

The Science of Deliberate Creation

A Quarterly Journal and Catalog Addendum



Every Preference Summons Source
(Page 6)

THE TEACHINGS OF ABRAHAM
WELL-BEING CARDS

(Page 62 & back cover)

(Page 12) *Quarterly Quotes!*

Newest Group Series — Fall, 2003 Album
(Page 10)

Universe is helping every individual in the specifics of their life. And so, you don't have to find vibrational alignment on behalf of the masses, because each focused Consciousness within the mass has connection to that same Source. You are equally tended to, equally cared for—and equally blessed.

ABRAHAM — G-7/12/03B — Portland, OR

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Hello from Jerry & Esther



The Teachings of Abraham — *Well-Being Cards* are finally ready and we are thrilled with the look and feel of them. We love everything about them. There is nothing that we would rather do than help in the promotion of a feeling of Well-Being, and these beautiful cards, with Abraham's wonderful message certainly do that!

Since our attention has been pointed more specifically toward the idea of Well-Being, it seems that the floodgates have opened and we are experiencing wonderful things at an astonishing pace — far too many to mention here, but I would like to tell you about a couple of them.

Jerry and I, along with daughter Tracy and granddaughter Kate, were basking our way through the gardens of a beautiful San Antonio Hill Country hotel after enjoying a relaxing lunch together. We had opted to take the longer more scenic walk from the restaurant to the car so we could walk past the water gardens where we thought Kate might enjoy seeing the water falls and the fish.

Just looking at Kate (she just turned two) you feel Well-being. Joy, satisfaction, contentment, adventure and Well-Being radiate from her at all times. It's like a breath of fresh air just to see her.

We walked leisurely down the sidewalk, around the building, and up the flagstone steps and were just approaching the fish pond and garden area when Kate spotted the rose bushes, covered in beautiful lush pink roses. Faster than my eyes could follow, Kate bolted for the rose bushes, and taking the closest, biggest rose she could reach in her hands, she literally buried her face in it and breathed deeply. I thought I would die from the sheer pleasure of what I had seen. Tracy, bless her heart, captured it on film.

Today, we're in the Boston area, and I stopped in to see Eric and Jan, to have my twice a year Boston hair cut. As I left for my appointment Jerry said, "Have Fun! You always have such a good time when you go there!" It's true. These are wonderful people with whom to spend an hour or two. And, like always, when I walked into the shop I was greeted by happy people who seemed genuinely glad to see me.

I sat, waiting my turn and relaxed into the familiar pace of light humor, good-natured kidding and just plain good fun. As I listened to Jan's wonderful laugh, I thought, this sweet girl must laugh more times in a day than anyone I have every known. So I counted her laughter. In just over an hour she laughed 67 times.

"What did she laugh at?" Jerry asked me later.

"Everything!" I answered. Anything and everything.

So I have chosen Kate and Jan as my new and permanent role models. Like them, I intend to be alert to my surroundings, and I intend to stop and sniff out the wonderful things that are constantly around me. These two have got it figured out. And they are both, so nice to be with!

Our love,

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.

- 6/5/04 — San Antonio, TX — Held at the Abraham-Hicks Conference Center, 28800 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.
- 7/25/04 — San Rafael, CA — Held at the Embassy Suites, 101 McInnis Pkwy, San Rafael, CA 94903. (415) 499-9222. Sunday 9AM to 4:20PM. \$150.00.
- 8/1/04 — North Los Angeles, CA — Held at the Warner Center Marriott, 21850 Oxnard St., Woodland Hills, CA 91367. (818) 887-4800. Sunday 9AM to 4:20PM. \$150.00.
- 8/7/04 — West Los Angeles, CA — Held at the Courtyard Marriott, 13480 Maxella Ave., Marina del Rey, CA 90292. (310) 822-8555. Saturday 9AM to 4:20PM. \$150.00.
- 8/14/04 — San Diego, CA — Held at the Embassy Suites, 4550 La Jolla Village Dr., San Diego, CA 92122. (858) 453-0400. Saturday 9AM to 4:20PM. \$150.00.
- 8/28/04 — Sedona, AZ — Held at the Hilton Sedona Resort, 90 Ridge Trail Drive, Sedona, AZ 86351. (928) 284-4040. Saturday 9AM to 4:20PM. \$150.00.
- 9/1/04 — Albuquerque, NM — Held at the Hyatt Regency Albuquerque, 330 Tijeras NW, Albuquerque, NM 87102. (505) 842-1234. Wednesday 9AM to 4:20PM. \$150.00.
- 9/15/04 — Kansas City, KS — Held at the Kansas City Marriott, Country Club Plaza, 4445 Main St., Kansas City, MO 64111. (816) 531-3000. Wednesday 9AM to 4:20PM. \$150.00.
- 9/18/04 — Chicago, IL — Held at the Chicago Marriott Schaumburg, 50 North Martingale Rd., Schaumburg, IL 60173. (847) 240-0100. Saturday 9AM to 4:20PM. \$150.00.
- 9/22/04 — Cincinnati, OH — Held at the Cincinnati Crowne Plaza, 15 West 6th St., Cincinnati, OH 45202. (513) 381-4000. Wednesday 9AM to 4:20PM. \$150.00.
- 9/25/04 — Detroit, MI — Held at the Detroit Marriott Southfield, 27033 NW Hwy. Southfield, MI 48034. (248) 356-7400. Saturday 9AM to 4:20PM. \$150.00.
- 9/29/04 — Syracuse, NY — Held at the Genesee Inn Hotel, 1060 E. Genesee St., Syracuse, NY 13210. (315) 476-4212. Wednesday 9AM to 4:20PM. \$150.00.
- 10/2/04 — Boston, MA — Held at the Boston Marriott Burlington, One Mall Road, Burlington, MA 01803. (781) 229-6565. 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 10:00AM on Thursday for
Saturday Events and 10:00AM 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

6/5/04 Saturday San Antonio, TX	➤	11/13/04 Saturday San Antonio, TX
6/12/04 Saturday Boulder, CO		1/8/05 Saturday Tampa, FL
6/19/04 Saturday Fort Collins, CO		1/15/05 Saturday Boca Raton, FL
6/26/04 Saturday Seattle, WA		1/22/05 Saturday Orlando, FL
7/3/04 through 7/10/04 Alaskan Cruise		1/29/05 Saturday San Antonio, TX
7/14/04 Wednesday Portland, OR		2/5/05 Saturday West Los Angeles, CA
7/17/04 Saturday Ashland, OR		2/12/05 Saturday San Diego, CA
7/24/04 Saturday San Francisco, CA		2/26/05 Saturday San Rafael, CA
7/25/04 Sunday San Rafael, CA		3/5/05 Saturday San Francisco, CA
8/1/04 Sunday North Los Angeles, CA		3/12/05 Saturday North Los Angeles, CA
➤ 8/7/04 Saturday West Los Angeles, CA		3/19/05 Saturday Phoenix, AZ
8/14/04 Saturday San Diego, CA		4/23/05 Saturday San Antonio, TX
8/28/04 Saturday Sedona, AZ		4/29/05 Friday Atlanta, GA
9/1/04 Wednesday Albuquerque, NM		5/1/05 Sunday Asheville, NC
9/15/04 Wednesday Kansas City, KS		5/7/05 Saturday Washington, DC
9/18/04 Saturday Chicago, IL		5/12/05 Thursday Philadelphia, PA
9/22/04 Wednesday Cincinnati, OH		5/14/05 Saturday Tarrytown, NY
9/25/04 Saturday Detroit, MI		5/21/05 Saturday Boston, MA
9/29/04 Wednesday Syracuse, NY		5/24/05 Tuesday Buffalo, NY
10/2/04 Saturday Boston, MA		5/28/05 Saturday Chicago, IL
10/9/04 Saturday Tarrytown, NY		6/4/05 Saturday San Antonio, TX
10/13/04 Wednesday Philadelphia, PA		6/11/05 Saturday Boulder, CO
10/16/04 Saturday Washington, DC		6/18/05 Saturday Fort Collins, CO
➤ 10/24/04 Sunday Asheville, NC		
➤ 10/28/04 Thursday Dallas, TX	➤	Indicates a change from previous announcement.



Every Preference Is A Summoning of Source!

Are you feeling the life-giving quality of a desire formulated within you? And even though sometimes the desire is not manifesting as quickly as you would like it to, do you still understand and appreciate fully the value of the desire, even in its unfulfilled form? When you get there, you have it all figured out.

You wanted to come forth into an environment of contrast and variety so that you, a specific individual perceiver, or experiencer, could actually give birth to your own desire or preference. *You knew that the moment that that pulsing, vibrating preference happens (whether you talk about it or not; it happens vibrationally) it is the summoning of Source Energy itself.*

C o n t r a s t . Sometimes you think you would like to do without it, but you don't really mean that. You certainly don't mean it from your broader, Nonphysical perspective because anything that stirs that desire is literally the summoning of Source. You knew, when you came forth, that desire would happen and that the desire itself would summon

Life Force, and therefore, you would be in your physical body and alive.

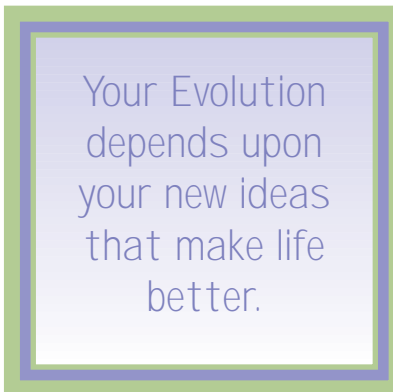
You knew that your life, the life of the Universe, the very evolution of All-That-Is, is dependent upon you coming up with a new idea of something that would make your life a little bit better (spoken or not spoken). And you knew that in the moment a desire emanated from you, that all of the resources that create worlds would come forth to fulfill it.

So, you knew that you would have desires, and that every desire, large or small, would be answered by

S o u r c e — you knew that. And we're here to talk about the part that many of you seem to have forgotten, which is how to line up with what you want so that you don't hold yourself vibrationally apart from your

own desires.

So, if you have things that you've been wanting for awhile that seem to not be happening, it's only because you have developed patterns, (some call them beliefs) patterns of thoughts that hold you in vibrational difference from the very desire you are talking about.



Sometimes you say, "I'm stuck. I've been stuck where I am." And we say, that can't happen because you can't stand still. *You can't be stuck. What could be happening is that you keep creating the same thing over and over so you think you're stuck. But it's not because you're standing still; it's because you keep looking at what-is and offering a vibration about what-is, and recreating more of what-is. So, you're not stuck, you're just creating the same thing again.*

In other words, if you've been in a position where you say, "As long as I can remember, I haven't had enough money." We say, well, that's because you keep looking at not having enough money and talking about not having enough money, and, more importantly, feeling what it feels like to not have enough money. And then, the money that you really want can't come to you because you are emitting a vibration that says, *This is how it is.* And when you emanate a vibration that says, "This is how it is," guess what? *This is how it is.*

So you say, "I'm stuck in this place I don't want to be." And we say, you're not stuck, you're just creating it again and again, and again. And you say, "But still, it feels like I'm stuck." And we say, well, that's because you keep looking at what-is and creating it again and again, and

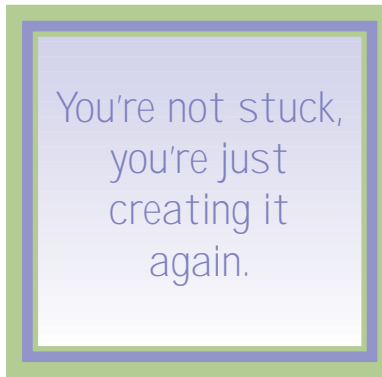
again. And you say, "But I'm stuck!" And we say, no you're not stuck, you're just creating the same thing over, and over, again. And you say, "But I'm stuck; I can't get off this place. I'm stuck; I cannot get off of this place." And we say, that's because you're predominantly looking at this

place. That's because you have been born into an environment that has touted the virtue of being historically accurate for so long; so you say, *This is how it is.*

You look out into your environment and you gather your statistics

and you say, "These are the facts; this is the truth." And we say, that is so screwy, because what you're actually saying is, "I'm looking into manifestation, which is only the result of how somebody else looked, and I'm seeing the results of their looking and I'm calling it history or fact, or truth. And now, because *I'm* looking at it, I'm offering the same vibration, which means now *I'm* proving their "truth" in *my* experience, and now I'm calling it *truth* again." And we say, why not just call it what it is? Why not call it *create what I look at?*

So, if I'm looking at where I stand and I don't have enough money, then rather than saying, "I'm stuck," why don't I say it like it is? *I keep looking at this not-enough-money aspect of my experience, and because of my attention to*



Continued on page 14

Love Appreciation Love

We Do Just Get Better

Words fall short to describe the magnificence of yesterday's West Los Angeles Workshop. I particularly appreciated Abraham's wisdom and humor, the group's willingness to be present and ability to play, and Esther and Jerry's strengths. I am a member of the glutton program, and I hear *all* the workshops. And we all just keep getting better!

Looking forward to the cruise and to my CD's in the meantime.

With all Good Wishes,
Jeanne Marshall — CA

San Antonio Workshop

I was lucky to attend the recent workshop in San Antonio at your beautiful location. The workshop left me in such a joyous state of mind, the lunch (and the Margaritas) was delicious. I have been listening to Abraham for about three years, and the difference in my life has been amazing. I was one who believed that I had to strive for growth, often through pain. The realization that the most important thing is that I feel good, feel joy, has been truly transformational. Thank you again for being available now, to me and to so many others!

Claire Fenton — NM

They Picked A Good One

I have been enjoying Abraham's profound yet simple message through you for about 2 years now and I want to express my heartfelt gratitude to you for bringing this blessing to me. After years of unintentional creating I have learned to stay in a joyful place of allowing. I ask, Source delivers, and I stay focused on feeling

good. I now enjoy a consistent flow of abundance, love, gratitude, and fun. I am blessed with a wealth stream that allows me to live a wonderful life. One of my only frustrations is that I can't get the Abraham message out to everyone in the world. I do my best by passing on the monthly CDs I get after I've listened to them 3 or 4 times. And for the children, I frequently loan out my sets of "Sara Books".

Thank you both for all your diligent work to bring the Abraham message to as many people as you can. And thank you, Abraham for coming forth to communicate through Esther. You picked a good one!!! What a delight she is!

With so much love and gratitude.
Kathy Bolte — CA

Weekly Tape Is Fabulous

I bet you get so many of these, they are just plain boring at this point. But just had to send a big THANK YOU for the latest Abe weekly tape (Tampa, 12/6/03B). I've been listening to Abe for over 14 years and this one really helped me "get it" on so many issues. Just fabulous.

Blessing to everyone at Abraham-Hicks.

Marcie Johnston — MA

On The Road With Abraham

Just this week we have taken a leap from years of receiving the weekly cassette tapes to now receiving weekly CDs. The first CD just arrived and the sound quality is wonderful. The best feature is being able to access each track at its beginning rather than having to reverse-stop-listen, as was necessary with the tapes.

Love Appreciation Love

We share Abraham's wisdom with our children and their families—especially the topics dealing with education of children (our grandchildren) and relationships. Can't thank Abraham enough for showing us the way to live in this ever-changing world of today.

Our greatest joy is being on the road with Abraham via the music CD, "A New Adventure." As the miles fly by, our hearts soar with the Abraham lyrics and foot-tapping rhythms. We "sing-along" as the words soon become second nature. We would not take a trip without this joyous musical and vibrational upliftment.

Fondly, with all our hearts,
Barbara & Don Bolling — NC

A Spiritual Journey, Too Yesterday I completed a wonderful and long road trip from Florida to California, with the pleasure of your company for nearly the entire ride. This indeed was a personal journey for me. You made it a spiritual and life-changing one. I now know what I have to do to get on track. Thank you.

Love,
Ron Frank — NY

Transformed My Life! I have been listening to 20-25 CDs, over and over and over! I was at the right place in my life when Abraham came along. I have enjoyed in the last months, living the way that I was supposed to live! I am astounding my family and friends: I am HAPPY! My happiness is not dependent on circumstances and I feel unfettered and at peace! I am happy just sitting and experiencing being in my own skin! More just savoring than thinking a lot about creat-

ing what I desire, because I am already happy.

I feel so blessed to find my way to this amazing place in my life. Thank you for the incredible part you have played in this! Blessings,

Dr. Jody Eccher — VA

He Heard It From Louise I would be so grateful if you would send a catalog of your books, cassette tapes, CDs to my home address at your convenience.

I am truly interested in learning more about your organization and the learning programs that you offer.

I learned about your web site through reading the book *I can Do It* by Louise L. Hay. I am absolutely dedicated to Louise and her work. Louise says that you are among the greatest teachers in the world today.

I look forward to hearing from you.
Eamon Walsh — Ireland

Missed The Boat Too bad my sister and I discovered you after the cruise was full, but we are totally down for the next one.

We want to be among the first to book for next year. We're excited, we've been having fun choosing the room we want. (A superior Veranda Suite) from the links on your site. My sister is my best friend, it will be such a joy to take this trip together.

We know you'll all have a fun and beautiful time in Alaska, wish we were going. I hope down the road you'll post some picture of the adventure on your website.

Thanks,
PJ Nix — CA



Every Preference Summons Source

Our message is always the same: You are where you are, and where you are is just fine. But where you are will not last, and the way you choose to feel will determine the direction in which you move.

Your Inner Being is constantly aware of you, and has a clear view of your every preference. It is always calling out inspiration to help you get closer to where you think you want to be, not because where you are is not good, but because you are evolving Beings who must continue to have motion. You cannot stand still.

If you make a decision that says, “I am going to make the best of where I am!” then as you are thinking about something from childhood, you make the best of it, and as you think about something that someone said to you, and you make the best of it—and move from it—you’ve got to get in a very good place very fast about anything you turn your attention to.

It is not a difficult thing for us to make the best of that which you are because we have seen your future, and we know how good it is. Relax and enjoy it personally. There is great love here for you. We are complete.

Abraham — G-9-20-03 — Chicago, IL

G-6/28/03 — I am the creator of my reality. How does this philosophy differ from religion? ADHD’s being medicated to curb his creativity. Should heiress cousin have multiple entities removed? Questioning the evolutionary purpose of flying beasts. Any danger in trying on sexual fantasies? Her son refuses to participate in kindergarten.

G-7/12/03A — It’s time to let myself be. I am here to follow my bliss. Psychologist questions why some adults abuse children. Forgive? forget? or distract with a bee? To remain happy although lover feels awful? How can she enjoy being more selfish? From “don’t wants” to “do wants”?

G-SERIES TAPES FALL, 2003

G-7/12/03B — Should he discipline himself to complete projects? Practicing conflict resolution regarding practitioner's dream house. Moving from tolerating his government to "Allowing"? What are Abraham; spirits, or wise spooks? What would create a "Kingdom of Hell?" Enjoying life but fearing experience after death. How to alleviate dying mom's death fears?



G-7/19/03 — There is not a Stream of "Other". Moving from mostly miserable to mostly joyful. Doctor's happiness can't depend on Mother's perspective. Where is "Should Monster" during fun time? But, isn't cruelty natural to the animals? Aren't "Hannah" children demanding more of parents? Would mentally ill mom's suicide be condemned?

G-8/10/03 — When you have a desire you have everything! From depression, step by step, to joy. You can't become less than you've become. How can new mother nurture child's nature? To discipline sons, while allowing their freedom? Is having faith the same as Allowing? When a Sensitive is sensitive to unwanted vibrations?

G-8/23/03 — Do it for the joy of it. Her only son lives in incredible drama. Has studied multiple philosophies, now do what? He wants the experience of a bird? Who really wants to attend that wedding? Why is he so passionate about dinosaurs? Studying New Thought evokes her Catholic guilt.

G-9/2/03 — To maintain control of my creative experience? Her aged father has been becoming angry. Is it possible to discreate mother's disease? She truly enjoys Jerry & Esther's foibles. Sometimes her daughter's joy path collides. Should I consciously plan my own transition? Has more to do than can do.

G-9/17/03 — The power of a newly hatched desire. Everything is being in perfect, joyous time! Retired and experiencing a painful powerless situation. She feels healthy, but she feels fat. Do we choose to forget our past? When out walking, what are your intentions? Abraham closes the Kansas City Workshop.

G-9/20/03 — Your unfulfilled desire is a good thing. Works in progress aren't cooked in the squat. Wants to be more relaxed and trusting? Can hypnotism replace one's sleep, without time? The most value, tapes, Workshops or laughter? Conscious breathing, disciplined running, and big desires? Why has Teacher's Workshops leader's inspiration waned?

G-9/24/03 — Every preference is a summoning of Source. Why his clarity sometimes seems to fade? Low carbs diet vs. fat makes fat? Would a master clown feel no contrast? She was happier in death than life. Should we psychiatrists attempt to avert suicides? A question about the concept of reincarnation.

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

Quarterly Quotes from Abraham-Hicks

Physical human has found many labels that they use, depending on how they feel in the moment, to try to describe their interaction with Nonphysical. We are Source Energy. We are Collective Consciousness... meaning a stream. We are a consensus of many (what you might call) Nonphysical voices. We are that which some have called angel. We are that which some have called God. We are that which some have called Inner Being. But most importantly (and we'll use some of our favorite words again) we are focalized Consciousness, specifically responding to the vibration that you manage in your asking.

Portland, OR — 7/12/03B

The evolution of your time-space-reality is nothing more than people having experience and coming to conclusions of desire that then Source Energy answers. And the evolution, actually the speed of it, has to do not so much with the desires that are being born, although they certainly are a significant part of it, but the speed is more about how quickly do people let go of the old thought and begin addressing the new thought, and it works for you and against you, depending upon what you are giving your attention to.

Cincinnati, OH — 9/24/03

Some things you're not letting happen right now because the timing isn't perfect for you. Some you're not letting happen because you are very aware of where you are. But all things, as they are happening, are happening in perfect order. And if you will relax and begin saying, "Everything in its perfect time. Everything is unfolding. And I'm enjoying where I am now, in relationship to where I'm going. Content where I am, and eager for more," that is the perfect vibrational stance.

Kansas City, KS — 9/17/03

The amount of time it takes you to get from where you are to where you want to be, is only the amount of time it takes you to change the vibration within you. Instant manifestation could be yours if you could instantly change the vibration.

San Diego, CA — 8/23/03

Everything you do is for the purpose of the joy that it is giving you. And so, when you don't see something through, it means that it stopped producing the joy that you were hoping to receive. Of course, it is always better if you have anticipated something and you've stayed lined up with it. If you're lined up with it, then it's joy when you're thinking about it even before you start, and it's joyful as you start, and it's intoxicating as you're going, and it's fulfilling as you do it, and it's satisfying as you finish it—and you're in alignment the whole way on that.

Portland, OR — 7/12/03B

Who you are and what you know when you are born is everything that you need to know to thrive. You are born with a sense of self and a sense of wanting self to feel good, and the mechanisms to bring it about.

Kansas City, KS — 9/17/03

Anthing you desire, the Universe can find a way to let it happen within the context of people's natural, joyful desires. It must be, for this is a joy-based Universe. And so, as you watch children playing in the mud and having great joy in it, you might not enjoy playing in the mud, but they do. And so, there's somebody enjoying doing something you don't want to do. And that pretty much applies to everything. There's someone who would enjoy doing every thing that you don't want to do. And if it really came down to where there was really not one

Quarterly Quotes from Abraham-Hicks

person willing to do that thing, you would develop another way of approaching it. There are a lot of things that were in your history that you no longer participate in. You left them behind because no one wanted to do them.

Albuquerque, NM — 9/2/03

Nothing is more debilitating than to care about something you can't do anything about. And you can't do anything about your adult children. You can want better for them, and maybe even begin to provide something for them, but in the long run, you cannot do anything about someone else's vibration other than hold them in the best light you can, mentally, and then project that to them. And sometimes, distance makes that much more possible than being up close to them.

Ashland, OR — 7/19/03

It should only be talked about if the talking will make you feel better. It is of no value, ever, to activate and talk about something that doesn't feel good, because it reactivates it in your vibration; it makes it another point of your point of attraction—so you're less clear. In other words, when you focus upon the problems of others, you diminish your ability to help them. People believe that you've got to focus upon the problem in order to find a solution. And we say, no solution ever comes forth—it's never inspired; you never recognize it, and you are never able to facilitate or achieve it—from your place of focusing on the problem. They are two entirely different vibrations.

If you have someone who has many things going wrong and one thing going right, beat the drum of what's going right, and let that be your point of attraction. If you focus upon their problems, you achieve vibrational harmony with something other than the Source that gives you solution.

San Diego, CA — 8/23/03

The biggest factor is the belief factor. So, if we were standing in your physical shoes, we would decide what we want, and then we would work every day to bring ourselves into vibrational alignment with it.

Find someone who's living an aspect of life that you would like, and observe them more than whatever you've been observing. And your life will shift to what you are observing, because what you are observing, in this case, is dominating your vibrational patterns.

Pick the best from everything and use it as your role model, and use it as your reason to offer a vibration, and watch your life be transformed into all of that.

Cincinnati, OH — 9/24/03

How do you ever get the truth to be more the way you want it to be? You've just got to start beating the drums of truth the way you want it to be—and when you do, you will immediately feel good. And there are those who might say, "Oh, you're not facing the fact." And we say, we would never face any fact that was taking us to a place we don't want to be.

There are those who believe that the world is getting more and more desperate. We are here to tell you that the world is getting better and better, and better, and that every experience you have causes you to launch rockets of desires, and Source comes in response to those rockets. And the best thing about your birth and death is that the resistant ones die and the allowing ones are born. And with this combination of contrast that keeps you launching new and new desires, it's no wonder that the Universe is expanding in this marvelous way and that life is getting better, in every day—and in this moment—for everyone who insists on focusing there.

Portland, OR — 7/12/03B

Continued from page 7

this not-enough-money aspect of my experience, I continue to recreate over and over again not enough money in my experience. "But, dear friends," you might say to others, "I'm not stuck. I'm not stuck; I just keep creating the same things I don't want over and over again." (We're getting your attention, aren't we?)

So, you look out into your society and you see things you don't want, and you say, "Oh, we need to keep track of those things we do not want." And we say, why not tell it like it is? *I'm looking out into society and I'm finding things I don't want, and then I'm subscribing to cable news; I'm subscribing to newspapers; I'm subscribing to information that goes all around the world and looks for things that aren't working well. And then I hold my magnifying glass on them and look at them, too, so that I can be sure that I can recreate those unwanted things in my experience.*

Now, we have to admit, we are exaggerating things a little bit, because, fortunately, you have so many things to look at so there are many wonderful things that you give your attention to that you recreate constantly. Many of your expectations are serving you very well. Look at the lifestyle that you are living. It is amazing, by world standards, the things you have come to expect, and

therefore, the things that you hold stable and constant in your vibration, which you continue to recreate.

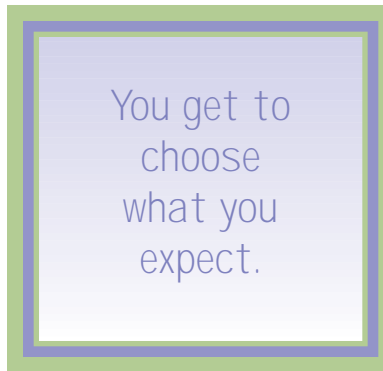
You expected this room to be here when you got to this Workshop. And you expected to be able to come into it freely. You expected the roadways to bring you here in comfort and speed. You expect the food that you will eat today to be there for you. You expected these chairs to hold you. You expected this meeting room to be beautiful and for it to be comfortable for you. There are all kinds of things that you expect, and therefore you live. And what we are wanting to give to you, in a way that you can really

hear it, is: *You get to choose what you expect.*

As you practice a thought, you will come to an expectation of it. And when you come to an expectation of things desired, then things desired will be your life experience—it must be that way!

Your life is a perfect vibrational mirror: what you are living is always a perfect vibrational match to that which you are giving your attention to, which is also always a perfect vibrational match to how you're feeling.

When you make the correlation that *what I think and how I feel and what manifests is always a match*, then you begin to understand that you can, with a little selective sifting, with a little deliberate thinking, with a lit-



tle deliberately offering words, with a little deliberately sifting through past, present and future for things that feel good to you while you focus upon them—you can train yourself into a vibrational expectancy that will yield you a life that you, or anyone watching you, would have to call a very lovely life. Not a perfect and complete life, because it is always changing.

In every moment, you'll be collecting new data that will give you a new idea of something that you would like to flow your attention to. But then, friends, that's what life is. Life is eternally moving. Life is always unfolding. You cannot cease to be.

We want to help you to find conscious awareness of what you are doing with your vibration. If you are *consciously* aware of how you are feeling, then you will have the opportunity (if you want to) of reaching for the thought that feels even better. And that is really the most powerful tool that we could ever give anyone, because when you think about it, *I am my vibrational center, and everything that's happening to me is coming in response to the vibration that I'm emitting. So, if I'm aware of the vibration that I'm emitting—and I'm constantly reaching for a better vibration—then is not my life on all fronts improving in a steady way?* And we say, yes, it has to be.

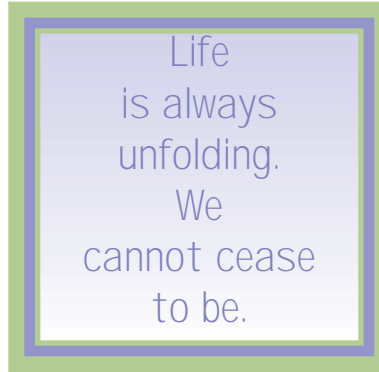
Stop beating up on yourself about where you are, and start appreciating what is going well about where you are. Your new mantra is, "I'm going to start beating the drum that feels better. I'm going to start making the best of things, making the best of things, making the best of things."

One thing, the only thing, that is really important for you to decide (and there is such power in decision): *Nothing is more important than that I feel good.* And we're going to modify that

to say: *Nothing is more important than that I feel as good as I am capable of feeling.*

Nothing is more important than that I reach for a better-feeling thought. Nothing is more important than that I be aware of how I feel and that I want to feel good, and that I am willing to reach for a better-feeling thought.

I'm not ever again going to beat up on myself for not being able to get to the goodest to the goodest to the goodest, to the goodest, of all thoughts. I'll take the goodest thought that I can find, and I'll pat myself on the back—and I'll keep reaching.



A Twelve Point Synopsis of Abraham-Hicks' Teachings

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

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

2 *You Are Here in This Body Because You Chose to Be Here.*

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

3 *The Basis of Your Life is Freedom; the Purpose of Your Life is Joy.*

You are free to choose to discover new avenues for your joy. In your joy you will grow, and in your joyous growth you will add to the growth experience of All-That-Is. (However, you are also free to choose bondage or pain.)

4 *You Are a Creator; You Create With Your Every Thought.*

By the Universal Law of Attraction, you are attracting the essence of whatever you are choosing to give your attention to — whether wanted or unwanted. And so, you often create by default. But you can know by how your emotion feels if what you are attracting (creating) is what you are wanting or if it is not what you are wanting. (Where is your attention focused?)

5 *Anything That You Can Imagine is Yours to Be or Do or Have.*

As you ask yourself why you want it, the essence of your desire is activated, and the Universe begins to bring it to you. The more intense your positive feelings, the faster it is coming to you. (It is as easy to create a castle as a button.)

6 *As You Are Choosing Your Thoughts, Your Emotions Are Guiding You.*

Your loving Inner Being offers guidance in the form of emotion. Entertain a wanted or unwanted thought, and you feel a wanted or unwanted emotion. Choose to change the thought and you have changed the emotion — and you have changed the creation. (Make more choices in every day.)

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

You have chosen to come to earth with great intentions, and the Universe constantly guides you on your chosen path. When you are feeling good, you are, in that moment, allowing more of that which you have intended from your broader perspective. (You are Spirit Incarnate.)

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

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

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

No one can limit where you can direct your thought. There are no limits to your joyous journeys to experience. On the path to your happiness you will discover all that you want to be or do or have. (Allowing others their experiences allows you yours.)

10 *Actions to Be Taken and Possessions to Be Exchanged Are By-products of Your Focus on Joy.*

On your deliberately joyous journey your actions will be inspired, your resources will be abundant, and you will know by the way you feel that you are fulfilling your reason for life. (Most have this one backwards, therefore most feel little joy in their actions or their possessions.)

11 *You May Appropriately Depart Your Body Without Illness or Pain.*

You need not attract illness or pain as an excuse to leave your body. Your natural state — coming, remaining or leaving — is that of health and Well-Being. (You are free to choose otherwise.)

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

In grace, you may choose to relax and allow your gentle transition back into your Nonphysical state of pure, positive Energy. Your natural state is that of Foreverness. (Have fun with all of this! You can't get it wrong, and you'll never get it done.)

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

Jerry & Esther Hicks — 11/95 (www.abraham-hicks.com)

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— 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.
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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-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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THE SCIENCE OF DELIBERATE CREATION ABRAHAM-HICKS PUBLICATIONS

Los Angeles, CA — 2/9/02
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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.

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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.

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“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)

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ABRAHAM - HICKS MUSIC

PRESENTS

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



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meditative *Joy to the Universe*.

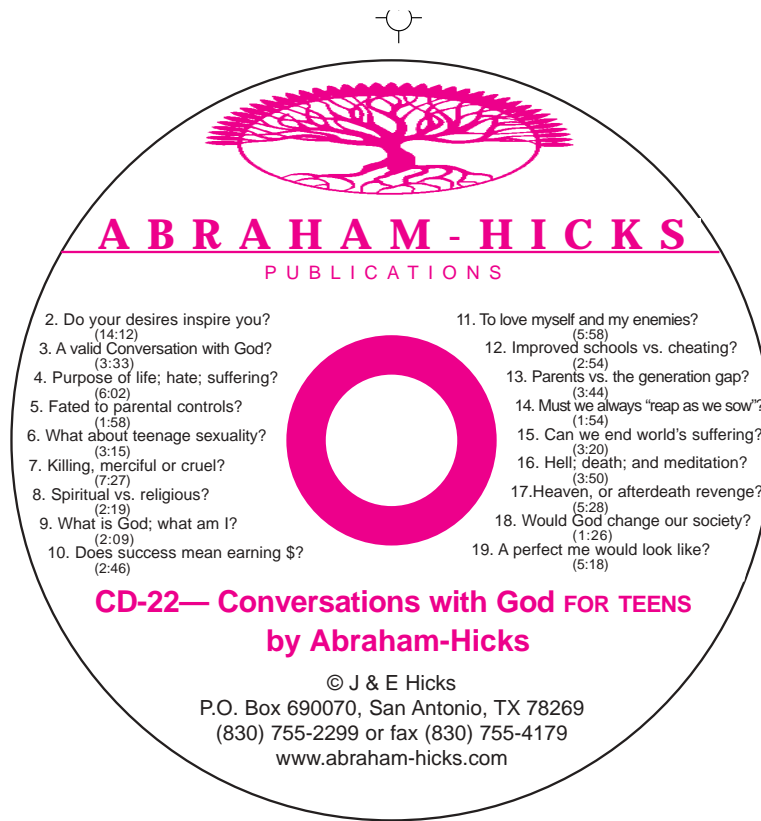
The second half of the album promises to give the listener a first in a lifetime experience. You will be enraptured when you immerse yourself in this 30 minutes of Abraham's Rampages of Well-Being. Over Francine's haunting *Mayan Theme*, we have blended, from three live workshops, Abraham's *Living Happily 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

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Conversations With God for teens by Abraham-Hicks



In 1999 USA Today published an article: "If you could ask God any question... what would it be?" I presented those questions to Abraham and we published the recording as G-5/30/99.

We recently discovered N.D. Walsch's *If you could ask God any question...?* book: "Conversations with God for teens", and 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)

CD'S NOW AVAILABLE

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)

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*

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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)

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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 24-26, 41-43)

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)

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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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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) _____
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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.

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

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Jerry & Esther

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

FREE CD/CASSETTE " INTRODUCTION TO ABRAHAM"

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

With boundless appreciation, — LR — NC



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

Thanks again — In absolute bliss — BF — Canada

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

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

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





WORDS OF WISDOM FROM THE BROADER PERSPECTIVE

LIFE IS ALWAYS PERFECT IN ITS INCOMPLETION. — You always are reaching toward the new standard that has just been born within you. It's an evolving Universe; it can never be perfect because that implies being finished, and it's never finished. And so, you're always working toward your idea of what you want, and that idea is being born out of what you're living. Relax in your understanding that you are an eternal work in progress. When you hold anyone up as a perfect standard, you shoot yourself in the foot, because you then begin to expect something that is not possible in this evolving Universe.

(Excerpted from — G-9/2/03 — Albuquerque, NM)

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

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)

Love Appreciation Love

Website Is So Helpful I just wanted to send a note of appreciation to all of you again. All of you from Abraham, to Esther, to Jerry, to the webmaster, to the person who transcribes, to the person who writes it out for the website, to the person who reads these letters and responds to them, for all of you and to all of you, I send my deepest appreciation and waves upon waves of magic love.

Thank you to Esther for introducing me to the energy called "Abraham". Thank you to Jerry for making up the picture called Abraham-Hicks; I know he's as integral as Esther in introducing and sharing and conveying the Abraham energy and vibration all over the world.

Thank you so much for each of you who have helped in putting together this website. You have no idea how powerful an impact you have created by the sheer presence of such a website. I'm one of those who doesn't have any CDs or books yet, but this site... I wonder if you guys know that seeing it makes one FEEL the power of the Abraham message.

You guys walk the talk! I have not seen any other spiritual source which offers its materials so freely like you guys do. And I wanted to thank you very, very much for this, and to tell you that it is appreciated tremendously.

I want to thank Abraham, those wise old dead guys as someone called them, for they have, without doubt, helped me change my life.

Right now I just feel/felt this powerful pull to tell all of how very much all of you are helping so many people. Thank

You, each and every one of you. I send all my love and hugs to all of you.

Love, laughter and hugs to all of us,
Judith Richardson — N.S. Canada

Website Was Life Changing The tape I listened to and received this website address from was life changing. Your message is incredible, wonderful, beautiful. Thank you. I look forward to learning more about this.

Judith A. Prizio — NC

I Love the Daily Quote It's wonderful! I have made this site my home page now and I love having a quote there each day.

Thanks,
David Burkholder — VA

She Goes to the Website When I am stuck in worry, I go to the website and reach whatever Newsletter attracts me. I feel the worry turn to interest, then to remembering, and then to joy.

Thank you for your work.
Marita James — PA

It Was Like Pure Oxygen I have listened to one tape and it was like pure oxygen. Thank you so much. I would like to get on the Monthly Tape situation if you have one. Please communicate with me at my home email.

Thanks again,
Sharon — Internet



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.

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)

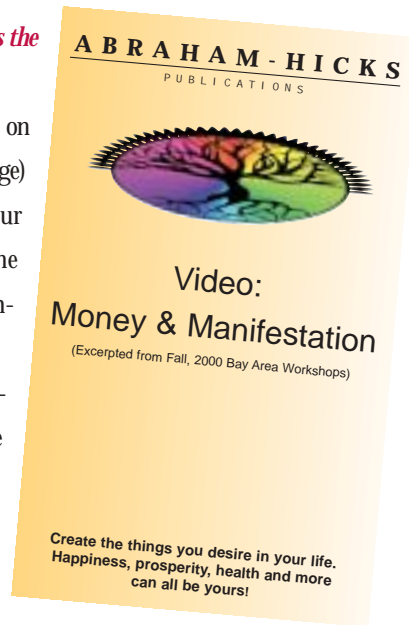
Order: AV-11 Relationships & Cocreation — \$30. Running time: 1 hour

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.)

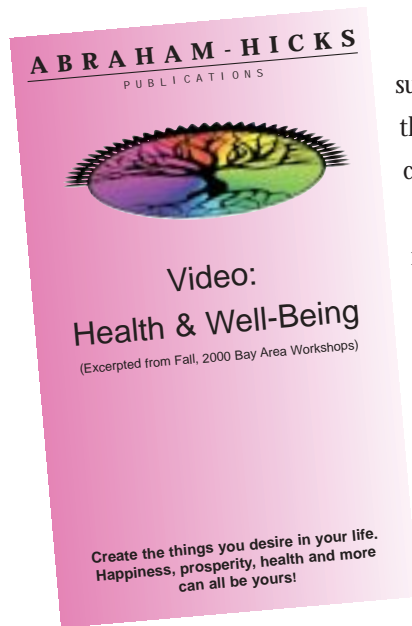
SUBJECTS INCLUDED:

- 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: 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)

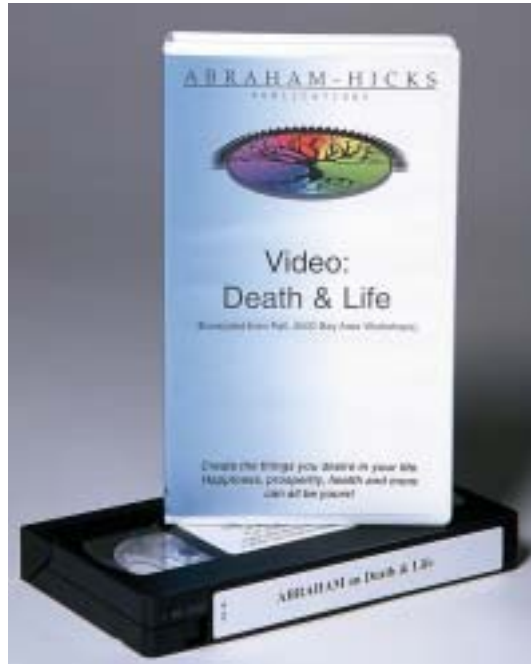
(Excerpted from 5V-8/26, 8/29, 9/2/00)

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).



VIDEO MONTEREY, CA

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

The Science of Deliberate Creation Presents: The Art of Allowing Volume II

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-8/29/00 — \$100.00 plus S/H

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.

QUESTIONS AND ANSWERS

Joy In All Beasts

Guest: You've talked about evolution. And I can understand how a single-celled organism can have preference, and I can see how, over time, we have spiders and whales and monkeys and humans, and everything.

What's a little tricky for me is understanding birds, insects and bats, the animals that fly.

Abraham: Well, is your assumption that everything physical came forth or evolved from one cell?

Guest: No, not necessarily. But my assumption is that everything did develop from simpler forms; and I can see how everything developed over time. I don't understand how things got airborne.

Abraham: Energy is airborne.

Guest: But I can't sprout wings out of my back.

Abraham: You could if you had come forth with the intent of a bird; you could if you were the Energy that was focused in a bird.

Guest: Okay. Were they ever land animals before they became airborne?

Abraham: Yes, but the in the same way that it took physical humans some time to figure out how to get airborne... your birds are descendants of beasts who did not fly initially, but the intent for flying was there before the first of them came forward.

Guest: Do birds have relatively more fun; do they have relatively more joy than other beasts?

Abraham: The birds came forth, yes, wanting to have the experience of moving about. And we have to say to you that (in the same way that you dream it) it is glorious to soar as the birds soar, but the intent for moving about in that way was more about distribution of seeds around the planet; it was more about the pollination of the flowers: it was more about the benefit that the species could add to the ecology of things. In other words, in physical human terms, you could say it was a practical serendipity.

Guest: A solution?

QUESTIONS AND ANSWERS

Abraham: A solution to something that was necessary.

Jerry and Esther have put some water gardens in at the Abraham Conference Center in Texas. And they put in a man-made stream that looks very much like a stream. You wouldn't know that it hadn't always been there if you hadn't been there before it was there. And all of a sudden, water-borne things began growing in the streams. The streams were suddenly full of frogs. And Esther said, "Where are the frogs coming from? Are they raining from the sky? These are water frogs. Were they out there in the bushes? How did the frogs find this stream? There was no water here, and yet here there are frogs." And then reeds and all kinds of water-borne plants began growing in the water.

Jerry said, "The birds bring them. The birds who spend time in one lake fly to another lake." There is so much about your world that is encouraged and assisted by your very mobile participants.

Guest: Well, could you say that some animals are just naturally more in touch with joy and happiness among the beasts (I'm not talking about humans) than others?

Abraham: We have to say to you that all beasts are in touch with joy, whether you see it demonstrated in

their behavior, or not. But there are those that you relate to more fully.

People try to explain this by talking about the evolution of the species, or by talking about how high they are on the food chain, or how much intelligence they have. And we say, you can get really off track with that. If you're looking at joy factors—then you can discover joy in all beasts.

Esther sat on a rock one day and watched a merry band of ants, and they were very determined as they were moving from one place to another, and the longer she watched them, the more she began to be vibrationally in sync with their sense of purpose. And she thought, "These guys are motivated!"

Esther could feel the intensity of their direction, and she could feel the harmony of their troop. And as she focused upon the ants, she could feel the vibrational alignment that they were feeling, you see.

But it's not a normal person who gets in vibrational sync with a troop of ants. In other words, most would think that they are very low on the food chain—but they are not very low on the joy train.

Excerpted from
Abraham-Hicks Workshops
G-6-28-03 —Seattle, WA

G-SERIES TAPES/CDS SUMMER, 2003

I MAKE THE BEST OF EVERY SITUATION

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-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?

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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?

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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 their 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. Chemotherapied mother-in-law is retreating into dementia. Except for money, he's creating exceptionally well. Do our sexual unions create special bonds? All ailments will resolve themselves if allowed. MS (multiple sclerosis) gone; SM (Soul Mate) coming. Should children have choices of unpleasant chores?

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

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

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

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



This beautiful Well-Being card deck encompasses gems of wisdom gathered from the Abraham-Hicks teachings on practical spirituality. Each of these 60 cards will accentuate your natural state of Well-being.



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ABOUT THE AUTHORS

EXCITED ABOUT THE CLARITY and practicality of the translated word from ABRAHAM, Jerry and Esther Hicks began, in 1986, disclosing their ABRAHAM experience to a handful of close business associates. Then, recognizing the practical results being received by those persons who began plying ABRAHAM with meaningful personal questions regarding their finances, bodily conditions, and relationships...the Hickses made a conscious decision to allow ABRAHAM's teachings to become available to an ever widening circle of seekers. And that circle continues to expand — even as you read this page.



Esther & Jerry Hicks

Jerry and Esther have now published more than 600 *Abraham-Hicks* books, cassettes and videos, and have been presenting open group interactive *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

THE TEACHINGS OF ABRAHAM WELL-BEING CARDS



Our good friend, Louise L. Hay, author of "You Can Heal Your Life" and the publisher of Hay House books, has asked us to create a set of Well-Being Cards that get across the Abraham message of joy and inspiration in an attractive, easy-to-enjoy format. These Well-Being Cards are now in our office, ready to be delivered to you! This is a deck of sixty cards, attractively illustrated, each with a different valuable message of joy and inspiration drawn from the most unique and powerful perspectives gleaned from eighteen years of our "Art of Allowing" workshops. Use them for meditation, affirmation, or just the pleasure of an uplifting message that will accentuate your natural state of Well-Being.

Words don't teach; life experience teaches. But with these Abraham-Hicks words fresh in your mind, your every life experience will now be more meaningful to you. And since nothing is more important than feeling good, nothing is more valuable than these processes that will allow more of your natural Well-being to flow.

Plan to have fun with these cards. Let these words inspire thoughts that will attract to you more of that which evokes your greatest joy.

With the help of Hay House, the Well-Being Cards will be stocked in bookstores across the world this month. Ask for them in bookstores. Recommend them to your friends! Or, for immediate delivery, order the "Well-Being Cards, The Teachings of Abraham" right now.

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