

# The Science of Deliberate Creation

A Quarterly Journal and Catalog Addendum



Jan, Feb, Mar, 2004 — VOL 27

*I Make the Best of Every Situation*

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*NEW VIDEO — RELATIONSHIPS*

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**W**e would make the best of it. When you make the best of whatever you're focused upon, your future will become better than your now. If, in each moment, you're making the best of what-is—no matter what it is—your future just gets better and better, and better.

ABRAHAM — G-6/7/03 — Boulder, CO

*Abraham-Hicks Publications*

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## Hello from Jerry & Esther

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Jerry at RV Resort 2/17/04

(Esther took picture)

“Can you explain to me why in the world we don’t live here?”

That is always my question to Jerry whenever we are in San Diego. And his reply is always the same: “You *are* living here.” Then we laugh. It’s one of those old jokes that we never tire of that anyone listening in would have been tired of about ten years ago.

As you may know, in between seminars we stay in our Monster Bus. Our sites vary from paved and beautiful, to unpaved and a little less beautiful, but considering all things, this is our all time favorite RV park, and this time we parked on what we have concluded is our all time favorite site. We have a view of the San Diego harbor and a wonderful park, where lovers love and children play, and parents relax, and people like us take our twice daily walks. This must surely be paradise.

It’s been between 68 and 73 degrees during the day since we arrived, and so we leave our windows open so that we can more closely experience the wonderful fragrances and happy sounds of this park.

First thing this morning we heard the sound of women’s voices joyously fussing over something. It reminded me of the sounds I make when I see an adorable baby, but even more. Much more! We looked out our window to see what in the world was turning their world so joyously

inside out only to discover a very large man with a very small dog on a leash. “It’s a miniature poodle,” we heard him explain to the ladies. And then they cooed and ohhhhed, and awwwwed some more. The little dog wagged its tail and jumped into their arms and licked their faces as they giggled more and exclaimed their pleasure at this glorious little beast.

We went back to our work, and then heard a whole other chorus of new voices exclaiming their pleasure at this wonderful little dog. More laughing, more giggles, more licking, more happiness. And then more happy voices. This time a man’s voice, and another woman’s voice.

We looked out the window and watched for several minutes as this man and his dog took their walk down our street. We saw person after person squatting down to pat this little dog, and without exception this little dog jumped into their arms and licked them on the face. And without exception the person holding the dog was transformed into immediate joy.

So, I’ve made up my mind. In my next life time I want to be an apricot colored, miniature poodle. And I want to live with that man in this park. And I want to spend my days, jumping into peoples arms and licking their faces and making them feel like that little dog made people feel today.

Jerry says I don’t have to wait until my next lifetime. That I could do that today. Now that’s a picture that makes me laugh. Somehow I don’t think I would get the same reaction from people that my little dog friend got. But I understand Jerry’s point. What a great intention: To let every person you meet know that you think they are wonderful, no matter what.

*Jerry & Esther*

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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-I s.

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.

3/20/04 — **Phoenix, AZ** — Embassy Suites, Phoenix-Biltmore, 2630 E. Camelback Rd., Phoenix, AZ 85016. (602) 955-3992. Saturday 9AM to 4:20PM. \$150.00.

4/17/04 — **San Antonio, TX** — Held at the Abraham-Hicks Conference Center, 28550 Old Fredericksburg Rd., Fair Oaks, TX 78015. (830) 755-2299. Saturday 9AM to 4:20PM. \$150.00.

4/23/04 — **Atlanta, GA** — Held at the Atlanta Marriott Century Center, 2000 Century Blvd. NE, Atlanta, GA 30345. (404) 325-0000. Friday 9AM to 4:20PM. \$150.00.

4/25/04 — **Asheville, NC** — Held at The Inn on Biltmore Estate, One Antler Hill Rd., Asheville, NC 28803. (828) 225-1660. Sunday 9AM to 4:20PM. \$150.00.

5/1/04 — **Washington DC** — Held at the Hilton Arlington, 950 N. Stafford St., Arlington, VA 22203. (703) 528-6000. Saturday 9AM to 4:20PM. \$150.00.

5/3/04 — **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.

5/8/04 — **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.

5/15/04 — **Boston, MA** — Held at the Boston Marriott Peabody, 8A Centennial Dr., Peabody, MA 01960. (978) 977-9700. Saturday 9AM to 4:20PM. \$150.00.

5/19/04 — **Buffalo, NY** — Held at the The Hyatt Regency Buffalo, 2 Fountain Plaza, Buffalo, NY 14202. (716) 856-1234. Wednesday 9AM to 4:20PM. \$150.00.

5/22/04 — **Chicago, IL** — Held at the Hyatt Regency Woodfield, 1800 E. Golf Rd., Schaumburg, IL 60173. (847) 605-1234. Saturday 9AM to 4:20PM. \$150.00.

6/5/04 — **San Antonio, TX** — Held at the Abraham-Hicks Conference Center, 28550 Old Fredericksburg Rd., Fair Oaks, TX 78015. (830) 755-2299. Saturday 9AM to 4:20PM. \$150.00.

6/12/04 — **Boulder, CO** — Held at the Omni Interlocken Resort, 500 Interlocken Blvd., Broomfield, CO 80021. (303) 438-6600. Saturday 9AM to 4:20PM. \$150.00.

6/19/04 — **Fort Collins, CO** — Held at the Holiday Inn, University Park, 425 W. Prospect Rd., Fort Collins, CO 80526. (970) 482-2626. Saturday 9AM to 4:20PM. \$150.00.

6/26/04 — **Seattle, WA** — Held at the Embassy Suites, 3225 158th Ave. SE, Bellevue, WA 98008. (425) 644-2500. Saturday 9AM to 4:20PM. \$150.00.

7/3/04 through 7/10/04 — **Alaskan Cruise** — Held onboard Holland American's m/s Oosterdam, sailing from Seattle on Saturday, July 3 and disembarking in Seattle on Saturday, July 10, 2004. (This cruise is booked to capacity but we are considering doing another in July of 2005.)

7/14/04 — **Portland, OR** — Held at the Embassy Suites, 9000 SW Washington Square Road, Tigard, OR 97223. (503) 644-4000. Wednesday 9AM to 4:20PM. \$150.00.

7/17/04 — **Ashland, OR** — Held at the Windmill Inn of Ashland, 2525 Ashland St., Ashland, OR 97520-1478. (541) 482-8310. Saturday 9AM to 4:20PM. \$150.00.

7/24/04 — **San Francisco, CA** — Held at the Embassy Suites, 250 Gateway Blvd., South San Francisco, CA 94080. (650) 589-3400. Saturday 9AM to 4:20PM. \$150.00.

## 2004 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**

10/25/03 . . . . . Saturday . . . . . Asheville, NC	6/26/04 . . . . . Saturday . . . . . Seattle, WA
11/1/03 . . . . . Saturday . . . . . Dallas, TX	7/3/04 through 7/10/04 . . . . . Alaskan Cruise
11/22/03 . . . . . Saturday . . . . . San Antonio, TX	7/14/04 . . . . . Wednesday . . . . . Portland, OR
12/6/03 . . . . . Saturday . . . . . Tampa, FL	7/17/04 . . . . . Saturday . . . . . Ashland, OR
12/13/03 . . . . . Saturday . . . . . Boca Raton, FL	7/24/04 . . . . . Saturday . . . . . San Francisco, CA
12/20/03 . . . . . Saturday . . . . . Orlando, FL	7/25/04 . . . . . Sunday . . . . . San Rafael, CA
1/24/04 . . . . . Saturday . . . . . San Antonio, TX	8/1/04 . . . . . Sunday . . . . . North Los Angeles, CA
1/31/04 . . . . . Saturday . . . . . West Los Angeles, CA	➤ 8/7/04 . . . . . Saturday . . . . . West Los Angeles, CA
2/7/04 . . . . . Saturday . . . . . San Diego, CA	8/14/04 . . . . . Saturday . . . . . San Diego, CA
2/21/04 . . . . . Saturday . . . . . San Rafael, CA	8/28/04 . . . . . Saturday . . . . . Sedona, AZ
2/28/04 . . . . . Saturday . . . . . San Francisco, CA	9/1/04 . . . . . Wednesday . . . . . Albuquerque, NM
3/6/04 . . . . . Saturday . . . . . North Los Angeles, CA	9/15/04 . . . . . Wednesday . . . . . Kansas City, KS
3/20/04 . . . . . Saturday . . . . . Phoenix, AZ	9/18/04 . . . . . Saturday . . . . . Chicago, IL
4/17/04 . . . . . Saturday . . . . . San Antonio, TX	9/22/04 . . . . . Wednesday . . . . . Cincinnati, OH
➤ 4/23/04 . . . . . Friday . . . . . Atlanta, GA	9/25/04 . . . . . Saturday . . . . . Detroit, MI
➤ 4/25/04 . . . . . Sunday . . . . . Asheville, NC	9/29/04 . . . . . Wednesday . . . . . Syracuse, NY
5/1/04 . . . . . Saturday . . . . . Washington, DC	10/2/04 . . . . . Saturday . . . . . Boston, MA
5/3/04 . . . . . Monday . . . . . Philadelphia, PA	10/9/04 . . . . . Saturday . . . . . Tarrytown, NY
5/8/04 . . . . . Saturday . . . . . Tarrytown, NY	10/13/04 . . . . . Wednesday . . . . . Philadelphia, PA
5/15/04 . . . . . Saturday . . . . . Boston, MA	10/16/04 . . . . . Saturday . . . . . Washington, DC
5/19/04 . . . . . Wednesday . . . . . Buffalo, NY	➤ 10/24/04 . . . . . Sunday . . . . . Asheville, NC
5/22/04 . . . . . Saturday . . . . . Chicago, IL	➤ 10/28/04 . . . . . Thursday . . . . . Dallas, TX
6/5/04 . . . . . Saturday . . . . . San Antonio, TX	➤ 11/13/04 . . . . . Saturday . . . . . San Antonio, TX
6/12/04 . . . . . Saturday . . . . . Boulder, CO	
6/19/04 . . . . . Saturday . . . . . Fort Collins, CO	

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

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# I Make the Best of Every Situation!

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Do you know what you are wanting? Are you enjoying the evolution of your desire? Do you like that fresh, new feeling of a new desire just hatched; the awareness that there is something more to move toward, even before it is manifested? Do you still like that?

That is the most significant question, and your coming to a confident answer of *yes* is a most significant thing for you, because when you have reached the place where a new, unfulfilled desire feels life-giving to you, then you have completely reconnected with who you really are.

When there is something that you desire and it has not yet manifested, and you cannot yet see the path through which it will manifest, and you are discouraged, then you are forgetting that you are an Eternal Being and that you never get it done. But when there is a new, unfulfilled desire, and instead of torturing you with its absence, instead it calls you with its idea—

then you are Source Energy, physically embodied, and right on track.

So often, our physical friends feel frustration in their unachievement of something, as if once it manifests, then everything will be better. *And while we do agree that it is fun to manifest, and we wish for you that your every desire be fulfilled, we want to remind you that when each desire is fulfilled, many more will be newly hatched.*

And when you finally relax and accept that you and we are all Eternal Beings, and that we never get it done, then sometimes, perhaps if you will

let it, it will take the sting out of what is not fulfilled. When you are no longer feeling uncomfortable about what is not fulfilled, but are satisfied with *what-is*, while you are eagerly reaching for more, now you are in the perfect vibrational stance to allow steady fulfillment of ever-evolving new ideas.

When you stand in your place, observing *what-is*, and letting *what-is* be primarily the reason, or the



Once a desire  
takes flight  
a new one  
is  
hatched.

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basis, for the vibration that you offer, *what-is* cannot change, because your vibration is only about *what-is*.

*Law of Attraction says, that which is like unto itself is drawn.* So, if you stand in an awareness that you don't have enough money, and you talk about it and you feel around it, and you perpetuate a continuing vibration of not enough money, even though you're asking for more, and even though you may be offering action which should accommo-

date more—*more cannot come because it is vibrationally different from the vibration that you are usually offering.*

And so, an attitude of satisfaction about *what-is*, an attitude of making the best of *what-is* while you are eagerly anticipating an evolution of *what-is*—that's the perfect vibrational stance.

*Optimism brings you so much; pessimism keeps it from coming. Eagerness brings you so much; disappointment keeps it from coming. Happy anticipation brings you so much; discouragement keeps it from coming. Joy and love and appreciation brings you so much, while anger and depression and fear keep it from coming.*

Now, those emotions don't actually keep it from coming. They

are just indicators that while you feel that way—it's not coming. In other words, your emotions are your indicator of what you are doing with your vibrational mix.

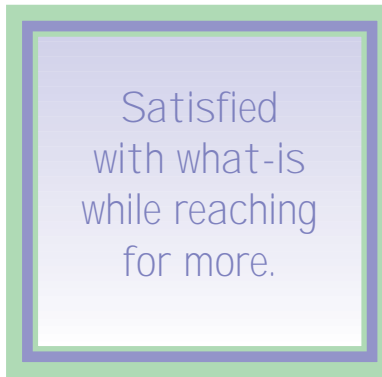
So, the happier you are, the more you are allowing who you really are and what you really want to come. The more unhappy you are, the more you are resisting it.

We call this gathering the *Art of Allowing* as compared to the art of resisting. In other words, allowing your connection with who

you are, allowing the receiving of what you've been asking for. And the easiest way to hear "Allowing" is, letting in the good stuff—letting in what is naturally Well-Being, and what is naturally yours.

Sometimes when we talk about Allowing, people misunderstand and they think that Allowing means finding something unwanted and just putting up with it—allowing whatever is to be, and not fussing over it. That isn't what we mean by Allowing at all. By Allowing, we mean, finding, through choosing thought, things that feel good when you think them, and practicing those kinds of thoughts that feel good, so often, that they become the dominant vibrational proclivity

Continued on page 14



## Love Appreciation Love

### It Is So Wonderful

My Beloved Abraham Friends,  
I love this Quarterly Journal so much; I devour each and every statement in it with my big and joy-filled appetite! And I really get a kick out of the section where the people from all over thank Esther/Abraham and Jerry for the workshops they have participated in and the positive changes and impact they have made as a result of it.

It is so wonderful to know that there are many people all around the world that follow the universal laws consciously in their one of a kind ways—for the good in their lives and therefore for the good of the total.

I wish you a peace-filled time that allows all the exciting ideas to bubble forth.

Claudia Demarmels—Austria

### Website Has It All

Finally, I have found a website that has everything. I had been surfing the internet, looking for help in understanding Universal Laws and how I can apply them to my life. When I came across your website, I was thoroughly pleased. Everything I have been looking for is right here, and now I can focus on this instead of searching for bits and pieces from other websites. Thank you for such an informative website.

Lucinda Silva — Internet

### A Wonderful Workshop

What a wonderful visit with Abraham we had at the Workshop on Saturday in Chicago! I drove six hours, and it was worth it. To get to ask my own personal questions was a blessing for which I am truly appreciative. Abraham really blew me away when they blithely explained déjà vu as casually as if they were tossing bread crumbs to a sparrow.

My thanks to both of you for continuing to bring this miraculous material to those of us who need coaching in physical living. I'm sure you're receiving blessings from your work every

day. Add mine to them. I look forward to perusing the conference tapes.

Cheryl Phoenix—IL

### Calendar Is Fabulous

Like so many others who have attracted the A-H teachings, I am wanting to express my heartfelt gratitude and joy to Abraham and Esther, and Jerry Hicks, for providing me with what I now understand is all that I will ever require to create my experience exactly as I consciously choose it to be.

The Hicks' dedication, joy, subtle intelligence, organizational work, and commitment to the sharing of this omniscient brilliance, are a most powerful inspiration to practice these teachings, and to be an example for others also seeking to remember these Laws, which I realize I did know as a baby-toddler-being in this life.

The *Daily Planning Calendar* that I received as a gift two moths ago is fabulous—a marvelous focus for daily commitment to Deliberate Creation.

Thank you!

R.A.L. West—AZ

### So Much For So Little

I have finished all the *Starter Tapes Sets* and I am now experiencing joy in my life. In fact, at this level, I have never experienced joy like this with all of the last 30 years of New Age courses and seminars I have attended and studied. I have had tremendous results in a short time with a small amount of money. God bless you!

I am so anxious to meet you at the Chicago seminar. I would like the whole world to know. I would also like to start my own Abraham study group. I am willing to do my part and my work. I WANT TO GROW. I WANT JOY.

Much love,

Sharon Zenner — IL



## Love Appreciation Love

**Better & Better** The beauty of your work unfolds in so many ways in my life, and I am so appreciative of the connection I have with Source as expressed through Abraham. It really does get better and better!  
In love and light,  
Laura Johnston—OH

**Teaching by Example** You have given me what I required to get my life in order. I was introduced to your teachings in Dec. 1996 and I totally immersed myself in your tapes, and have worn some of them out. What a positive effect it has had on my life and, of course, those around me. Thanks a lot, I enjoy teaching others...through, of course, just being an example.  
Zelda Nelson — Canada

**Fabulous Newsletter** When can we expect to see the next Quarterly Newsletter? I so enjoy these, and literally, read from them each day. It is a fabulous way to begin and end a day (and any time in between, for that matter). I appreciate you for all you do.  
Colleen Andruszkiewicz—Canada

**Splendid Service** You've always provided splendid service, but you still took me delightfully by surprise with the speed-of-light processing and delivery of my order. So lovely not to have to wait!  
You make a business transaction feel more like friends getting together. Blessings to you!  
Rebecca — Email

**Exciting Workshop** Thank you for the fabulous workshop in Atlanta. I so appreciate the love and energy that culminates in such an outpouring of wisdom. I not only got to be the first questioner, the rest of the workshop was sitting-on-the-edge-of-my-seat exciting! I so appreciate you all—with every fiber of my being!  
In joy and love,  
Constance Allison-Lewis—FL

**I Love My Life!** ...Since childhood I have always woken with a smile and appreciation of the day, but then throughout the day, my world would always be one of reactions, avoidance, being pushed where I often didn't want to go. And exhausted every night, I would think, "Well, I made it through another day!"

I have learned I can direct my life. I no longer have to fear a million different things that I thought could, would or should impact my life. The smile, and the feeling I wake up with now, lasts all day, and when I fall into an old trap, I know how to get out.  
You have accelerated my learning experience. Without you, I would have been still stuck until next time around. I thank you with all my heart for this opportunity of growth in this physical existence. I love my life!  
Peggy Rosentreter—WY

**Beyond Words** My heartfelt appreciation for the life-transforming messages of the Abraham teachings. It's simply beyond words, but rest assured, this is one ancient Soul who resonates with great joy every time I hear or read them. Blessings to all of you in the Divine Energy of Life.  
Thank you so much,  
Taylor Carney—VA

**Starter Set Is Uplifting** I've listened to the *Starter Set CD's* a number of times, and each time is more uplifting than the last. Thank you so much.  
Sharon Nolan—NJ

**Loves the Music** I truly value all of your materials and I just love the music CD, *A New Adventure*, and listen to it constantly. What an exciting way of listening to Abraham's teachings.  
Thank you for your help.  
Eileen Reilly—Canada



G-SERIES TAPES or CDs — SUMMER 2003

### *I Make The Best of Every Situation*

We want you to understand that there has been no assignment made for you. You came forth with this very clear intent that went just like this: you said, “I think going forth will be the most exciting thing I can think of.

I’m doing this, not because the environment needs to be modified; not because I will be unfulfilled if I don’t; not because I need these marks on some chart in order to achieve some level of perfection that some master will assign me. I will do these things because it will be joyful to do them! I will grow, oh, I know I will grow. I will not be able to help but expand. I will not be able to help but contribute, but I’m not coming forth because of the value that I will offer, because that is a given. And I’m not coming forth to prove anything, because there is nothing to prove. I’m coming forth because this looks like a vacation I’d like to take! I think there will be some fun here. I think there will be some interest stirred. I think that more life will flow through me.

I think that this is going to be a really good time—therefore, I go forth!” That’s what you said. That’s why you’re here. That’s why we’re all here. It is for the joy. And when you get your eye on the joy—everything else will fall into place.

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

— G-5-7-03B — Philadelphia, PA

**G-3/29/03** — There are no painful paths to joy. Cancer’s gone, but asthma affects his breathing. Where will her new abundance come from? What causes chills up her spine? How did her husband create Alzheimer’s disease? A long term relationship with ice cream? Will their dad’s suicide affect their afterlife?

**G-5/7/03A** — To look at what-is and feel good? What the Path of Least Resistance feels like. Your negative emotion is a wonderful thing. Abraham’s Prosperity Game Process to regain Well-being. Has wonderful life, except for mate’s snoring. She wants to regrow her teenage body. Now ready to take a quantum leap?

## G-SERIES TAPES SUMMER, 2003

**G-5/7/03B** — Always responsible for how we are treated? Inner Being, your most intimate Nonphysical aspect. How can we distinguish the “old souls”? To enhance the community’s health and wellness? Fear of losing her lover, lost him. When joyous Granny goes, what lives on? I will do it because it’s joyful.



**G-5/10/03A** — Path of Least Resistance always feels better? Law of Attraction as a magnificent Manager. My world is a reflection of me. He’s searching for the historical biblical Jesus. From whence came biblical Cain’s virgin wife? Is it wrong to define what’s evil? What or whom “thou shalt not kill”?

**G-5/10/03B** — When beating the drums of unwanted health? Does her “subconscious” mind sabotage her creation? Is gravity behind our aging and dying? To best use Abraham’s Segment Intending Process? At what point does “uplifting” become imposing? Is fulfillment more about time, or focus? Her Greater Self calmly observed survived bombing.

**G-5/17/03** — Middle East conflicts, as a family grudge. What “being in the flow” feels like? Should we confide relationships problems with supporters? Will happiness make his skin clear up? This “recovering physicist” still has many questions. Why doesn’t Abraham ever laugh out loud? Can she do something about her health?

**G-5/20/03** — Can I think same and receive differently? There are many paths to your fulfillment. Has received multiple conflicting medical diagnoses. She has a secret: No more medications. Can balanced person positively affect the world? Leading the parade at age 122? Why would father die in such agony?

**G-6/7/03** — Which would you choose: truth, or Well-being? Cosmic answers to his house sale questions. Have we recognitive or manipulative weather powers? Nothing is worth getting upset about. Law of Attraction fulfills all individual desires? Is there a natural aging/declining process? How to reveal dad’s suicide to stepson?

**G-6/14/03** — What is the drum you are beating? Her neighbor shot her best client’s dog. Should I forgive, or should I ignore? Drumming the best from his musical groups? Where are we when we are asleep? To awaken from sleep full of energy? Wanting to feel her oneness with Abraham.

**G-6/21/03** — How did humans get on this earth? Can we NOW get into the future? She wants clearer evidence of Nonphysical Guides. The case of a fearless, toothless cowboy. Her mother had a hard time dying. She’s still oftentimes beset with painful headaches. To make the best of sleep?

*SEE PAGE 32 TO ORDER: G-SERIES, SUMMER, 2003 CASSETTE ALBUM — \$90.00 + S/H — EACHES \$10  
OR CD ALBUM — \$117.00 + S/H — EACHES \$15*

## Quarterly Quotes from Abraham-Hicks

**M**ake the best of it. When you make the best of whatever you're focused upon, your future will be better than your now. If each moment you're making the best of what-is, no matter what it is, you make the best of it; make the best of it; make the best of it—your future just gets better and better and better, and better.

Boulder, CO — 6/7/03

**Y**ou cannot be less than you are now. You cannot achieve a vibration that is less than the vibration that you have achieved. That's why when someone achieves an empire and then something happens where it is lost or destroyed, they still have the vibration that they've achieved, and the empire will come back again—you see it all the time—because it is the vibrational status that the Universe is responding to, not the financial status.

Philadelphia, PA — 5/7/03B

**Y**ou are Beings who intend to come forth and to continue to expand and grow and change. What is the perfect age? "Well, it's the age where I finally understand my freedom, and I finally understand that I am free to create, and it's the age that I am at my most beautiful." And we say, by whose standards? In other words, who gets to decide the perfect age? And we say, *rather than determining what the perfect age is, why not decide what the perfect state of being is—and then discover that you can find the perfect state of being at any age.*

Tarrytown, NY — 5/10/03B

**T**he majority have been programmed from their past experience to expect physical decline. And while it is something they don't want, they are programmed to expect it. And so, they're going to get what they expect. *It's not that what they expect is the reality that everyone lives, but that everyone lives the reality of what they expect.*

Philadelphia, PA — 5/7/03B

**T**he one who fears something the most is the one who has it most activated in their vibration. And so, it is logical that they would experience it.

Tarrytown, NY — 5/10/03A

**T**here are those that say, if you do the uncomfortable thing long enough, it will become comfortable. But we are really not encouragers of that. We are encouragers of coming into alignment, and then taking the action. We are encouragers always of getting rid of the fear; we would never want you to keep doing things that you feel fearful about. And maybe the path of least resistance is just not get on the horse. Maybe the path of least resistance is to get on a different horse—but *we would never move forward in fear.*

Billings, MT — 6/21/03

**E**nlightenment means literally aligning to the Energy of my Source. And genius is only about focusing. *Law of Attraction* takes care of everything else. Physical humans often want to make enlightenment about finding some process and moving through the process that has been pre-described. But true

## Quarterly Quotes from Abraham-Hicks

enlightenment is moving to the rhythm of the internal inspiration that is coming in response to the individual desire. *Enlightenment is about allowing my Connection to the Source that is me for the fulfillment of the things that I have individually defined here in my time-space-reality. That's as good as it gets.*

Boulder, CO — 6/7/03

**T**here is thought and there is Thought Form, and there is Manifestation. Manifestation is always in the eye of the beholder. So this time-space-reality that everyone is perceiving is nothing more than vibrational interpretation.

So the Thought Form of that which is man was set forth from Broader Perspective, and has continued to evolve by the experience of those who were having the experience here on the planet. And what you actually see as man or human is vibrational interpretation.

Now, did man come from ape? No, man was a different idea. So how does the idea of evolution occur? And we say, because the idea of each species was set forth, and as the experience of the species is lived, the idea expands. So the expansion is happening from the Leading Edge place, and is supported from the Source Energy that flows everywhere the idea goes.

Billings, MT — 6/21/03

**E**ven in your rightness about a subject, when you try to push your rightness toward another who disagrees, no matter how right you are, it causes more pushing against. In other words, it

isn't until you stop pushing that any real allowing of what you want can take place.

Boston, MA — 5/17/03

**I**f you don't meet resistance with resistance, it dissipates dramatically. It just softens. Try it! Next time somebody says to you, "I'm right, and you're wrong," say, "Pffft, you're right. You are right. You're right." And mean it. In other words, don't mock them. Don't be sarcastic. "You're right." And then watch how, all of a sudden, their legs almost go right out from under them. They don't have the energy to blast you, because you just took the fuel away from the fire.

Boston, MA — 5/17/03

**T**hose that we see who are living long lives don't do so without powerful intent that keeps drawing life through. In other words, what continues the motion forward itself is the continuing setting forth of the new intent that draws life through. In fact, intending for long life assures that you must be leading the parade; people don't start diminishing their life until they stop leading and start falling back into the ranks of the parade, trying to do what others are leading them to do.

Buffalo, NY — 5/20/03

**T**he best you can do for anyone is to thrive fully, and be willing to explain to anyone who asks how it is that you are thriving, and what it is that you've discovered—and then, just relax and trust that all truly is well.

Buffalo, NY — 5/20/03

Continued from page 7

within you. In other words, you just practice it until it's easiest to go there.

The *Art of Allowing*, is deliberately choosing thoughts that feel good, with an ear to how the thought feels as it evolves within you. The *Art of Allowing*, is wanting so much to feel good, that whether you are perusing the past or the present, or the future, you're deliberately looking for the best-feeling thought that you can find. And as you choose the best-feeling thought and practice it until it becomes a sort of natural feeling within you, then more and more of that which you want flows to you.

There is not a source of illness and there is not a source of poverty, and there is not a source of darkness. You know that. You don't say, "The sun came up

this morning and brought the light, and the blob came up tonight and brought the darkness." You understand that there is a Source that can be muted or resisted, or disallowed, and that's how it is with Well-Being. Well-Being is natural to you.

Comparatively speaking, proportionately speaking, Well-Being is so huge and the lack of it is so small. So how does lack of Well-

Being get such a foothold in anyone's experience? It all has to do with the vibrational airtime you give it. In other words, the more you look for reasons to feel good, the more you find the vibration of that. And the more you find the vibration of that, the more *Law of Attraction* brings you other things that match it. Haven't you noticed that sometimes you can get on a positive roll? And haven't you noticed that sometimes you can get on a negative roll? When you get focused upon something that doesn't feel good—*Law of Attraction* will bring you more things like it.

As humans become more observers and less deliberate thinkers, then you can get more of *what-is* and less of what you are wanting. In other words, most people offer a tremendous amount of their vibrational

outpouring in response to what they are observing. And that's why you want so much to control the circumstances around you. When you look at circumstances that make you feel good, it feels good. When you look at circumstances that don't make you feel good, it doesn't feel good. And then you say, "We've got to do something about controlling these circumstances. We need more



laws. We need more rules. We need to contain the others. We need more parental guidance. We need more governmental control. We need more protection against this and this, and this.”

And what we want you to realize, is that there is no protection against a vibration that you achieve, because *Law of Attraction* says, that which is like unto itself is drawn. So, if you look at that thing that you want, often, and you talk about it, and you say *yes* to it, then you achieve vibrational harmony with it—and it must come into your experience.

But when you look at that thing that you don't want, and you shout *no* at it, it must come into your experience, because this is a Universe based upon attraction—it is all about inclusion. There is no exclusion in an attraction-based Universe.

Every time you spend time looking at something unwanted, you just practice the vibration that attracts it to you. That's why diseases get worse after diagnosis, usually, for awhile, until somebody convinces you that there is a remedy that you can focus upon.

Our encouragement to you is that you make a decision today and

practice it every day from now on, that says: *I am one who makes the best of every situation.*

*When you are making the best of something, no matter how bad it is, it's got to get better. And as it gets a little better, and you still make the best of it, it's got to get better. And as it's still not very good, but you're making the best of it—it's got to get better.*

Sometimes, you catch yourself deliberately making the worst of something, and exaggerating your problem. And we know where you

got that. When you were little, you had to plead a pretty needy case to your parents who appeared to be the vortex through which all your Well-Being came. And when you said, “I really want something,” their answer was often, “But you don't need that.” And so, you developed, very carefully, deliberately calculated patterns of expressing need to those that you believed were the givers of the goods. “I needed it! See how I'm suffering without it?” And we say, it might have worked a little bit with your parents as you eked out a mediocre improved life, but it does not work with the Universe that has the ability to grant all desires.

Emotions are indicators of your Vibrational mix.

Continued on page 48

## 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](http://www.abraham-hicks.com))

## STARTER SET: CASSETTES

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

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— Learn how this most powerful Law in the Universe affects your daily life.
- **LAW OF DELIBERATE CREATION**  
— Use this Process for creating your life deliberately, rather than by default.
- **LAW OF ALLOWING**  
— Your Well-being is natural. Learn how to free yourself as you are freeing others.
- **PROCESS OF SEGMENT INTENDING**  
— You will learn, here, how to use your natural power always to your advantage.



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

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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 CONSCIOUSNESS, 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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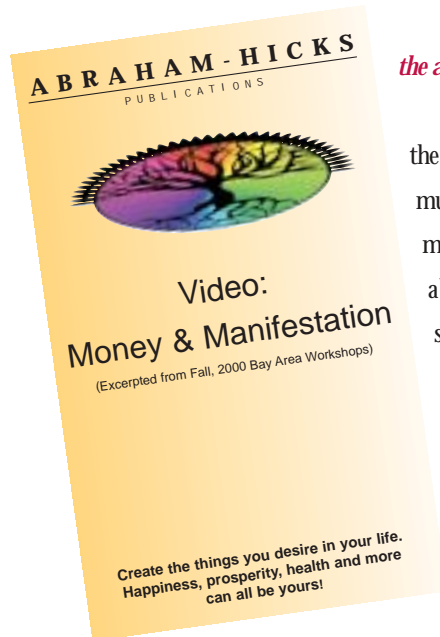
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*...Since receiving ABRAHAM's Free Introductory Tape, I've listened to it 3 or 4 times. It is concise and very recreatable both in my life and in my work as a consultant...I wanted to thank you for so much value in this one small tape. I am impressed and moved...Enclosed is my first "real" order:—Texas*

## A SPECIAL SUBJECTS VIDEO: MONEY & MANIFESTATION



*The only true measure of success is the amount of joy that we are feeling.*

And for most of us (who are living on the cusp of this rising Information Age) much of our joy can be associated with our manifestations of money and the abundant variety of things that stimulate our interest.

The seven segments that comprise this composite video have been selected specifically to enhance your knowing that *there is nothing that you cannot be or do, or have.*

(ABRAHAM ADVISES US THAT THE BEST TIME TO WORK ON OUR ABUNDANCE IS WHEN WE ARE FEELING ABUNDANT.)

### SUBJECTS INCLUDED:

- Thinking; feeling; getting — are always a match. (8:40)
- Nothing is more important than feeling good. (6:00)
- Delegate your desires to your Universal Manager. (6:30)
- Removing brakes from abundance in 17 seconds. (8:20)
- Visualize your economy for the pleasure received. (8:00)
- The summoning power of your big desires. (8:20)
- Letting Well-Being in through the Placemat Process. (14:00)

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

Order: AV-10 Money & Manifestation — \$30. Running time: 1 hour  
(To order, see page 32, or call [830] 755-2299).

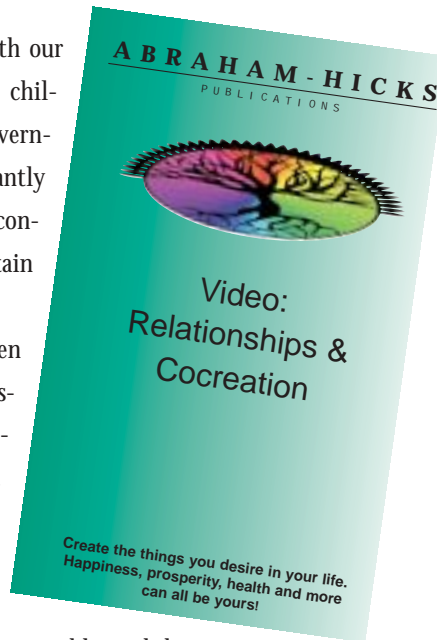


## A SPECIAL SUBJECTS VIDEO: RELATIONSHIPS & COCREATION

Whether it's relationships with our lovers, mates, x-mates, parents, children, coworkers, neighbors, government . . . relationships are constantly changing, and we seem to need to constantly realign in order to maintain our Well-Being.

More than money, and even more than health, Abraham is questioned regarding seeking relationships and improving relationships.

This *Relationships and Cocreating* video answers many of those questions. It is a composite excerpted from the relationships issues addressed during three Bay Area Workshops in August of 2000.



### SUBJECTS INCLUDED:

- The Vibrational Universe. (10:00)
- Transforming painful past relationships. (3:40)
- Forgiveness, and unconditional love. (3:40)
- Staying up when others are down. (6:50)
- Your Book of Positive Aspects. (1:40)
- All of your relationships are eternal. (1:00)
- Avoiding problems with the neighbors. (5:00)
- Connecting with your kids. (13:20)
- The process of attracting your ideal mate. (14:26)

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

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## NEW!! VIDEO MONTEREY, CA

These videos were recorded in Monterey, California, on Saturday, the 29th day of August, of the year 2000.

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Five, one-hour video cassettes.

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#### **Included in Part 1:**

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.

**Included in Part 4:**

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.



Ask for 5V-8/29/00 — \$100.00 plus S/H  
To order see page 32.

# 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 now it has been a thrill for me to present over 50 of my favorite "teens" questions to Abraham at our El Paso Workshop — and to now make the dialog available to you!

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

Order CD-22 — \$15 (plus S/H)  
AB-22 (cassette) — \$10 (plus S/H)

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The *Monthly Subscription Program* and *Weekly Subscription Programs* and the *Free Introduction to Abraham* recordings can NOW be ordered on CD or Cassette.



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("Free Introduction" download at [www.abraham-hicks.com](http://www.abraham-hicks.com))



## VARIOUS SERVICES AND PRODUCTS

### MONTHLY SUBSCRIPTION CASSETTE OR CD PROGRAM

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 40-45)

**3 TAPE ALBUMS** — \$30 each (plus S/H). Currently these include our Sara Books on tape and Abraham's Greatest Hits albums. (See page 38, 42, 48, 52-55)

**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. (See pages 24-27 & 49-51)

**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.

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**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](http://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**

Order on-line at [www.abraham-hicks.com](http://www.abraham-hicks.com) (a secure transaction)

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ST-CD		Starter Set: Abraham's Basics in CD Format @ \$45	
ST-TP		Starter Set: Abraham's Basics in Cassette Format @ \$35	
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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	
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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.

### INTERNATIONAL ORDERS

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

### PLACING ORDERS

- Please print or type information
- 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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## 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 _____
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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](http://www.abraham-hicks.com))**





## WORDS OF WISDOM FROM THE BROADER PERSPECTIVE

**PHYSICAL AGING DOESN'T MEAN PHYSICAL DECLINING** — As the years go by you still have the same access to the same Energy Stream of clarity, and to the same abundant resources of life as you have always had. But, because most of you expect to decline as you age, your very expectation causes a resistance that pinches off those resources, causing (although it does not have to be) a diminishing of experience.

Resistance not only shortens your life experience, it dims the quality of your every moment. And so, the recipe for a long and joyful life experience is for you to have many things to think about—with little resistance.

You can reverse anything. As long as you are consciously releasing resistance, and not allowing it to mount—you can remain joyously physically focused.

(Excerpted from — G-3/29/03 — Phoenix, AZ)

## 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**



## GREATEST HITS

**AVAILABLE ON CD OR CASSETTE —**  
“Nothing changes in my reality until something changes in my thought.” And this San Francisco album does evoke new thought.

A classic recipe for guidance to our state of natural Well-Being; Abraham magically mixes their brilliant thought provoking knowing with splashes of loving, clarifying humor, and they blend those ingredients into the audience’s ever expanding observations and questions. The result is this delicious, recorded, learning experience for each of us who is wanting to learn (or to teach) *how to live the joyous, fulfilling life that we came to earth to live.*

“On a scale from 1 to 10, this Workshop was a 400!” — Andy Harrington — email

### THE SCIENCE OF DELIBERATE CREATION ABRAHAM-HICKS PUBLICATIONS

#### **San Francisco, CA — 8/9/03**

(Nearly 4 hours of Classic Abraham)

##### TAPE/CD ONE

- New ideas are the breath of life. (11:00)
- Maybe we could make Well-Being the “Truth”? (12:00)
- Learning to enjoy our dreams as messages? (16:00)
- Surreptitiously toying with red lights and marijuana. (15:30)
- Eyes see what you believe you can. (3:30)
- Was Cod Liver Oil really the remedy? (12:48)
- Dad told Esther when fish were flying. (16:00)

##### TAPE/CD TWO

- Time to stop being amazed by Well-Being. (6:30)
- She’s discovered that NOW never goes away. (2:00)
- The subtle differences between solutions and problems. (7:00)
- When lover mistreats his dog and kids. (11:00)
- Starting a savings plan to buy house. (6:30)
- Which feels better, anger or depression? (13:17)
- Deliberately doing nothing *is really doing something!* (26:00)

##### TAPE/CD THREE

- To increase our awareness of our thoughts. (13:00)
- Energy flow, Aliens and “Vibrational Thought Soup”? (9:00)
- Bluegrass music, Planet Earth, and Abraham’s knowledge. (9:00)
- Oops! she got a third speeding ticket. (13:00)
- He feels pains from his nation’s aggressiveness. (6:00)
- Living the nearsighted life of Mr. Magoo. (8:30)
- A decision? and how to make one? (3:00)

Order S3-8/9/03—\$30 or S3CD-8/9/03—\$45

# ABRAHAM - HICKS MUSIC

PRESENTS

## *A New Adventure,*

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



Order CD — \$15 + S/H

More than 70 minutes of a variety of uplifting music that projects 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 with their, never to be forgotten, *It Is Good To Feel Good*.



Cassette — \$10 + S/H

(Download a sample at [www.abraham-hicks.com](http://www.abraham-hicks.com))

## 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 it's 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. 219 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. 277 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)

## 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—NC



**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 or CD's

*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.

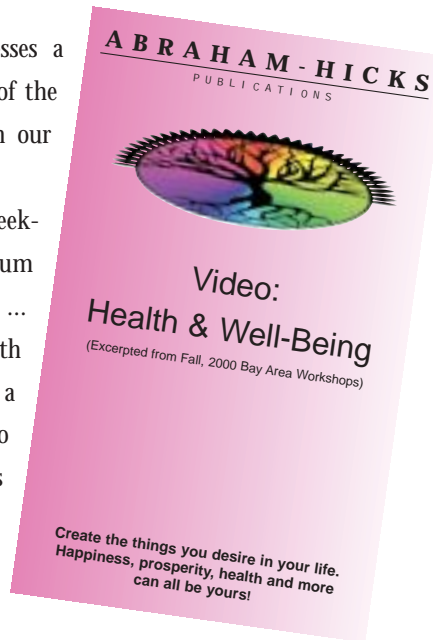
Let Jerry's expressive voice transport you to Sara's world. A world of fun, and learning—and such good feelings.

Ask for S3S3 — (Cassettes)—\$30;  
or CDS3S3 (CD's)—\$45  
(830) 755-2299 (Order form page 32)

## A SPECIAL SUBJECTS 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 optimum 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)

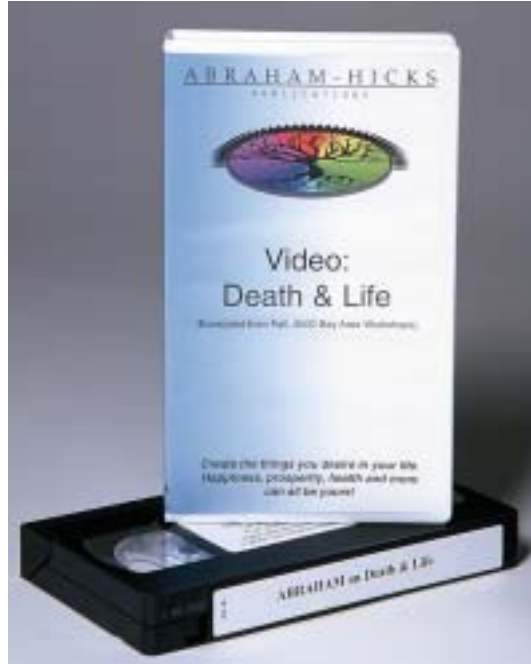
(Excerpted from 5V-8/26, 8/29, 9/2/00)

Order: AV-9 Health & Well-Being — \$30. Running time: 1 hour  
(To order, see page 32, or call [830] 755-2299).

## 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).

# ABRAHAM'S 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

Continued from page 15

*Whatever it is you are achieving vibrational harmony with is what you are living. If you ever want to know what the vibrational content of your outpouring is, just look at the manifesting around you, because the manifesting around you is always a perfect Vibrational Match to the vibration that is dominant within you.*

You are here because you are wanting to really be *Deliberate Creators*. And we want you to know that a *Deliberate Creator* is really a deliberate feeler. A *Deliberate Creator* is one who says, “I want so much to feel good, because when I feel good, I’m in alignment with that which is my Source.” A *Deliberate Creator* does not demand that circumstances change so that you can have a better-feeling response to the circumstances. A *Deliberate Creator* says, “I will choose—from what seems to be available—the very best-feeling thought, past, present or future, that I can find, and I will fixate on it until it becomes the reason for my vibrational offering.

And I know that *Law of Attraction* will then accumulate around that vibrational offering. And then, I will reach for the better thought and the better thought, and the better thought.” And what you will

discover is that there is always a better thought.

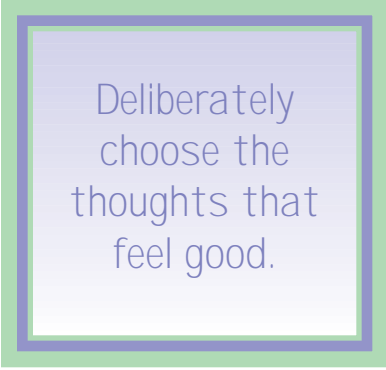
*There is always an even-happier thought than the happy thought you’re thinking now. There is always even a better feeling—your capacity to achieve a better feeling is unlimited.*

Source expands to the desire that is produced within you. So you said, “I love the idea of going forth into this physical time-space-leading-edge-reality on Planet Earth. I love the idea of the variety that is there. I love the idea of all of the others that I will co-create with. And together, we will, for one another, stimulate new ideas—new ideas that have never been before unto all of the Universe. And with each new idea that is born, I know that Source has the resources to flood to my new idea. All I have to

do is flow with my new idea, too.”

So, you stand in this place where contrast produces a desire within you—an unfulfilled desire—a desire that has not yet been manifested. And if you will, in the moment of

the new, fresh desire being born, turn your attention to the new idea and think about how it will be, and feel the refreshment of the new idea, then Source flows through you and to you, through you and to you,



Deliberately  
choose the  
thoughts that  
feel good.



through you and to you, in this life-giving format. But if the contrast stimulates you to the new idea, and then you stand where you are, looking at where you stand, and you say, “Oh, I want this new thing, but look where I stand in relationship to it. I feel so far from this new thing that I want.” Now you’re beating the drum of *what-is*. And when you beat the drum of *what-is*, you are vibrationally resistant to the new idea.

So, the *Art of Allowing* is about recognizing the fresh, newness of the new idea, and as quickly as possible achieving vibrational alignment with the new idea. *Deliberate Creating* at its best.

Every time you practice the beating of the drum of something desired—*Law of Attraction* brings it closer. But every time you beat the drum of *what-is*, *Law of Attraction* holds *it* to you. There is much about your life that you want to keep—So beat *those* drums.

Every day we hear Jerry and Esther talking about the perfection of their life. On and on and on, and on, they go. They have a motor coach that they travel in that delights them so much, because it is home away from home but always feeling as if they are home, and they

talk about how wonderful it is over and over and over, and over. Anyone not understanding, listening to them, would think they had gone mad as they recount to one another

how lovely this is, and how good that is, and how much they appreciate *this*.

When you find things that you appreciate and you use them as your point of focus, your world has to get better

on all other fronts.

You could have 99 things going wrong in your life and one thing going right, and if you would beat the drum of that one thing going right, the other 99 would either have to go away, or improve, because *Law of Attraction* cannot abide in your vibration something that does not match.

You cannot feel good and be sick at the same time. You cannot appreciate something and blame something at the same time.

*As you begin to practice, with a deliberate orientation, your vibration that feels good while you practice it, your life has to get better—Law of Attraction says that it must.*

There is much in  
your life you  
want to keep—  
So beat *those*  
drums.

Excerpted from  
Abraham-Hicks Workshops  
G-6-21-03 —Billings, MT



## 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 Presents: The Art of Allowing Volume I

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 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**

## G-SERIES TAPES/CDS SPRING, 2003

### THERE IS NO VALUE IN SUFFERING

**G-1/4/03** — Attention to it evokes vibrational harmony. Abraham gives us a bag of tricks. But, you can never lose it all. Soothe, train, punish, or teach your child? A missing piece in individual weight management. If my teenager chooses to use drugs? Has quest to release asthma prolonged it?

**G-1/25/03** — Are you as selfish as your cat? Life's so good; is she death bound? Do, to make my back heal faster? When flipping a coin to make decisions? The adjoining room sexuality amplified her aloneness. Citizen of Israel questions meaning of holocaust. Can you feel how wonderful it is?!!

**G-1/28/03** — Is that thought helping make it better? Should he ignore his recent health challenges? To comfortably view international political/war controversy? Why do the males seem most violent? Hesitates advising son: "Do what feels good." Are we all connected by Law of Attraction? Should she engage an accident resolution attorney?

**G-2/1/03** — Two choices: feel good or feel bad. When ex-smoker couldn't stop thinking about bears. She loses power to her writing partner. Why she resisted 30 seconds to pleasure? Therapist questions "waiting for the right man"? His girlfriend's mother died, and she's distraught. Letting go of her haunting, sleepless nights?

**G-2/15/03A** — On allowing your Path of Least Resistance. To get ready for growth, get happy. Those you don't like, don't like you. Sees his business overwhelmed by trivial stuff. Author, teetering on edge of business bliss. The ultimate healer; the ultimate teacher, defined. Different aspects of the same Energy Stream?

**G-2/15/03B** — How could happy motorist hit a deer? Are you ready to feel good now? Illness departed as fast as it came. When "getting high" to avoid uncontrollable crying? What is the message in feeling disappointment? About pitching coach's communication with the players? Kissing sexy girls, in his Virtual Reality.

**G-3/1/03** — Are you a Vibrational Match to wanted? The largest woman chose the largest dessert. Encourage connected son's corrective growth vs. surgery? But, which gets to write their commercial? Do same Universal Laws apply to animals? Guide teenage son to son's own guidance? Has she an attachment to the outcome?

**G-3/8/03** — There will always be those who thrive. You're not powerless in a power seeking world. Why there'll never be an "energy shortage". He questions perceived Canadian codfish shortage. He's protesting George Bush's war against Iraq. Harmonizing with religious/political, USA/Iraq conflict? What "satisfaction" are people finding in war?

**G-3/15/03** — When bombarded with a cacophony of ideas? Why would you escalate what's going wrong? Isn't life about Enlightenment and Self-realization? Wants to actually meet her Inner Being. Lost weight, but Snickers candy still calls. "Recovering Alcoholic" now thirsts for a relationship. Is husband fearing success—or fearing failure?

**G-3/22/03** — Why they're advising you how to drive. How can healer relieve her enormous debt? How did her expectation affect her experience? What is the key to achieving forgiveness? He lives abundance, with dollars or not. Film maker received two million, but wants three. Does desire to win money contradict itself?

*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 WINTER, 2002

### SAVOR THE MOMENT!

**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 fear-some 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-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?



## 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?

## 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"?

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## 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. Chemotheraped 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?



## 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

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#### 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.

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## ABOUT THE AUTHORS

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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 Hicks 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 *Art of Allowing Workshops* in about 50 cities a year to those leaders 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*

Alaskan Well-Being Cruise has reached capacity for this year but we are planning another for July, 2005.



### I'm Going to Savor More and Fix Less!

We have enjoyed this interaction immensely. It is lovely to come together with those like you. And we are extremely pleased with what we have achieved here today in terms of new thought.

You would all do just fine if you never heard a word of any of this from us. You are natural thrivers. And a little bit of appreciation is all that is needed to be added to the recipe of that which is you. Wake up with a determination to appreciate and look for the best of what-is, and feel the power of the conclusions that are formulated within you. Feel the power of the Universe bringing that into alignment, and let your emotions guide you incrementally into your alignment.

Just relax and be easier about it. Be more playful. Work less hard. Recognize things to appreciate, and criticize less often.

If a thought occurs and it doesn't feel good, stifle it and do not speak it. If a thought occurs and it doesn't feel good, try to replace it with one that feels a little bit better.

Let relaxing and feeling good be more important to you than getting something done. Say to yourself on a very regular basis, "I'm going to savor more and fix less. I'm going to savor more and fix less." And we really want that to be the mantra of these gatherings. These are workshops to enhance joy—not workshops to fix trouble.

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

(Excerpted from G-6/21/03 — Billings, MT)