not be so different from that which you are already knowing. You are so close to this connected Being. It's not a big stretch for any of you. It's just a little tweaking of the mindset, that's all.

What we notice is, you come wanting things manifested that you do not have. And then you line up your Energy and they begin manifesting. And then, in the near future, we will have classes on demanifestation, or on sorting it, at least: “How to sort and catalog my manifestations so that they do not overwhelm me.” That will be the subject of the next series of workshops. Good.

Excerpted from Abraham-Hicks Workshops
G-328/02 — El Paso, TX
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Included in Part 3:
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Included in Part 4:
Abraham’s tips for teaching connection. Whatever it is you are feeling is your indicator of your level of allowance or resistance. In your appreciation, you are a vibrational match to what you want. Accept the grace in which you live. The life-giving effect of asking and receiving. It is about aligning, not earning.

Included in Part 5:
Dreams and out-of-body-experiences. Your triad of intentions. Whatever happened, your work now is to let it in. Know that all of your desires are in the process of being answered. How contrast manifests. The mantra of the universe is “Now what?” The art of allowing is in feeling good about what you want.
Most people have a hard time delegating, or even wanting to delegate, because you have been justifying your existence through your hard work, and you equate success with struggle, you equate results with struggle. And so, you sort of wear your struggle like a badge of honor. And all of that is opposite of allowing the Well-being.

The only thing that ever matters in success or achievement is your achieving the things that you want to achieve. So if you are setting standards and you’re feeling uncomfortable about the standards that you’ve set, tweak the standards back a little bit. Ratchet it back a notch. Give yourself a break. Give yourself the benefit of the doubt. Lighten up. Be easier. Go slower. Take it easy. Have more fun. Love yourself more. Laugh more. Appreciate more.

All is well. You can’t get it wrong. You never get it done.

If all you did was just look for things to appreciate you would live a joyous, spectacular life. If there was nothing else that you ever came to understand other than just look for things to appreciate, it’s the only tool you would ever need to predominantly hook you up with who you really are. That’s all you’d need.

San Antonio, TX — 1/26/02

Sometimes someone will be sick, and a daughter or someone who loves a sick person will say, “Abraham, I’m wanting to help this person.” And we say, just hold the image of them in a place of utter Well-being, and trust that through the path of least resistance, either they will recover and Well-being will be restored here, or they will withdraw and Well-being will be restored there. But in either case, whether they stay or whether they have what you call death experience, the Well-being is always restored. Whether it is someone who has just been bipping along in physical experience who has been meditating, who knows the sweetness of Connection on a day-to-day basis, who says, “Ah, this life experience has been so wonderful and I think I will now turn my attention to another aspect of my life experience,” closes their eyes as they put themselves in the bed, make the transition, and they are discovered as having made their transition in the night. Or whether they have some violent experience, where at the gun of an enemy, or the gun of someone violent, or a car crash they make their transition. As they make their transition, ultimately it is still the same experience.

San Rafael, CA — 3/9/02

When you, as a physician, help someone to accept Well-being enough that they allow the Well-being, whether they allow it in this physical body or whether they have to release this physical body to allow it, it’s still the same thing. In
Quarterly Quotes from Abraham-Hicks

other words, they can allow the wellness into this body, or they can allow the wellness by leaving this body. But allowing the wellness is what you are assisting them in doing.

Focus upon the Well-being, and see them opening and receiving it here, or opening and receiving it from Non-Physical. But focus upon the Well-being, and if you focus upon the Well-being, what we've noticed is, if you can get someone's attention and you can convince them that Well-being is the order of the day—there is no illness that will not leave them in the moment that they finally get that.

North Los Angeles, CA — 3/2/02

There is no state of physical decline or damage that you could not recover from—none—not any, if you knew it... If you wanted it and knew that you could. And that's those miracles that they talk about every day. They're not miracles at all, they are the natural order of things. But because they are rare, people think they are miraculous. They're not. That's the way it is supposed to be. You're supposed to thrive.

San Diego, CA — 2/23/02

You've trained yourself to face reality. You've trained yourself to tell the truth. You've trained yourself to tell it like it is. So in the beginning, these fantasies feel a little inappropriate, because it's like you're fooling yourself. Sometimes people will say, "Well, isn't this just denial?" And we say, we hope so! We hope that you are denying the absence that you do not want. And we hope that you are embracing the presence of what you do. But somehow the idea of denial has become a dirty word to you; like it is virtuous to face the reality of the horror of your own lives. And we would be ignoring anything that did not please us. We would get our eyes on what feels good.

San Rafael, CA — 3/9/01

Everything that has ever been lived, everything that has ever been written down or documented, has been vibration first. Everything has been conjured in vibration first before it manifests. So if something has manifested and you continue to give it your attention, the fact that it is true should really hold no weight with you. The question that we would ask is not, is it true, or is it undeniable? The question that we would ask is, how does it make me feel when I focus upon it? And if the answer to the question is, it doesn't make me feel very good when I focus upon it, then we would say, true or not, it does not serve you. And if you will activate a different part of your vibration—the "truth" will shift.

El Paso, TX — 3/28/02

You see, you're giving others too much power as you even acknowledge how they make you feel. What you've got to decide is how I'm going to feel. We would go to a Virtual Reality and we would practice feeling good. Manifestations come on the heels of what you've conjured in thought.

North Los Angeles, CA — 3/2/02

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- ...I was at your workshop in Chicago a few days ago, and I am still floating several feet above the earth. I had listened to the tapes and read some of the books but being in the presence of Abraham and watching Esther’s physical expression of this profound energy and passion has truly taken me to another level of being able to integrate this information more deeply and easily. Much love. — Illinois

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Our thanks to you for your role in this joyous co-creation. Your thoughts as we interact, your pondering, questioning, recognizing, knowing and wanting... add to our forward motion and to the fulfillment of our purpose.

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... Yesterday I received the Introduction to Abraham CD! Although I have been working with Abraham's ideas for more than a year, am a member of the "CD of the Month" club, and was very happily present at the workshop at the Biltmore Estate in Asheville, I had never heard the introductory tape. Well, the information on that CD helped me bridge a gap in my thinking about the principles of deliberate creation. And the clarity feels wonderful! Many thanks for the CD, and for all the wonderful work you are all doing!

With boundless appreciation, — LR — NC

... Thanks for the wonderful new Introduction CD. Wow! I'm so very pleased! My gratitude for so much joy and Well-being that I am now experiencing is immense. I resonated with the comments from the readers and listeners on the inside of the jacket cover of the CD: "I've been a 'searcher', 'seeker', ' sharer' since I was a teen," except in my case it's been since I was about 5. The next line just floored me, "My middle name was purported to be 'Why?'" How true... I was asking as a child. Especially as a child. I never stopped asking. And thank you for clarifying the role that "contrast" plays in our lives. Yes, all the pieces are finally falling into place. And also "Thank you for helping to put the fun back into my life". My entire experience has pivoted, literally.

Thanks again — In absolute bliss — BF — Canada

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Linda Mabry — SC

We here on Maui enjoy your work tremendously. You have lifted my vibration and continue to do so as I listen to your tapes. My daughter who is six enjoys listening to Sara and Seth through tapes and the books. Your teachings have brought a whole new light in the raising of my daughter and 22 month old boy. I have seen changes in my husband because of your tapes. I thank you for all of this.

Sincerely,

Larissa Pasek — HI

I am really enjoying Sara 3 book. It has given me clearer understanding of how to stay more connected instead of feeling like I need to look at “what is”, and understanding that I don’t have to suffer just because someone else had that experience and it didn’t get better.

I am so grateful for this book and also the newest monthly tape, Tarrytown, NY, 5/18/02B.

Much love and appreciation,

Joyce Taylor — TX

The Sara 3 book was so meaningful to my husband and I that after we read it individually, we want to read it aloud to each other. Thanks for your love and time.

Mary Naughton — IL

I just wanted you to know how much I’ve gotten already from the new Sara book. Just got it yesterday and read it last night. It’s wonderful — the best one yet. It seems to help solidify all I’ve been coming to know, especially through Abraham. What I’ve been realizing is that I never knew it was OK to choose to be happy. I took me a lot of pain to really think “This cannot be what life is for.”

So thank you for your work and for loving what you do. Although I’m 45 years old, the Sara books really speak to me — to my heart and to my true innocence. I am coming to remember who I really am.

Blessing to you all,

Your friend, Cindy Shilanskis — PA

My son (11 years old) and I want to thank you so much for following your joy in writing the Sara books. We have just devoured book 3 and are enthusiastically awaiting Sara books 4, 5, 6... The laws are getting clearer and clearer and we are so happy to receive your gift.

Thank you Abraham, Esther and Jerry! We truly appreciate you and send you our love,

Agnes and Narturi — Email
Sara, Book 3, A Talking Owl is Worth a Thousand Words

Sara's adventures expand as she and her best friend, Seth, are joined by Annette, a new girl in school. Of course, Solomon stands by to offer his fun-loving guidance (for all of us).

ADD ME TO THE LIST! The list of those that were totally delighted, enchanted, and inspired by your newest book, Sara 3. I read it in two sittings. I read it out loud as if I had an audience of eager listeners hanging onto every word. A few times I had to stop, lift my glasses and wipe away the tears. I have never enjoyed reading a book as much as I did this book.

As Esther has said, our language is so inadequate when it comes to finding the correct words to describe our vibrations. I am vibrating an appreciation and love for the both of you and for Abraham that just does not exist in the English dictionary. Thank you does not come close. With all my love and appreciation and gratitude.

Kathy Johnson — North Carolina

Order the book: Sara, Book 3 — A Talking Owl is Worth a Thousand Words
$15 plus S/H, Softcover, ISBN 0-9621219-9-1 (to order, see page 33)
In 1999 USA Today published an article: “If you could ask God any question... what would it be?” I presented those questions to Abraham and we published the recording as G-5/30/99.

We recently discovered N.D. Walsch’s *If you could ask God any question...?* book: “Conversations with God for teens”, and it has been a thrill for me to present over 50 of my favorite “teens” questions to Abraham at our El Paso Workshop — and to now make the dialog available to you!

Don’t you wish we could have had this wisdom “back then”? Isn’t it a blast to have it now?!

Order CD-22 — $15 (plus S/H)
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Who is responsible for ruining my life?

Can you imagine how wonderful and peaceful experiences could be, if each individual would understand that “Hey, I can do something. I can do something.” And what is it that we’re asking you to do? We’re asking you to choose any thought, any word, any action that allows who you are to come back in this moment.

So you are so angry at your mate, or your mother, or someone; someone you work with, someone you work for. And they just seem to be ruining your life, because they will not change their behavior. You do not seem to be important enough to them for them to change their behavior, which hurts your feelings a great deal.

And then you discover, “Wait a minute. They don’t have to change a thing in order for me to feel better. I can start looking for positive aspects. I can look for things within them that make me feel good. Oh, that’s impossible,” you say. “There is so much that is bad and not much that is good. In fact I haven’t seen a glimmer of anything good for so very long...”

And we say, are there other subjects to which you could give your attention? “Well, maybe,” you say, reluctantly. “My dog. My dog is easy to love. Or my cat.” And we say, do whatever it takes to find something to be your object of attention, and as you give your attention to something that allows you to feel good, you’ve done something about this relationship that was bothering you.

If you will make it your work to feel good, every relationship that you have will be one that pleases you. Now that’s offensive to some of you. Because you’ve been holding others as being responsible for you feeling good for so long, that it’s sort of hard to let loose of that. It’s sort of hard to let them be whatever they need to be, while you selectively choose whatever it is that you need to choose to feel good.

The Universe Responds to You

You are the creator of your experience, and the way you feel is the indicator of what you’re offering vibrationally. And what you’re offering vibrationally always matches what comes back. So you can play it one of two ways: you can wait ’til it comes back in manifestational form (That’s an exciting life) and then do something about it. Or you can wait ’til it’s reflected back to you in emotional form before it manifests. (It's
not as exciting) It's just as much in control; ultimately more satisfying—and really what Deliberate Creating is all about.

The Universe responds to you, (which includes every person, every attitude, every conversation, every person in traffic), and everything that comes to you, comes in response to your vibrational offering. And the Universe that is responding to you does not know or care, or distinguish in any way, the difference between the vibration of some fact that you are living, or something you've imagined, or something that you are remembering. In other words, vibration is vibration.

You are visualizing whenever you are remembering

One day we were talking to some friends about Visualization, about creating a sort of Virtual Reality, which would then conjure a Vibration. And this person said, “Well, I'm not very good at that, because I cannot imagine.” And we said, can you remember? And this person said, “Well, yes, I guess.” And we said, do you remember where you live? Do you remember where you parked your car? Do you remember how the furniture is arranged in your living room? Do you know where you keep your wallet when you are living at home?

And of course, all of those images came to his mind. And we said, you can imagine, because none of that is here right now in this moment, and yet images are coming forth in your mind. So you know how to imagine. Imagery is only about telling a story, and maybe it’s a verbal story, maybe it’s a story that brings pictures in your mind. Imagery, it’s about expressing something that is not happening here in this moment.

And so what we are wanting to encourage you to begin doing, is to use the power of Visualization, a Virtual Reality Game, so to speak, where you get to make things just as you want them to be, and in doing so, you conjure a Vibration.

A different perspective of using virtual reality

Some of you have been doing something like this for some time. Some of you have been doing what we have called Creative Workshops, or imagination for awhile. But the thing that we want you to hear that may be different for you here today than what you’ve been doing before, is that when you are working in your Virtual Reality, you make everything as you want it to be. In other words, you would not
take a broken relationship into your Virtual Reality and fix it. You would just take a perfect relationship. We think that is the thing that is tripping so many of you up. Because so often, you go to your Creative Workshop to try to fix something that is broken. And then you drag that energy into it, which causes your Virtual Reality moment-in-time not to be any more pure in vibration than what you’re actually living.

Something that really trips you up, is that you have been trained to believe that you should face facts, that you should tell the truth, that you should tell it like it is. And what we’re really wanting you to hear is that when you are seeing it, remembering it, imagining it, telling it like it is, then you are offering a vibration like it is — and you’re not doing something about changing anything. In other words, all you’re doing is practicing the same vibration that is bringing you to the same place that you were before.

And so, as you begin to utilize this Virtual Reality in the powerful way that we are offering it to you, you will take 15 or 20 minutes, maybe two or three times a day, on subjects that are important to you, and you will jump in and imagine something just as you want it to be.

**Dart in, have fun — and get out!**

And if you find your mind wandering into the arena or area of trying to fix something that is broken, just laugh about it and leave the Virtual Reality. And say, I’ll come back later and I’ll be as pure as I can be. In other words, dart in, have fun, and then get out before you get negative. Dart in, have fun, and then get out before you get negative. Try to control yourself. Try to keep from trying to fix anything in Virtual Reality. And, in time, what will begin to happen to you, is your Virtual Reality vibration will become more dominant than your reality, or your telling it like it is. And as that teeter-totter or weight-and-balance tips, then you will begin to see manifestations coming that reflect your new-found vibration.

**What vibrations are your emotions indicating?**

Do you believe us when we say that you are more electrical than anything else? Are you beginning to get it that you are Vibrational Beings? Do you understand that your emotions are your indications of vibrations? And can you not just really feel that if you could get into a Virtual Reality where you conjure

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**In your Virtual Reality, make it as you want it to be.**

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Continued on page 62
Mike and Karen Sherlock, our videographers and long time friends, surprised us with this spectacular special edition of Abraham, on Death & Life.

Especially timely is an excerpt from the San Rafael workshop taped in September, 2000. It seems most revealing of the stance of the mass consciousness, in that, one year before the vengeful September 2001 event, that one of the questions asked of Abraham was regarding those who would “give up their lives to blow up buildings.”

Esther and I reviewed this video last night, and we were both thrilled by it. (Esther, especially enjoyed it because she had the opportunity to “see and hear” Abraham much like the rest of us do.)

And Abraham’s closing segment, “Audio Ecstasy” is as good as it gets!

SUBJECTS INCLUDED:

• Realize that there is no death. (12:00)
• We are all Eternal Beings. (8:00)
• What is it Like for Non-Physical? (16:00)
• When you understand death, you can begin to live. (8:00)
• When Middle East Fanatics give their lives to blow up buildings. (7:00)
• There’s no resting in heaven. (1:00)
• Abraham offers audio ecstasy. (6:00)

Order: AV-8 Death & Life — $30 Running time: 1 hour
(To order, see page 33, or call 830 755-2299).
It seems that at the end of every Abraham Seminar we all agree: “That was the best one yet!” This Burlingame, CA (San Francisco) group seemed to evoke extraordinary wisdom and clarity from Abraham. Abraham commented that this was truly co-creation at its very best. We are so appreciative of the wonderful people who bring to these seminars the details of what they are living and assist Abraham in taking thought beyond that which it has been before.

The Science Of Deliberate Creation
Abraham-Hicks Publications

Burlingame, CA — 8/21&22/99
(4 hrs. 30 minutes of Classic Abraham)

Tape ONE
- Evolutionary basis of your body’s individual cells.
- When asking Soul: “Why me, here now?”
- What about needing to “be of service”?
- He’s still stuck on the victimized clam.
- Does his lethargy indicate his forthcoming “croaking”?
- Does a few drinks make him nicer?
- His little guy’s mother turned on him.

Tape TWO
- Allowing new desires versus past opposing beliefs?
- Moving one’s vibration up the “Relationship Stick”.
- About helping them without feeling their pain.
- Will the computer replace the worker’s value?
- What’s the game plan for “handicapped” children?
- Sameness doesn’t evoke new ideas — diversity does.
- You have been wired to be “selfish”.

Tape THREE
- Is my death contracted before each lifetime?
- Involved with widowed father of spoiled teenagers.
- She desires a perfect artistic lifestyle job.
- Cellular diseases are not about the cigarettes.
- Doctor’s experiment with testing prayers for patients.
- Envisions energetic ease in her business operations.
- Wanting a two-way conversation with Non-Physical.

Order S3BU — $30 plus S/H
Here are three dynamic hours of uplifting material skimmed from the five hour San Antonio Workshop, April, 2000. These three tapes are a prime example of Abraham's expanding message of consciously regaining our natural Well-being. Abraham's cocreative, fun-filled dance with the questioners and the audience offers new, exciting words to guide us toward creating our everyday joyous journey. This is the perfect album for those who are asking for more.

**The Science Of Deliberate Creation**

Abraham-Hicks Publications

San Antonio, TX — 4/15/00

(3 hours of Classic Abraham)

**Tape ONE**

- To monitor your pile of “Vibrational Sticks”.
- Reach for the thought that feels best.
- His Ex-wife and Their Kids Stick.
- Were they divorcing from their happiness?
- The Golden rule or the Platinum Law?
- Human's overlaying vibration: the desire for approval.
- Can't communicate with dead father's Energy.

**Tape TWO**

- Is daughter more protected attending church school?
- Who should be controlling your child's mind?
- Will religious beliefs affect her death experience?
- Death experience, likened to Lovable Cat's door.
- What is the mission of my life?
- Can one have freedom without expectations?
- What should she invest in singing career?

**Tape THREE**

- When one's mate isn't seeking same “Truth”?
- In every relationship, a guide and a follower.
- Getting past his compulsion to eat sugar.
- Addictions, as cell's compensation for dietary imbalances.
- Why does he get small things faster?
- Look great in mirror or on sailboat.
- Your cells respond to your visualized perceptions.

Order S3SA — $30 plus S/H
G-series tapes WINTER, 2001
PRACTICE YOUR VIRTUAL REALITY

G-10/06/01 — Preferences are evoked when unwanted is observed. Wh en it seems like the majority rules. Wh en controlled by your fear of death. Wh o is in charge in Charlie's life? Her health feels affected by 9/11 event. The "Antichrist" or the "Charlie Consciousness"? Will Abraham confirm her 9/11 conspiracy rumors?

G-10/13/01-A — The good news is, it's never done. Structure his "Workshop" thoughts to achieve goals? Basket of rich people / bad people beliefs. Wh ere did 9/11/01 event vibration come from? How does a God allow 9/11/01 events? Will 9/11/01 event compare to Christ event? Why aren't Universal Truths remembered by more?

G-10/13/01-B — What "deliciousness" could possibly evolve from 9/11/01. Are therapies focusing him on heart problem? How can he safely "protect" small children? Air Force son eagerly anticipates 9/11/01 retaliation. Wh at was 9/11/01 supposed to teach us? You may assume worldwide Well-being. Want to be successful? Just be happy.

G-10/20/01 — Are we branded with our "Soul Intentions"? Can we return to another economic period? Will power, is it assertive, or allowing? Children, choices, and clumps of colorful clay. Negative media, and the buffer of time. She wants to begin to enjoy sex. Something, to us, as us, to dinosaurs.

G-10/27/01 — Is she "at one" with worldwide fears? Physical time, as related to Non-Physical expansion? Do physical families reunite after our transition? Creating deliberately, when involved in a relationship? Is there no ultimate right or wrong? Is it time to discontinue his supplements? Should we be concerned with Karma Koncepts?

G-11/03/01 — Through the vibration you're emanating, you're "asking". Her "obligations" to workers who "betrayed" her? Wh at brings about the characteristics of leadership? Physician ponders "beliefs" role in spontaneous healing. He wants more freedom, but same money. He prefers brief, while still positive, relationships. Wh at's up, with menopausal flaming night sweats?

G-11/24/01 — Just relax and enjoy this comfortable unfolding. Are our emotions different than our intentions? He is intending healthy, wealthy and slim. Her husband was unfaithful to her, again. To be free of the opinions of others? He dreamed a dream of transparent eggs. Now, as limited vs. past and future. Are angels guarding or are they guiding?

G-12/01/01 — But, when there are bad things out there? From sting ray to 9/11/01 to bird's song. You have been trained to endure pain. A clearer understanding of the 17 Second Process? Culmination points, and the nature of creation. Stop calling your obsession a bad thing. How can she guarantee positive medical diagnoses?


G-1/5/02 — Step one is one, and step three is three. Wh at to do for alcoholic family members? She has everything, but wants passionate desire. Appropriate to tell children of past immoralties? Giving and receiving, and dwindling natural resources? Wh en successful acquisitions prove unsatisfactory? Can she release beliefs about physical aging?
G-series tapes fall, 2001

Whatever you like is appropriate.

G-8/4/01 — It’s only about a handful of issues. When placing career order with the Universe. Attorney wants dancing, and dollars, without effort. Should he submit to diagnostic medical tests? Wanting to feel the presence of GOD. Does All-That-Is have any desires? His career, thoughts, cliff notes and death?


G-8/13/01 — What does transition experience feel like? Autistic 37 year son has special needs. Does Abraham see human’s version of GOD? Will other life-forms come onto this planet? When keeping company with an habitual complainer? Losing one’s possessions, as joyously moving on. Is she working too hard at savoring?

G-8/18/01 — In their fear they relinquish their power. Any place for retaliation in “no fault” Universe? The evolution of planetary diversity and upheaval. Are we almost in a godly form? Earth, the perfect rendezvous for all events. Appropriate to be happy with unhappy others? Baghdad born Jewess abhors the terrorizing bombings.


G-8/25/01 — Vaccinate? Daddy says yes; Mommy says no. Chemotherapied mother-in-law is retreating into dementia. Except for money, he’s creating exceptionally well. Do our sexual unions create special bonds? All ailments will resolve themselves if allowed. MS (multiple sclerosis) gone; SM (Soul Mate) coming. Should children have choices of unpleasant chores?

G-9/22/01 — A broader perspective of the 9/11/01 event. Retaliation for the 9/11/01 New York destruction? Her lover vacated, but Mother moved in. Becoming a better teacher to his children? Are our emotions not indicators of conditions? Would a sensitive Pollyanna not seek revenge? Is retribution our only course of action?

G-9/25/01 — This is a time of significant contrast. Terrifying New York news turned her into jelly. Trying to understand the 9/11/01 disaster? Reaching for the thought that feels better. Virtues, Martyrdom, Goodness and Pride and Patriotism? Canadian felt patriotism for United States’ unity.

G-9/29/01 — Seventh grade socialite son not applying self. She has received a frightening osteoporosis diagnosis. Was he “speaking in tongues” with God? Abraham and law professor discuss legal business. He’s in the process of redefining himself. It’s time to accept that Well-being is. Feels hypocritical regarding 9/11/01 vs. neighborhood trees.

G-10/1/01 — Whatever it is you like is appropriate. “Bless me, and please enlarge my territory.” Wants new ways to connect with Well-being. An effective parent is a happy parent. Mother becomes as rude as her daughter. He’s playing with a “law of attachment”. If Abraham were president during 9/11/01 resolution?
G-series tapes SUMMER, 2001

LOCK ON TO YOUR RECEIVING MODE

G-3/24/01 — Busy healer has received shocking diagnosis. Teen advocacy, and this body of work. She can’t struggle her way to success. He’s leaving her, but not for another. She enrolled in “Sex and Love Addicts” group. Here’s the way to destroy the love. Are cyclical economic business slumps natural phenomenon?

G-4/7/01-A — Do dollar desires thwart his musical skills? Does appreciation of “temporary” job trap him? Do positive thoughts negatively affect her desires? What’s up with his thrilling “goose bumps”? His new project feels like something big. Wealthy, artistic mentor lives with dreaded disease. Is All-That-Is a bearded old man?

4/21/01 — Fears and dreads her kind gentle horse. Can disconnected Union cause her job loss? Abraham gives a social activist some compliments. Athletics, and balance of mind and heart? Gene manipulation, consequences and child’s chosen fate? When a belief runs counter to his desire? In any moment, you have a choice.

4/30/01-B — Singer fears finding a vocal cord lump. Should she intercede in her sister’s homelessness? At her age, should she fear illness? When does surgically cutting it out help? Why doctors deny her vertigo and candida. Why hasn’t sculptor manifested “grossly expensive” toys? Why Abraham chose him from the questioners.

5/8/01-A — The ratio between your desires and beliefs? Eternal Beings will never get it done. Future of email, message boards and search engines? Why are banker’s finances and health impacted? How are you judging others’ financial standards? Discussing some aspects of Alzheimer’s disease. How much of Us came with us?

5/8/01-B — His issue (subject): attracting significant relationship. Humorist questions concept of “natural born leaders”. She doesn’t believe humans have personal choices. Still killing and molesting whales and kids? To make upcoming interfaith marriage feel good? Co-creating the essence of newly wed’s merged desires? “Senior” wants more lifetime with newest lover.

5/19/01 — Consciously locking on to your receiving mode. Addicted to the struggle for trivial wants. Feeling guilty about unbalanced addiction to work. Drug addicted daughter has gone her separate way. No healing ever takes place in condemnation. “Tough” doesn’t belong in the same sentence with “love”. She teaches vacillating alternative high school children.


6/9/01 — When emotions agree with your own desire. Is a disease hiding in her spine? Have you ever grieved an animal’s death? Wondering about transitioned friends as guardian angels. To unhook from her past value systems? But what about having compassion or empathy? Daughter’s a star in a square hole.


G-1/21/01 — Lift your hands from the hot stove. She was diagnosed as manic-depressive, bipolar. Can we discuss other vibrational physical realities? Earth, as the Nonphysical place of choice. He deliberately looked for their Positive Aspects. Releasing her guilt regarding paternal sexual relationship? A loving closing of the Tallahassee Workshop!

G-1/27/01 — Good feels good and bad feels bad. The meaning of her severely retarded child? Does abortion process snuff out Life Force? There’s a bump in her relationship road. Opportunities come before her readiness to act. If needed again, your clutter will reappear. Is she loving caring for dying mother?

G-2/3/01 — If you could rewind and replay it. What is your overall mood about money? Time for a self employment “leap of faith”. Love others, as he loves his children? Carnivorous alligators, and resolving other disempowering beliefs? Does daughter embody her grandfather’s Inner Being? Husband seems undecided between her and freedom.

G-2/17/01 — Mother’s dream of son’s accident came true. About the entity formerly known as “Abraham”. All American basketball contender recaptures his zone. Is mother supporting, or asserting, child’s choices? Wanting to be a conduit for healing. Emotions indicate spread between desire and belief. When another’s desires make him feel selfish?

G-2/20/01 — Don’t leave home without your Inner Being. At feelings Hub of her Thought Wheel. Brain functions, Alzheimer’s, ADHA, Hyperactivity, causes, cures? When fun becomes a habit, becomes addiction? Big Bang, Little Bang and 17 Seconds. Her Inner Being’s relationship to her finances? Why does she sabotage peak spiritual experiences?

G-2/24/01 — To throw his fast ball fast enough? They won the Mardi Gras “beads lottery”. She’s still riding on the “Wheel” of guardedness. At a loss for the right words? She’s so happy, and he’s so unhappy. Consciousness of Martin Luther King still expanding. Making a difference with high school kids?

G-3/10/01 — Which path should this actor painfully pursue? Does sadness make his happiness happier? Any quick fixes for societies’ children? Optimist is in love with a pessimist. Children and animals and medicine that works. Must he really bear this disease forever? The truth about tax avoidance group’s seminars?

G-3/17/01 — You ask; Universe yields; let it in! What can he do to feel love? To Focus Wheel a Rampage of Appreciation. What are mother’s obligations to divorced children? She’s getting lots of everything except time. Isn’t home schooling about freedom to choose? Twin’s preverbal siblings are having ownership issues.

G-3/20/01 — Is your dish locked on to the satellite? An 80 word synopsis regarding health studies? Do we have an insidious (chauvinistic) tendency? What work should she be doing now? His non conformance to an unhappy society. Good foods, bad foods, blah, blah, blah. Your every desire is beneficial to all.
G-series tapes WINTER, 2000
LIMITING BELIEFS & THE ART OF ALLOWING

G-10/14/00 — Jealous of recognition of another’s success? Joy equals success equals joy equals success. Why aren’t we offered only good stuff? Wants pleasure and passion from sexual intimacy. Health professional now wants health for self. Can an "evil eye" impact another’s Well-being? When to stay, and when to go?

G-10/21/00 — Delegate it to Your Universal Manager. She reached her financial goal, but then…? Abraham clarifies the concept of racial profiling. Adopted European child manifests disruptive “Attachment Disorder”. It’s about your vibration, not their behavior. Every moment ecstatic if you’ll allow it. Life is good, it really, really is!

G-10/24/00 — Your emotions guide, they don’t empower. As groups gather, does individual empowerment suffer? What’s it like to reemerge into Nonphysical? When physician declares one’s condition as “terminal”. What is Abraham’s perception through Esther’s eyes? Her family believes in a punishing deity. What is our role as uplifting parents.

G-10/29/00 — Meditation, as a time of not thought. Should she be fulfilling any pre-life agreements? Attraction based vs. an assertion based Universe? When sticking one’s head in the sand? Medicate, meditate or enjoy the migrating geese? Reach for the food that feels best! Helping Mental Health Counselor to give help.

G-11/4/00 — Can her sexual energy be used creatively? Can he avoid overworking Abraham’s teachings? Authentic daughter lost custody of her children. To integrate an ancient African thought system? He misses being with his divorced son. Has goal orientation cost him his “now”?

G-11/11/00 — Am I letting it in, or not? His friend’s needling barbs provoke his anger. Seeing Abraham’s aura made music lover’s day. He wants his music to uplift seekers. Free children turning bread into dough balls. Eat all the cherries without feeling guilty. To lose ten years of girthy pounds?

G-11/25/00 — How much are my limiting beliefs limiting? Why start all over when we re-emerge? You, and your little barking dog, too. The symbolic power of the purple chairs. Value of conscious breathing to our Well-being. “Increase fun; decrease work: Increase income”? First, define the “truth” you are seeking.

G-12/9/00-A — A contagious, laughing, uplifting grocery shopper. Adding to the expansion of the Universe. What if his physical condition is only gas? Eager son has been diagnosed “accident prone”. Athletes, and perspective of many broken bones. The perfect relationship will always be incomplete. Upgraded her vehicle desire to a “BMW”.

G-12/9/00-B — The meaning in his magical parrot moment? She has moved on from family’s religion. Many close to him have suddenly died. Should she pull her mother’s feeding tube? Can’t get poor enough to enrich others. Was incestuous relationship preplanned from Nonphysical? Who’ll win presidential election, Bush or Gore?

G-1/13/01-A — If neighbor’s furniture purchase activates your desires? To enjoy the process of heart surgery? Lover told him “a pack of lies”. No such thing as “close to death”. What is my overall mood about this? How can I be my authentic self? Her current husband or a future lover?
G-7/22/00 — Is it procrastinating or more perfect scheduling? Which thought feels better about abundant
friend wants to discuss personal problems. Questions about the evolution of our Souls. What’s the differ-
ence between believing and allowing?

G-8/1/00 — Simply lift up off from abrasive sandpaper. Should she allow, or abet, dog’s transition? Did
Jerry Hicks have a “Walk-in” experience? Icked at work, but loves these teachings. What does Abraham see
through Esther’s eyes? “How can I get my passion back?” Nurse’s son rebels against alternative medicine.

G-8/5/00 — When another judges my behavior as inappropriate? She has some concerns about fearful
nights. She’s in and out of 12 Step programs. Is it “deja vu” all over again? Scientist discovers that cel-
lular expectation makes sense. Doesn’t want the responsibility for another’s Well-being. She feels fear of
intimacy with others.

G-8/19/00 — He wants to age without physically declining. Will someone invent a smell recording
machine? Develop an ability to release unwanted past. Comparing the value of collaboration to competi-
tion. “Loch Ness Monster”, fact or fiction? The model Jewish son, and mother’s calls. It doesn’t matter; it
really doesn’t matter!

G-8/21/00 — She wants a cat’s sense of responsibility. Without action, what channel would bring abun-
dance? When in sync, you follow your inspiration. Is your analytical mind trying too hard? He wants to
write pure genius material. His nervous voice, and Esther’s “Abraham accent”? Can appreciator sculpt
Soul Mate into reality?

G-9/9/00 — Abraham’s aura show, not so unlike “Casper’s”. Is she trying too hard to mate? Seeing your
body as a manufacturing plant. Are therapist’s poker winnings creative or predictive? Her friends
haven’t repaid $25,000 personal loans. Lost her children and wants them returned. She’s looking for ways
to feel good.

G-9/23/00 — You are naturally a worthy deserving being. Deja Vu, and the exorcism of “bad” thoughts.
Minister seeking to know about healing prayers. “Don’t bring this job that I don’t want.” Daughter’s
daughter preferred living with divorced father. Loves husband but titillated by forbidden sex. Revitalization
center, and the purpose of visualization.

G-9/27/00 — Further insight into the Art of Allowing. Mind as busy as a drunken monkey. Daughter-in-
law swimming in a pool of mother-in-law. Lawyer now finds herself embroiled in lawsuit. Dealing with
diametrically lovable twin boys. Can Esther connect with live creative spirits? Teacher learning to enable
“learning disabled” children.

G-9/30/00 — Can he get justice from a jury? She’s practicing law, but wants a change. Loves teaching
law, but his body’s tired. Physician suspends judgment about friend’s health paradigm. How can parent
help self-hurting child? Would appreciate addressing the pursuit of joy. Art of choosing thoughts that feel
better.

G-10/7/00 — Speak up for self without evoking anger? She lacks the ability to defend herself. Trying for
two years for fourth child. Can he think too much about desires? Good foods, bad foods, blah, blah, blah.
Comparing marijuana interaction to glasses of wine. She’s learned “it all” the painful way.
G-series tapes SUMMER, 2000
LAW OF ATTRACTION, THE MANAGER

G-5/20/00 — Your work: get happy and stay there. Reluctant boss seeks feelings of freedom. Went from terrifying dreams to refreshing mornings. Will these best friends meet after death? Grandmother’s genes and potentially inherited perspectives? To be ageless forever with diabetes diagnosis? Can he hold back dead friend’s development?

G-5/27/00 — Only you know what’s right for you. He has concerns about nature of abundance. Your world is awash in abundance. Flowing with the current of Universal Currency. She wants to croak, asleep and healthy. Can onlookers positively influence deathbed transition? Your vibrational card gives access to what?

G-5/30/00 — “Stamp Out Cancer” posters disturb her equanimity. Child’s natural selfishness is a good thing. Should we not be disturbed by unwanted? Does the Non-Physical enjoy our physical humor? Enjoying self, “but what is getting done?” Concerned about her teen daughter’s driving disability. Is addiction as destructive as the label?

G-6/10/00 — Helping them rediscover their natural Well-being. Will my freedom create chaos for others? Can you believe in the law of gravity? It’s time to love your worthy Self. You only want anything because it feels good. What are Jerry and Esther’s Abraham intentions? Is your being busy inspired, or motivated?

G-7/1/00 — What takes place when computer is learned? She negatively judges her “forgiveness work”. Would GOD forgive a parking space thief? Her delightful spiritual son is “hearing voices”. Your body, your weight and your perceptions. Is eternal life possible in physical body? Is there a life partner for all?

G-7/5/00 — Her mate’s fidgeting fingers are disturbing her. Why can taking revenge feel so good? Does the corn kernel envision progeny ears? Discussing the “Survival of the Fittest” concept. Non-physical realm’s relationship to the physical? Considering hierarchal and graduational aspects of reincarnation. Why would she choose her negative family?

G-7/8/00 — Allowing one’s desires while “allowing God’s will”? Debt, earning, timing, action and financial abundance? Will the meek actually “inherit the earth”? To regain optimistic feeling of her youth? The significance of being born a twin? The “Wouldn’t It Be Nice If...” game. The Hokey Pokey is what it’s all about.

G-7/11/00 — When the librarian swipes your worrisome card? Judaism, Abraham-Hicks, Meditation and consciousness shift? The Messiah, and an ancient Jewish saint? Physician, a monster slayer or bridge builder? She’s beginning to fear her negative thoughts. Are suicides not earthbound in astral plane? Psychic has predicted her daughter’s fatal week.

G-7/15/00 — How could penny pincher attract large inheritance? Ten years without, and still no baby. Her passion’s gone and her children grown. You can’t be an heir to cancer. Mental health therapist questions pregnancy abortion choices. Understanding Natural Laws and Male/Female counterparts. What is becoming of Estherham’s accent?

G-7/18/00 — Soothing words for a traumatized military warrior? Can Universal Manager manage her Stock Portfolio? Soothe her mother, or move to Texas? Breaking one’s cycle of illness and injuries? Presentations are fun, but preparation is stressful. When her perfect dream feels too radical. Why are more “Abrahams” channeling instead of reincarnating?
G-series tapes SPRING, 2000
INTRODUCING THE ART OF ALLOWING

G-2/15/00 — When fanning both ends of Vibrational Stick. Prosperity, vitamins, exercise and health? When a co-creator’s different desires are involved? Ouija Boards, Thought Forms and Focal Points? To know if it’s a “worthy” thought? Should they conceive a child or not? The relationship between “forgiveness” and unconditional love.

G-2/19/00 — Does her divorce attitude affect current relationships? Scientist questions the evolution of earth’s animals. Positive aspects of the Internal Revenue Service. Are we authentically “wired to be selfish”? To not put family at financial risk? Lovable Cat demonstrates Laws of Universe. Teen daughter is leading the sexual revolution.


G-3/7/00 — How did historical Moses receive his information? Pesticides, sun damage, thoughts and feelings? Could man not live on dirt alone? Prominent actress’ answering machine is bogging down. Maintain passion for relationship and business too? Your nation’s politicians really do mean well. Is joy the purpose of “have-nots” too?

G-3/11/00 — Which way is your endless loop looping? She has everything except a loving relationship. He is wrestling with his abundance allowance. She’s “working on” creating her ignored vision. What is the actual process of death? Does Abraham’s teachings justify self-centered behavior? Considering his concern for wildlife habitat loss.

G-3/14/00 — How to get from motivation to inspiration? Using doctors, lawyers and ministers as facilitators. What national political system would Abraham endorse? Stopping irritating habits between husbands and wives? Could one consciously create within a dream? What is causing his baseless fleeting anxiety? Can our brain utilization be mechanically measured?

G-3/18/00 — A Study in Allowing the Energy to Flow. She’s considering a future conscious death experience. His concerns regarding her connection to earth. Will Earth become as barren as Mars? Son has decided to flunk School System. What if her philandering husband abandons her? Are health conditions affecting her love conditions?

G-5/6/00 — The pulling power of desire through you. Why you attempt to rein in enthusiasm. Were we born to perform specific functions? Must our disconnection today leave hangover tomorrow? Death compared to L.C.’s cat door. Trying to prove what, about your dollars? Are there limits to the physical universe?


G-5/16/00 — We would practice the Process of Meditation. Will she transition to a greater place? To comfortably allow Divine Timing for manifestation? Is this therapist affected by negative clients? Abraham interacts with physician seeking another way. Is there an ultimate style of selfishness? After eighteen years he lost sexual interest.
G-series tapes WINTER, 1999
“NOW REALITY” IS PLATFORM FOR GROWTH

G-10/16/99 — Thirty minutes of classic basic Abraham philosophy. Are we responsible for our mate’s behavior. You’re not concerned their choking is contagious. Grief or joy on journey to Ithaca? Tradition of creation as a linguistic phenomenon. Guidelines for classroom of diverse resistant beings. Joyful teacher’s influence in a student’s experience.

G-10/30/99 — Are you as happy as a clam? You are, indeed, the center of the Universe. Can we give our children too much? Greedy child took two pieces of cake. Some questions regarding Non-Physical beingness. Why does he enjoy his hated violence? Abraham’s definition of “We are all One.”

G-11/6/99 — Destroy the broadcasters, or adjust your dial? Now Reality as the platform for growth. The belief that teeters the totter. Mother is dead but still she influences. Belief, as per your birth environment. Why the children choose adventure over safety. A scenario of 15 reincarnational questions.

G-12/12/99 — Reality, as per your interpretation of reality. Is he too comfortable for superb success? Her desires have been outrunning her abundance. Should this doctor pursue healing or belly dancing? How can one influence mass birthing process? Habitual deceit as a striving toward joy. Well-being comes to you in many forms.

G-1/8/00 — Here’s how your cycle of creation works. About the “other 99%” of her brain? Did she cocreate in her dog’s death? He lives unwanted circular patterns of relationships. Would not grief be to his benefit? Did her loner cat, Felix, commit suicide? Sound, as a coarser, more discernible vibration.

G-1/11/00 — An Eternal Being can never be complete. Her kid snatched the other kid’s banana bread. Her deceased mother is still controlling her. Why does Energy/Healing work exhaust healer? What about those who can’t afford treatments? Every death experience is a perfect one. Aerial view of good stuff, bad stuff.

G-1/15/00 — Would worldwide unity bring heaven on earth? Many, in battle, are feeling heaven, too. Answers seemed to magically appear to him. Our deliberate effect on the cultural consciousness? Co-creating her great house without his cooperation? Others criticize her beliefs regarding her longevity. He’s having a run of “impossible” positive experiences.

G-1/18/00 — We will always have an unfilled desire. She wants to discuss “Creation on Demand.” Does accelerated Energy affect the spirituality “STICK”? One’s physical death as another temporary experience. Dad had the classical hospice death experience. At what point do we individualize from Source? Decide to be happy in your NOW!

G-1/22/00 — Learning to play the “Vibrational Stick Game”. She’s in Georgia and lover’s in Canada. Feeling good is the prize you’re seeking. Are there some misconceptions about our GOD? Parent’s power of influence over child’s free will? Why does Abraham call the animals “beasts”? Wanting to quit her unwanted necessary job.

G-2/12/00 — Can a being think wordless thoughts? When a “born killer” follows his bliss? Her sister’s strange, remote, autistic angelic child? If she gets too happy, then what? Vibration of fear: a feeling of his powerlessness. Why would she choose this painful life? Realignment, and thoughts about his joyous survival.
G-7/25/99 — She wants to do movies with more heart. Who makes the laws of the diverse religions? Can he come and go from Non-Physical? Her one year child is “having shakes”. If sculptor manifested only one specific desire? How much of this lifetime was preordained?

G-7/31/99 — Your point of power is right now. You are creating from the inside out. Writing a will to protect her child. Digging up and evaluating unwanted childhood experiences. After 20 years of attracting unavailable men. She fears going back to not knowing. What did her clutter control class accomplish?

G-8/15/99 — Is it God’s will or free will? How can she trust her metaphysical thoughts? Never answer questions that haven’t been asked. Why the pauses in partnership’s business creation? Would this divorce unfairly separate their children? Can she rise above this physical pain? Consider the Conspiracy of Universal Well-being.

G-8/28/99 — Where am I on the Vibrational Stick? Can producer raise the vibrations of foods? Were males created polygamous and females monogamous? Is the process of reincarnation totally random? His lover’s a “realistic” media oriented psychologist. Chiropractor, as more a psychologist than a pathologist. Wanting more clarity on meaning of life.


G-9/11/99 — Desires, and the evolving natural evolutionary process. Vibrating up the custom home building “stick”. Just choose something, then make it right. Feels an “uninvited guest” in her head. Party Cat was in lost and found. Abraham’s guidance for birthing a forthcoming baby. Little children are born knowing this.

G-9/18/99 — If “that” changed, would you be happy? Every clam in Universe is naturally selfish. Physician questions responsibility for a patient’s death. Why couldn’t Native Americans buck the current? Harmonize, before you pick up the Stick. Can their pessimism cancel out my optimism? Stuck on wrong end of “Mother’s Stick”?

G-9/19/99 — Universal position on the “Eating Meat Stick”. Wanting to move up the “AIDS Stick”. Her role in non-aborted grandson’s negative attitude? Why is there such violence in your schools? Parkinson’s disease and a magnetic therapeutic device? Getting children to put away their toys. The animals and you are telepathic beings.

G-10/9/99 — Is Law of Attraction failing against “karma”? She still has concerns about earth’s realignment. His ideas fade before their manifestation. Envision for the pleasure of the envisioning. Why is he favored with these answers? He wants a demonstration to demonstrate teachings. How about her obsessive compulsive disorder?

G-10/10/99 — When one’s compensation is tied to another’s performance? To take pride in his yo-yo body? Wanting to justify artist’s dollars through action. Why didn’t her week-long workshop work? His metaphysical experience with a dying Soul mate. Would Abraham ever tolerate a negative dream? Without predestiny how do psychics predict?
some images that really thrill you, that this is practicing a different vibration than you might have been practicing before?

And can you get it that with a little bit of concentrated practice, that you could activate a vibration within you that’s different than anything that’s been there before? And then can you see how your life can change???

Get into the mode of practicing so much thoughts that feel good that they dominate. It is not a difficult thing to do, but it does take some practice. You’ve been practicing the other in most cases without knowing that you’re doing it. This will be so much faster.

**Feeling less than good is being misaligned**

If you’ve been practicing a thought of vulnerability, or insignificance, or inappropriateness, or unworthiness for a period of time, 20, 30, 40, 50 years — in a month or two you can shift that vibration entirely, by saying, “Inner Being, I know you’re in there, and I’m going to align to you. I’m going to align to you.”

So what does that mean in practical terms? “I’m going to feel good.” That’s all it means. Because if you feel less than good, you’re not aligned to who you really are.

When you’re angry, when you’re fearful, when you’re fretful, when you’re tense, when you’re grouchy, when you’re defensive, when you’re blaming, when you’re guilty — you are misaligned. But it is unnatural that you feel this way. It is natural that you feel buoyant. It’s natural that you feel eager. It’s natural that you feel good. It’s natural that you feel love. It’s natural that you feel abundance of all things that you consider to be good.

**Learning to practice thoughts that feel good**

And anything that you need — to live happily ever after — we’ve already given you. In other words, there isn’t anything that you need to do now except practice.

Practice feeling good. Practice being the one that does something about it. Practice letting everybody else off the hook. Practice standing in the middle of everything that does not please you and say, “Somebody should do something about that!” And then look right at yourself and say, “And I’m the guy. I’m the one, and I’m going to start right now. Now, let’s see, what can I do about this?”

Excerpted from Abraham-Hicks Workshops
G-3/23/02A — Phoenix, AZ
& G-4/20/02 — San Antonio, TX
EXCITED ABOUT THE CLARITY and practicality of the translated word from ABRAHAM, Jerry and Esther Hicks began, in 1986, disclosing their ABRAHAM experience to a handful of close business associates. Then, recognizing the practical results being received by those persons who began plying ABRAHAM with meaningful personal questions regarding their finances, bodily conditions, and relationships...the Hickses made a conscious decision to allow ABRAHAM’S teachings to become available to an ever widening circle of seekers. And that circle continues to expand — even as you read this page.

Jerry and Esther have now published more than 500 Abraham-Hicks books, cassettes and videos, and have been presenting open group interactive workshops in about 50 cities a year to those who gather to participate in this progressive stream of thought.

Although worldwide attention has been given by leading edge thinkers to this Science of Deliberate Creation who, in turn, incorporate many of ABRAHAM’S concepts into their books, lectures, sermons, screenplays and scripts, the primary spread of this material has been from person to person — as individuals begin to discover the value of these materials in their practical, personal experience.

ABRAHAM, a group of obviously evolved teachers, speak their broader Non-Physical perspective through the physical apparatus of Esther. Speaking to our level of comprehension, from their present moment to our now, through a series of loving, allowing, brilliant yet comprehensively simple, recordings in print and in sound — they guide us to a clear connection with our Inner Being — they guide us to self-upliftment from our total self.

COMMENTS FROM READERS & LISTENERS:

...It’s hard to believe that life could be so simple and so joyous... Thank you, so much, for making an already good life even better! (With lots of good feelings) SC — PA

...I’ve been a “searcher,” “seeker,” “sharer” since I was a teen. My middle name was purported to be “Why?” The information from Abraham is so down-to-earth, useful, compelling, exciting, sensible, practical, empowering, dear, usable. I’m a marvelous deliberate creator now. Thanks for putting the “fun” back into physical life. JS — AZ

...Am so delighted to be reading your books, listening to your tapes and attending your seminars. I am so happy and getting happier and clearer every day. My life has been leading to this point, and it feels like the icing on the cake. I know everything will just get better, although it’s hard to know how. What a powerful gift you’ve given us — the recognition of our ability to create the life we want, and the tools to carry out the plan. Thank you for sharing. — CA
"When there are good things that I can observe, I feel good, and therefore my life is good. But if there are things that when I look at them I feel bad, then it's easy to now want someone to control the conditions or circumstances, so that I can look anywhere I want and I will find only good things."

The problem with that approach to feeling good is that you have to get pretty good at limiting your environment. And, in fact, it's an impossible thing. If you are observing the conditions that you are creating through your own vibration (which is a nicer way of saying, minding your own business) then your life can go along swimmingly. But if you are looking all around the world, sticking your nose in everybody's business, and needing those outside-of-your-control events to be controlled so that you can feel better, now you're in deep trouble, for you will never get it done, because the basis of this Universe defies that.

This Universe is expanding, and there will always be something that you don't want to participate in — and like a well-stocked kitchen; the more ingredients that are available, the more potential you have for lovely things. But if you say, "Oh, let's throw this out; let's throw this out because I don't want it in my pie!" now you're in that control phase, and that is impossible because you don't get to decide what the ingredients in the Universe are. You do get to choose which ones you put in your pie, however, and if you're paying attention to the way you feel, you are aware of the ingredients that you're about to dump into your pie.

You have the ability to give your attention deliberately; and by doing so, you offer a vibration deliberately—which is your point of attraction. Being more deliberate about the way you direct your thoughts, now you are more directing how you feel; you're more directive of your point of attraction — and therefore, you are controlling your own personal experience. Once you begin to do that, you lose your fear of what others may be creating, and you are then able to step into the phase of allowing.

You are extensions of Source Energy. And when you are allowing the fullness of who you are to flow through you, ah, that's when you are who you intended to be. That's when you are You.

The ingredients of the Universe are not your choice. You do, however, get to choose the ingredients for YOUR pie.