

The Science of Deliberate Creation

A Quarterly Journal and Catalog Addendum



July, Aug, Sept, 2003 — VOL 25

Stop Fixing and Start Savoring

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NEW VIDEO — HEALTH & WELL-BEING

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Newest Group Series — Winter, 2002 Album

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How Do Squirrels Know?

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What makes allowing abundance difficult? Awareness of not enough abundance. You can't have it both ways. You cannot focus upon the absence of money and let money in. It cannot be. You have to start finding moments that feel like you think you want to feel—and savoring them.

G-10/5/02 — Boston, MA

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Hello from Jerry & Esther



Jerry & Esther with
Jerry & Esther

Jerry and I flew Southwest Airlines from Salt Lake City back to Portland where we had left our motor coach. We had been in Salt Lake to attend my father's funeral and to visit with Mom and everybody. As we boarded the airline I was appreciating the relief of the distraction of the flight when I noticed a little girl sitting in the window seat, looking up at everyone getting on the plane. A flight attendant was standing in her row and I said to her, "Is she flying by herself?" The flight attendant seemed relieved that I was asking and replied, "She is. Would you like to sit next to her?"

"We'd be happy to sit with her," I said, thinking that she was probably very frightened about flying by herself and that maybe I might help her feel better.

We settled into our seat and the little girl did not look at us. She held her Teddy Bear tightly and looked down at her feet.

"What's your name?" I asked.

"Hannah", she replied, so softly that I had to ask again to be sure I had heard her right.

"And what's your bear's name?"

"Buddy." Hannah said softly. "I made him."

"You did?" I said with surprise, for this was truly a remarkably beautiful bear. In fact, it was just about the most beautiful Teddy Bear I have seen. I am embarrassed to tell you, now, that I did not believe that Hannah had "made" that bear. But then, I noticed a box under her feet. And on the box was a label that said, "Build A Bear." My exercise in prejudging and underestimation had only begun.

I dug around in my purse, thinking that there must be something in there somewhere that might be fun for Hannah and me to do together. But I had done a very good job of cleaning out my purse, and there was nothing of any interest at all. While I dug around, Hannah reached into her extremely well-stocked box and came out with two big pieces of bubble gum, which she offered to Jerry and me. "This will make your ears feel better while we are taking off," she said, putting a piece in each of our hands. She was right. It did help our ears, AND it was really, really good gum.

During take off, Hannah pulled out her brand new, and very big, Harry Potter book. I noticed that she did not notice that we were lifting into the sky. She propped the big book up on her lap. Her tiny hands could barely hold this heavy book. She looked intently into the book,

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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.

8/16/03 — **West Los Angeles, CA** — Held at: Courtyard Marriott, 13480 Maxella Ave., Marina del Rey, CA 90292. (310) 822-8555. Saturday 9AM to 4:20PM. \$150.00.

8/17/03 — **North Los Angeles, CA** — Held at: Hilton Woodland Hills, 6360 Canoga Ave., Woodland Hills, CA 91367. (818) 595-1000. Sunday 9AM to 4:20PM. \$150.00.

8/23/03 — **San Diego, CA** — Held at: Embassy Suites, 4550 La Jolla Village Dr., San Diego, CA 92122. (858) 453-0400. Saturday 9AM to 4:20PM. \$150.00.

8/30/03 — **Sedona, AZ** — Held at: Hilton Sedona Resort, 90 Ridge Trail Drive, Sedona, AZ 86351. (928) 284-4040. Saturday 9AM to 4:20PM. \$150.00.

9/2/03 — **Albuquerque, NM** — Held at: Albuquerque Marriott, 2101 Louisiana Blvd. NE, Albuquerque, NM 87110. (505) 881-6800. Tuesday 9AM to 4:20PM. \$150.00.

9/17/03 — **Kansas City, MO** — Held at: The Overland Park Marriott, 10800 Metcalf Ave., Overland Park, KS 66210. (913) 451-8000. Wednesday 9AM to 4:20PM. \$150.00.

9/20/03 — **Chicago, IL** — Held at: Chicago Marriott Schaumburg, 50 North Martingale Rd., Schaumburg, IL 60173. (847) 240-0100. Saturday 9AM to 4:20PM. \$150.00.

9/24/03 — **Cincinnati, OH** — Held at: Cincinnati Marriott North, 6189 Muhlhauser Rd., West Chester, OH 45069. (513) 874-7335. Wednesday 9AM to 4:20PM. \$150.00.

9/27/03 — **Detroit, MI** — Held at: The Detroit Marriott Livonia, 17100 N. Laurel Park Dr., Livonia, MI 48152. (734) 462-3100. Saturday 9AM to 4:20PM. \$150.00.

10/1/03 — **Syracuse, NY** — Held at: The Sheraton University Hotel & Conference Center, 801 University Ave., Syracuse, NY 13210. (315) 475-3000. Wednesday 9AM to 4:20PM. \$150.00.

10/4/03 — **Boston, MA** — Held at: Boston Marriott Newton, 2345 Commonwealth Ave., Newton, MA 02466. (617) 969-1000. Saturday 9AM to 4:20PM. \$150.00.

10/11/03 — **Tarrytown, NY** — Held at: The Westchester Marriott Hotel, 670 White Plains Road, Tarrytown, NY 10591. (914) 631-2200. Saturday 9AM to 4:20PM. \$150.00.

10/13/03 — **Philadelphia, PA** — Held at: The Philadelphia Marriott West, 111 Crawford Ave., West Conshohocken, PA 19428. (610) 941-5600. Monday 9AM to 4:20PM. \$150.00.

10/18/03 — **Washington, DC** — Held at: The Greenbelt Marriott, 6400 Ivy Ln., Greenbelt, MD 20770. (301) 441-3700. Saturday 9AM to 4:20PM. \$150.00.

10/25/03 — **Asheville, NC** — Held at: The Inn on Biltmore Estate, One Antler Hill Rd., Asheville, NC 28803. (828) 225-1660. Saturday 9AM to 4:20PM. \$150.00.

11/1/03 — **Dallas, TX** — Held at: The Dallas Marriott Quorum, 14901 Dallas Parkway, Dallas, TX 75254. (972) 661-2800. Saturday 9AM to 4:20PM. \$150.00.

11/22/03 — **San Antonio, TX** — Held at: The Abraham-Hicks Facility, 28550 Old Fredericksburg Rd., Fair Oaks, TX 78015. (830) 755-2299. Saturday 9AM to 4:20PM. \$150.00.

2003 GENERAL WORKSHOP SCHEDULE

Please reserve in advance with our San Antonio office at (830) 755-2299. Prepaid registration closes at 2:30PM on Thursday for Saturday Events and 2:30PM the day before all weekday Events.

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

5/24/03..... Saturday	Chicago, IL	11/1/03..... Saturday	Dallas, TX
6/7/03..... Saturday	Boulder, CO	11/22/03..... Saturday	San Antonio, TX
6/14/03..... Saturday	Fort Collins, CO	12/6/03..... Saturday	Tampa, FL
6/21/03..... Saturday	Billings, MT	12/13/03..... Saturday	Boca Raton, FL
6/28/03..... Saturday	Seattle, WA	12/20/03..... Saturday	Orlando, FL
7/12/03..... Saturday	Portland, OR	1/24/04..... Saturday	San Antonio, TX
7/19/03..... Saturday	Ashland, OR	1/31/04..... Saturday	West Los Angeles, CA
8/9/03..... Saturday	San Francisco, CA	2/7/04..... Saturday	San Diego, CA
➤ 8/10/03..... Saturday	San Rafael, CA	2/21/04..... Saturday	San Rafael, CA
8/16/03..... Saturday	West Los Angeles, CA	2/28/04..... Saturday	San Francisco, CA
8/17/03..... Sunday	North Los Angeles, CA	3/6/04..... Saturday	North Los Angeles, CA
8/23/03..... Saturday	San Diego, CA	3/20/04..... Saturday	Phoenix, AZ
8/30/03..... Saturday	Sedona, AZ	4/17/04..... Saturday	San Antonio, TX
9/2/03..... Tuesday	Albuquerque, NM	4/24/04..... Saturday	Atlanta, GA
9/17/03..... Wednesday	Kansas City, MO	5/1/04..... Saturday	Washington, DC
9/20/03..... Saturday	Chicago, IL	5/5/04..... Saturday	Philadelphia, PA
9/24/03..... Wednesday	Cincinnati, OH	5/8/04..... Saturday	Tarrytown, NY
9/27/03..... Saturday	Detroit, MI	5/15/04..... Saturday	Boston, MA
10/1/03..... Wednesday	Syracuse, NY	5/19/04..... Saturday	Buffalo, NY
10/4/03..... Saturday	Boston, MA	5/22/04..... Saturday	Chicago, IL
10/11/03..... Saturday	Tarrytown, NY	6/5/04..... Saturday	San Antonio, TX
➤ 10/13/03..... Monday	Philadelphia, PA	6/12/04..... Saturday	Boulder, CO
10/18/03..... Saturday	Washington, DC	6/19/04..... Saturday	Fort Collins, CO
10/25/03..... Saturday	Asheville, NC		

➤ **Indicates a change from previous announcement.**

Stop Fixing And Start Savoring

As you are reaching, in a determined way, for the Path of Least Resistance, anything that is resistant within you will certainly pop up within 20 days. And as you are deliberately reaching for the Path of Least Resistance and finding it, then you will have shifted your vibration on every subject that is important to you, and you will become resistant free.

You just have to want to feel good more than anything else. That's the only criteria that is necessary in order for you to achieve this. You have to really want to feel good. You have to want to feel good so much that you're wanting to reach for a better feeling thought any time

you are in the midst of one that doesn't feel so good.

Nothing is more important than that I feel good. That's the mindset that you have to be at. *Nothing is more important than that I feel good.*

And that doesn't mean getting rid of things that don't feel good,

because you can't. In other words, you can't make people go away. You can't make people stop thinking about you. You can't rid the world of terrorists. You can't rid the world of disease. You can't get rid of the things that you feel need to be gone.

You've got to decide, "I'm going to find a Path of Least Resistance relative to this. I'm going to find a way of either thinking about this in a way that feels

good, or I'm going to find a way of *not* thinking about this. But this is no longer going to be an issue that keeps me from allowing the Well-being that would be there if I were not doing this. Nothing is

that important."

Your "starting point", is being determined that you're going to feel good, no matter what, and then sifting through your life for things that do feel good. So we say, *sift through your life for things that feel good.*

Sift through
your life for
things that
feel good!

And you say, “Well, I think I’ll start with this issue.” And we say, *reach into your life for things that feel good*. And your human tendency right away is, “Oh, well, then I’ll deal with the issues.”

And we say *you don’t have to deal with the issue; don’t activate the issue. Start looking for things that feel good. Start with something easy. Turn your attention toward things that feel good*. And you

say, “Well, that’s easier under some conditions than others. What if I find myself in a situation where I’m looking right at something that makes me feel bad, and I can’t get away from it, no matter how hard I try, it’s so in my face?”

And we say, *there’s where your real work begins. That’s where you say, “I’m going to take some baby steps. I might not be able to get myself completely away from this resistance, but I sure can pick a path of less resistance.”*

And so, you just start. Just try to find something that feels better. Try to change the subject if you can, (That’s the fastest, easiest way.) but if it keeps coming up, then you may want to find the Path of Least Resistance. And you get so good at it.

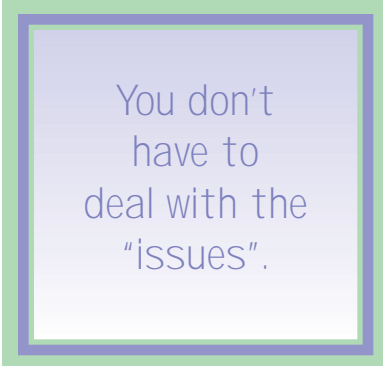
You get so good at it that after you’ve got a few things conquered, so to speak, or deactivated, then you can just say “Oh, well, I can do to you just what I did to those other things. I just don’t have to

think about you any more. You’re a non-issue to me.”

The thing that we most want you to focus upon is, we don’t want you to see this big bag of issues that you’re

trying to diffuse. We want you, instead, to see *this* moment that I want to feel good—and now, *this* moment that I want to feel good. Sometimes we think that you think that you’ve got all of this work that needs to be done, and you’re hoping that you’ll get your work done before you die. And the work, to many of you, feels like all of these issues that you have to overcome or understand, or conquer. And so, it’s like, you’re tenaciously out there just digging up stuff so that you can fix it. And we’re wanting you to understand that the way you’re wanting to spend this moment is by tending to your vibrational hose, by opening the flow, by opening your valve.

Continued on page 14



Love Appreciation Love

It feels so good!

I just finished my second workshop with you and had such a wonderful good day; it does feel soooooo good to feel good!

Jerry, I especially wanted to thank you for bringing forth Abraham. It was because of your own personal asking and sharing that you developed the ability to bring such a powerfully good thing to so many of us. What a wonderful gift! Thank you ever so much! It's an incredible feeling, being able to communicate with Abraham; very much like a child in the presence of a wise, loving and trusted being, asking any question my heart desires. A very satisfying and fulfilling experience.

Esther you are such a delightful woman, even when it is "just you". Thank you for sharing your energy to bring us this experience, and for your and Jerry's continued work to make it all happen, again, and again, and again. Wow!!!

Great blessings to you both.
Cindy Crawford — WY

Truth is powerful

My husband and I are back from our first workshop with you and Abraham, in Boston. The intensity of it was overwhelming, and the joy we felt, and continue to feel, amazing. Had it been possible, we would have loved to follow you to Buffalo for a repeat experience on Tuesday!

The truth you give us from Abraham is powerful and transformational. It's hard to believe that something so simple as choosing to feel good should cause so much to change, but there it is!

Our love and gratitude to you for making Abraham available.
Anne Chandler — MA

A musical Adventure

Wow!!!! I just finished listening to "A New Adventure", your wonderful musical collaboration with Francine Jarry. I wanted to express my gratitude for the incredible, uplifting experience I just had. The magnitude of profound joy and well-being that I felt by the end of the CD——well, I feel like I'm going to explode with pure, positive energy!

Looking outside at the lush green trees, my busy chickens and ducks looking for goodies and having such fun, the horses on the eastern slope grazing near the house... it was almost more wonder and joy than I could stand!! I bet it can't get any better than what I was feeling — listening to Abraham with the lovely music in the background, and visually experiencing such beauty. Just amazing.

So thank you, Esther, Jerry, Abraham, and friends in the San Antonio office for all you have done to support joyous life experience on this planet! You are all wonderful!

There is great love and appreciation here in Vermont for you.

Kathleen Fields — VT

Delighted by "Sara 3"

I've just finished *Sara, Book 3*, and would like to say an enormous THANK YOU. I greatly appreciate the way you don't gloss over the painful thoughts but deal with them so positively, and I was delighted when Sara resolved her difficulties and reconnected with her well-being!

Can't wait for the next installment.
With love and masses of appreciation.
Natalie Harper — England

Love Appreciation Love

Uplifting teachings

I have been so uplifted by the teachings of Abraham, I share them with everyone I know. I have been sharing the monthly tape program with my daughter for the past year and have watched her emerge from deep sadness, after the death of her father, into a truly happy and fully eager and self-realizing young woman. I never get out of bed in the morning before focusing my attention on all the good things in my life. Thank you Abraham! Thank you Esther! Thank you Jerry! And thank you, all of you, down there in San Antonio!

Bretta Lundell—NY

Amazing message

Your message is amazing and has helped me receive a wonderful relationship with a terrific man. Your newsletter seems to always come at the perfect time and has the message I need most. Thanks for creating the life you choose so I may receive such blessings.

Love and Light,

Alea Plumley — FL

Just what she wants

To my delight more CD's (Glutton Program) have been arriving lately. I just finished the Philadelphia set and was ecstatic with the clarity; maybe because they are answering much of my biggggggggg questions on Inner Being and personality. The first question from the Tarrytown Workshop is the very best I have ever heard on Religion/Bible etc. Those CD's are powerful with "advanced" deliberate creation. I can hear it and know it as I try to live it too. It is more detailed and just what I have been wanting more of. My then questions keep expanding to more.... Isn't it fun? You WILL be here forever—in Physical won't you???? Ha... Well, maybe.

Our most sincere love to your both.

Mary Anne and Gary Bergholtz — FL

So sign me up

Just read my new Quarterly Journal, and my Inner Being thankfully guided me to the announcement of the November Workshop and the 77-person limit!!! So, sign me up. You have my cc on file! After the time we had last time—I don't know HOW it could get any better—but I know that IT ALWAYS DOES!!! Have a blessed week, month, year, life!

Lovin' Ya'll,

Maxine Cockrell — TX

Website is great

Alan Cohen recommended your website. I went to his website and then found yours. Your website is great. Every night I try to read another article from the newsletters. I am learning so many new, wonderful ideas and concepts. Your website is full of life! Keep up the great work. I can see from your site it is truly a labor of love.

Marta Florin — NY

It changed our lives

My husband and I have been listening to the tapes and they have helped us to change our lives!! Even though we know the tapes were made years ago, and that the information is intended for everyone, it has been great for us. This is really my husband's first encounter into this side of life. He has never shown an interest before listening to the Abraham tapes. I wish I could show you the differences that this has made in him. You would truly appreciate them!

Every day we are getting more proficient in the art of allowing, and it is wonderful. Thank you very much for all of your wonderful work, and please thank Abraham for us as well.

With great love here for you,

Norma Fantaroni — ID



G-SERIES TAPES or CDs — WINTER 2002

Savor The Moment!

The Universe knows the essence of what you are reaching for and is yielding to you what you *really* want in the moment that you relax and let it all in.

As you start enjoying the essence of your desire, and not *needing* the manifestation of it, you become the owner of it, so to speak, without the complication of the details of manifestation.

The essence of your desires will never go away. Your desires are eternally yours, and they will come to you at the very best time. You can influence the very best time by saying things like “The Universe knows the bigger picture. I’m going to let it deal with the timing of this. Meanwhile, I’ll just do everything I can to keep moving happily along.”

In this inclusion based Universe, you get what you think about, whether you want it or not. And so, if you’re saying “yes” to it, or if you are saying “no” to it—you are including it. In other words, sometimes you think there is a shortage of good things: “Good things will run out before I get mine.” Humorously, you say, “What if I get to the dock, and my ship has already sailed?” And we say, there’ll be another and another. Your Stream of Good never runs out. You don’t have to tire yourself by trying to lap up the good—just enjoy the good you *are* lapping up.

Savor more. Enjoy more. The more you savor the deliciousness of this moment, the more there will continue to appear before you more moments to be enjoyed.

Abraham — G-11/2/02B — Dallas, TX

G-9/28/02 — What could be called the perfect life? I get to choose how I feel. Doctor proposes theory that diagnosis “spreads” cancer. Lump in physician’s breast was a fearsome dud. But, legal responsibility for errant children? She has been diagnosed with “Parkinson’s Disease”. It’s time to count our many blessings.

G-10/12/02 — Nothing’s more important than my feeling good. Can she experience massive surgery, in joy? Time to stop fixing and start savoring. So, are we becoming more Inner Being-like? Son wants to know what Nonphysical sees. Teacher wants to inspire apathetic sixth graders. The basis of my life is freedom.

G-SERIES TAPES WINTER, 2002

G-10/15/02 — Feel good now; just feel good now. So, why does medicine work for some? Has Abraham also learned from our experiences? Her business concepts and worthiness are shifting. Through what “medium” was the Bible received? When pleasing one is displeasing to another? Son wants dog; Dad says, no.



G-10/19/02 — Is it least resistance, or more allowing? Wanting, is something you just can't stop! Can he visualize his desire for freedom? Niece, adopted from Russia, has temper tantrums. Does Universe eternally continue to expand? Virtual Reality made her want “real” reality. The day the financial ocean turned bloody.

G-10/26/02 — When following the Path of Least Resistance. Are our minds directed from another source? Abraham's recordings soothe her and the baby. She volunteered some painful hospital visitations. Has questions regarding his fear based dreams? Are his 36 life-enhancing goals not? Time to stop fixing and start savoring.

G-11/02/02A — Whether good or bad, it's always temporary. You are an extension of Source Energy. Processes for realigning with my natural Well-being. Follow your personal Path of Least Resistance. Dealing with delinquent employees and accounts receivable. It's so much fun to direct increasing Energy. She resists her Path of Least Resistance.

G-11/02/02B — This jealousy and envy doesn't feel good. Has absolutely wonderful life until Saturday let down. Musicians want to stay in the zone. Why Abraham, why now, and why us? Time to stop fixing and start savoring. Will our unrealized dreams ever go away? Mother's not dealing well with dying mother.

G-11/23/02 — The Source Energy is not your mother. Talk to me about what feels good. Are we creating forward or pulled to? Their family gatherings, with in-laws, feel bad. Is there an animal hierarchy in Nonphysical? What things do Abraham appreciate about themselves? Never feel bad about your bad feelings.

G-12/07/02 — Worrying about anything is not your responsibility. Her husband is awaiting a heart transplant. When new manifestations trigger old beliefs? She wants to support the children's success. Are they chores, or are they blessings? Psychiatrist's life fell apart five years ago. You all have a friend upstream.

G-12/14/02 — Here we teach the Art of Allowing. What prompts the squirrels to store nuts? Car crash, to diabetes, to comfortable in skin? Birth controls, as inhibiting Inner Being's desires? Is intellect restraining his faith in “Truth”? Immunization shots, their upsides and their downsides? Do caged beasts want freedom?

*SEE PAGE 32 TO ORDER: G-SERIES, WINTER, 2002 CASSETTE ALBUM — \$90.00 + S/H — EACHES \$10
OR CD ALBUM — \$117.00 + S/H — EACHES \$15*

Quarterly Quotes from Abraham-Hicks

The reason you want every single thing that you want, is because you think you will feel really good when you get there. But, if you don't feel really good on your way *to* there, you can't get there. You have to be satisfied with what-is while you're reaching for more.

Boston, MA — 10/5/02

The joyous place you may be standing is temporary, and the abhorrent place that you may be standing is temporary. Your now reality is only a temporary, momentary culmination of what you've been thinking about.

Dallas, TX — 11/2/02A

You were taught to face reality before you knew you were creating reality. Don't face reality unless it's a reality you want to create.

Albany, NY — 10/1/02

It's not your job to create anybody else's reality. It's your job to create your own reality. And if you will choose things that feel good while you're thinking about it, you're going to have one whopping of a good reality.

San Antonio, TX — 11/23/02

It's not your job to focus upon somebody else's reality, and often when you do, you find, not a path of less resistance for you, but a path of greater resistance. That is the basis of all illness, all wars: the belief that that's got to change before I can be happy. Because you're asking the impossible. You're asking for things that don't have anything to do with you, or which you do not have control to change—and you're using that as your excuse not to allow your Energy to flow.

San Antonio, TX — 11/23/02

Whatever you are giving your attention to activates the same vibration within you. It becomes your point of attraction; it becomes your point of allowing. It might be a good idea for you to decide what you want to make active within your vibration.

San Antonio, TX — 11/23/02

We love seeing you applauding someone's success, because when you are genuinely thrilled at someone else's success, that means you're right on the track of yours.

Dallas, TX — 11/2/02B

The most unimpressive of actions can be as fulfilling as the most impressive because Source does not feel better in one endeavor than another. It's not what you're doing, it's how you are allowing the Energy to flow through while you are doing it that makes the difference in life. That's why there are joyful gardeners and joyful surgeons, and joyful postal workers.

San Antonio, TX — 11/23/02

There is no high work and low work. There are just opportunities to focus. You can feel as fulfilled and satisfied in any task as in any other. You are on the leading edge of thought, and Source is flowing through you—no matter what your endeavor is. You can be joyful in any endeavor that you decide to allow the Energy to flow.

Boca Raton, FL — 12/7/02

Without your perspective, Universal expansion would not be. It's time for you to take credit for the important part you play, and yield the good stuff to yourself by virtue of your own self-appreciation... If we were standing in your physical shoes, a day would not go by that we would not make a list of positive aspects of ourselves, and of those that are closest to us that mean the most to us in terms of interaction. A day would not go by that we would not count our blessings, and express them in every way we could. In that acknowledgment, you bring yourself in alignment with how You really feel about you. How You really feel about you is absolute adoration. And if you ever feel anything less about you—or about anyone—you are not You.

Syracuse, NY — 9/28/02

Quarterly Quotes from Abraham-Hicks

How Do the Squirrels Know?

Jerry sat in the motor coach, watching a squirrel joyously leaping from tree to tree and branch to branch. The dance he was doing was joy based, as he was gathering nuts. And Jerry said to us, "How is it that the squirrel knows about the nut gathering thing? Is he born knowing, sort of pre-programmed?" And we said, the squirrel's Broader Perspective knows how the squirrel and the nuts fit into the broader scheme, and joyously envisions the happy outcome for the squirrel.

The squirrel is not thinking about nuts. The squirrel is tuned to its joy factor. So as the squirrel follows its bliss, it aligns with the Consciousness that encourages the gathering of nuts. And so, right now, bliss is gathering nuts.

You are not so different from the squirrel; the squirrel is emitting preference just like you are. You are just emitting more fine-tuned preference. But it does not matter how specific you are, Source Energy hears every preference that you utter, and then joyously guides you toward thought, word and deed—in every moment of your conscious awake state—in order to assist you in the achieving of what you want.

Now if you are determined to prove your worthiness and separateness from this greater, Broader Source Energy, then you're not going to be very happy in this process that we are offering here. Because the process that we are offering says, you are already blessed and there is nothing to be proven. You are creative genius, here wanting the joyous experience of expansion.

There are many humans who think that they are separate from that Source, who want, in their separateness, to prove their worthiness. Ah, what a trap, because the very worthiness that they seek is connected to the Source that's them. You cannot separate from who you are. You can pinch yourself off from it pretty good and feel lousy, but it's always there for you in any change of thought.

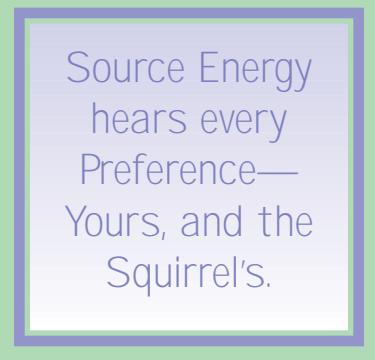
If you are following your bliss, you are playing your part right. That's why you don't

find squirrel schools. Or squirrel religions. "Which religion is yours?" "Oh, we are the Gatherer of the Nuts First Religion. We gather our nuts and wrap them in this cloth and bury them for this many days." You don't find that among the squirrels. They just follow their bliss. They understand

that they are worthy of Well-being.

So, who is the superior one? The dog, the squirrel, or you? The dog has superior hearing to you. The squirrel has superior agility to you. So, in this "hierarchy" who wins that one? Usually you would say "I do" and the dog would say "I do", and the squirrel would say "I do". Everyone believes that their perspective is the best perspective in all of the Universe, because that is the only perspective that they hold. Once you re-emerge into the Energy that is Source, or when you allow the combining of that Energy with you here—you will come to recognize that you are all of those Energies. And any "hierarchy" dissolves in the union that is You.

Excerpted from G-11/23/02 & G-12/14/02



Source Energy
hears every
Preference—
Yours, and the
Squirrel's.

Continued from page 7

The best use of this moment is by finding something to use as your reason to allow the Energy to flow.

We've been teasing you. We say, sometimes we think that it would be better for you if, instead of emotions, you had this creeping fungus that was taking over your body. And then you would have more of a motivation to slow the fungus. Where, you tend to tolerate negative emotions because you cannot see the negative result of them so quickly. And so, you just have to decide how important it is for you to feel good. Sometimes it's not all that important for you to feel good because you've gotten along pretty well, so far, with some reasonable resistance within your experience. *It usually isn't until the resistance gets pretty big that any of you make a very strong effort to get rid of it.*

That's why we love terminally ill cases. because once you've reached the place where the doctors have said, "We can do nothing more for you," that's usually at the first point that you begin to pay attention to what you're thinking. In other words, "Oh, you mean there's nothing else you can chop

off of me, or there's no more pill you can give me, or there's no other possible method? You mean I'm going to have to align my Energy? Well, all right then."

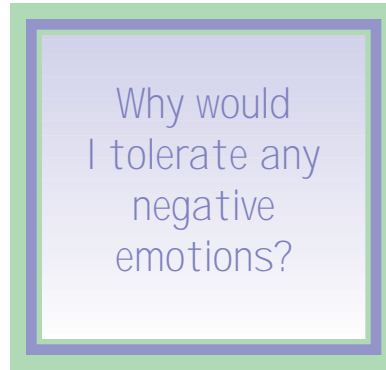
Within this 20 days, that we spoke of, you have to already have come to this place where you want to align your Energies, not because you're trying to fix something that is broken, but because you genuinely, with all of your heart, want

so much to be connected to Source that you are not willing to tolerate, for very long, thoughts that keep you from it.

Someone said, "I have 27 questions." And

we said, we have one answer: *You like knowing that you are the creator of your experience. You like knowing that everyone else is too. You like knowing that Source supports you in everything that you desire, and that there is nothing that you can identify, whether you articulate it or not, that the Universe withholds from you. All things are given in the moment that you ask.*

When you are specific about what you want, and you find that Path of Least Resistance, and Energy flows through you toward your inspired idea—that is life at its very best.



We know you can't always be there. We know that sometimes you want things so clearly, and you are so aware of where you are, that you cannot focus upon what you want without activating where you are. And so, we understand that it's easy for your vibration to become muddled. We also know that you can *feel* your way out of the muddle.

If you want more than you believe you can achieve, you're out of balance. And if where you are standing is less than what you want, you're out of balance. And so, you, individually, have to find your balance. We are just here to tell you, as we have watched all of you, endlessly, generation after generation, that the achievement of these properties, or of these houses, or of these events, does not hold the answer that you're really looking for. It is an elusive dream. They are there in order to inspire the focus. And it is the focus of clarity that feels good in life experience.

That's why, as you look at the joy factor of those on the planet, it is as likely to find a joyful child, who has very limited ideas of desire, who is, in this moment, not in contradiction to the desires he

does hold, it is more likely to find him in outrageous joy than it is to find someone who has lived enough life experience to have achieved a very great desire, and has not found a way to be in alignment with it, in joy.

We want to find different ways of helping you understand that *life is about the joy factor. And the joy factor is about*

the alignment factor. And the alignment factor is about the choice of thoughts factor.

If there is anything that we want you to take away from this, it is the sentiment that you never get it done. We want you to start easing up on yourself, and realizing that you're not ever going to get it done. There's always going to be something else that you desire that is summoning life through you. Accept that and use that knowledge as your reason for slowing up a little bit and smelling the roses a little more, and savoring a little more, and complimenting a little more, and appreciating yourself and others a little more. In other words, just be more of a basker than you are anything else.

Sometimes going slower is the best choice in the moment; sometimes going faster is the best choice. In other words, there's no perfection in going fast; and there's no wrongdoing in going slow.

Continued on page 24

Life is about joy,
which is about
alignment, which
is about your
choice of
thoughts.

A Twelve Point Synopsis of Abraham-Hicks' Teachings

1 *You Are a Physical Extension of That Which is Nonphysical.*

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.)

7 *The Universe Adores You for it Knows Your Broadest 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.)

8 *Relax into Your Natural Well-being. All is Well. (Really It Is!)*

The essence of all that you appreciate is constantly flowing into your reality. As you find more things to appreciate, your state of appreciation opens more avenues to more for which to feel appreciation. (As you think, you vibrate. As you vibrate, you attract.)

9 *You Are a Creator of Thoughtways on Your Unique Path of Joy.*

No one can 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.)

10 *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.)

11 *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.)

12 *You Can Not Die; You Are Everlasting Life.*

In grace, you may choose to relax and allow your gentle transition back into your Nonphysical 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)

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SPECIAL SUBJECT TAPES — VOL I



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 that enthused inner "voice" reminding you, "I knew that!"

As you experience these Special Subject tapes, expect a fresh state of joyous becoming, for ABRAHAM'S words will stimulate you to a new beginning. Retain the beliefs that are of value to you, and learn to become unaffected by any acquired beliefs or influences that have been a hindrance. ABRAHAM guides us, first, to harmony with our Inner Being, and then, all else falls into perfect alignment.

In order to build a foundation of an understanding of Abraham's teachings, begin with the tapes AB-1, *Free Introduction To Abraham*, through AB-5, *Segment Intending*, and then progress through the *Special Subject Tapes Series*—as per the order of your interest. Each tape addresses different levels of awareness, and as you repeatedly listen to them, as you are moving forward, you will continually be achieving new insights and experiences.

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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.

SPECIAL SUBJECT TAPES — VOL I

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 joyous 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.

SPECIAL SUBJECTS TAPES — VOL II



...I AM A MEDICAL DOCTOR and have not, before, run across material that has this much potential to create health...Have enjoyed Abraham's books and tapes beyond any expectations I had when my mother originally sent them. I would like to subscribe to your "Weekly Tape Program". Thank You. CHRISTIANE NORTHRUP, MD — ME — Best Selling Author of *Women's Bodies*, *Women's Wisdom*.

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.

SPECIAL SUBJECT TAPES — VOL II

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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Continued from page 15

Jerry and Esther picked up their new monster bus; it is another Eagle. It is two feet longer and has more bells and whistles, more things to enjoy. And Esther had this picture of what she wanted. And as they were receiving it, there were some things not quite

in alignment with that. And so, she could feel that she was out of alignment. And Esther had a sort of mindset that “we’re only going to be in this area for a short period of time, and this

is the place where the experts really are. So if there’s anything that needs to be tweaked into perfection, we’d better get it done while we’re here.” And so, she got herself in a sort of fixing it mode. In other words, she was sort of scouring the thing from top to bottom wanting to make sure that if there *were* anything wrong, she had it on her list so that they could tend to it.

Finally, after several days of that, Jerry said to Esther, “I think it’s time that we stop fixing and start savoring.” Because it began to appear to him that as fast as she was fixing, more things were turning up. And he began to have this vision of this endless loop where the fixers would fix one thing and

then break another thing.

And so, he said *Let’s stop fixing and start savoring*. And we said, that is the best mantra for life that we have ever, ever heard: *Let’s stop fixing—because nothing is broken—and let’s start savoring, because that’s the way you tend to your valve—and live happily ever after*.

And so, there are two ways of going about this. She can do her best to make it what she needs it to be in order to get into align-

ment, or she can relax and choose alignment anyway.

When you find something that does not please you and you focus upon it, it can’t be fixed because you are out of sync with the fixers. So, perfectly capable, talented people cannot do simple things. But in the moment that the savoring begins, the alignment falls into place.

Endless things happen when you are savoring. As you are always reaching for an improvement on what-is, there is an inherent dissatisfaction that won’t allow the improvement. But when you are savoring the improvements that are already there—there is an alignment with what is more.

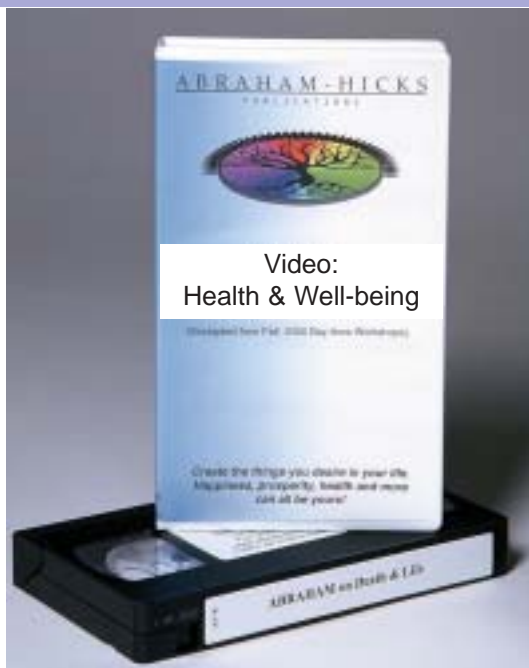
Continued on page 62



NEW VIDEO: HEALTH & WELL-BEING

This composite video addresses a subject that is near the forefront of the thoughts of nearly every adult in our current culture.

To any viewer who may be seeking to return to their health, Abraham offers guidance ... To anyone who may be feeling health related concerns, Abraham offers a soothing... and for those of us who are just wanting to keep feeling as good as we now feel, this video confirms our natural state of Well-being.



(Abraham advises us that the best time to work on our health is when we are feeling healthy.)

SUBJECTS INCLUDED:

- I am Vibrational Energy; I am Creator. (7:20)
- The good side of a bad headache? (7:20)
- To let go of fear of injuries? (3:00)
- When habits of thought contradict Energetic healing. (4:00)
- Diabetes can heighten the desire for Well-being. (14:15)
- The 17-second focus, healing, flash point. (7:50)
- Well-being is the basis of this Universe. (4:10)
- How does our natural healing process occur? (5:35)
- The life-giving effect of asking and receiving. (5:40)

(Excerpted from 5V-8/26, 8/29, 9/2/00)

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You are a creator. Shouting no is saying yes. Stop sticking your pencil in the fan. Never face reality. Nothing is more important than feeling good. There is not a source of evil. Abraham's sales job for selfishness. Disease causes a heightened desire for health. You cannot appreciate and resist at the same time.

Included in Part 2:

Stop holding your cork under the water. The 17-second focus flash-point. Little things can be behind a big illness. Finding the value in school. Reclaiming your sense of power. The only thing that matters is which thought lets it in. The lesson of TV's Survivor. Realize that there is no death. We are all eternal beings.

Included in Part 3:

What is it like for Non-Physical? What Abraham sees. Your senses are focusing mechanisms. How to observe Auras. Negative thought-forms can't assert. The deciphering of contrast. Learn to offer more of your vibration by choice, rather than as a reaction to your observations. Using your Book of Positive Aspects.

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Delegate to The Manager. Removing the brakes on abundance. Bridging belief and desire. Visualize for the pleasure of visualizing. Why you don't remember who you are. Yes your way through life's buffet. There is no such thing as fixing a problem. Your natural state of Well-being. Abraham's mission statement.

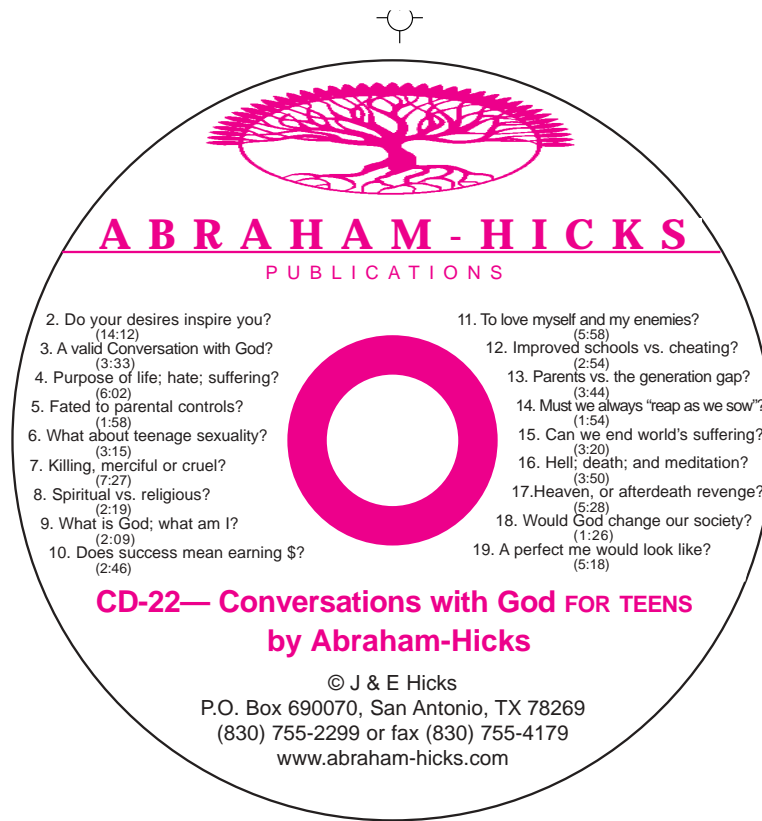
Included in Part 5:

Learning to selectively sift your subjects of attention. Your vibration on any subject is right where you last left it. Tell it the way you want it to be. Playing the wouldn't-it-be-nice-if game. Following the path of your new desires. Steps for becoming a vibrational match to your Well-being. Abraham explains how bad things happen.



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Conversations With God for teens by Abraham-Hicks



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?!

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We select and edit from as many as 28 new Group Session Tapes that ABRAHAM produces in a month, a 74 minute recording of what we feel contains the most new, inspiring and thought provoking material. And we ship that 74 minute composite recording to the subscribers of the Monthly Subscription Program. *A gift that keeps on giving. Subscription fee: \$12 per month for cassette and \$15 per month for CD.*

- ...Enclosed, please find a check for another one-year subscription to the Monthly Tape Program. *...Every time I replay any one of those tapes, I realize that it has a whole new meaning for me... What a great way to start the day! My profound gratitude to you for sharing this wonderful way of life. — New Jersey*
- ...You do a wonderful job of editing the Monthly Tapes, because each tape seems to give the answer I need at the time. *Each month gets a little deeper and broader. It is so wonderful to have such guidance. You are what is needed on our planet now. Fondly — Iowa*

WEEKLY SUBSCRIPTION CASSETTE OR CD PROGRAM

For those who want to learn as much as they can “to be and have and do” as fast as they can and are not in the position to personally attend ABRAHAM’S ever evolving Workshops, we offer this Weekly Subscription Program: We choose, each week, what we consider to be the workshop with the most stimulating, practical, new ideas — or significant ideas presented from a new perspective — and we form a 74 minute composite recording and ship it to our subscribers. Four cassettes equal one month’s billing. *Fill your spare moments with upliftment, flow and forward motion. Subscription fee: \$10.25 per week for cassette and \$12.50 per week for CD.*

- ...I’m so enjoying the Weekly Tape Program! Each new tape seems to get better and better! My life has been transformed in the three years that I have been listening to your tapes. *Every aspect of my life, every relationship I have, has been enriched and enhanced with the knowing of Abraham. I am eternally grateful for this information! With a full and joyful heart. Your friend — Pennsylvania*

GLUTTON SUBSCRIPTION PROGRAM

Be on a standing order to receive the uncut recordings of every Workshop. Subscription fee: \$50 for each 4 cassette album. \$60 for CD’s (plus S&H)

WORKSHOPS & WEEKENDS

What do you want to more clearly understand?: Your state of becoming? Finances? Bodily conditions? Relationships? Business/Career? Metaphysicality? Your state of being/having/doing...? To participate in an open group “Questions and Answers” workshop with ABRAHAM, contact Abraham-Hicks Publications at (830) 755-2299 for dates, locations and to make your reservation.

- ...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*

TO RESERVE OR SUBSCRIBE, CALL OUR OFFICE AT 830 755-2299

PRICE LIST

WORKSHOPS, WEEKENDS, SEMINARS — Details are posted in each Quarterly Journal on page 4. Call (830) 755-2299 for details of activities in your area.

STARTER SET — Cassettes: \$35. CD's: \$45. (See page 18) Album of five of Abraham's most powerful and popular recordings. (See ordering information on page 32.)

WEEKLY SUBSCRIPTION PROGRAM — Cassettes: \$10.25 per week. CD's: \$12.50 per week. One 74 minute composite of group sessions. Call or write to begin your Weekly Tape or CD Program. (See page 30)

MONTHLY SUBSCRIPTION PROGRAM — Cassettes: \$12 per month. CD's: \$15 per month. One 74 minute composite, each month, that offers the most new practical and inspirational material from Abraham, is selected and shipped to a group of subscribers. Call or write to begin your Monthly Tape or CD Program.

NEW! GLUTTON PROGRAM (4 TAPE WORKSHOP ALBUMS) — You may now order 4, 74 minute recordings (with flaws and flows) of complete workshops. Cassettes \$50. CD's \$60 (plus S & H). Call our office (830) 755-2299 for subscription details.

CASSETTE TAPES & CDs — \$10 each. (CD's \$15) Order 3 or more at \$9 each (CD's 3 or more \$12) — or order 5 or more (in same "Set", "Volume" or "Season") and they will be shipped to you in a complimentary, (a limited offer) convenient 12 space cassette album. Abraham's "AB Series" – Special Subjects 74 minutes, and their "G-Series" 74 minute group session composites are all priced the same: \$90 for the album sets of 10, (CD's \$117) \$10 for singles (CD's \$15) or \$9 each (CD's \$14) when ordering 3 or more. (Plus shipping and handling.)

BOOKS — \$15 each. Pay \$12 each when ordering 3 or more. (Plus shipping and handling) Study groups, teachers or dealers, call for volume discount when ordering 9 or more books. (See page 42 & 52)

3 TAPE ALBUMS — \$30 each (plus S/H). Currently these include our Sara Books on tape and Abraham's Greatest Hits albums. (See page 44)

DAILY PLANNING CALENDAR/STUDY GROUP WORKBOOK — A 768 page planning, implementing and manifesting calendar to utilize for your personal creation, or use it as a Course Workbook for a 12 month Group Study. \$25 (plus S/H). *Check it out; satisfaction guaranteed.* (See page 36)

VIDEO CASSETTES — For prices and details of offerings see page 28 & 60 of our complimentary Catalog (Quarterly Journal, Volume 24) which includes all materials created from 1988 to 2002. (New 2000 Videos are now available — See pages 25, 26 & 49)

TRANSCRIPTIONS — Many 90 minute Abraham recordings have been transcribed and are now available for \$10 each (plus S/H). On line, \$5.

QUARTERLY JOURNAL — "The Quarterly Journal of *The Science of Deliberate Creation*" — Published 4 times a year by Jerry and Esther Hicks. (Current issues are complimentary while in stock. Back issues can be ordered for the minimum packaging and delivery fee of \$5 each while supplies last.) Other countries pay postage only.

CATALOG — Complimentary full color 112 page compendium of the first decade of Abraham-Hicks teachings, from 1988 to 2000. Over 600 cassettes, books and videos.

FREE INTRODUCTION TO ABRAHAM-HICKS — This 74 minute recording is an ideal way to introduce the concepts to someone you love. The basics are all here! Specify tape or CD format and include \$5 for minimum shipping and handling. (See page 35)

WEB SITE — Visit our up-dated Web Site: www.abraham-hicks.com. Free downloads of *Free Introduction to Abraham*, 74 minutes, or a sample of *A New Adventure Music CD*.

ORDER FORM

ORDER BY TELEPHONE: (830)755-2299 or FAX (830)755-4179

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Mail To: Abraham-Hicks Publications — P.O. Box 690070, San Antonio, TX 78269

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AB-1/CD-1		Tape or CD: Free Introduction To Abraham (min. S/H only)	\$5.00
ST-CD		Starter Set: Abraham's Basics in CD Format @ \$45	
ST-TP		Starter Set: Abraham's Basics in Cassette Format @ \$35	
ABVONE		Cassette Album: 10 Special Subjects @ \$90	
ABVTWO		Cassette Album: 10 Special Subjects @ \$90	
ABCN		Daily Planning Calendar/Workbook @ \$25	
G SERIES		Album: 10 Group Series Tapes @ \$90 or CD's @ \$117 (specify which)	
ANBI		Book: A New Beginning I @ \$15	
ANBII		Book: A New Beginning II @ \$15	
SARA 1		Book: Sara & the Foreverness of Friends of a Feather @\$15	
SARA 2		Book: Sara & Seth, Solomon's Fine Featherless Friends @ \$15	
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S3SARAI		Book on Tape: Sara 2 in 3-Tape Album @ \$30	
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Call (830) 755-2299 to reserve your space at any of our Workshops. Call or write if you have questions regarding subscribing to a tape or CD program.

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We usually ship within two working days of your order and UPS usually is best for larger orders. Please specify any preferences.

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We ship USPS (unless requested otherwise). Call us for current shipping rates outside of the continental USA.

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- List stock number (i.e. AB-1) and its price.
- Pay with check (US funds only), money order, or MasterCard, Visa, American Express or Discover credit card.
- A replacement order form will be enclosed with each shipment.

DEFECTIVE OR DAMAGED TAPES OR BOOKS

Call, write or email telling us the title series date and problem and we will replace, or refund cost of the item. (We no longer refund shipping costs.)

We are most appreciative of the many suppliers of services and materials who make it possible for Abraham's words to reach you so efficiently. As costs of doing business are increased, or decreased (taxes, inflation, etc.) to any of our suppliers and passed on to us, we, in turn, through our varied business transactions, reflect those changes back into the international economy.

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\$50 to \$99.99	\$12.00	\$14.50	CALL
Over \$100	\$16.00	\$19.60	CALL

THANK YOU!

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.

We intend to allow ABRAHAM'S words of perspective, positive guidance and stimulation of thought, to go as far and as fast as they are wanted. At the same time, we intend to continue our abundant, positive, mental, material and spiritual experience — and we do appreciate your contribution of “thoughts, words and deeds.”

Do you have a friend who would enjoy our Quarterly Journal?

Name (Please print) _____
Address _____
City/State/Zip _____
Your name _____

*** EDUCATORS—TEACHERS—STUDENTS ***

Are you involved in education and interested in an uplifting perspective? We can mail to you (at no cost) a copy of Daniel Greenberg's *Free At Last*, highlights of the first 20 years of the remarkable Sudbury Valley School experience. We have a few remaining copies (not for sale) just let us know if you would like one and we'll get it off to you as soon as it is practical.

This book will make your heart sing!

(We ship this book only to the one who is requesting it.)

OUR UNCONDITIONAL GUARANTEE OF SATISFACTION

We are aware that due to technical or personal idiosyncrasies you may receive a damaged or defective or unwanted item from us — but we will replace it or refund your money (whichever you prefer) just as soon as you call or write and give us the details. Unless we request it, please don't bother with shipping the item back to us. Just toss it away, or pass it on. We want you to be completely satisfied with our products and our service.

Jerry & Esther

Packaging & delivery (S/H) costs are no longer refundable.

FREE CD/CASSETTE " INTRODUCTION TO ABRAHAM"

... 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

This 74 minute professionally remastered *Introduction to Abraham* is now available in cassette or CD format. It's a comfortable way to share Abraham with those who seek a new way of realizing a more successful life experience.

Order: AB-1 or CD-1 (Include \$5.00 Minimum S/H)

(See free download at www.abraham-hicks.com)





WORDS OF WISDOM FROM THE BROADER PERSPECTIVE

IF YOU WANT MORE MONEY TO COME, you've got to find some way of getting off the subject of not enough money, and the easiest way we've ever seen to do that is to get in the mode of appreciating the money that *is* coming. Or, get off that subject and get on a subject that you *are* in the allowing mode about... So how do you know whether you're in the allowing mode of what you've been asking for? It's easy. The allowing mode feels like fun, feels like joy, feels like love, feels good. The resistant mode feels like tension, feels like hate, feels like anger, feels bad. You can tell whether you are in the allowing, or resistant, mode by the way you feel.

Meditation is the ultimate allowing place, because there is no contradictive thought. Appreciation is a tremendous allowing space—in appreciation you are lined up with that which is your Source.

(Excerpted from — G-11/23/02 — San Antonio, TX)

PRESENTING A POWERFUL 365 DAY COURSE IN SPIRITUAL PRACTICALITY

Habits are usually created slowly. And since a major aspect of the value to you of using this material will be the changing — often slowly — from unwanted habits of thought to habits of thought that are more appropriate to your current conscious desires — *but the most common use of this calendar will be as a joyous 365 day journey into a new world of leading edge thought and experience.*

Begin experiencing the power of this calendar at any time. You don't have to wait until the first of next year. However, in order to get into time sequence with the calendar — it is best to start at a month's beginning. Let the first day of your first month be day one (page three) of this calendar.

After over 30 years of studying, teaching and enjoying the art of personal fulfillment, I have long understood the power of clarifying and writing out my decisions in appointment books, journals, organizers, etc. But as the years passed, I became aware that at the most joyous and highly productive seg-

ments of my life — I simply carried, daily, a fresh, updated sheet of paper in my pocket. This works!

The first sides of the pages are compilations from the best of the Abraham teachings. The second sides of the pages are designed to accommodate your daily list of things to do. *But as the course progresses, you will discover that the pages will be offering processes and techniques to fit the advancing stages of your progression within these materials.*



Your only power to create your life is in this moment, and the Abraham-Hicks Planning Calendar is designed to focus the purest of your intentions to your todays, the time in which you have

your creative power.

In our estimation, this Abraham-Hicks Planning Calendar/Workbook is the most effective tool available for the practical application of "The Science of Deliberate Creation." Utilize it to create and to teach others to create, the perfect (by your ever changing standards) adventure in living.

*"If you want to change what you are living,
you only have to change the balance of your thought." — Abraham*



THE SCIENCE OF DELIBERATE CREATION

Abraham-Hicks Daily Planning Calendar and Study Group Workbook



A 365 DAY COURSE IN SPIRITUAL PRACTICALITY

- The material in this calendar/workbook has been specifically intended as an experiential guide to comfortably change your balance of habits of thought to that which will enrich every aspect of your experience.
- Begin in any month. The pages are left to be dated by you.
- This is a study to do, not a study to simply peruse. It is a study to have fun with in every way that you can imagine.
- The pages are the size of two \$100 bills, side-by-side. Tear out a page a day. They are portable. Fold them into your wallet or checkbook, or simply carry them in a pocket. On one side you will find life enriching reminders of some things you may have forgotten and on the other side you can write intentions, ideas, names, numbers. Post them on your mirror, refrigerator, the sun visor of your car...
- Carry a seven day segment or a vacation segment with you when you are away from home — and then file them for future reference.

— Let the Magic Begin —

SELF HELP FROM YOUR TOTAL SELF

ORDER: PLANNING CALENDAR (768 PAGES) \$25 USA — PG 56

COMMENTS FROM SOME LISTENERS

Lovin' the journey Dear Jerry & Esther,
Your new Abraham Music CD! The first time I listened to it I had such "Head Rushes" of energy—it was Awesome!

Thank you so much for sharing this true gift of talent and Connection. I will treasure it Always! What you have added to my Journey—mere words cannot express. My cup truly runneth Over!

Lovin' the Journey & Lovin' You!
Maxine in Abilene

An added depth I do not leave my house but what I play your music. It is so uplifting. I cannot get the songs out of my head. Number 7—*Appreciate*, Number 13—*I want to Live My Life to the Fullest*, and Number 19—*Joy to the Universe...* You know, I had to pull into a gas station to buy some Kleenex before I could journey forth... I was so moved.

I introduced your music tape (before I introduced Abraham) to a friend, recently. She called Abraham-Hicks immediately and said, "I must have that musical CD right away." Then she ordered the beginning CD's of Abraham, purchased some books, joined a Tape Program, and signed up for a Workshop. Her life was instantly transformed.

Music adds a new and delicious element to Abraham. It is truly spiritual. Everyone hears the "knowing" from Abraham in a different way—all good; and when music is added to it, it conveys a power and, I feel, an added depth all of its own.

In love and joy,
Mary Ann Bergholtz

Music is awe inspiring Thank you for the great new "Music Experience" CD. It keeps getting better and better each time I listen to it. The feeling of the music and the message together are "awe inspiring". And when the Abraham message comes on with the music in the background, the message comes through so much more powerfully. It enhances the message and makes me want to just stop whatever I'm doing and just listen.

Congratulations! This concept of putting forth the Abraham message to music is a winner!

Francine's music was a great prelude to Abraham, yet in no way was I prepared for the overwhelming, joyous, delicious feeling that went through me when Abraham started to speak with the music. I was absolutely awed with the reverence that the music provided for Abraham's words.

This CD offers a very different vibration than the Weekly Tapes. The Weekly Tapes are great for teaching the message and inspiring one's thinking, but this takes it to a whole new vibration—an instant connection to Source Energy. The CD is about the feeling-place, and it's a wonderful gift! It brings you to that "Aha!" place.

It's just very powerful—that instant delicious moment. I classified this as a magnificent spiritual experience when I heard Abraham's rampage of Well-being to music.

I look forward to being able to have this available for my clients.

The Abraham to music, rampage of Well-being, again, is beyond any words to describe it. I am just so excited for you guys. Can you tell that I like it?

Love and Appreciation,
Linda Falluca, Ph.D., Msc.D.

ABRAHAM - HICKS MUSIC

PRESENTS

A New Adventure,

the teachings of Abraham masterfully combined
with the music of Francine Jarry



Order CD — \$15 + S/H

This album contains more than 70 minutes of a variety of uplifting musical styles that project the philosophy of Abraham in a way we have never felt it before.

The first half of this album contains 20 of Francine's bright melodies that project a wide range of musical styles. From her *Count Your Blessings*, and *Reach for a Thought That Feels Better*, she carries us through to the rollicking

I Want to Live My Life to the Fullest, and on

to the elegant, meditative *Joy to the Universe*.

The second half of the album promises to give the listener a first in a lifetime experience. You will be enraptured when you immerse yourself in this 30 minutes of Abraham's Rampages of Well-being. Over Francine's haunting *Mayan Theme*, we have blended, from three live workshops, Abraham's *Living Happily Ever After* and *Finding My Core Beliefs*, and finally Abraham reminds us that our Well-being is natural as this album closes with their, never to be forgotten, *It Is Good To Feel Good*.



Cassette — \$10 + S/H

BOOK: A NEW BEGINNING I

THIS EXTRAORDINARY BOOK is powerfully offered by a group of teachers who call themselves Abraham. They express clearly and simply the laws of the universe, explaining in detail how we can deliberately flow with these laws for the joyful creation of whatever we desire. Abraham describes this as the time of awakening, explaining that each of us chose, with very deliberate intent, this specific time of great change to participate in this physical experience. This is an empowering, life-changing book that will assist you in seeing your personal life experience as you have never seen it before.

...The breakthrough book that started a worldwide interest in Abraham. Now in its ninth printing, *A New Beginning I* explains in simple terms the eye-opening fundamentals of living a life of health, wealth and happiness. — Texas



COMMENTS:

- Thank you for a delightful book—*A NEW BEGINNING I*—a life changing book...a joyous do-it-yourself book...I have always known this was an “inside job”, but I’ve not known, before, how to communicate well with the “inside.” — Germany
- We are thrilled with the data. Everyone we have sent the book to thinks it is the best book they have ever read. — California
- The feedback I’ve gotten on the many *ABRAHAM* books that I have distributed has been phenomenal and it has come from all over the world. — California
- The first edition of *A NEW BEGINNING I* sold out because readers love the practical ideas of Abraham. In the tradition of Jane Roberts, this refreshing new book reveals a unique blend of new-age thought with the Western desire for “more.” An inspiring self-help classic that gets results.

Softcover. \$15. 218 pages. ISBN 0-9621219-3-2.
(To order, see page 32, or call 830 755-2299).

BOOK: A NEW BEGINNING II

THIS IS AN UPLIFTING BOOK that strikes a chord with the very core of your being. Written by Abraham to assist you in understanding the absolute connection between your physical self and your inner self, Abraham puts this physical life experience into perspective as they explain and define who we really are and why we have come forth as physical beings. This book is filled with processes and examples to assist you in making a deliberate conscious connection with your own Inner Being, that you might find the awesome satisfaction with this physical life experience that can only come once this connection is made.



...Now in it's eighth printing, *A New Beginning II* contains uplifting new material from Abraham including *Law of Attraction*, *Law of Allowing*, and the effective use of your *Guidance System*. Includes questions and answers from live workshops, affirmations, and powerful processes for increasing your ability to intentionally create **WHATEVER** you want. Incredible! A must read! — Texas

COMMENTS:

- Your book, *A NEW BEGINNING II*, has been my constant companion, now marked and circled on page after page...So—UP with the “Fairies of the Universe” and beautiful music and laughter! — France
- ..I hugged the book; I couldn't put it down for two days...You should see my metaphysical library—and of every book I have, this is the clearest! — Germany
- Thank you so much for the book—it is the best yet. I like to open it at random and see what the good word is for the day. — California
- Like the book before it, *A NEW BEGINNING II* is clear, practical, inspiring and empowering with more focus on how to realign with your Inner Being. The bottom line for Abraham-Hicks is to choose to feel good in every moment. From that base of joy you will naturally and easily create what you want for yourself and the world.

Softcover. \$15. 258 pages. ISBN 0-9621219-1-6
(To order, see page 32, or call 830 755-2299)

SARA. BOOK 1 — Sara, and the Foreverness of Friends of a Feather



...My whole family read this book and we haven't been the same since. My husband, perhaps, was the most moved by it. He actually said that it had such a tremendous impact on him that he looks at life with new eyes. It's like being nearsighted your whole life and then finally getting glasses. Everything becomes crystal clear.

I cannot say enough good things about this life-transforming book. If there is only one book you ever buy, make sure it is this one. You won't regret it! (all ages)

— by Denise Tarsitano in the "Rising Star Series."

THE BOOK *Sara, and the Foreverness of Friends of a Feather* is a novel about a young girl, Sara, who learns about life through a wise owl named Solomon.

As you settle into this book you will begin to experience Sara's life, almost as if it is your own. You'll discover that the questions that Sara's life uncovers will not be so different from the questions of your own life.

Sara has the benefit of a wise and wonderful mentor who not only knows the answers to all questions, but also understands that words don't teach. Solomon wisely helps Sara to find the answers to her very important questions through her own life experience. And as Sara discovers her answers — you will very likely discover some of your own, as well.

This book will awaken within you wisdom you were born with, that you may have forgotten. It will open you to who you really are. (all ages)

BOOK: Ask for SARA-1 — \$15 (plus S/H) Softcover.— ISBN 0-9621219-4-0

THE TAPES

Sara and the Foreverness of Friends of a Feather is now available as an unabridged book on tape. Containing three audio-cassettes, this album offers over three hours of inspiring, uplifting and entertaining listening.

At the wheel of your vehicle or doing mundane chores or relaxing with closed eyes, you can now comfortably absorb the pleasure of this extraordinary magical relationship between young Sara and her ethereal, old, feathered owl friend, Solomon...



CASSETTES: Ask for S3S1 — \$30
(830) 755-2299 (Order form page 32)

SARA. BOOK 2 — Sara and Seth, Solomon's Fine Featherless Friends

...My family had read the first Sara book and were captivated by its wisdom and clarity. I knew we were in for a treat with this new story, "Sara and Seth", but I had no idea just how much of an impact it would have on all of us.

The sheer brilliance of this unassuming little book with its powerful message (of Well-being) will leave you breathless.

(all ages)

— by Denise Tarsitano in the "Rising Star Series."



THE BOOK When Seth moves into Sara's mountain town, and right into the middle of all of the secrets of Thacker's Trail, Sara doesn't know what to do with him. She is drawn to him in a strange and powerful way, but the idea of letting anyone in on her unbelievable secrets seems impossible. But Sara soon comes to trust Seth, and together they embark on an even more wonderful experience with Solomon.

Seth has been gathering important questions all of his very short life. He can barely believe his good fortune in meeting Solomon, who understands all things.

You'll enjoy seeing Sara's good life getting even better, and Seth's rather awful life becoming wonderful. And like everyone else, you will love Solomon.

BOOK: Ask for SARA-2 — \$15 (plus S/H) Softcover ISBN# 0-9621219-7-5



THE TAPES

Sara and Seth, Solomon's Fine Featherless Friends is now available as an unabridged book on tape. Containing three audio-cassettes, this album offers over four hours of inspiring, uplifting and adventurous listening.

Relaxing with closed eyes, you can now comfortably absorb the pleasure of this extraordinary magical relationship between Sara and her new friend of a feather, Seth... plus, her ethereal owl friend, Solomon, makes his welcome reappearance, adding his wise perspective to their/our learning experiences.

CASSETTES: Ask for S3S2 — \$30
(830) 755-2299 (Order form page 32)

The Newest Sara Book

Sara Insights!

Thanks for the great new *Sara* book! I have read it three times so far, and I find lovely new insights each time I read it. And what wonderful fun that the book ended on page 222!

Linda Mabry — SC

Great Changes!

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

A Clearer Understanding

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

A Sara Musical?

Seems like a year since we've seen you! Or was it yesterday? Colton (7) is reading *Sara* to me as we drive to Boulder every day. The other day he was doing the voices like I do, sort of (Sara has a higher voice, Solomon has a lower voice, very imaginative!) except since Solomon has no lips, he makes a sort of beak as he speaks. Then he gave Solomon the voice of a robot for a couple

paragraphs. Then he started singing all the voices. It was SO sweet! I thought how wonderful it would be to have *Sara* produced as a musical (someone else's job, not mine, I'm afraid!) Of course a movie would be cool, too. I'm sure lots of people have said that to you!

Love to you both, Judi Royer — CO

Meaningful To Us

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

The Best One Yet!

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. It 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

Clearer & Clearer

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

...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.

(all ages)

— by Kathy Johnson — North Carolina



THE BOOK

Sara has a hard time understanding why Seth wants to befriend the new girl in town and even share their secrets of Thacker's Trail. Even Solomon's reassuring words don't soothe Sara. But Sara discovers that not only does Annette's presence not detract from her joyful experience, but that it adds to it in many more ways than she could have imagined. The secrets of Thacker's Trail are known by more than Sara knew, and it turns out that Sara doesn't mind sharing her secrets as much as she at first believed.

Life just gets better and better for these extraordinary young people. And yours will, too, as you read their stories.

BOOK: Ask for SARA-3 — \$15 (plus S/H) Softcover ISBN# 0-9621219-9-1



THE TAPES

Sara 3: A Talking Owl Is Worth a Thousand Words, is now available as an unabridged book on tape. Containing three audio-cassettes, this album offers over four hours of inspiring, uplifting and adventurous listening.

Sara's adventures expand as she and her best friend, Seth, are joined by Annette, a new girl in school.

Let Jerry's expressive voice transport you to Sara's world. A world of fun, and learning and such good feelings.

CASSETTES: Ask for S3S3 — \$30
(830) 755-2299 (Order form page 32)

Quarterly Quotes from Abraham-Hicks

Health & Well-Being

How can you possibly guide your life by the standards that come from outside of you, when there are not two in your world that ask the same thing of you? You have to, once and for all, decide that you're going to orient yourself from your Source perspective. When you make a decision that nothing is more important than that you feel good, your life will begin to become that which you knew it could be when you made the decision to come forth into this physical experience.

Boston, MA—10/5/02

Everything that you activate in your vibration becomes a truth. You can make cancer true. You can make violence true. You can make clarity true. You can make poverty true. You can make abundance true. You can choose anything and give it your attention and make it truth. We say, a novel approach would be to pick things you like and make *those* true. But before you're going to be able to do that, you've got to say, "It's not about what's true and untrue. It's about what I choose to activate and turn into truth."

Boston, MA—10/5/02

We're not wanting you to ever feel bad about feeling bad. Because we know that feeling bad is always a temporary state of being. Good is ultimately all that is. You say, "Why did I ever let it feel bad?" And we say, we've been wondering the same thing.

San Antonio, TX — 11/23/02

Healing would be instantaneous within any body whose thinker could deactivate the thought of resistance. You could have been assigned the label of every deadly disease known to man, and if you didn't

know it and you were basking in the beauty of something in your now, and were doing it consistently over a period of less than 30 days—those diseases could no longer linger in your body, because the vibrational resistance that was the reason for them would be gone.

Boston, MA — 10/5/02

People do not die of diseases. They die of fear of diseases; they die of the resistance that is amplified by the fear. The physical body has the ability to rebalance if the environment of rebalancing is allowed. People don't come from healthy mental mindsets into disease and then get unhealthy mentally. They have the resistance going on before the disease, and then the diagnoses, (and often the treatments) amplify it. And often it helps too.

Syracuse, NY — 9/28/02

You literally teach each other your vibrations. Someone who empathizes with sickness, gets sick. Someone who empathizes with poverty, is poor. Someone who empathizes with abundance finds abundance. Someone who empathizes with wellness lives wellness.

Boston, MA — 10/5/02 — Tape 2

A problem cannot be solved by tending to the problem. The problem exists because there is resistance—and tending to the problem only makes more resistance, which disallows the resolution or the solution, or the Source, or the Well-being.

Syracuse, NY — 9/28/02

You do not have to figure out why something happens. You just have to understand what the new desire is that is born out of what has happened, and how to then find vibrational alignment with that. Or, at least, deactivate any vibration that is opposite of it.

Boston, MA — 10/5/02

Quarterly Quotes from Abraham-Hicks

There are children who are immunized who are well; there are children who are not who are well.

As quickly as you find some vaccine or some methodology to quell or squelch some disease, a new disease, never before known to man, pops up. Resistance is going to show up as disease. Until you start treating resistance, you will always have disease.

Orlando, FL — 12/14/02

As humans have come to believe that the longevity of life is more important than the quality of life, you have found ways to keep yourselves alive for longer and longer periods of time, under the fear that something could go wrong. If we were in physical shoes, we would be looking for the path of least resistance to believe in the self-healing qualities of our physical body. We would not be promoting so much outside intervention, because the outside intervention keeps squirreling around. In other words, every time you turn around they have a new idea about what is the best procedure for all of that.

Orlando, FL — 12/14/02

So, which thoughts am I going to give more air time to? Are they the worried speculative thoughts, or are they the thoughts of what I prefer? Are they the thoughts of people I'm mad at, or are they thoughts of people I love? Are they the thoughts of things that are wrong, or are they thoughts of things that are right? In other words, you get to choose—and how you feel indicates how you've chosen. And your body will respond to your choices. It really is that simple.

Syracuse, NY — 9/28/02

Don't get so involved in the desires or the beliefs of others that you cause confusion in your own vibration, and compromise your own alignment. When you let nothing be more significant than your own alignment with your own desire, then everything in the Universe is working in

concert for you. It is, anyway, but you're not letting it in if you are misaligned.

Syracuse, NY — 9/28/02

None of you will ever really live until you are able to quell your fear of death. None of you will be able to quell your fear of death, until you are embracing the idea of life. None of you will ever embrace your idea of life—unless you understand that there's no such thing as death. You are Eternal Consciousness. It's time to stop making this inevitable thing called death the issue that keeps you bound and afraid of the adventure that is life.

Dallas, TX — 11/2/02B

When you say, "I'm not going to think that thought," you're pretty much thinking that thought. So how do you deactivate that thought? By activating another thought. When you appreciate, you deactivate negative thoughts. When you adore, or praise, you deactivate negative thoughts. For that time of that experience, you are taking the path of lesser resistance. You are practicing allowing.

Asheville, NY — 10/26/02

You are the creator of your own experience. Be easy about all of this. Life is supposed to be fun. Lighten up. Play more. Laugh more. Make more fun of more things.

Hang around with people who make you laugh. Go to places that make you feel good. Make the best of every situation. Look for the positive aspects of where you live. Look for things to do. Keep your mind busy. Focus upon things that feel good. Bring many people into your life. Make more decisions in every day. Have fun with all of this.

Life is supposed to be fun. You are the directors of Energy—and your thought is the process by which you direct. There is so much love here for you. We are complete.

Dallas, TX — 11/2/02B

ABRAHAM'S NEWEST GREATEST HITS

A CLASSIC ABRAHAM-HICKS WORKSHOP!
Just too good to take anything out. Here, you get it ALL.

THE SCIENCE OF DELIBERATE CREATION
ABRAHAM-HICKS PUBLICATIONS
Boston, MA — 10/5/02

TAPE/CD ONE

17:00 How true can I make my "Truth"? 5:00 Somebody should do something about that problem. 13:00 To deactivate the vibration of your resistance? 12:05 Abraham gives a brief Vibrational Reality example. 5:23 Fall in love with where you are. 3:00 He's noticed that he has contradicted philosophies. 5:16 Is it possible to transfer negative moments? 12:04 Why did she get scratches on car?

TAPE/CD TWO

10:00 Where do compassion and empathy fit in? 4:18 How long to stay in meditation? 3:45 Some questions about "New Age energy" terms. 6:00 Her husband has his own unique wisdom. 8:20 She usually finds joy in her painting. 8:52 Therapist has little tolerance for client's disconnection. 1:14 She wants to be the chosen one. 23:05 Her relations with relationships are still sticky. 4:50 What's up with her sporadic head tremor?

TAPE/CD THREE

4:30 Why doesn't Abraham laugh like others? 5:12 Her meditation teacher misguided her into vegetarianism. 5:54 Abraham doesn't differentiate between males and females. 8:21 Is there a valid Energy Stream ritual? 7:41 The voice said "no" to medical procedure. 10:19 She has some questions about physical pain. 5:14 Was death as delicious as Mother observed? 4:09 How could she have lost unborn baby? 6:37 Would Law of Attraction determine starving adoptee? 15:43 He wants more success with less work. (Cont'd.)

TAPE/CD FOUR

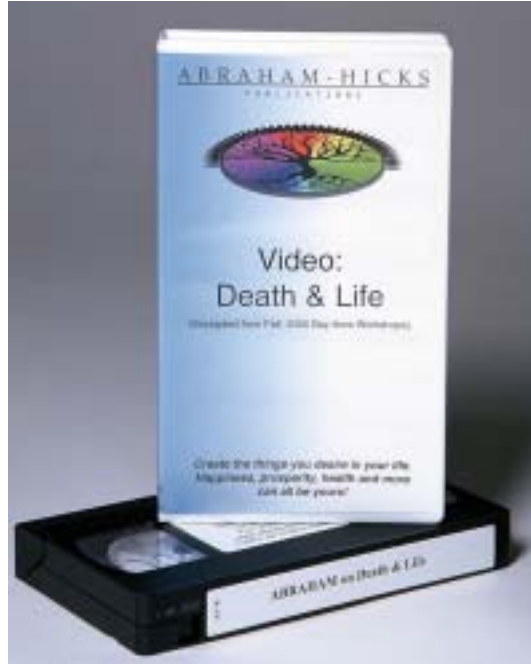
(Cont'd.) 14:20 He wants more success with less work. 7:32 Realistically, how far is he from success? 1:26 How do psychics read other's thought waves? 19:20 My Infinite-Self relationship. 16:00 The season of her long lost father. 8:00 Whether fungus or emotions, so be it! 1:00 Abraham closes the Boston Massachusetts Workshop.

Order 4T10-5-02—\$50 or 4CD10-5-02—\$60

NEW VIDEO: DEATH & LIFE

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 32, or call 830 755-2299).



SAN FRANCISCO WORKSHOP VIDEOS

These videos were recorded in San Francisco, California,
on Saturday, the 26th day of August, of the year 2000.

The Science of Deliberate Creation The Art of Allowing

This powerful workshop series demonstrates the simple
proven techniques that will allow you to easily create
anything you desire!

Five, one-hour video cassettes.

Ask for 5V-8/26/00 — \$100.00 plus S/H

Included in Part 1:

Abraham tells all that they know; The Law of Attraction; There is no such thing as exclusion; What you are getting is always a vibrational match; Your emotions are your guidance system; Contrast gives birth to rockets of desire; Know that all is well; Ask and it is given; Be more like your cat; Putting death in the proper perspective.

Included in Part 2:

Examine the content of what you're living to understand your vibrational offering; The pulling power of desire; Realize your power is in the here and now; Reach for the thought that feels better; Difficult relationships teach unconditional love; How to see an extraterrestrial spaceship; Allowing your child to not be an allowee.

Included in Part 3:

Understanding your connection to Source. Why does Abraham seem to trivialize ecological concerns? The difference between physical and Non-Physical energy. How does healing take place? Why has Abraham philosophy not manifested clearly before now? The meaning of astrology. Appreciating your leading-edge role.

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.



Ask for 5V-8/26/00 — \$100.00 plus S/H
To order see page 32.



ABRAHAM'S NEWEST GREATEST HITS

NOW ON CD OR CASSETTE — Here are three dynamic recordings of uplifting material skimmed from the six hour Los Angeles Workshop, February, 2002. These three recordings 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. A classic!

THE SCIENCE OF DELIBERATE CREATION ABRAHAM-HICKS PUBLICATIONS

Los Angeles, CA — 2/9/02
(Nearly 4 hours of Classic Abraham)

TAPE/CD ONE

- Practice, first, your Virtual Reality.
- Why would a pure positive beast sleep?
- Had a fear of losing mate; guess what?
- Are Abraham's teachings becoming world wide?
- Her ex-mate evokes uncontrollable angry outbursts.
- Playfully taking finances to the next level.
- Fox fur jacket vs. rabbit fox dinner.

TAPE/CD TWO

- Movie progressed during traumatic medical diagnosis.
- Mother's death directed praying son to Abraham.
- Is not every illness a "mental" illness?
- To do for her "mentally ill" son?
- To better understand her propensity toward seizures?
- Which is worse, medical fears, or realities?
- What about the abused little children?

TAPE/CD THREE

- Did painful childhood create neurological damage?
- What about surgeries on his basketball knees?
- Likes the exercise, but hates the pain.
- Let her daughter's medication become a non-issue.
- Can 27 year cat now live forever?
- Abraham gives definition of who they are.
- Abraham closes the Los Angeles Workshop.

Order S3-2/9/02—\$30 or S3CD-2/9/02—\$45

ABRAHAM'S GREATEST HITS



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





ABRAHAM'S GREATEST HITS

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



ABRAHAM'S GREATEST HITS

...I received the 3-tape set expressed in San Francisco, and with great delight I listened to the first tape a few days ago and am still vibrating in great appreciation. I have just now been with the 2nd tape, and it is profoundly resonating within me in a kind of paradoxical giggle...as I feel like a kid eating an ice-cream cone with sprinkles on it and simultaneously experiencing the profound tranquility and excitement of an adult who organically knows everything *is* all right as I continue to have the appetite for more. I am deeply appreciative. — R.E. — CA

THE SCIENCE OF DELIBERATE CREATION ABRAHAM-HICKS PUBLICATIONS

San Francisco, CA — 2/20 & 2/21/99
(4 hrs. 30 minutes of Classic Abraham)

TAPE ONE

- You live in a flexible self-created reality.
- Are there better choices than world peace?
- Regarding: "I'm only human; I'm not perfect."
- How much tennis would be too materialistic?
- To maintain my Tone while observing unwanted?
- Interact with as many people as you can.
- Tell us about the merry old souls?

TAPE TWO

- AIDS carrying survivor considers rejoining dating pool.
- Birth control pills, do they affect natural selection?
- Abraham's perspective of celibacy, orgasms, etc.
- Brief series of Abraham's past one-liners.
- She really, really, really resents men.
- Do fathers always have to be right?
- To understand relationship between sex and violence?

TAPE THREE

- Is child's weight perpetuating classmate's teasing?
- Teach children through clarity of your example.
- How much action to do or not?
- Total financial freedom for her family?
- Where is the place here for compassion?
- What if mate dies and I'm left alone?
- Focus Wheels, Meditation and a screaming kid.

Order S3SF — \$30.00 plus S/H



Hello from Jerry & Esther (Continued)

Continued from page 2

when Jerry asked her, "Hannah, do you know all of the words in that book?"

Hannah turned through the book, page by page, looking up one page and down the next, and then looked at Jerry and nodded, "Yes." I am sorry, again, to tell you, that I didn't think that Hannah knew all of the words in that book, but soon she pointed to the word "dementor" and announced that while she wasn't sure what the word meant, she was sure that it was pronounced, "dementor". And then after reading for about five more minutes she touched my arm and pointed at a word and said, "They left the "T" off this word". I looked at the word, "Righ!" And she was right!

Well, now Hannah has our attention. Not only is seven-year old Hannah able to read the book, but she is proof reading it, too!

I had noticed in her box of goodies a notebook with remnants of the "hangman" word game that she had been playing with someone.

"I'll play hangman with you, if you like," I offered.

Hannah turned the page and made the spaces for the letters, I would soon begin to guess, and she also drew the beginnings of the hangman platform, on which she fully intended to hang me. And then she *did* hang me. Three times. On the word "x-ray" and "meteorologist" and another word I can't even remember now.

The captain announced that we were beginning our descent, and Hannah told us that she hoped we would have a bumpy landing. "Well if we're lucky," I said, "Maybe the brakes won't work and we'll just shoot off the end of the runway." Is this little girl for real?

"Hannah," I said, "Have I ever told you the story of pee little thrigs who lived in a big fouse in the horrist? And one day the big wad bolf came to the door and said pittle lig pittle lig let me come in...."

"Hannah leaned back, in seeming surprise, and said, "I've never met you before!"

I cannot remember laughing so hard, ever, in my life.

Then Jerry asked, "What are you going to do this summer?"

"I'm going to gymnastics camp."

Jerry, being an old circus performer (I mean a *former* circus performer) said, "Oh, can you do a cartwheel?"

"Yes," Hannah said sweetly. "On a balance beam."

Well, I want to believe that my years of prejudging are behind me. I would like to believe that this extraordinary little girl has taught me, once and for all, that it is really not to my or anyone else's advantage for me to come to fast conclusions about who others are. I really do want to believe that I am forever changed.

And maybe I won't be so quick to conclude what the Universe has up it's sleeve for me, either. I was pretty darn sure that the Universe had given me the impulse to sit with Hannah so that I could cheer *her* up and make *her* flight more enjoyable, and I would not have guessed that, in fact, it was truly the other way around.

Our love,



G-SERIES TAPES/CDS FALL, 2002

YOUR WELL-BEING IS NATURAL

G-7/3/02 — Discover how to allow your every desire. She still has issues with “evil” people. Her question is about her astrological fate. Is this the Universal Truth he’s seeking? The weaker country vs. the big bully? Is creation only activated by sober minds? What’s the difference between unconsciousness and death?

G-7/13/02 — Why do people come to see Abraham? “Optimism”, as doing what’s best for me. Torn between teaching Well-being and earning \$. Ranking man-made laws vs. Universal Laws? Raw foods, scrimping, saving; avenues to success? Total family disconnects when mother falls apart. Advice for first year high school teacher.

G-7/20/02 — Bad doesn’t just happen; good gets resisted. Does Abraham have any tips on meditation? So, what’s the purpose of my body? Are one’s past “unhealthy” thoughts still active? Any disease could be healed with distraction. The relationship between emotion and solar plexus? Is “being happy” enough to maintain Well-being?

G-8/3/02 — To tell the truth, or feel good? An “Elderly New Ager” considers valve closers. Not stuck with illness she doesn’t resist? Why are his dreams no longer uplifting? The egg or the chicken; which came first? What’s best for smart, advanced children? Should they seek out their “core beliefs”?

G-8/10/02 — Do things have “Vibrational Matches”? Twenty-five years of Teachers — and now Abraham. Speak about my own Well-being being enough? When does monkey’s Spirit enter fetus? A monkey’s Life Force vs. human’s Spirit? As father abandoned him, he abandoned son. Can anything physical block his business?

G-8/18/02 — Do you enjoy a new insight? Has mother transferred irrational fears to daughter? Wrote children’s book using Abraham’s copyrighted material. Lost nearly everything; regained it; now what? She performs stand-up comedy in harsh environment. Getting from starving artist to prosperous artist? She has questions about her sexual dreams.

G-8/31/02 — I’m on a joyous path to what? Is the “ego-in-natural-man” evil? At what point do we become separate? Will cluttered worldwide event not create “Armageddon”? What form of consciousness does our Soul take in Nonphysical? Mother feels lack of hugs from son. Is this guiding, or controlling, teenage daughter?

G-9/2/02 — Deactivate what’s unwanted by activating what’s wanted. How does “forgiveness” fit in with “allowing”? Her mother’s funeral evoked family unity. But, when one misses relationship with deceased? Is there any value in utilizing hallucinogenic plants? Why doesn’t he get more straight answers? Wants clarification between humans and the beasts.

G-9/7/02 — If I can remember, I can visualize. When taking the life of another being? The difference between drugged and rational thought? A one-on-one relationship with Inner Being? Has Abraham-Hicks ever committed an error? When trying to explain “channeling our Source”? Fears child’s ethnic background will provoke arrests.

G-9/21/02 — Are “hands on stove” a family tradition? Can she avoid thinking about terminal illnesses? Do we have “free will” or “predestiny”? Can they work less and play more? What to do with her old tapes? He’s struggling with disorganization in his business. Should he break his knuckle cracking habit?

*SEE PAGE 32 TO ORDER: G-SERIES ALBUMS — \$90.00 + S/H — EACHES \$10
OR CD ALBUM — \$117.00 + S/H — EACHES \$15*

G-SERIES TAPES/CDS SUMMER, 2002

CREATIVE CONTROL IS YOURS

G-5/7/02 — You seem to have forgotten why you came. From the boogie man, to the IRS. How does one's tithing relate to prosperity? Can my new alignment affect my ancestors? Can he revive his successful business vibration? Is past cancer poised in her future? Can we fly, like in our dreams?

G-5/11/02 — You have creative control of your life. Virtual Reality isn't about fixing something broken. The Non-physical, as incompatible with our logic. What's the nature of the physical body? She was taught earthly things aren't worthy. So, is there value in being physical? He has noticed the evolution of "Abraham".

G-5/13/02 — Get in, feel good — and get out! When believing humans aren't made quite right? Geriatric Nurse questions "survival of the fittest." Veterinarian questions how biology connects with spirituality. Can his work feel "in the flow"? Regarding Seth's setting proper blocks of sleep time? Has selfishness evoked unresolved body lumps?

G-5/18/02B — We teach it; we don't live it. Why sleepy after twelve hours of work? Will this unique, eccentric me always be? She has been diagnosed with something unpleasant. What if we're working on more dollars? How does the "Universe answer" our desires? Mom, in coma, visited with comforting grandparents.

G-5/21/02 — You have creative control over your manifestations. School's teaching children to practice horrible deaths. Teacher's young daughter isn't enjoying her school. After 85 years, she expects improved eyesight. She's fascinated by the evolving, expanding Universe. All wonderful things are coming to her. Abraham's words of wisdom for new parent.

G-5/25/02 — Imagine yourself anywhere you want to go. Why should birth experience be painful? Contractor has recurring fear of being broke. Her cats vs. her business partner husband. Painful issues take away this Psychologist's joy. How can she deactivate financial abundance fluctuations? Stock market investor wants some daily phrases.

G-5/28/02 — How does your new desire make you feel? To keep Process-practicing from becoming boring? Any recommended sweeping social and environmental changes? He disturbed himself with an inappropriate thought. Friend's sexual chemistry felt better than husband's. Wants a realistic feeling of Source Energy? Is there time for all I want?

G-6/1/02 — Your life, as an adventure without risk. Got more money, but more responsibility too. What is his best question to ask? Various religion's founders; "what were they thinking"? He plays procrastination games with term papers. Hated father doesn't visit children often enough. Son belches the alphabet at dinner table.

G-6/15/02 — When horses pull together vs. pulling apart. There's nothing from which to protect yourself. She really doesn't know how to meditate. Son's "third strike" and it's jail for life? Had a year of phobias and anxieties. Has ongoing power struggle with preteen son. To inspire son to be "team player"?

G-6/29/02 — I can damn well choose my thoughts! Can she eliminate her basic core beliefs? How can she make her mate behave? Does deceased Dad observe her sexual activity? How can we not interact with complainers? Should she remarry the man she divorced? Accidents, healing and "cause & effect law"?

*SEE PAGE 32 TO ORDER: G-SERIES ALBUMS — \$90.00 + S/H — EACHES \$10
OR CD ALBUM — \$117.00 + S/H — EACHES \$15*

G-SERIES TAPES/CDS SPRING, 2002

VIRTUAL REALITY PROCESS REFINED

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-2/23/02 — They have labeled her son, paranoid. Must our view of god be limited? Precognition, deja 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. Other's opinions of you are from you. As physicians, do we cocreate 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.

G-5/4/02 — Create your own dream with Virtual Reality. Is there a role for preventative medicine? What is belief's role in physical health? Should healer seek emotional cause of illness? Visible Energy floated between him and Abraham. Will mammogram bring her peace of mind? Should New Thought coworker fear "Bible Belters"?

G-SERIES TAPES/CDS WINTER, 2001

PRACTICE YOUR VIRTUAL REALITY

G-10/06/01 — Preferences are evoked when unwanted is observed. When it seems like the majority rules. When controlled by your fear of death. Who 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. Where 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. What 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 Concepts?

G-11/03/01 — Through the vibration you're emanating, you're "asking". Her "obligations" to workers who "betrayed" her? What 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. What'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-12/15/01 — Spend more time in your Virtual Reality. When drunkard's Inner Being became designated driver. Does name, "Goat", carry specific vibrational data? Her virtual "Feeling of Channeling" ability. Minister friend, argues for painful perspectives. When virtual relationships become physical reality? When you joyously make manifestation a non-issue.

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

G-SERIES TAPES/CDS 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-8/11/01 — Catching yourself with egg on your face. Envisioning future job without jeopardizing present? Purloined paintings portfolio of visiting visionary artist. The power of consciously raising one's vibration? Wants another baby before final egg drops. Catholic guilt vs. doing the Hokey Pokey? Closing chapter of "going through" his divorce.

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-8/21/01 — Would the Universe thwart our mundane plans? No shortage of men in her labyrinth. With opposite intentions, couples still find satisfaction. Guilt-free resignation as manager of the Universe. Energy exchange at the moment of transition? Internist is practicing sensitive, futuristic Joy Medicine. The process of connecting with Source Energy.

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?

Continued from page 24

We're not saying don't want things. We want you to want things. We know you can't not want things. And we know that the Universe will yield endlessly to you. We just want you to savor. As you're savoring in the vision, things come into alignment.

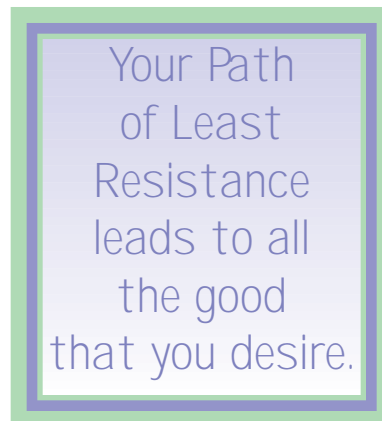
"Let's stop fixing and start savoring." *The way you fix is through the savor. We don't know of any way to fix your life, or align yourself, or allow your Source, or to achieve what you want—we don't know of any way to do it other than savoring your way there.*

So as you make a determination that you're going to be a big time savorer; a big time complimenter, and a hardly ever criticizer; a big time appreciator and a hardly ever noticer of something wrong; and a big time lover, and a hardly ever hater; and a big time reacher for thoughts that feel good—as you are reaching for these thoughts that feel best, you are automatically finding your Path of Least Resistance. And when you find your Path of Least Resistance, you are connected to your source of clarity and abundance and physical stamina, and Well-being.

All things that you consider to be good, all things that you desire, come to you through this Connection of Source that is known to you by the joy that you are finding in this moment.

So when we say, *Nothing is more important than that I feel good*, speaking from your vantage point, we really want you to internalize that sentiment: NOTHING IS MORE IMPORTANT THAN THAT YOU FEEL GOOD, BECAUSE WHEN YOU FEEL GOOD, YOU ARE HOOKED UP TO THAT WHICH IS GOOD—AND ALLOWING CONTINUOUS MANIFESTATIONS OF SAME.

There is so much love here for you. We are complete.



Excerpted from Abraham-Hicks Workshops
G-10/26/02, G-11/2/02B, G-11/12/02

ABOUT THE AUTHORS

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.



Esther & Jerry Hicks

Jerry and Esther have now published more than 600 *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, clear, 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

**"All Hands on Deck,
for the joy of the Mendenhall
Glacier experience!" — ndw**



**ALL OF THE CRUISE NEWS IS GOOD NEWS, BUT, AS YET, WE
HAVE VERY LITTLE OF IT TO REPORT.**

- We are planning an “Inside Passage” Seattle/Alaska cruise for July, 2004.
- We are going to conduct about 15 hours of workshops while on board.
- We are meeting with a highly respected agent in two weeks for the details.
- We are expecting the event to be one of the highlights of this lifetime.

The Princess Cruise Lines is replacing the “Star” with two giant new ships to try to accommodate all of us who are wanting to sail this Alaskan adventure.

We have not yet been informed of the names of the new ships, their sailing schedules, or their cruise prices. (We may know by the end of August.)

We have gathered a list of names of those who have already asked to join us. We will now begin a second list of those of you who would like more information as soon as we have it—and we will begin taking general reservations as soon as we have the booking information — so let us hear from you soon.

Meanwhile, we are boarding the Star day after tomorrow! It’s a very hard job, but someone has to do it.