

The Science of Deliberate Creation

A Quarterly Journal and Catalog Addendum



Oct, Nov, Dec, 2004 — VOL 30

The Essence of Your Desires

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ASK AND IT IS GIVEN *LEARNING TO MANIFEST YOUR DESIRES*

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CRUISES: MEXICO & ALASKA 2005

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Quarterly Quotes!

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New Group Series Album, Spring, 2004

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Achieve, first, the vibrational essence of your desire—and then, through the crack of least resistance the manifestation will be delivered... work on the essence of the feeling of freedom; work on the essence of the feeling of empowerment—work on the essence of the feeling of Well-Being....

North Los Angeles, CA — 3/6/04A

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Hello from Jerry & Esther



Esther & Jerry on board
m/s Oosterdam, Alaska, July, 2004

Hi,

It's only a few days now before Thanksgiving (Jerry's favorite day of celebration. He calls it the Day of Appreciation). Today is a busy, but fun day. Rudy, from our printing company in San Antonio will stop by in a few hours to pick up a CD containing everything they will need to print this Quarterly Journal and then I plan to go to the grocery store to buy all of the wonderful things we will prepare and eat at our family Thanksgiving feast. I know it's weird, but sometimes I am overwhelmed with appreciation as we shop in our local grocery where we find such incredible abundance of all things wanted. The feeling usually gets me most as I enter the produce section seeing the displays of fresh and beautiful fruits and vegetables. We do live in a wonderful place.

It's early in the morning, raining hard, and the electricity provided by the electric company is off. It's been off

and on all weekend because of the storms. I'm sitting in my beautiful new office looking out of a wonderful large window at a forest of big beautiful oak trees that are lighted up by the lightening from the storm. I've never seen them look this way before. We say that often, here, as we see something from yet another perspective, a different time of day, a different light, a different vantage point, and always beautiful.

Off in the distance I can hear the steady reassuring hum of our natural gas-fired back-up generator that Jerry's wisely selected and had installed. It's purring away, providing steady reliable power to all of the buildings here at the Abraham-Hicks Center. It's Monday morning and the girls at the office are taking care of things, like they always do, whether we are at home, or not. They are probably unaware that there is no city power.

It's at moments like this that I am often overcome with the comforting awareness that "we do create our own reality". I don't know about you, but when things aren't going perfectly I prefer to give that credit to someone other than me. However, Abraham never lets me get away with that. But it doesn't keep me from trying.

Our web master, Daniel, sent us an email yesterday letting us know that our new book, "Ask and It Is Given" is number one on Amazons Spirituality section, and at number 35

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Dear Friends,

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

From our hearts, Jerry & Esther



90 DAY EVENT SCHEDULE DETAILS

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

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

1/8/05 — Tampa, FL — Held at the Embassy Suites -USE, 3705 Spectrum Blvd., Tampa, FL 33612. For directions call (813) 977-7066. Saturday 9AM to 4:20PM. \$150.00.

1/15/05 — Boca Raton, FL — Held at the Renaissance Boca Raton, 2000 NW 19th St., Boca Raton, FL 33431. For directions call (561) 368-5252. Saturday 9AM to 4:20PM. \$150.00.

1/22/05 — Orlando, FL — Held at the Orlando Airport Marriott, 7499 Augusta National Drive, Orlando, FL 32822. For directions call (407) 851-9000. Saturday 9AM to 4:20PM. \$150.00.

1/29/05 — San Antonio, TX — Held at the Abraham-Hicks Conference Ctr., 28800 Old Fredericksburg Rd., Fair Oaks, TX 78015. For directions call (830) 755-2299. Saturday 9AM to 4:20PM. \$150.00.

2/5-2/12/05 — Mexico Riviera Cruise— Held on board Holland American's m/s Oosterdam, sailing from San Diego on Saturday, Feb 5 and disembarking in San Diego on Saturday, Feb 12, 2004.

2/26/05 — San Rafael, CA Held at the Four Points Sheraton, 1010 Northgate Dr., San Rafael, CA 94903. For directions call (415) 479-8800. Saturday 9AM to 4:20PM. \$150.00.

2/27/05 — San Francisco, CA Held at the Embassy Suites, 250 Gateway Blvd., South San Francisco, CA 94080. For directions call (650) 589-3400. Sunday 9AM to 4:20PM. \$150.00.

3/5/05 — North Los Angeles, CA Held at the Hilton Woodland Hills, 6360 Canoga Ave., Woodland Hills, CA 91367. For directions call (818) 595-1000. Saturday 9AM to 4:20PM. \$150.00.

3/6/05 — West Los Angeles, CA Held at the Courtyard Marriott, 13480 Maxella Ave., Marina del Rey, CA 90292. For directions call (310) 822-8555. Sunday 9AM to 4:20PM. \$150.00.

3/12/05 — San Diego, CA Held at the Embassy Suites, 4550 La Jolla Village Dr., San Diego, CA 92122. For directions call (858) 453-0400. Saturday 9AM to 4:20PM. \$150.00.

3/19/05 — Phoenix, AZ Held at the Hilton Scottsdale Resort, 6333 N. Scottsdale Rd., Scottsdale, AZ 85250. For directions call (480) 948-7750. Saturday 9AM to 4:20PM. \$150.00.

4/23/05 — San Antonio, TX Held at the Abraham-Hicks Conference Ctr., 28800 Old Fredericksburg Rd., Fair Oaks, TX 78015. For directions call (830) 755-2299. Saturday 9AM to 4:20PM. \$150.00. (Attend Saturday or Sunday or both)

4/24/05 — San Antonio, TX Held at the Abraham-Hicks Conference Ctr., 28800 Old Fredericksburg Rd., Fair Oaks, TX 78015. For directions call (830) 755-2299. Sunday 9AM to 4:20PM. \$150.00. (Attend Saturday or Sunday or both)

4/28/05 — Atlanta, GA Held at the The Atlanta Marriott Century Center, 2000 Century Blvd. NE, Atlanta, GA 30345. For directions call (404) 325-0000. Thursday 9AM to 4:20PM. \$150.00.

4/30/05 — Asheville, NC Held at the The Inn on Biltmore Estate, One Antler Hill Rd., Asheville, NC 28803. For directions call (828) 225-1660. Saturday 9AM to 4:20PM. \$150.00. (Attend Saturday or Sunday or both)

5/1/05 — Asheville, NC Held at the The Inn on Biltmore Estate, One Antler Hill Rd., Asheville, NC 28803. For directions call (828) 225-1660. Sunday 9AM to 4:20PM. \$150.00. (Attend Saturday or Sunday or both)

2004-2005 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

<p>1/8/05 Saturday Tampa, FL</p> <p>1/15/05 Saturday Boca Raton, FL</p> <p>1/22/05 Saturday Orlando, FL</p> <p>1/29/05 Saturday San Antonio, TX</p> <p style="color: red;">2/5-2/12/05 . . . 7 days . . . Mexico Riviera Cruise</p> <p>2/26/05 Saturday San Rafael, CA</p> <p>▶ 2/27/05 Sunday San Francisco, CA</p> <p>▶ 3/5/05 Saturday . . . North Los Angeles, CA</p> <p>▶ 3/6/05 Sunday West Los Angeles, CA</p> <p>▶ 3/12/05 Saturday San Diego, CA</p> <p>3/19/05 Saturday Phoenix, AZ</p> <p>▶ 4/23/05 Saturday San Antonio, TX</p> <p>▶ 4/24/05 Sunday San Antonio, TX</p> <p>4/28/05 Thursday Atlanta, GA</p> <p>430/05 Saturday Asheville, NC</p> <p>5/1/05 Sunday Asheville, NC</p> <p>5/7/05 Saturday Washington, DC</p> <p>5/12/05 Thursday Philadelphia, PA</p> <p>5/14/05 Saturday Tarrytown, NY</p> <p>5/21/05 Saturday Boston, MA</p> <p>5/24/05 Tuesday Buffalo, NY</p> <p>5/28/05 Saturday Chicago, IL</p> <p>6/4/05 Saturday San Antonio, TX</p> <p>6/11/05 Saturday Boulder, CO</p> <p>6/18/05 Saturday Fort Collins, CO</p> <p>6/25/05 Saturday Portland, OR</p>	<p>7/2/05 Saturday Seattle, WA</p> <p style="color: red;">7/9-7/16/05 . . 7 days Alaskan Cruise</p> <p>7/23/05 Saturday Ashland, OR</p> <p>7/27/05 Wednesday Sacramento, CA</p> <p>7/30/05 Saturday San Francisco, CA</p> <p>7/31/05 Sunday San Rafael, CA</p> <p>8/6/05 Saturday . . . West Los Angeles, CA</p> <p>8/7/05 Sunday . . . North Los Angeles, CA</p> <p>8/13/05 Saturday San Diego, CA</p> <p>8/27/05 Saturday Sedona, AZ</p> <p>8/30/05 Tuesday Albuquerque, NM</p> <p style="color: red;">9/10-9/11/05 . 2 days Med Prac . San Antonio, TX</p> <p>9/14/05 Wednesday Kansas City, KS</p> <p>9/17/05 Saturday Chicago, IL</p> <p>9/21/05 Wednesday Cincinnati, OH</p> <p>9/24/05 Saturday Detroit, MI</p> <p>9/28/05 Wednesday Syracuse, NY</p> <p>10/1/05 Saturday Boston, MA</p> <p>10/8/05 Saturday Tarrytown, NM</p> <p>10/11/05 Tuesday Philadelphia, PA</p> <p>10/15/05 Saturday Washington, DC</p> <p>10/22/05 Saturday Asheville, NC</p> <p>10/23/05 Sunday Asheville, NC</p> <p>11/12/05 Saturday San Antonio, TX</p> <p>11/13/05 Sunday San Antonio, TX</p> <p>▶ <b style="color: red;">Indicates a change from previous announcement.</p>
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Recognize the Essence of Your Thoughts!

Even if something that you really want has not yet manifested, do you feel joyful anyway?

Wanting is a good thing because when you get to the place that unfulfilled desire feels fresh like it did when you were two or three, or four, then you have returned to the vibrational stance that you have always intended.

From your broader, Non-physical perspective, you understand that there is no question about you being able to receive anything that you desire, because, from that vantage point, you understand the Laws of the Universe—you understand that when you ask, it is always given. And so, there is not a particle of discouragement or worry about things not yet manifested, because it is so clearly understood that all you have to do is focus and relax, and allow it to be.

In your physical format, you get caught up in a feeling of competition. You worry that someone else might get your prize, when, in reality, there is prize enough for everyone. You are the creator of your prize and the Universe will deliver it to you.

It is not possible that you could be deprived of something that you want because

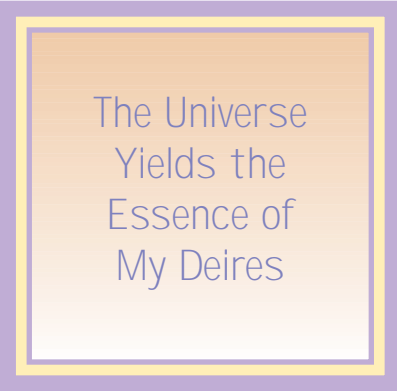
someone else achieves it—that could not possibly be. In fact, the Universe expands in direct proportion to the desires that you conjure here. The Source Energy Stream exists in its powerful, focused force because of your focusing of your desires.

There are three steps, simple steps, (really, laws are like that, aren't they? Simple in theory and a little trickier in application) *Step One* is ask, and you can't stop doing that; preference is born constantly out of your observing and remembering and focusing, and imagining. So, your asking is the byproduct of your living in this focused environ-

ment. *Step Two* is not your work; Source answers what you ask for. It answers the cells in your body. It answers spoken requests; Source answers unspoken requests: your vibrational signal, your preference, your desire...*Step Three* is what this essay is

all about. *Step Three* is about you bringing yourself into vibrational alignment with your desire.

The reason that, often, physical friends are not in vibrational alignment with their desire is because they're focused on something other than their desire. Now, think about it. *Law of Attraction says, that which is like unto itself is drawn.* So, if you want



The Universe
Yields the
Essence of
My Deires

something and you're focused on that something that you want, then you are offering a vibration about that something that you want, and you are fulfilling all three steps: You're fulfilling the two that are your responsibility—and Source is fulfilling the other.

So, then you say, "Well, there must be something I'm missing, because I believe that there are things that I desire that have not come to me... I've got stuff in my life I *don't* want, and there's stuff missing that I *do* want. And I'm pretty sure that I'm thinking about what I want." And we say: not possible. If you were thinking

about what you want, in time you would develop such a vibrational habit around that, that it would have to be yours. In fact, you can be sure that whatever you are getting is what you've been thinking about.

But then you say, "Can't be true. I have a disease I never thought about. Never even heard about it 'til they assigned it to me. How could I have been thinking about this thing if I didn't even know it exists?"

You develop patterns of thought which cause you to offer patterns of vibration, which equal what you are living. What manifests is always an accurate reflection of the thoughts that you've been thinking. And so, it is helpful if you think in terms of the vibrational essence of the thought that you are thinking.

You might not have assigned it a name, but if you are focused upon the absence of Well-Being in some area of

your life, and you have held your attention upon that, enough that you've, sort of, beat the drum of it, meaning, you develop a vibrational cadence; it's where your thoughts easily go; it's where your conversations easily turn; it's just the way you feel about this or about this, or about this...those practiced, conscious or unconscious, vibrations, then become

your point of attraction. And what you're getting matches that perfectly, every single time.

So, it's really a wonderful thing when you realize that, because then you can start watching for evidence of your vibration.

Now, there are two ways to watch for that evidence. You can wait 'til something manifests, and then say, "Oh yeah, I recognize that." Or, you can pay attention to the way you feel and say, "Oh yes, I can *feel* what's coming."

Your emotions are these fabulous indicators that let you know what your vibrational content is. And your emotions feel the way they do because of two important vibrational factors: The factor of *desire*, which is the summoning power. And the factor of *allowing*—which is the letting, or the not letting what you've summoned flow. If you really, really want something, you're summoning Energy in a stronger way. If you've wanted it for quite awhile, you're summoning it even more. If you think about it often, you're summoning it specifically.

So, just like you can take a spectrum of light and focus it into a very

The Vibrational
Essence of
My Thoughts
Are Always
Manifesting

Continued on page 14



Love Appreciation Love

Overwhelmed By New Book Thank you for the wonderful Quarterly Journals I receive. I have purchased your new book, (*Ask and It Is Given*) and I am overwhelmed as to the way it tied all the information together for me. The processes in Part II are perfect and I can review them when ever I need, too. This is just what I needed to gain the most benefits from the Abraham teachings. Thank you, and may God's blessings be with you, Esther and Jerry Hicks.

Peace be with you—Arlin Lisk—WA

I Was Asking One day I was praying/meditating and asking the question, "please, God, could you just provide me with the book I'm looking for, the one that has the answers to the questions I'm asking?" the following day, on a whim, I went to a bookstore, found your book *Ask and It Is Given* and purchased it and have been entirely thrilled with the treasures inside. Thank you a thousandfold. It was truly the book I had been seeking—Maureen—Internet

She Got The Job! I am so blessed to have come into contact with your book (*Ask and It Is Given*) when I did. I have been out of work for about 4 months now and was beginning to get rather concerned, however, I used the vibration instructions within the book—and WOW I got the job. I start this Thursday. I am so excited I am hovering about the ground. My cats kept looking at me as though I was going to lift off of my chair any minute...Thank you God, thank you Abraham, thank you Esther and Jerry Hicks.

Joan Benson—Internet

Teachers From God *Ask and It Is Given* is the book I have been waiting for. It is the book that the world needs to read. Have it translated into every language possible. It sums up the teaching of God in a better way than...(etc.) I can't say enough about it Truly you are teachers from God.
Will Weber—FL

The Book Is Incredible! We received our copy of "Ask and It Is Given" yesterday and stayed up late reading it. It is incredible! The first Abraham encyclopedia and life-changing toolbox combined. Everything we need for our own "extreme makeover".

I'm a true Abraham student, to the point that I transcribe the Weekly Tapes so that I can read them and download them to my Palm Pilot. It is fabulous to have this book as a reference and guide. Very well done!

Thank you. All our love,
Chris Donner and Cee Neuner—CO

Everything's More Joyful With your new book *Ask and It Is Given* I now have a "bible" for living in the 21st Century, the way it was always meant to be. Clear, Concise, Uplifting and easy to understand. Sometimes I make copies of pages I want to re-enforce and keep them on my desk at work for realignment to my joyful purpose and to bring me back when I begin to dance down a not as delightful path. Everything about my life is more joyful with Abraham.

Love Appreciation Love

Thank you for your generosity in spreading the Joy of Abraham to all of us who are asking!!!

Love, Laughter and Lots & Lots of Fun Times—Deborah Joannes—MO

Feel The Energy! I received *Ask and It Is Given*. Thank you for such a wonderful and powerful resource! Just holding the book in my hand...I could feel the power and energy! And as I started to read, I completely “shifted” into a better place. As an “Abraham student” for many years, I can never hear the message too many times. And every time I put in a new “CD of the Month” and hear Jerry’s opening...I am already uplifted and move a notch up in the “energy ladder”.

Thank you....thank you...for all that you do!—Ellen Mari—CT

A New Vibration I’m expressing gratitude for the new book. The 22 exercises are so simple and powerful. My job is simply to Allow them to do their perfect work. Shortly after working with some of the exercises, the perfect product and business opportunity intersected with my new vibration!

Thank You. Sincerely,
David Kamnitzer—CA

“Ask” is a Godsend Your book *Ask and It Is Given* is a Godsend for me. Thank you for putting all of this wonderful information in one book. This should be required reading for all seekers.

Thank you. Sincerely,
Marty Sorenson—Internet

Astonished In Russia This is Yuriy from Russian Federation. A few days ago I’ve got from amazon.com the book “Ask and It Is Given”....I’ve been reading this book with great interest! Thank you from the bottom of my heart for this astonishing book!

Love to you and yours,
Yuriy—Russia

She Wants To Share This I would like to order 100 copies of “Ask And It Is Given.” I feel so delighted with this book that I want to share it as much as I can. Please let me know what the rates are.

Thank you,
Sabra Woolley—CA

She’s Still Cruising I just received the CD/cassette with the Alaskan Cruise workshop and fed it right into my car CD player as I had to travel. What a wonderful way to re-live the whole cruise again, the inspiration and the emotions we all felt during the workshops and the wonderful cruise... I still giggle about some of the questions and am even more awed and deeply touched by the answers Abraham has for all of us. Thank you again. I had always wanted to participate in Abraham workshops but this was manifestation galore and made the long flying hours from Munich/Germany to Seattle and back absolutely negligible.

Liane Alban — Germany





Reach For the Emotional Essence of Your Desires

A true, deliberate creator is reaching for the emotional essence of their desire. In other words, everything that you think you want, whether it's a relationship or a material object, or a state of Being—every single thing that you want is for that feeling of emotion that it brings... it's for the feeling of Well-Being, for the feeling of joy.

If we were talking about someone who is sick, who might be reaching for wellness, we would not be looking for, in this moment, a *physical* transformation of their physical body. We would be looking for an *emotional* transformation. We would be looking for them to feel a little hope, or to feel a little optimism. If someone is experiencing financial disaster, they would not, as they are sitting here today, experience going from having no money and having a lot of debt to having big piles of money and no debt—that's not going to happen while they sit here today. But it is possible for them to make the *vibrational* transformation...which must bring the manifestation that follows.

So, if there are two Deliberate Creators, then, as each of them is reaching for feelings of relief; as each of them is focusing upon and reaching for feelings of empowerment and joy—both of them will be fulfilled. In this Vibrational Universe, where all desires are fulfilled, there is no such thing as only one pot of gold or one prize, or one perfect relationship. (Each creator manifests the essence of their focused thoughts.)

West Los Angeles, CA — 1/31/04A

G-1/31/04A — You, alone, are creating your personal reality. Could Beings be, without there being beginnings? Will our national debt destroy our economy? Do our belief systems continue through lifetimes? When Deliberate Creators intentions differ, both win? On my weight, my age, and timelessness? Singer, actor wants to become world renowned.

G-2/7/04A — Are we reactivating some lingering Thought Forms? Must attention to pessimists diminish one's optimism? Should we turn faces from unwanted diseases? When being painfully honest with our children? But, when my friend is truly suffering? Is "timelessness" somehow connected to our desire? Her life has become unbelievably, suspiciously spectacular.

G-SERIES CDS/TAPES SPRING, 2004

G-2/7/04B — But now he wants a life partner. Show dog's winning, but her lover isn't. Nobody's fighting who isn't asking for it. When alcohol becomes an addiction, now what? Can she communicate with her deceased brother? What if she wanted a specific lover? He's gambling and losing; but he's wanted.



G-2/21/04A — Identifying the vibrational essence of your thoughts. Where do you now want to be? Don't measure your progress by another's progress. The pets are getting poor blood tests. What is meant by the term, enlightenment? Why those few actors get many roles. What's her role in her brother's suicide?

G-2/21/04B — Are you ready for a lover? Regarding becoming the master of one's mind. What thoughts can assure one perfect health? From shameful childhood to an angry adulthood. Sexuality, sensuality and intimacy as loving blessings. Found her teen daughter is cutting herself. Can an abortion kill an Eternal Spirit?

G-2/28/04A — We're living in the best of times. You create your own evidence of reality. Set stretching goals but not breaking goals. What happens to our denied emotions? Does Abraham ever desire to learn more? Wants to rejuvenate her body weight emotions. Should he teach there or shouldn't he?

G-2/28/04B — Wants to start a second successful business. Her time and memory are feeling illusionary. How can she get her lover more involved? Single parent feels imprisoned with her children. Creative photographer is buried in creative clutter. Why do so few control so many? "I'm free to feel as I choose."

G-3/6/04A — How good is too good to feel? Do you feel worthy of unlimited Well-Being? Your feelings are your point of attraction. Their happy, miserable child is stealing things. Feels like his life is living him. You're manifesting the essence of your feelings. You can trust in your natural Well-Being.

G-3/6/04B — When depressed there's no bliss to follow. Has 80%; wants 100% of his miracles. When difficult to accept one's natural Well-Being? If she could shout her warts away. Conquering their child custody case feels unconquerable. He met Abraham 15 wonderful years ago. Is Abraham the Abraham of Jesus?

G-3/20/04 — It's an emotional journey; a feeling journey. He seeks validity regarding the healing process. Ph.D. student is feeling stuck in yuck. Must she feel compassion for friend's death? Teen son viewed a televised porn site. Why did Abraham's recordings bring such pleasure? What about "Planning Calendar's" Place Mat Process?

*SEE PAGE 32 TO ORDER: G-SERIES, SPRING, 2004 CASSETTE ALBUM — \$90.00 + S/H — EACHES \$10
OR CD ALBUM — \$117.00 + S/H — EACHES \$15*

Quarterly Quotes from Abraham-Hicks

As you are born into these physical bodies, you experience the vibrational continuum of the generations that have come before you. Their desires as they have lived as individuals—and their Collective Mass Consciousness desire—has emanated to the boundary-less boundaries of the Universe, and Law of Attraction is answering all of those requests. So, each generation who follows the previous generation benefits by the desires that have been exuded by Mass Consciousness.

2/7/04A — San Diego

Someone has said, “the Universe has imagined it even better than you have.” And we like to add to that: The Universe got all of its information about what you like from you, and it has remembered every piece of it and has put it together in perfect formation. And so, the things that are on their way to you are so much better than you even know that you want. And as you allow them, the essence all of these things that the Universe knows that you are wanting make their way to you and appear in perfect timing for you.

San Diego, CA — 2/7/04B

Achieve, first, the vibrational essence of your desire—and then, through the crack of least resistance the manifestation will be delivered... work on the essence of the feeling of freedom; work on the essence of the feeling of empowerment—work on the essence of the feeling of Well-Being... And how do you do that? You can imagine it already having happened and pretend what it will feel like when it is that way. Or, you can look for things in your life that are already like that and beat the drum of that until they

play a higher percentage of time in the vibrational signal that you are emanating.

North Los Angeles, CA — 3/6/04A

We would never move forward in the face of negative emotion. There are many people who would teach you otherwise. They say, you’ve got to face fear to get over it. And all they do is desensitize themselves to the point that they get themselves into situations where they have no idea what’s going on, and the end of them comes rather abruptly... And then everyone calls them brave.

San Diego, CA — 2/7/04B

We would never do anything that didn’t make our heart sing!... And so you say, “But that choice doesn’t seem to be there. There’s this choice that doesn’t make my heart sing, or sort of staying where I am. So what should I do?” And we say, we’d hang around and wait for something that makes our heart sing—and then we’d jump in with all four feet.

San Francisco, CA — 2/28/04A

We would begin saying, “I’m not ever going to get it done. I’m an eternally expanding Being, and I’m doing great where I am, and I’m so eager about what’s coming.” That’s the essence of the vibration that keeps adventurous things coming, keeps you feeling always excited, stable and secure, keeps you feeling in love with life. All day, every day, count your blessings! All day, every day, make your lists of things you appreciate. And as you keep activating what *is* working in your life, then more pleasing things on all subjects will flow to you.

North Los Angeles, CA — 3/6/04A

Quarterly Quotes from Abraham-Hicks

So many people need you to behave in a certain way for them to feel good. They condemn you for your selfishness. “How dare you be so selfish as to follow what makes *you* feel good? You should follow what makes *us* feel good.” At an early age, you were convinced that you weren’t smart enough to know, and that somebody else should make the decisions... You could not live in this culture during the times of your life without getting a huge amount of information relative to that, just in the way people respond to the things you do and say.

San Rafael, CA — 2/21/04B

The hypocrisy around the subject of sexuality is huge. Early on, there were others who were a lot more interested in you satisfying what made *them* feel good than in satisfying what made *you* feel good. There were so many things that you felt inclined to go *this* way, that you were forced to go *that* way, that at an early age, you made a conscious decision that if it felt good, it was wrong. And if it felt wrong, it was probably right.

San Rafael, CA — 2/21/04B

The “devil” is a fictional character made up (and perpetuated) by insecure humans who want to control other insecure humans. There’s a lot of power in fear, isn’t there? There shouldn’t be, because, really, what fear is, is power-less. If you understood Source, as we do, you would never fashion such fiction because there is only Well-Being that flows from that which is your Source.

North Los Angeles, CA — 3/6/04A

Source never wields vengeance or offers punishment, for Source understands you are valuable; you are worthy; you are blessed. Source understands that you never get it done and you cannot get it

wrong, and that even when you stand in a place that currently feels wrong, that, ultimately, you will return to what feels right. You can return *now* to what feels right with an adjustment of your thought process and an adjustment of your vibration and a changing of your point of attraction and a finally letting in of the Well-Being that is flowing to you always.

North Los Angeles, CA — 3/6/04A

Keep remembering: there is not only one prize. And so, say to yourself things such as, “You appeal to me in all of these ways, and I am going to draw the essence of you to me. I will use my visualization of you to align my Energy, and then I will trust that Law of Attraction will bring me an exact replica of (the essence of) that which I believe you are.”

San Diego, CA — 2/7/04B

We want to speak about freedom: This is a Vibrational Universe. The only Source that flows is the Source of Well-Being. And, physical and Non-physical, we are all free to allow that Well-Being to flow to us and through us, or we can pinch it off. It is our call—every time...

San Francisco, CA — 2/28/04B

See this world as a free world, and see everyone in it as trying—through their individual experiences—to find their way back to that calling, back to that Source Energy. And even though there are billions of them going about it in a way that is different than you would choose, there’s no right or wrong way. In other words, bless them all, and get on with the only thing *you* have any power about, which is opening or closing *your* vortex to *your* natural state of Well-Being.

San Francisco, CA — 2/28/04B

Continued from page 7

powerful laser beam, you have *desires* that you have focused into very powerful beams. So, the more focused thoughts, are the thoughts where the Energy moves faster. And in that faster Energy, any contradiction shows up more. Just like if you're driving your car 100 mph and you hit a tree, the tree is a bigger factor than if you were going 5 mph.

So, the two factors that your emotions are always letting you know are: how focused the Energy is by virtue of your desire, and how your normal thoughts around the subject resonate or don't resonate with that desire. Easier way to say it is, "what's my attitude or what's my mood about such-and-such?"

"When I think about my body, do I love it? Am I grateful? Does it annoy me? Does it embarrass me? Do I praise it? Do I condemn it? Do I adore it? Do I compliment it? Do I criticize it?" In other words, what kinds of things do you say about your body?

When you think about dollars, do you feel joyful? Does the subject of dollars make you feel free? Do you feel eager and enthusiastic about dollars? Do you feel afraid when you think about dollars? Are you angry about dollars? Are you embarrassed about dollars? Are you fitful about them; worried about them; eager about them, happy about them?

When you think about the greater economy, are you grateful for economy? Do you love it when someone thrives? Are you jealous when someone thrives? Do you feel happy for a friend succeed-

ing? Do you feel unhappy about your not-so-much success when you see friends succeeding? Do you blame the government? Do you blame your employer for not paying you more? How do you feel?

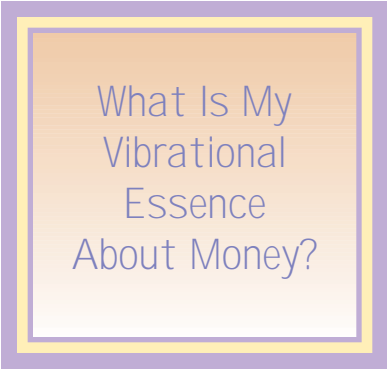
It turns up in all of these different ways. All day, every day, you have opinions and attitudes. Most of them you didn't even figure out on your own. You hung around with somebody else who hung around with somebody else... And often, you've developed an attitude, an attitude about money.

There's a pervasive attitude about money, that says, rich people somehow are inappropriate. "They've done something wrong. How dare they succeed

and point out to me my lesser success? Or even worse, how dare they succeed and take such a big piece of the pie so that the rest of us are left with crumbs, or maybe nothing?"

If you are not sure what your vibrational essence is, we understand because

most physical friends have not been noticing the emotional correlation between thoughts that just feel normal. In other words, you trusted your mother, she gave you food, she gave you shelter; she seemed like the vortex through which a large amount of your Well-Being flowed. And so, she seemed like someone to listen to, and she was bigger than you, and she always thought she was right, especially in the beginning. (Fun) And so, you began to pattern your thoughts around the same kinds of thoughts that she was thinking—because things went better for you



What Is My
Vibrational
Essence
About Money?

when you did that. (Fun) When you disagreed with her, it didn't go as well. Then, when you went to school, there were others who wanted your agreement... And as you get out into the world, or into new relationships, there are *others* who want your agreement... And so, you find yourselves (bless your hearts) upside down and all around as you are trying to conform to the primary stream of thought, relative to subjects: You want to do what's socially acceptable, for you do not want to be an outcast. And you want to do what's politically correct, because you do not want to be an outcast.

And you want to do what your family expects of you, because you don't want to be disinherited, and you want to do what your religion says, because you don't want to be disavowed or go to hell—which is far worse than any of the other things. (Fun)

Most of you have been using standards or measurements that are outside of you—and that have nothing to do with you—in order to try to formulate your thoughts or opinions or attitudes, or actions. And in the process, what has happened is, you have picked up an incredible hodgepodge of beliefs, some of which serve you—some of which do not. But, most of our human friends feel powerless in what comes to them because they've been practicing this vibration and practicing *that* vibration, and practicing *that* vibration, and picking up thoughts and beliefs based upon the evidence that the society produces around them. And so now, you find yourselves often with a whole bagful of beliefs that are not serving you.

Forthunately,
I Am the
Creator of
My Own
Truth

This is the greatest message. This will free you from vibrational resistance, as you hear it, and internalize it, and then practice it: *The thing that is most hindering: You look at what people are living and you gather your evidence or statistics, and then you claim it as true.*

You say, "It must be true. They warned me about that, and sure enough, it happened." And what we are wanting so much for you to hear, is: *What anyone is living—your culture, your environment, your society, your city, your family, your person—what anybody is living, the truth, or the evidence that you are producing is only the truth that man-*

ifests in response to the habit of vibration that you offer.

So, when you look out into your society and you see something, wanted or unwanted, and you proclaim it as true—which is the reason that you give that others should think about it, write about it, talk about it, understand, and accept it as truth—do you feel how screwy that is? That's like saying, "There's something out there that I do not want, but because somebody else created it in *their* experience and it became *their* truth, now *I* must beat the drum of it, and make it *my* truth, too." And we say, fortunately there are a variety of truths for you to pick from. *Fortunately, you are the creator of your own truth. No one can write a book; no one can start a movement; no one can organize a religion; no one can say, "These are the things that are important for you to do, and these are the things that you must not do," because no one knows the mix of intentions and the*

Continued on page 49

Ask And It Is Given

“This is, plain and simply, one of the most powerful books I have ever read.
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“One of the most valuable things about *Ask and It Is Given* is that
Abraham gives us 22 different powerful processes to achieve our goals.
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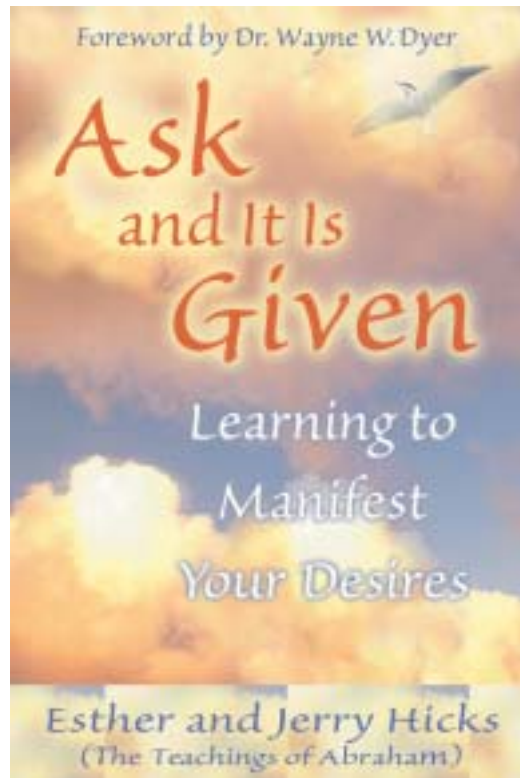
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SPECIAL SUBJECT CDS or TAPES — VOL I



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

SPECIAL SUBJECT CDS or TAPES — VOL I

CD-3/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.

CD-4/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.

CD-5/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.

CD-6/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.

CD-7/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.

CD-8/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.

CD-9/AB-9 CHRIST CONSCIOUSNESS, RELIGIONS & 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.

CD-10/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.

SPECIAL SUBJECTS TAPES — VOL II



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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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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 growth you will add to the growth of All-That-Is. (However, you are also free to choose bondage or pain . . . but everything anyone chooses is only because they believe it will help them feel better.)

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

elegant, meditative *Joy to the Universe*.

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



Cassette — \$10 + S/H

(Download a sample at:
www.abraham-hicks.com)

AM-1CD \$15.00 for CD, or AM-1 \$10.00 for Cassette

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, our friend, Neale Donald Walsch's *If you could ask God any question...?* book: "Conversations with God for teens", and now it has been a thrill for me to present over 50 of my favorite "teens" questions to Abraham at our El Paso Workshop — and to now make the dialog available to you!

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

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

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



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VARIOUS SERVICES AND PRODUCTS

MONTHLY SUBSCRIPTION CASSETTE OR CD PROGRAM

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

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

WEEKLY SUBSCRIPTION CASSETTE OR CD PROGRAM

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

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

GLUTTON SUBSCRIPTION PROGRAM

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

WORKSHOPS & WEEKENDS

What do you want to more clearly understand?: Your state of becoming? Finances? Bodily conditions? Relationships? Business/Career? Metaphysicality? Your state of being/having/doing...? To participate in an open group “Questions and Answers” workshop with ABRAHAM, (see page 4 for details) 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 29 & 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 16 & 38)

3 TAPE ALBUMS — \$30 each (plus S/H). Currently these include our Sara Books on tape and Abraham's Greatest Hits albums. (See page 26 & 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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ORDER FORM

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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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*** EDUCATORS—TEACHERS—STUDENTS ***

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

This book will make your heart sing!

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

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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

FEELING GOOD IS WHAT IS MOST NATURAL TO YOU — And so, anything that anyone wants whether it's a material object, a relationship, a state of being, a circumstance, or a pot of money... anything you want is because you think, in the having of it, you would feel better...And so, you have this natural barometer inside of you that is always helping you reach for an improved feeling. The You that is really You has a broader perspective, not only from this physical experience, but from all that every one of you has ever lived. You will not be misguided by paying attention to the way you feel and reaching for the feelings that feel best...It is not possible for you to reach for what feels good, and do harm to anyone—it is not possible.

Excerpted from — G-2/21/04 —San Rafael, CA

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 — ABCN (768 PAGES) \$25 USA — PG 32

BOOK: A NEW BEGINNING I

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

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



COMMENTS:

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

Softcover. \$15. 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

Spanish Edition: El Libro de Sara \$17:00 (plus S/H)

CDS & TAPES

Sara and the Foreverness of Friends of a Feather is now available as an unabridged book on tape or CD. Containing three recordings, 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...

CDS: Ask for CDS3S1 — \$45

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



CDS & TAPES

Sara and Seth, Solomon's Fine Featherless Friends is now available as an unabridged book on tape or CD. Containing three recordings, 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.

CDS: Ask for CDS3S2 — \$45

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 or CD. Containing three recordings, 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.

CDS: Ask for CDS3S3 —\$45
Cassettes: Ask for S3S3 — \$30
(830) 755-2299 (Order form page 32)

ABRAHAM'S GREATEST HITS CD/TAPES

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

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

TAPE/CD ONE

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

TAPE/CD TWO

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

TAPE/CD THREE

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

TAPE/CD FOUR

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

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





DVD/VIDEO SAN RAFAEL, CA

These videos were recorded in Monterey, California, on Saturday, the 2nd day of September, of the year 2000.

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

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(or Video 5V-9-2-00 — \$90 plus S/H)

Included in Part 1:

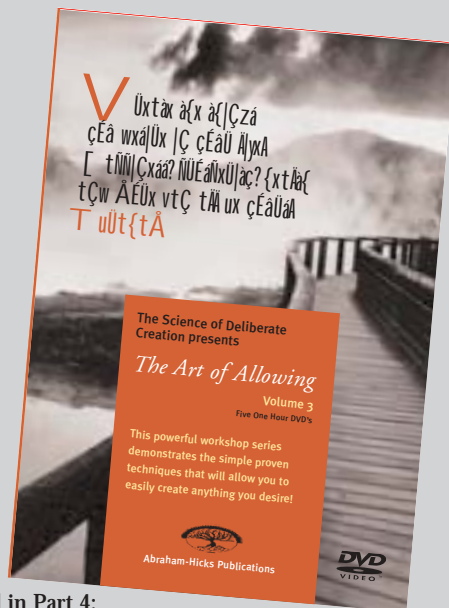
How life works. Why you're getting what you're getting. Contrast puts the eternalness in eternity. A belief is just a thought you keep thinking. Feel the way you would feel if you had it. Quantum leaps are possible but very uncomfortable. A headache is a wonderful thing. How to stop yelling at the walls. Access denied by you.

Included in Part 2:

Allowing is unconditional love. Worrying is practicing the art of resistance. Play with new desires until they feel familiar. The thing about past lives. Hold the vision because it feels good. Your job is to want it. You cannot suffer your way into well-being. Heaven's Gate swings both ways. Happy happy happy happy happy all the time.

Included in Part 3:

Have faith in your manager. Non-physical guidance comes in impulses. The placemat process. Signals of alignment. Deja vu. When Middle East fanatics give their lives to blow up buildings. There's no resting in heaven. Align your own energies and the neighbors will come into harmony. Banging into trees is better than not wanting.



Included in Part 4:

Hold only thoughts that thrill you. The Universe cannot buck your current. Finding a "Soul Mate." The difference between wanting and yearning. When it feels like the next logical step, then it is. Take a nap. Reach for a thought because it feels better. Create from the inside out. Every stick in the pile has two ends.

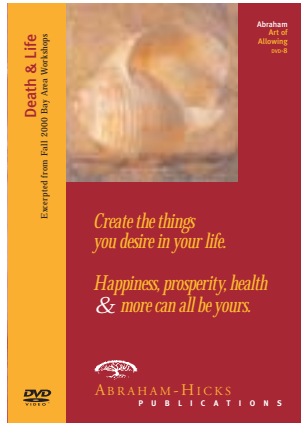
Included in Part 5:

Family harmony through self-fulfillment. Letting go of injury worries. Bad psychic readings reflect resistance. All healing is energetic. When an ex-mate threatens suicide. Now is where all your power is. What about the innocent babies? Good teachers facilitate natural desires. Abraham offers audio ecstasy.

**Ask for 5DVD-9/2/00 — \$90.00 plus S/H
To order see page 32.**

SPECIAL SUBJECTS VIDEOS/DVDS:

DVD-8 or AV-8 — DEATH & LIFE

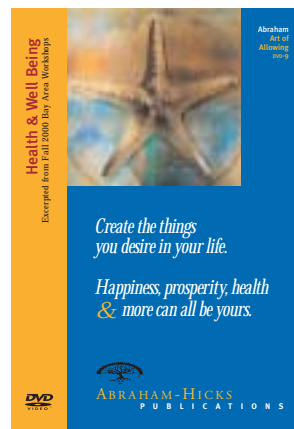


- Realize that there is no death. (12:00)
- We are all Eternal Beings. (8:00)
- What is it Like for Non-Physical? (16:00)
- When you understand death, you can begin to live. (8:00)
- When Middle East Fanatics give their lives to blow up buildings. (7:00)
- There's no resting in heaven. (1:00)
- Abraham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

(Excerpted from Video 5V-8/26, 8/29, 9/2/00)
Death & Life — DVD-8 (DVD) or AV-8 (VIDEO) \$30
Running time: 1 hour (To order, see page 32).

DVD-9 or AV-9 — HEALTH & WELL-BEING

- 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)

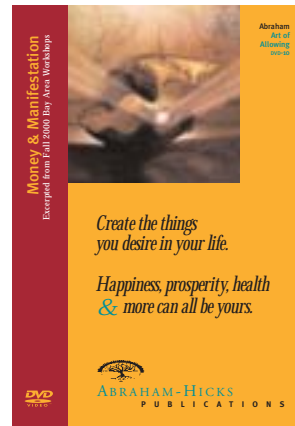


(Excerpted from Video 5V-8/26, 8/29, 9/2/00)
Health & Well-Being — DVD-9 (DVD) or AV-9 (VIDEO) \$30
Running time: 1 hour (To order, see page 32)

SPECIAL SUBJECTS VIDEOS/DVDS:

DVD-10 or AV-10 — MONEY & MANIFESTATION

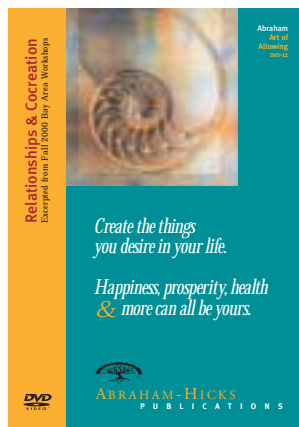
- Thinking; feeling; getting — are always a match. (8:40)
- Nothing is more important than feeling good. (6:00)
- Delegate your desires to your Universal Manager. (6:30)
- Removing brakes from abundance in 17 seconds. (8:20)
- Visualize your economy for the pleasure received. (8:00)
- The summoning power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



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

Money & Manifestation — DVD-10 (DVD) or AV-10 (VIDEO) \$30
Running time: 1 hour (To order, see page 32).

DVD-11 or AV-11 — RELATIONSHIPS & COCREATION



- 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)
- How to attract your ideal mate. (14:26)

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

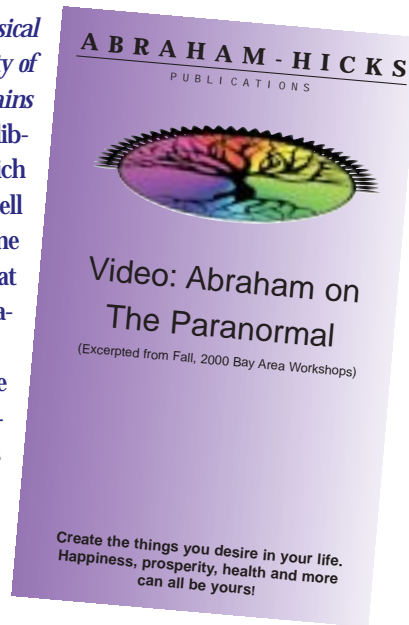
Relationships & Cocreation — DVD-10 (DVD) or AV-10 (VIDEO) \$30
Running time: 1 hour (To order, see page 32).

SPECIAL SUBJECTS DVD/VIDEO: THE PARANORMAL

The mysteries of the metaphysical remains a mystery, and the ineffability of my knowledge of the paranormal remains inexplicable. Yet after decades of deliberate communication with that which we call Non-physical, I can clearly tell you that It feels good; It guides me wisely; It loves us each equally, and that It feels as though It is the personification of Well-Being.

And so we are pleased to share with you here this degree of understanding that our workshop guests have evoked from Abraham through their questions regarding *the Paranormal*.

Jerry Hicks



DVD-12 or AV-12 THE PARANORMAL

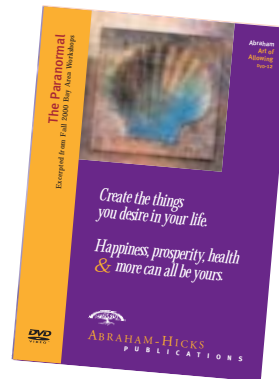
- You are all vibrational beings.
- Understanding precognition.
- Ancient seers and sorcerers.
- How Abraham “sees”.
- Are there negative entities?
- Technique to see auras.
- Death and Non-physical reality.
- Dreams and out-of-body experiences.
- Astrology versus predestination.
- What to do if you want to see an E.T. spaceship.

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

Order: DVD-12 The Paranormal — \$30.

(VHS) AV-12 The Paranormal — \$30.

Running time: 1 hour (To order, see page 32).



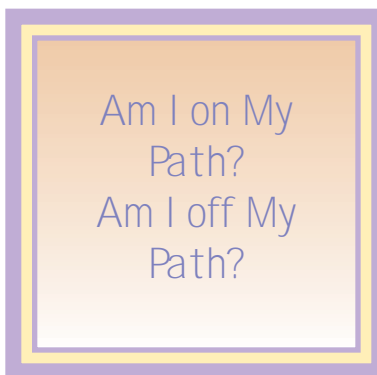
Continued from page 15

mix of beliefs that you hold. You get to choose all of it.

So, some worry, “Oh, I liked it better when I thought there was a religion,” or, “I liked it better when I listened to my mother... I like it better when there’s someone that I think is wise that sets the course and then I just copy them.” And we say, that’s fine. It’s fine to copy someone who is thriving successfully, but when they croak of cancer, you say, “Hmm, maybe I would like a different role model now.” And we say, *what you’re wanting to do is use the Guidance that is within you.*

Jerry and Esther have a navigational system, (it’s really marvelous) in their vehicles. It (Magellan) calculates the distance and gives directions between where they are and where they want to go. The satellites in the sky and the antenna on the roof identify where they are, and then they just program the address where they want to go, and Magellan says, “Go this way; go this way. Take the next exit. When it is possible, make a legal u-turn.” Magellan never says to them, “Where have you been?” because it is utterly irrelevant. It would only complicate things if they factored all of that in. Magellan never says, “How long have you been here?” (Fun) Magellan never refuses to give information about where they will go now because they didn’t listen last time. (Fun)

Sometimes, they will program a route and then they will get another idea. And before they can reprogram Magellan, she kicks up quite a squawk.



She keeps insisting, “Please, return to the highlighted route! Please, return to the highlighted route!” And Jerry will say, “No, we’re not going to do that. Leave us alone!” And then he will say to Esther, “Shut that broad up!” (Fun) But Magellan is insistent because she has been given (we call it a girl because it is a lovely woman’s voice; the man’s voice was too bossy, [Fun] they turned it off)... She has one mission only: To give directions between where you are and where you want to be. And she’s relentless about it. (Fun) Never stops letting them know. “You’re going in the wrong direction; make a u-turn.”

Your Guidance System is the same way, because all of the days of your physical focus, and long before you got here, your intentions were set into motion. And every day that you live and experience contrast-variety, you make new determinations about what you want. And you are emitting them constantly—constant amendments to your desire going out to the ethers—and Source Energy is receiving every one of them, and then, giving you a signal constantly, that you translate, in the form of emotion, that lets you know whether you are on your way to where you’ve been saying you want to go, or whether you are not.

You can tell by the way you feel if you are in alignment. When you feel eagerness, you’re on your path. When you feel enthusiasm, you’re on your path. When you feel anger, you’re off your path. When you feel frustration, you’re off your path. When you

Continued on page 56

Hello from Jerry & Esther (Continued)

Continued from page 2

on the list of all books! Pretty exciting! Hay House, our publisher, is doing a wonderful job of getting the book in all the right places so people can find it! And they are finding it! (It's in its second printing and has only been out a few weeks.)

Hay House has requested another book from Abraham, so I have been taking my laptop computer up to the tree house to receive this new book. A day or two ago, as I was relaxing and waiting for Abraham to begin writing, they said to me "...Esther, these words will flow easily. Many people are reading *Ask and It Is Given*, and their questions for clarifications are already reaching us. This book is a continuation of the last, yet a new and different book. It will flow easily. Let us begin. Enjoy this process. We are enjoying your enjoyment of your tree house..." We are living a weird and wonderful life!

We love traveling to so many wonderful cities to see you. Every day we receive letters and messages from people all over the world who are expressing their appreciation for improved lives as a result of coming into contact with Abraham. We do like that. And we love it that more people are finding Abraham because you are telling them, and because Hay House is making Abraham available to them, but every day Jerry and I remind ourselves and each other that our primary intent continues to be to travel to as many places as we can physically joyfully achieve so that as many people

as want to can ask their questions for the expansion of the message itself. Because of you, and your asking, Abraham's message continues to clarify and broaden, and deepen.

If you plan to attend one of our seminars, we do suggest that you plan early. Many of them have been filling up. We have added an extra day to some cities (like those held at our center in San Antonio and those held at the Biltmore Estate in Asheville, NC) in order to accommodate more people.

We have a wonderful year stretched out before us. Another month or so here at home, then back on the road for more travel, and more adventure, and more fun, and more wonderful Abraham sessions with you. We pick up our new monster bus in February (immediately after the Mexican Cruise) and we look forward to seeing more of you along the way.

Recently a car passed us, slowed as it came along side of us, and someone waved an Abraham tape out the window. Now that was fun! Our new bus has our Abraham tree logo on the sides and on the back, and written across the back of the bus it says "Life is supposed to be fun!" We'll look forward to seeing you somewhere along the trail.

Our love,
Jerry & Esther



**“We loved Alaska!” they said, “Now Let’s Go some-
place new!” So, “Mexican Riviera, here we come!”**

Dear Jerry & Esther,
I am still basking in
the sweet afterglow
of my Abraham
Alaskan
Well-Being
Adventure cruise.
Abraham encour-
aged us to reach for
the memory that thrills us.



Well, I have many more to draw on after that cruise. Thank you
for providing me the opportunity to take my dream trip. For
me it was a time to be with others and “comblisserate,” (*not
commiserate*). I have coined the word to remind myself that I
intend to raise my vibration and to uplift others. Being with



those other students of
Abraham in such a
glorious place
was the perfect
opportunity for
me to practice
comblisseration.

Jan Martindale,

Oregon

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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 — \$90.00 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 — \$90.00 plus S/H
To order see page 32.**



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 — \$90.00 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 — \$90.00 plus S/H
To order see page 32.**

Continued from page 49

feel despair; when you feel depression, you're really off your path.

So, we call these teachings the *Art of Allowing*. And what that means is, deliberately choosing thoughts that cause me to offer a vibration that causes me to *allow* myself to receive the things that I've been asking for.

So, *creation* really is more about loving yourself; it's more about feeling your worthiness; it's more about appreciating a friend; it's more about enjoying the sunset; it's more about enjoying the beautiful flowers. It's more about finding reasons to relax into Well-Being, rather

than gather up your strength and valiantly go forth to achieve your tasks, and serve your cause... because your "cause" is, to be the receiver and radiator of the love and Well-Being that is You.

You are an extension of Source Energy. You are one who loves, and you are one who loves to think, and you are one who loves to create, and you are one who loves to contemplate. You're one who enjoys stimulation of thought. You're one who enjoys choosing; you enjoy considering; you enjoy pondering; you enjoy fashioning. You enjoy putting things together. You enjoy figuring things out. You enjoy knowing. You enjoy not being sure and then becoming more sure. You enjoy the evolution of a thought. You enjoy the expansion of an idea. You enjoy the expansion of life experience. You enjoy the pleasure of being this genius focused in the most creative environ-

ment that has ever existed, for the fulfillment of things that satisfy you.

You are liquid love in physical bodies, wanting, more than life itself, because it *is* life itself, to adore the vessel that's you through which this Source Energy flows. You are God. You are Source. You are *creator*.

You always feel good from your Source Energy perspective.

You don't feel regret; you don't feel doubt; you don't feel worry; you don't feel shame; you don't feel guilt; you don't feel anger; you don't feel hate... You feel joy; you feel appreciation; you feel worthiness;

you feel eagerness; you feel passion.

You feel like the little kids feel—watch them: they're sure; they're arrogant; they're not afraid. You say, "They're not smart enough to be afraid." We say, they are *still* smart—and not afraid. You say, "But they don't know enough to worry." And we say, they *know* everything—and they do not worry. *The children are still more vibrationally imbued with that feeling of passion and joy—and that is what this work is about. It's to assist you in returning to the natural state of Well-being—the natural state of being that is really You.*



Excerpted from
Abraham-Hicks Workshop
G-2-21-04A — San Rafael, CA

G-SERIES TAPES/CDS WINTER, 2003

VIBRATION, IT'S ALL ABOUT VIBRATION

G-9/27/03 — Our unfulfilled desire, how sweet it is. I'm always on my way to somewhere. Chiropractor has exhausted practical physical health resolutions. Did appreciation for new car cause crash. Are autistic personalities carried into next lives? Deprecating little Catholic (nun's) voices still sting. Doctor's/entertainer's frustrated by her choices.

G-10/11/03A — Well-Being always adapts to your specific desires. Reach for the best feeling thought available. Can mandatory physical examinations not invite illness? "Reality" of illness doesn't mean diddley squat. When the painful spot keeps moving around? After surgery, attorney/mom's preferring caring for children. Lawyer's mother wants her to practice law.

G-10/13/03 — Whenever we're resisting that which is natural? Should this attorney chase multiple (career) butterflies? Has screaming nightmares and an inherited business. Why haven't I memory of past lives? Could Abraham have projected a butterfly's aura? Her nine year old son has learning issues. Schools administer drugs to control children's freedom.

G-10/25/03 — Where you want to be keeps moving. Is reincarnation punishment for the less enlightened? Mom's 96; caregiver daughter is feeling frustration. Abraham gives us the keys to ease. Can she discreate this Parkinson's Disease diagnosis. Soothing the parents of an earless baby? Fossil fuel, a renewable or natural resource?

G-11/1/03 — Let's talk about identifying your Set-points. Can she really never get it wrong? But, "nice girls shouldn't get angry"? She's stuck in "Yuma" with her mother-in-law. "All is well" isn't sitting very well. Wealthy sister is evoking her jealous emotion. She suffers from regular monthly migraine headaches.

G-11/22/03 — If we were in your physical shoes. It ain't necessarily a terminal "terminal illness". Psychologist experienced a John's Hopkin's L.S.D. experiment. Did she inherit narcissistic mother's nervous system.? Any value in seeking cause of headaches? Her 5 year old daughter wants a Dad. Midwife questions childbirth pains vs. baby's feelings.

G-12/6/03A — Hot stoves are felt, they're not heard. So, if I am feeling negative emotions? Dad died last week, how's he doing? Differences in emotions are felt by all. The constant dance of your positive realignment. She fears bringing in an inappropriate relationship. Outlived lover but not their relationship.

G-12/6/03B — Husband's deceased; their son is now disruptive. Which daughter is on the "right track"? Resistance is the only cause of illness. Business can't grow beyond his emotional response. Our Eternal growth will never be boring. Former lover wasn't always honest with her. You came for the joy of it.

G-12/13/03 — It's all Vibration; it's all about Vibration. Wants to simultaneously focus on many things. Daughter, fiancé and grandbaby are depressing grandmother. Isn't there a better purpose than joy? She wants a lover, but without bondage. To receive the "impersonal" as something personal? Why doesn't Esther remain in the Abraham mode?

G-12/20/03 — Am I headed toward the right direction? He can't release his child's custody thoughts. Is not Abraham a perfect Being? Retiree wants to discreate a mysterious illness. Can I learn to become an immortal? A description of living one's destiny? I'm going to find my current Set-Point.

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OR CD ALBUM — \$117.00 + S/H — EACHES \$15

G-SERIES CDS/TAPES FALL, 2003

EVERY PREFERENCE SUMMONS SOURCE

- G-6/28/03 — Creator, Religion, ADHD, "Entities", Evolution, Fantasies, Kindergarten
- G-7/12/03A — Allow, Bliss, Abuse, Distraction, Happiness, Selfishness, Wants
- G-7/12/03B — Discipline, Resolution, Toleration, Abraham, Hell, Fear, Death
- G-7/19/03 — "Other", Joyful, Happiness, "Should", Cruelty, Children, Suicide
- G-8/10/03 — Desire, Depression, Becoming, Child, Discipline, Faith, "Sensitive"
- G-8/23/03 — Joy, Drama, Philosophies, Birds, Wedding, Dinosaurs, Catholics
- G-9/2/03 — Control, Aged, Disease, Foibles, Child, Death, Doing
- G-9/17/03 — Desires, Timing, Retirement, Weight, Past, Walking, Closing
- G-9/20/03 — Desires, Progress, Relaxed, Hypnotism, Laughter, Breathing, Teacher
- G-9/24/03 — Preferences, Clarity, Carbs, Clown, Death, Suicides, Reincarnation

G-SERIES CDS/TAPES SUMMER, 2003

I MAKE THE BEST OF EVERY SITUATION

- G-3/29/03 — Paths, Healing, Abundance, Chills, Alzheimer's, Ice Cream, Suicide
- G-5/7/03A — What-is, Resistance, Emotion, Prosperity, Well-Being, Snoring, Body
- G-5/7/03B — Responsibility, Non-physical, Soul, Wellness, Death, Joyful
- G-5/10/03A — Feelings, Attraction, Reflection, Jesus, Cain, Evil, Killing
- G-5/10/03B — Health, "Subconscious", Aging, Segments, "Uplifting", Fulfillment
- G-5/17/03 — Conflicts, Flow, Confiding, Skin, Physicist, Laughter, Health
- G-5/20/03 — Thinking, Paths, Diagnosis, Medication, World, 122, Death
- G-6/7/03 — "Truth", House, Weather, Upset, Desire, Aging, Suicide
- G-6/14/03 — Drums, Violence, Forgive, Music, Sleep, Awakening, Oneness
- G-6/21/03 — Humans, NOW, Guides, Fearlessness, Death, Headaches, Sleep

G-SERIES CDS/TAPES SPRING, 2003

THERE IS NO VALUE IN SUFFERING

- G-1/4/03 — Harmony, Tricks, Lose, Punish, Weight, Teenager, Asthma
- G-1/25/03 — Selfish, Death, Spine, Decisions, Aloneness, Holocaust, Wonderful
- G-1/28/03 — Thoughts, Health, Politics, Violence, Child, Attraction, Attorney
- G-2/1/03 — Choices, Ex-smoker, Powerless, Pleasure, Mate, Death, Sleepless
- G-2/15/03A — Allowing, Feel, Illness, Crying, Disappointment, Pitchers, Kisses
- G-3/1/03 — Match, Weight, Surgery, Commercials, Animals, Teenager, Attachments
- G-3/8/03 — Thrivers, Power, Shortage, Perception, War, Religion, Protests
- G-3/15/03 — Ideas, Escalation, Enlightenment, Inner Being, Candy, Alcoholic
- G-3/22/03 — Drivers, Debt, Expectation, Forgiveness, Abundance, Money, Winnings

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SAVOR THE MOMENT!

- G-9/28/02 — Perfect Life, Choice, Diagnosis, Lump, Children, "Parkinson's," Blessing
- G-10/12/02 — Feel Good, Surgery, Savoring, Inner Being, Abraham, Student, Freedom
- G-10/15/02 — Now, Medicine, Abraham, Business, Bibles, Diversity, Child's Pet
- G-10/19/02 — Allowing, Wanting, Visualization, Tantrums, Universe, Reality, Money
- G-10/26/02 — Path, Minds, Abraham, Hospitals, Dreams, Goals, Savoring
- G-11/02/02A — Temporary, Source, Well-Being, Path, Employees, Energy, Resistance
- G-11/02/02B — Jealousy, Moods, Music, Abraham, Savoring, Dreams, Death
- G-11/23/02 — Source, Feel Good, Creating, In-laws, Animals, Abraham, Feelings
- G-12/07/02 — Worrying, Heart Transplant, Beliefs, Children, Chores, Psychiatrist
- G-12/14/02 — Allowing, Squirrels, Diabetes, Birth Controls, "Truth," Immunization

G-SERIES CDS/TAPES FALL, 2002
YOUR WELL-BEING IS NATURAL

- G-7/3/02 — Allowing, "Evil," Astrology, Universal Truth, Bully, Sobriety, Death
- G-7/13/02 — Optimism, Money, Laws, Raw Foods, Relationships, School Teacher
- G-7/20/02 — Bad/Good, Meditation, Body, Thoughts, Health, Solar Plexus, Happiness
- G-8/3/02 — "Truth," Valve Closers, Illness, Dreams, First, Children, Core Beliefs
- G-8/10/02 — Matches, Abraham, Well-Being, Fetus, Monkeys, Children, Business
- G-8/18/02 — Insights, Children, Copyrights, Now?, Comedienne, Artists, Dreams
- G-8/31/02 — Path, Ego, Separation, "Armageddon," Consciousness, Children, Teenager
- G-9/2/02 — Deactivate, Forgiveness, Funerals, Death, Hallucinogenics, Beasts
- G-9/7/02 — Visualizing, Killing, Drugs, Inner Being, Abraham, "Channeling," Ethnic
- G-9/21/02 — Hands/Stove, "Terminal," Free Will, Play, Business, Knuckle Cracker

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CREATIVE CONTROL IS YOURS

- G-5/7/02 — Purpose, Boogie Man, Tithing, Non-physical, Business, Disease
- G-5/11/02 — Control, Virtual Reality, Logic, Body, Worthiness, Purpose, Abraham
- G-5/13/02 — Get Out, Perspective, "Fittest," Biology, In Flow, Sleep, Lumps
- G-5/18/02B — Live It, Sleep, Me, Diagnosis, Money, Universe, Coma
- G-5/21/02 — Manifestations, Children, School, Eyesight, Universe, Wonderful, Parents
- G-5/25/02 — Imagining, Birthing, Business, Cats, Psychologist, Money, Stock Market
- G-5/28/02 — Desires, Practicing, Social Changes, Thoughts, Sexuality, Source, Time
- G-6/1/02 — Risk, Responsibility, Religions, Procrastination, Relationships, Children
- G-6/15/02 — Teamwork, Protection, Meditation, Prisons, Phobias, Children
- G-6/29/02 — Core Beliefs, Relationships, Non-physical, Complainers, Accidents

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VIRTUAL REALITY PROCESS REFINED

- G-1/26/02 — One World, Religion, Bombing, Failures, Movies, Birthright, Meditation
- G-2/2/02 — Argentina, Habits, Counseling, Media, War, Children, Light Board
- G-2/23/02 — Paranoid, God, Deja Vu, Meditation, War, Bipolar, Alcoholics
- G-3/2/02 — Well-Being, Reincarnation, Weight, Opinions, Physicians, Appreciation
- G-3/9/02 — Oil cap, Dominant Thoughts, Relationships, Bad People, Spider Fear
- G-3/16/02A — Allowing, Dollars, Foods, Relationships, Children, Environment
- G-3/16/02B — Age, Time, Prebirth Attitudes, Energy Soup, Astrology, Money
- G-3/23/02A — Action, Remembering, Practice Thoughts, Baseball, God, Inner Being
- G-4/20/02 — Virtual Reality, Place Mat, Dreams, Nightmares, Business, Widowed
- G-5/4/02 — Virtual Reality, Beliefs, Healers, Abraham, Mammograms, Religions

G-SERIES CDS/TAPES WINTER, 2001
PRACTICE YOUR VIRTUAL REALITY

- G-10/06/01 — Unwanted, Majority, Death, Charlie, 9/11/01, "Antichrist," Conspiracy
- G-10/13/01-A — Completion, Goals, Rich/Bad, 9/11/01, God, Christ, Truth
- G-10/13/01-B — 9/11/01, Heart, Children, Well-Being, Success, Happiness
- G-10/20/01 — Soul Intention, Economy, Will Power, Children, Media, Sex, Dinosaurs
- G-10/27/01 — Fears, Time, Death, Relationships, Right/Wrong, Supplements, Karma
- G-11/03/01 — Asking, Obligations, Leadership, Physicians, Money, Menopause
- G-11/24/01 — Relax, Intentions, Healthy, Unfaithful, Opinions, Dreams, Now, Angels
- G-12/01/01 — Bad, 9/11/01, Pain, 17 Seconds, Culmination, Obsession, Diagnosis
- G-12/15/01 — Reality, Drunkard, Goat, Channeling, Minister, Relationship, Manifestation
- G-1/5/02 — Step 3, Alcoholics, Passion, Children, Resources, Acquisitions, Aging

G-SERIES CDS/TAPES FALL, 2001
WHATEVER YOU LIKE IS APPROPRIATE

- G-8/4/01 — Issues, Career, Effort, Diagnosis, God, All-That-Is, Death
- G-8/11/01 — Oops! Career, Artist, Vibration, Childbirth, Guilt, Divorce
- G-8/13/01 — Death, Autism, God, Aliens, Complainers, Loss, Savoring
- G-8/18/01 — Fear, Retaliation, Diversity, Humans, Earth, Empathy, Terrorists
- G-8/21/01 — Universe, Mating, Guilt-free, Death, Joy Medicine, Connection
- G-8/25/01 — Vaccinate?, Chemotherapy, Money, Sexual, Dementia, MA, Chores
- G-9/22/01 — 9/11/01, Retaliation, Mother, Children, Emotion, Pollyanna, Revenge
- G-9/25/01 — Contrast, New York, 9/11/01, Feelings, Patriotism, Unity
- G-9/29/01 — Student, Osteoporosis, Tongues, Legal, Self, Well-Being, 9/11/01
- G-10/1/01 — Appropriate, Blessings, Connections, Parents, Mother, Attachment

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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. And although worldwide attention has been given by leading edge thinkers to this *Science of Deliberate Creation* who, in turn have been incorporating 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, and share with others, the practical value of these materials in their personal experience.

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...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.

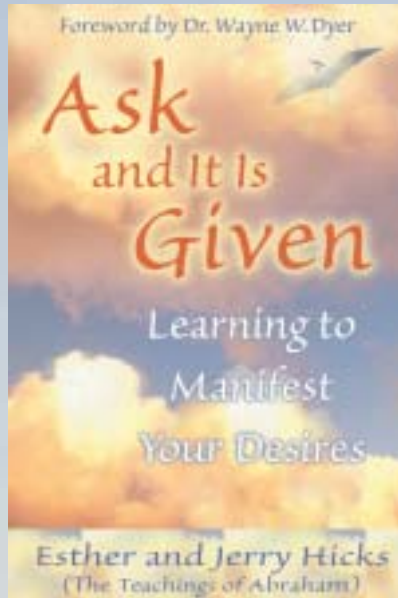
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