

# THE SCIENCE OF DELIBERATE CREATION

*A Quarterly Journal & Catalog Addendum*

APRIL · MAY · JUNE 2005

VOLUME 32

*If they've  
found a  
philosophy  
that works for  
them, let them  
live their  
philosophy while  
you live what's  
working for  
you... You'll  
bring yourself  
grief as you try to  
convince anybody  
that your plan is  
better... Your  
plan is better for  
you; their plan is  
better for them.*

Excerpted from  
Abraham-Hicks  
Workshop  
San Diego, CA  
G-8/14/04

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## ABRAHAM-HICKS PUBLICATIONS



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## Hello from Jerry & Esther

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Esther & Jerry picking up new Monster Bus in Coburg, OR

### WE FEEL SUCH APPRECIATION!

Dear Friends,

Jerry and I want to thank you for the wonderful response you are giving to Abraham's book, released last October, *Ask And It Is Given*. Because of your enthusiastic response to it, and because you are telling so many others about it, it is doing extremely well. The president of Hay House told us that he believes that this will be a *forever* book. So, we'll just keep reprinting it, and translating it into other languages so that people around the world can continue to find it and benefit from it.

### GIFT EDITION

Hay House has decided to print a hardback, gift edition of *Ask and It is Given*, which will be available in October of this year. (See page 17 for details)

### ANOTHER WONDERFUL NEW BOOK COMING IN JANUARY 2006

Abraham has just now completed another book, that Hay House is also publishing, called *The Amazing Power of Deliberate Intent* and we believe you will love this one as well. Abraham took some of the most powerful process and demonstrated *how to move up the Emotional Scale*. Anyone who reads these books and applies

what Abraham has offered will have improvement in their life. And as Abraham continually tells us, "We can always feel better, no matter how good we feel."

We feel such appreciation for the authors who have endorsed these books. These wonderful people who have already amassed large audiences to themselves, lovingly offered their endorsements to our books, and because of that, people who were new to us, who knew nothing of Jerry & Esther, or of Abraham, have come by the thousands to benefit from Abraham. It just knocks us over!

### THREE MORE GLORIOUS CRUISES ARE PLANNED

Jerry and I personally enjoyed the past two cruises with Abraham and with so many of you, and because so many of you have written, phoned, and emailed your desire for more cruises, and to new places, we have planned what we feel is the best of all worlds.

We've planned a **two-week cruise to Hawaii for December 2005**. We'll depart from and return to San Diego. While we are in Hawaii we will conduct a one-day workshop in Honolulu for our dear Hawaiian friends who have been patiently waiting, and impatiently prod-

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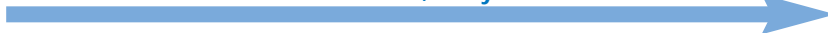
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**Dear Friends,**

**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 — \$150.00**  
**IF PAID AT THE DOOR — \$175.00**  
**If you cancel 7 days, or less, before any event**  
**a \$50 cancellation fee will be charged.**

7/23/05 — **Ashland, OR** Held at the Windmill Inn, 22525 Ashland St., Ashland, OR 97520. For directions call (541) 482-8310. Saturday 9AM to 4:20PM. \$150.00 if prepaid. \$175.00 if paid at the door.

7/27/05 — **Sacramento, CA** Held at the Radisson, 500 Leisure Lane, Sacramento, CA 95615. For directions call (916) 922-2020. Wednesday 9AM to 4:20PM. \$150.00 if prepaid. \$175.00 if paid at the door.

7/30/05 — **San Francisco, CA** Held at the Hyatt Regency SF Airport, 1333 Bayshore Hwy, Burlingame, CA 94010. For directions call (650) 347-1234. Saturday 9AM to 4:20PM. \$150.00 if prepaid. \$175.00 if paid at the door.

7/31/05 — **San Rafael, CA** Held at the Embassy Suites Hotel, 101 McInnis Pkwy, San Rafael, CA 94903. For directions call (415) 499-9222. Sunday 9AM to 4:20PM. \$150.00 if prepaid. \$175.00 if paid at the door.

8/6/05 — **West Los Angeles, CA** Held at the Courtyard Marriott, 13480 Maxella Avenue, Marina del Rey, CA 90292. For directions call (310) 822-8555. Saturday 9AM to 4:20PM. \$150.00 if prepaid. \$175.00 if paid at the door.

8/7/05 — **North Los Angeles, CA** Held at the Hilton Woodland Hills, 6360 Canoga Avenue, Woodland Hills, CA 91367. For directions call (818) 595-1000. Sunday 9AM to 4:20PM. \$150.00 if prepaid. \$175.00 if paid at the door.

8/13/05 — **San Diego, CA** Held at the Embassy Suites, 601 Pacific Highway, San Diego, CA 92101. For directions call (619) 239-2400. Saturday 9AM to 4:20PM. \$150.00 if prepaid. \$175.00 if paid at the door.

8/27/05 — **Sedona, AZ** Held at the Hilton Sedona Resort, 90 Ridge Trail Drive, Sedona, AZ 86351. For directions call (928) 284-4040. Saturday 9AM to 4:20PM. \$150.00 if prepaid. \$175.00 if paid at the door.

8/30/05 — **Albuquerque, NM** Held at the Albuquerque Marriott, 2101 Louisiana Blvd NE, Albuquerque, NM 87110. For directions call (505) 881-6800. Tuesday 9AM to 4:20PM. \$150.00 if prepaid. \$175.00 if paid at the door.

9/9/05—9/10/05— **HEALTH PRACTITIONERS WORKSHOP**— Held at the Abraham-Hicks Conference Ctr., 28800 Old Fredericksburg Rd., Fair Oaks, TX 78015. For directions call (830) 755-2299. Friday 1PM to 5:00PM. Saturday 9AM to 5PM \$200.00. (Seating is limited to practitioner's licensed to touch or to counsel...we are considering a series of these.

9/14/05 — **Kansas City, KS** Held at the Kansas City Marriott, Country Club Plaza, 4445 Main Street, Kansas City, MO 64111. For directions call (816) 531-3000. Wednesday 9AM to 4:20PM. \$150.00 if prepaid. \$175.00 if paid at the door.

9/17/05 — **Chicago, IL** Held at the Wyndham Drake, 2301 York Rd., Oak Brook, IL 60523. For directions call (630) 574-5700. Saturday 9AM to 4:20PM. \$150.00 if prepaid. \$175.00 if paid at the door.

9/21/05 — **Cincinnati, OH** Held at the Clarion Hotel & Suites, 5901 Pfeiffer Rd., Cincinnati, OH 45242. For directions call (800) 468-3597. Wednesday 9AM to 4:20PM. \$150.00 if prepaid. \$175.00 if paid at the door.

9/24/05 — **Detroit, MI** Held at the Detroit Marriott Livonia, 17100 N. Laurel Park Dr., Livonia, MI 48152. For directions call (734) 462-3100. Saturday 9AM to 4:20PM. \$150.00 if prepaid. \$175.00 if paid at the door.

9/28/05 — **Syracuse, NY** Held at the Craftsman Inn, 7300 East Genesee St., Fayetteville, NY 13066. For directions call (315) 637-8000. Wednesday 9AM to 4:20PM. \$150.00 if prepaid. \$175.00 if paid at the door.

## 2005-06 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 RECOMMENDED (SAVE \$25.00)

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>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;">9/9-9/10/05 . . . Fri/Sat . . . . . San Antonio, TX (Two-day Health Practitioners Workshop)</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 style="color: red;">10/28-30/05 . . . Fri, Sat, Sun . . . . . Orlando, FL (I Can Do It Conference with Hay House)</p> <p>11/5/05 . . . . . Saturday . . . . . Boca Raton, FL</p> <p>11/8/05 . . . . . Tuesday . . . . . Tampa, FL</p> <p>11/12/05 . . . . . Saturday . . . . . San Antonio, TX</p>	<p>11/13/05 . . . . . Sunday . . . . . San Antonio, TX</p> <p style="color: red;">12/7/05—12/22/05 . . . . . Hawaiian Cruise</p> <p>1/14/06 . . . . . Saturday . . . . . San Diego, CA</p> <p>2/4/06 . . . . . Saturday . . . . . West Los Angeles, CA</p> <p>2/11/06 . . . . . Saturday . . . . . San Francisco, CA</p> <p>2/12/06 . . . . . Sunday . . . . . San Rafael, CA</p> <p>2/15/06 . . . . . Wednesday . . . . . Sacramento, CA</p> <p>2/18/06 . . . . . Saturday . . . . . North Los Angeles, CA</p> <p>3/11/06 . . . . . Saturday . . . . . Phoenix, AZ</p> <p style="color: red;">4/1/06—4/8/06 . . . . . Caribbean Cruise</p> <p>4/22/06 . . . . . Saturday . . . . . San Antonio, TX</p> <p>4/23/06 . . . . . Sunday . . . . . San Antonio, TX</p> <p>4/29/06 . . . . . Saturday . . . . . Asheville, NC</p> <p>4/30/06 . . . . . Sunday . . . . . Asheville, NC</p> <p style="color: red;">5/6/06—5/8/06 .Hay House I Can Do It, Las Vegas</p> <p>5/13/06 . . . . . Saturday . . . . . Washington, DC</p> <p>5/18/06 . . . . . Thursday . . . . . Philadelphia, PA</p> <p>5/20/06 . . . . . Saturday . . . . . Tarrytown, NY</p> <p>5/27/06 . . . . . Saturday . . . . . Boston, MA</p> <p>6/3/06 . . . . . Saturday . . . . . Chicago, IL</p> <p>6/10/06 . . . . . Saturday . . . . . Boulder, CO</p> <p>6/17/06 . . . . . Saturday . . . . . Fort Collins, CO</p> <p>6/24/06 . . . . . Saturday . . . . . Portland, OR</p> <p>7/1/06 . . . . . Saturday . . . . . Seattle, WA</p> <p style="color: red;">7/9/06—7/16/06 . . . . . Alaskan Cruise</p> <p>7/22/06 . . . . . Saturday . . . . . Ashland, OR</p> <p>7/29/06 . . . . . Saturday . . . . . San Francisco, CA</p>
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# NOW, Is Always On the Leading Edge

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Do you like taking thought beyond that which it has been before? Do you want to set aside everything that you have come to know and believe, all at once, and just jump into a whole new understanding? Well, if that is your desire, you are really going about it the hard way. And it also implies that what you have is not working—when it is.

The way you evolve is from where you now are standing on your current platform, and a large part of your current platform equals a large part of your current vibration—that’s what your belief system is. But you don’t need to uproot your entire belief system in order to evolve. There is much that you believe that is serving you extremely well.

Some one handed Jerry and Esther a copy of a book that they had found in a bookstore that was written in the 1930’s. And the reason they were so eager to give the book to Jerry and Esther is because it mentioned the “Law of Attraction.” And as Jerry

perused the book, much of what he is hearing today from Abraham was written in this book. And then as he read closer, he saw that the author gave credit for her inspiration to Ernest Holmes (who in turn gave credit to Thomas Troward for much of *his* inspiration). And Jerry has long seen a vibrational sameness between what they were receiving and what Esther is receiving, (from Abraham) even though there are many years difference.

The author, a woman, was talking about “what an extraordinarily fast-moving environment we are all living in, in this modern day,” and

how hard it is to keep up. And Esther nearly drove off the road in the monster bus as Jerry was reading this to her, because she had been working to get her satellite dishes to work, and working to get the communi-

cation between the office to work, and had been talking, just hours before, about this “bleeding edge” that they are living on, in terms of technology—and almost longing for



We Evolve  
From Our  
Current  
Belief Systems

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a simpler time.

She said, “My parents still have the television we had when we grew up. They still have the same telephone, the same 10-key adding machine, the same electric typewriter... And while they do have a computer, they still have the same can opener, the same Mixmaster — all of these old, reliable machines that mother still knows how to use that were built to last, and did. And Esther was longing for the good old days, just a little bit.

Jerry was reading from a woman’s perspective, who was, at *that* time, on the leading edge (because the NOW always is the leading edge, isn’t it?) who was, in her day, struggling to keep up with what was new. And what we want to say is that, the vibrational basis that you are now standing in is the basis for the majority of your vibrational offering, *and your vibrational offering is your point of attraction.*

And so, there are some powerful points to be made of Jerry and Esther’s new awareness of how fast the leading edge of the 1930’s felt to those who had just stepped from 1929 into 1930 just as sometimes your leading edge place feels almost faster than you are ready for... Whether it was then or whether it is now, or whether it will be tomorrow,

your work is always the same: Your individual work is to keep yourself, *yourself*, in vibrational alignment with your own desires. It’s not to keep up with what everybody is thinking about. It’s not to understand what everybody understands. It’s not to mesh your desires or your

beliefs with everybody else’s. Your work (and the work of this woman who was living in 1930) is always to bring the vibration of your thought, in this moment, as close as you can, in this moment, into vibrational align-

ment with the desire that you hold—in this moment.

As Esther listened to Jerry read this woman’s brief account of what it was like then, it was interesting to realize that almost everyone who is standing in their leading edge place has this sense of urgency about getting it to the point of completion; getting it figured out, getting it solved. And there was something so interesting to Esther as she was listening to this woman speaking about solving it *all*, way, way, way, way back when. And Esther couldn’t help but notice that between 1930 and today—*it didn’t get solved, and it didn’t get finished; it didn’t get completed—and all of that striving seemed ill-placed.*

It *is* ill-placed if you’re trying to get things fixed, if you’re trying to

Are These  
Leading Edge  
Times Feeling  
Too Fast?

Continued on page 14

## Love 🐣 Appreciation 🐣 Love

### KNOWS HOW IT WORKS

My wife found your material over the Internet, and since then, we can say we are connected. She ordered 10 video documents, which I consider are real treasures. I even told her I will put them in my will as the most important heritage to our children and their children. I also told her I wish your material could reach all the schools in North America and the world. *Finally, I want to express my deepest gratitude for the fact that I will end my journey in this dimension with the satisfaction that I know how it works.*

Sincerely,

Marc Rodrigue—Montreal

### BLESSINGS FROM IRAQ

Thank you so much for your quarterly newsletter which arrived three days ago. I am always s-o-o-o excited when I receive the weekly CD and the newsletters, and can barely wait to experience more of Abraham, but since being deployed to Iraq two months ago, they are more precious than ever to me. I was having a difficult time lining up with the action journey (being in Iraq), but then I followed the advice from Abraham about making a list of five things that I feel best while doing, and doing them every day. My life experience changed literally overnight, and I am feeling joyful and energetic again, rather than depressed and angry, and resentful. I think I am finally “getting it” that I can be aligned with source energy no matter what the circumstances.

Thank you so much for being part of my life and for all the help you’ve given me!

With blessings from Iraq,

Sylvia Moran — VA

**FREE DOWNLOAD** I am so eager to receive my new CD! The samples were GREAT — even my 7-yr-old son loved the sample of “A New Adventure.” (Music CD) He kept asking me to play it again and again! My sister and I can’t stop reading *Ask & It is Given*...I gave her a copy after she devoured mine, and she now reads it like a bible. We tell everyone we know: *If you want to really change your life, THIS is the only book you need.* We HIGHLY recommend it to everybody!

Thank you, thank you, thank you, Abraham!!!

Karen R. Thorne — CO

### FAMILY THERAPIST FEELS EMPOWERED

I am a Family Therapist, and I have tried, for years, to find better, more effective ways of communicating to my clients that if they change what they are focusing on, their lives will change.

Thank you, Abraham, thank you Esther and Jerry, and thanks to the office staff. You have all contributed to making me a better, more effective therapist as well as helping me bring more into my life that I want. I have seen the Abraham principles change my life, and *there is nothing more powerful than to look a client in the eye and tell*



## Love 🐣 Appreciation 🐣 Love

*them I know these principles work, because they have changed my life.*

With Joy,  
Brad — email

### DVD IS JOY TO WATCH

Every day I look forward to seeing if this is the day my weekly CD will arrive! Such pleasure. And the *Money and Manifestation* DVD is such joy to watch. The beauty in Esther's face, when, as Abraham, and as her self, is so wonderful, it brings tears to my eyes.

Much appreciation for this incredible gift and delightful cocreation.

Thank you, thank you, thank you to all!

Theresa (Terri) Powell — CA

### UPLIFTING SEMINAR

My sincerest gratitude for your seminar in the Rockville/Bethesda Marriott this past Saturday. This was the most educational and spiritually uplifting gathering I've ever attended, and it began to change my life from the very first word spoken that day. I truly cannot remember being this affected by any experience before Saturday.

Thanks again, and may Abraham continue to give you the spiritual guidance to allow you to continue blessing us with your presence and your guidance.

Hope to join you for another seminar very soon!

Sincerely,  
Steven & Mavra Falcon—VA

### HEARING SARA FEELS SO GOOD

Last weekend I attended my first *Art of Allowing* workshop in Washington DC. While I was there, I picked up the *Sara* books on CD...It has been so incredibly wonderful to listen to Jerry reading these wonderful books. It feels so good to *hear* these books. I have had such an incredible, life-enriching experience with these books. They are very special to me. Thank you so much for writing them and thank you so much, Jerry, for reading them! Wow!

All my love,  
Michael Bowyer — VA

### THE GOOD NEWS

Thank you from the bottom of my heart for your work!!!! Because of this teaching, I have given myself permission to make nothing as important as how I feel! Do you know how good that is for some of us! Those who have been brought up on "martyrdom" and "surrender" - on feeling that all we had to do was give up wanting things in order to be "enlightened"?

This is, for me, finally, the good news of the kingdom of heaven, within me, on earth! Hooray!!! At last!!

One of my most joyous thoughts I can conjure, is that of bringing my whole family to the States to go on the cruise, so, until then,

Much love and gratitude,  
Susan Strangman — Australia



### *NOW, Is Always On the Leading Edge*

*You are all, we are all, Eternal Beings, and we are here with the singular intent of living the joyful beingness that we are. When you get that, everything will fall into place.*

We're wanting you to get the sense of the continuum of who you are, of the Eternalness of who you are, and in doing so, maybe you will close the gap, a little bit—of that feeling of not-enough-ness between where you now are and where you think you want to be—because all of your power is right here and now!

You have the power, here and now, to feel good, here and now. You have the power to do that. And, sure, when you do it, stuff you want will start coming. But the reason that you want this stuff is not because the stuff will make you so happy. It's that you want something to focus upon, because focusing makes life flow through you, and life flowing through you feels good—now!

We are thrilled at what's before you. But, more than that, we are thrilled with that which you are—right now. It is our wish for you that you could love you as we love you because loving you feels much better than not loving you. When you love yourself, you'll feel as we feel. And we want to say to you—we *feel very good!*

San Diego, CA — 8/14/04

**G-7/14/04** — Are we full of those like Abraham? Am I on my path of Allowance? Am I moving up my Emotional Scale? He has felt an "Energy of Failure". Is she about to attract a partner? Mother's made transition and her family's feuding. Abraham closes the Portland Oregon workshop.

**G-7/24/04** — It's a small world, after all. How can she ever trust men again? Should "Spider Man" intervene in world's affairs? Wants to think differently about her health. Was it her disempowering family, or...? Are you certain the world isn't flat? Can root beliefs empty his bank account?

## G-SERIES CDS/TAPES FALL, 2004

**G-7/25/04** — When is being selfish a good thing? She's struggling with the concept of "marriage". How can children be raised in positivity? Grieving the death of her murdered son. When their loud music invades our nation? The courts have taken away her children. Are ancient religions affecting her now?



**G-8/1/04** — Does that thought feel good, or not? A few questions about potential "karmic" influence. But that unruly 2% in teacher's classroom? Should diverse brothers share managing inherited business? See yourself as blessed, or as cursed. Do with post-surgery "gift of time"? Living without pain...without pain-killing drugs?

**G-8/14/04** — Your natural preferences are naturally responded to. But, she's still working under "higher ups"? Archeologist boyfriend's philosophy works for him. Can artist tap into Non-physical Master Artists? He has questions about the "Spirit World". He's deeply concerned about exacerbated international affairs. Won the lottery without buying a ticket.

**G-8/28/04** — We are teachers of natural Well-Being. Life's good, but she wants a lover. Life's great; so why should we die? Will we be magnetized to Non-physical "Families"? Will her wedding plans please them all? What is my value to the "Mass"? To happily socialize freedom-loving grandchild?

**G-9/1/04** — Now, is always on the Leading Edge. But, what about having compassion for others? Is it her rain vs. my alfalfa? Clarification of potential outcome of past Prepaving. This wild bird feels caged by business. Magic, and living on the "bleeding edge"? How can she best parent her child?

**G-9/15/04B** — Were we humans seeded by another planet? New DNA with blended male/female stands? How can we remember to practice this? Why early cultures created a "Savior Myth"? Seeking balance between responsibility and child's comfort. Her skin crawls when frightened by unknown. What is my purpose for being here?

**G-9/18/04** — Your joy signals your state of alignment. "Only one" way's the only wrong way. Their relationship feels worse even after divorce. Positive body thoughts receded easily to negative. Still hasn't resolved issues with her mother. Was this her intention, coming to Earth? Is the Source Energy an impersonal force?

**G-9/22/04** — Your problem's solutions are already under way. Justice isn't about fairness, it's about vibration. Are "dark energies" ever to be feared? Can you logically accept an evil force? Life just isn't feeling good enough for her. Her failed dates are providing free dinners. Anyone at any time can steadily improve.

*SEE PAGE 58 TO ORDER: G-SERIES, FALL, 2004 CASSETTE ALBUM — \$90.00 + S/H — EACHES \$10  
OR CD ALBUM — \$117.00 + S/H — EACHES \$15*

## Quarterly Quotes from Abraham-Hicks

Let your alignment (with Well-Being) be first and foremost, and let everything else be secondary. And not only will you have an eternally joyous journey, but everything you have ever imagined will flow effortlessly into your experience. There is nothing you cannot *be* or *do* or *have*—but your dominant intent is to *be joyful*. The *doing* and the *having* will come into alignment once you get that one down.

Portland, OR — 7/14/04

The emotion you feel is always about the vibrational variance between where you want to be and where you are. If you're out of balance, there are only two ways to bring yourself into alignment: Either raise your expectation to match your desire—or lower your desire to match your expectation.

San Francisco, CA — 7/24/04

You say, “May I have...” or, “I would really like to have...” or, “What I really want is...” and you can name *anything* under the sun that you can conjure, and the Universe calmly says, “Here it is,” because it is known by All-That-Is that anything that you desire—can be. So, “Yes, here it is.”

Kansas City, MO — 9/15/04B

If everyone could get this selfish consciousness where they *ask* and *expect to receive*, everyone would tap into the Energy Stream and thrive. But *your* not knowing it won't help *them* know it. Pretending it isn't important to you to ask your questions won't help them get answers to questions they're not asking.

Sedona, AZ — 8/28/04

“But, what if what I want and what you want are in conflict? If I want rain, and you've just cut your alfalfa...how does that work?” If you will focus upon the essence of what you want (which is a magnificent new crop) and the other will focus upon the essence of what *they* want (which is a successful alfalfa harvest, or whatever)...and if either one of you doesn't get too involved in the details of how you think you want your desire to play out, then both of you can be satisfied. The Universe has the facility to orchestrate circumstances and events to accommodate everyone.

Albuquerque, NM — 9/1/04

A bunch of weak people, even in numbers, aren't strong. Get a whole bunch of confused people together and see how much clarity comes out of it. In other words, you just can't add one more confused person to the pot, and expect to get any more clarity... One—standing outside of the confused group—who is clear, is more powerful than a million who are confused.

Albuquerque, NM — 9/1/04

Your world is pointing toward an insistence on conformity, which is causing you enormous grief. It's what's at the heart of all of your religious battles, and religious battles are what are at the heart of all of your battles. In other words, all of your wars and global irritation with one another is over your determination to promote sameness. Your democracy insists that *it's* the only government that works. And every religion, (it's interesting to note) proclaims that *it* is the only one that works.

Kansas City, MO — 9/15/04B

## Quarterly Quotes from Abraham-Hicks

**W**hen people thought the world was flat, it wasn't that their thinking was distorted, (The data that they were collecting gave them that information.) it was that they were not broad-sighted enough to step back far enough to see the big picture. And that's what we see with so many of you: You are so close to the reality that you are creating, that you sometimes can't see the bigger picture.

San Francisco, CA — 7/24/04

**I**t's been a battle among humans, for a very long time, trying to get this picture of *God* into a place that is pleasing for them. And the debate about "Is it evolution? Is it creation? Is it God-inspired, or is it scientifically inspired...?" And we say, why does it have to be one or the other? Why can't everything that is wrapped up in science and vibration be the true essence of that which you call *God*? It is all one and the same.

Chicago, IL — 9/18/04

**Y**ou cannot be separated from that which you are calling *God*... People hear us say, "Reach for the thought that feels the best." And they think, "Oh no, I need to listen to what *God* wants." But aren't we talking about the same thing? Aren't your emotions guiding you to that Connection? And doesn't the word *God* just set you off on all kinds of tangents that don't have anything to do with your relationship with that which is this Eternal Energy of Love that is your Source?

Chicago, IL — 9/18/04

**Y**ou created yourself from the components of this time/space reality. You did not come from another planet. For most of you it is (slightly) easier to believe that some spaceship came in from another planet and dropped some of you off, and now, you've really got it going good. And the same spaceship also brought... (oh no, that's the Noah's ark story) two of everybody else. And so, now, you've got the same problem with this story that you do with Noah's ark: It must have been a smelly boat... And how did all those species get on it? (and where did *they* come from?) you see?

Kansas City, MO — 9/15/04B

**Y**ou are adaptive Beings. And you're not finished as a species in your evolution. You are as unevolved now to what you will be 2000 years from now, or a million years from now—as the relics that you are digging up of the cave man. You are...we are all eternally continuing to evolve.

Kansas City, MO — 9/15/04B

**W**e would like you to reach the place where you're not willing to listen to people criticize one another... where you take no satisfaction from somebody being wrong... where it matters to you so much that you feel good, that you are only willing to think positive things about people...you are only willing to look for positive aspects; you are only willing to look for solutions, and you are not willing to beat the drum of all of the problems of the world.

Cincinnati, OH — 9/22/04

Continued from page 7

figure it all out, if you're trying to get to the place that you think you were sent here by *God* to conclude. But when you get it, that whether you are focused in 1930 or 1940, or whether you're focused right here, today, your work is about being; observing; vibrating; concluding new preference, aligning with preference—and the world just goes around and around, and around—for what? For what?

Were those in the 1930's sent here to make it some way so that by some deadline it will be some way? There are so many who want you to believe that "We've got to get ready! Gotta get ready!" For what? For eternity? For more opportunity to be? What is it for? What is any of it for? What has any of it ever been for? What will any of it ever be for?

What it *is* for, is for your creative pleasure in your *NOW*. It is for your opportunity to conclude what you would prefer and for your opportunity to align that preference with the Source that is You. And when you use the Guidance that comes from within you to help you know whether you're in sync with the desires that you have set forth, or whether you are not—then you're in alignment. Then, you're in alignment with your *NOW*. Then, you're in alignment with your *Source*. Then,

you're in alignment with *All-That-Is*. Then, you are living that which you came forth to live.

When you decide that you're going to go on a vacation, do you tell your friends, "I'm going to meet these specific requirements...There are many things I need to do, and I'm getting them done. And I'll be back when I have fulfilled this responsibility," or, do you go for another reason, like pleasure and adventure and stimulation and exhilaration, and refreshment?

You didn't come forth into this physical experience on a mission to

save the world, or to correct the world, or to make the world see the error of their ways. You didn't come forth to align the world, or to unite the world. You didn't come forth to do anything other than have

experience, give birth to your preferences, align with your own preferences—and to live happily ever after.

You didn't come to earn worthiness—you already are worthy. You didn't come forth to become intelligent—you already are Intelligence. You didn't come forth to achieve godliness—you already are *God*. You came forth for the pleasure of being the powerful creator that you are, and you knew that there would be a world full of others doing the same thing, and that you would mix and



match. And sometimes you would agree, and often you would not agree. But out of all of it a powerful thing would happen: *New ideas would be born.*

You knew that the new idea would be born. And you knew you would have the opportunity to feel the thrill of being on the leading edge as the new idea is born, and to feel the rush of creative Life Force flowing through your focused viewpoint. You knew you would have an Emotional Center that would let you know whether—in this moment—the idea that has been born within you, aligns with other conclusions that you have already achieved.

As Non-physical Energy—you decide that you will focus into this time/space reality, and this worthy, loving, Pure Positive Energy Consciousness focuses here, for the express purpose of providing an opportunity for Broader Perspective to move forward, for the achievement of what? Expansion? Yes, but expansion is inevitable. Joy? Yes, for the purpose of joy. That's why we all exist.

We exist for the thrill of our powerful NOW. Whether you are east coast or west coast, it's still NOW. Whether you are on this continent or the other side of the world, it's still NOW. Whether you are physical

or Non-physical, it's still NOW.

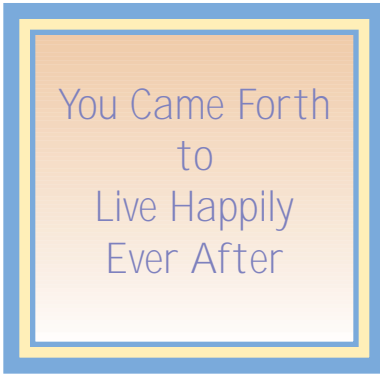
NOW is the powerful juncture where all Consciousness has awareness, NOW—NOW!

So, in 1930, this woman is aligning or not aligning, fully or not fully, with the Broader Perspective of her that is focused NOW—and you're doing the same thing. In

other words, the juncture where the physical and the Non-physical converge is NOW. It's the converging of the Energy of who you are with the Energy of who You are.

So, as you stand in your NOW and

you're loving your moment, you are in alignment NOW, totally with who you are. We call that *blending*. Some call it *allowing your soul to be present*. Some call it *inspired*. Some call it *tuned in, tapped in, turned on*. Some call it *in the flow*. There are a lot of different ways of expressing this conscious connection with who you are...We call it the *Art of Allowing*. We call it the *art—the art of deliberately adjusting my vibration*, as often as I can consciously manage, for the sole purpose of allowing the juncture NOW of the fullness of me, to be focused through the fullness of Me...and when you meet someone who is achieving that, you would describe them in a variety of different words, you would say, "That's a happy person." You would say, "That



Continued on page 43

## Ask And It Is Given

“This is, plain and simply, one of the most powerful books I have ever read.  
One’s entire life can change because of what is found here.  
And all given with such love! This book is a Life Treasure.”

— **Neale Donald Walsch, the author, *Conversations with God***

“I’ve been a huge fan of the teachings of Abraham for ten years.  
They have helped me and my family tremendously.”

— **Christiane Northrup, M.D.,  
the author of *Women’s Bodies, Women’s Wisdom***

“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.  
No matter where we are, there’s a process that can make our lives better.  
I love this book, and I love Esther and Jerry Hicks!”

— **Louise L. Hay, the author of *You Can Heal Your Life***

“This is a great book! My wife and I have enjoyed these profound  
and extremely practical Abraham teachings for several years.  
We trust that you will benefit as well. We recommend them to all our friends!”

— **John Gray, PhD,  
the author of *Men Are From Mars, Women Are From Venus***

“...a publishing milestone...you’ll be fortunate to tap in to the thinking  
of those who are permanently connected to Source Energy. Moreover,  
these voices of Spirit speak in a language you’ll understand and be able to  
instantly translate into action. They offer you no less than a blueprint  
for understanding and implementing your own destiny.”

— **Dr. Wayne W. Dyer, the author of *The Power of Intention***

“The Abraham-Hicks teachings have inspired me to a grand new level  
of clarity, confidence, purpose, and passion. I study these ideas constantly  
and recommend them to everyone I can. They are among the most  
powerful and transformational I have ever encountered.

Live them, and your life will become new and brilliantly happy.”

— **Alan Cohen, the author of *A Deep Breath of Life***

“These incredibly profound, yet simple and practical teachings of Abraham  
will have you trusting your inner guidance again, and will set you  
on course for the most uplifting adventures imaginable.

*Ask and It Is Given* is the road map to self-upliftment and a joyous life.”

— **Jack Canfield, the co-author of the  
*Chicken Soup for the Soul®* series**

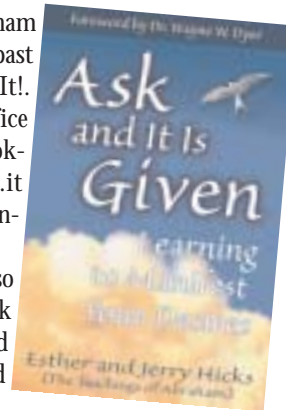


## Just Ask for "Ask..."

Our publisher, Louise Hay, asked us to ask Abraham to produce a new book that would encompass the past 18 years of the Teachings of Abraham—And this is It!. *Ask And It Is Given* is now available through our office in San Antonio and on-line, as well as through bookstores throughout the US, England and Australia...it will soon be available in every nation and in every language that Hay House services.

We are pleased to announce that, thanks to so many of you—who are generously sharing this book with so many of your friends—the first printing sold out within weeks of its availability in the US and Australian markets.

We were informed by Hay House that *Ask...*, in less than four months, was already in its fifth printing with over 100,000 copies in print. You folks have made this book a best seller!



**\$12 plus S/H**

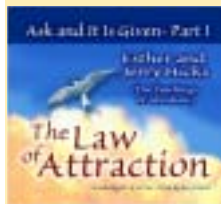
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— Learn how this most powerful Law in the Universe affects your daily life.
- **LAW OF DELIBERATE CREATION**  
— Use this Process for creating your life deliberately, rather than by default.
- **LAW OF ALLOWING**  
— Your Well-being is natural. Learn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



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

### **CASSETTE STARTER SET — \$35.00** **(AB-1 thru AB-5)**

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IF YOU WANT TO GUIDE A FRIEND to the clear basis of the life-enhancing perspectives that Abraham has been teaching us since 1985, then this Abraham-Hicks Starter set is it!

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

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## SPECIAL SUBJECT CDS or TAPES — VOL I



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

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

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

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**CD-1/AB-1 INTRODUCTION TO ABRAHAM** — A stimulating overview of Abraham's basic message: How to consciously harmonize and interact with your pure, positive Inner Being...How to realize who you are and why you have chosen to be physical in this time...How to joyously and deliberately utilize the Laws of the Universe to Attract all that you are wanting to be or have or do....Also, Jerry & Esther summarize the process of their introduction to Abraham.

**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



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

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

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

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

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

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

**AB-17 MATING** — The perfect mate: getting, being, evoking one — Attracting vs. attacking. While it is your natural endeavor to co-create with others, there are few who have discovered the bliss of magnificent relationships. Find out how you can experience the joy of a perfect union.

## SPECIAL SUBJECT TAPES — VOL II

**AB-18 PARENTING** — Perfect harmony between my children and me — and me and my parents. Harmonizing vs. traumatizing. While often disconnected from parents, either by death or by distance, your parent/child relationships often have great influence in your experience with your children or with your current life experience. Learn how to perceive what has been in a way that is beneficial to your now rather than destructive. Let that which you have lived be of value.

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

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

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

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

## A Twelve Point Synopsis of Abraham-Hicks' Teachings

### **1** *You Are a Physical Extension of That Which is Non-physical.*

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

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

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

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

You are free to choose to discover new avenues for your joy. In your joy you will grow; and in your 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 Non-physical state of pure, positive Energy. Your natural state is that of Foreverness. (Have fun with all of this! You can't get it wrong, and you'll never get it done.)

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

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



## GREATEST HITS

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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)
- Living the nearsighted life of Mr. Magoo. (8:30)
- A decision? and how to make one? (3:00)

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THE SCIENCE OF DELIBERATE CREATION  
ABRAHAM-HICKS PUBLICATIONS  
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## TAPE/CD ONE

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

## TAPE/CD TWO

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

## TAPE/CD THREE

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

## TAPE/CD FOUR

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

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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.

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

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- ...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*

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

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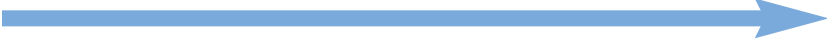
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*Our thanks to you for your role in this joyous co-creation. Your thoughts as we interact, your pondering, questioning, recognizing, knowing and wanting... add to our forward motion and to the fulfillment of our purpose.*

*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.”*

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Jerry & Esther

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

*With boundless appreciation, — LR — NC*



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

*Thanks again — In absolute bliss — BF — Canada*

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## WORDS OF WISDOM FROM THE BROADER PERSPECTIVE

**THE POTENTIAL (FOR YOU) EXISTS FOR ANYTHING YOU CAN IMAGINE** — There's the potential of sickness; there's the potential of wellness. But friends, use your logic: If there were a Source of what you call "devil" that were anything close to as powerful as he has been made out to be, don't you think the Well-Being that abounds would have, long ago, been muted by this "evil force"...? There is no power there. It's a whole lot of hoopla about a whole lot of nothing—but it renders you *feeling* powerless. And in your subsequent *feeling* of powerlessness, you no longer let the good things (the Well-Being) in...and then you make a case for some sort of negative power... You get stirred up over something that brings you such discomfort; over nothing...Well-Being abounds. You can choose to let it in or not, but there is only a Stream of Well-Being.

Excerpted from — G-9/22/04 —Cincinnati, OH

## 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.*

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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

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*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*



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Softcover. \$15. 277 pages.  
ISBN 0-9621219-1-6



## Hello from Jerry & Esther

Continued from page 2

ding us to return to Hawaii. So, those on-board can register for the 15 hour on-board seminar through WorldView Travel (like the previous cruises) and then if you wish you can also register for the **one-day land based seminar in Honolulu** through our Abraham-Hicks office. This two-week cruise will be a more intimate group. We have arranged to hold only 60 cabins, so if you plan to come along, make your plans as early as possible. We are so excited to return to Hawaii.

In April, 2006, we'll depart from Miami for a **7-day cruise to the Caribbean**. So many people have requested this, and we are thrilled that we are able to arrange it.

And then in July, 2006, we'll depart from Seattle on our **third glorious Alaskan Adventure Cruise**. (Can you tell that Jerry and I love this cruise?) We've been cruising for over 20 years, but this Alaskan cruise is like nothing else on the planet. And, by the way, the entire 2004 Alaskan Cruise is available in DVD or VHS format. (See page 48 for details.)

So, we'd be thrilled if you can join us on one of these cruises. By the time you receive this journal you can go to our website at [www.abraham-hicks.com](http://www.abraham-hicks.com) to find details on all of these cruises.

It was so much fun gathering the information and putting this Quarterly Journal together for you. Jerry's most difficult task is choosing from the plethora of fabulous Abraham material something special for you to read in this Journal. His next most difficult task is choosing from the powerful flow of letters of appreciation that you are sending, to find some to publish in this journal. Our wonderful San Antonio staff forwards every note, letter, email or telephone message you send our way, and we revel in these glorious messages as we drive across this beautiful

nation. We must surely be living the perfect lives, noting Abraham's promise that things just keep getting better and better.

### NEW PRODUCTS RELEASED IN THIS QJ32

**New G-Series Album, Fall, 2004** — This album includes what we feel is the best new material from the last quarter of workshops. If you are a member of our Weekly or Monthly Subscription program you may have some of these already. Abraham is on a spectacular roll these days.

The wonderful albums of complete workshops that were recorded in the **Bay area are now available in DVD format**. (See pages 50-55)

We have a wonderful new series of Special Subject DVDs now. The newest addition to this series is, "**The Secret Lives of Pets**" now available in DVD or VHS format. (See pages 44-47)

So, we're limited by space, and by time (gotta get this to the Fedex box by 2PM here in Estes Park, CO) so we'll wrap this journal up now. We have, however, never felt more unlimited in our lives. Things are expanding at an unprecedented pace for us and we are, somehow, being carried onward by the current of all of this.

What a kick this wonderful physical life experience is. We wish this joy for everyone we know and those we are yet to meet—and those we will never meet.

Our love and thanks to you all,



## 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

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: 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



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.

BOOK: Ask for SARA-3 — \$15 (plus S/H) Softcover ISBN# 0-9621219-9-1  
CDS: Ask for CDS3S3 — \$45  
Cassettes: Ask for S3S3 — \$30  
(830) 755-2299 (Order form page 32)

# ABRAHAM - HICKS MUSIC

PRESENTS

## *A New Adventure,*

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



Order CD — \$15 + S/H

More than 70 minutes of a variety of uplifting music that projects the philosophy of Abraham in a way we have never felt it before.

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

elegant, meditative *Joy to the Universe*.

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



Cassette — \$10 + S/H

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

CD AM-1 \$15. Cassette AM-1 \$10 + S/H

is such a balanced person.” You would say, “Oh, do you see how coordinated that person is?” Have you watched the Olympic Games? Do you see those kids standing on those diving platforms, or getting ready for their race? Do you see them aligning with who they are? (or working to do that?) Do you see them recognizing that they have untapped resources that they want to align with, right here and now.

Do you see the musician, so at-one with his instrument that it seems as if there is no separation whatsoever? And the music flows through him in a magical rhythm that sets you upside down, and turns you inside out as you hear the harmony of his Source flowing through his instrument?

You never said, “I will come forth and go it alone.” You always said, “I will come forth and allow that which is Source to (*demonstrate*, is the word in the book that Jerry read) demonstrate through me. I will be Source Energy in physical form. In fact, I will be Me.”

So, who are you? You are magnificent. You are genius. You are in the right place at the right time. You’re doing just fine. And as you work to appreciate and approve of who you are, right here and right now, instead of working so hard to

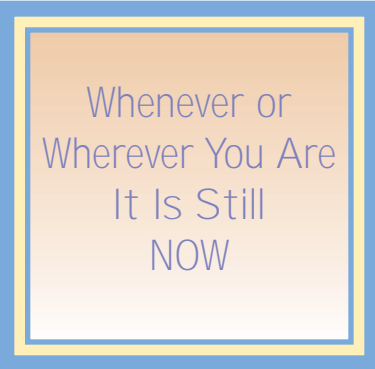
compare yourself with every other point of Consciousness on the planet...and if you will let your variety inspire you to your personal preference—you will not worry about how anybody else is doing, and you will let your dominant desire to be to align with You.

Now, you can be a member of this diverse Universe, magnificent in your unique way, complete in your unique way, and, most important, therefore, happy in your unique way. That’s what we wish for you.

We wish every moment of your experience to be joyful like it is for us. We want you to look around your world and not

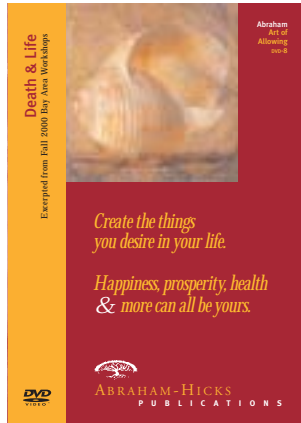
worry, but to revel in its beauty. We want you to look around your own life and not worry, but to revel, in its magnificence. We want you to look at your own body and not nitpick about a wrinkle or an extra pound, or 20 or 30 or 40.

We want you to look at yourself and adore yourself. If you will make this small effort to appreciate you and what is yours NOW, you will soften, so quickly, any resistance that has been keeping you apart from the things you want. It is the magic formula that you’ve been looking for. It is the key to your *blending*. It is the key to your *allowing*. It is the key to you *getting what you want*. It is the



## SPECIAL SUBJECTS VIDEOS/DVDS:

### DVD-8 or AV-8 — DEATH & LIFE

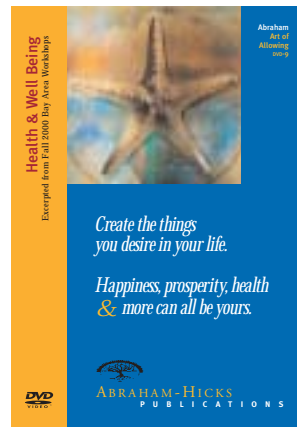


- Realize that there is no death. (12:00)
- We are all Eternal Beings. (8:00)
- What is it Like for Non-Physical? (16:00)
- When you understand death, you can begin to live. (8:00)
- When Middle East Fanatics give their lives to blow up buildings. (7:00)
- There's no resting in heaven. (1:00)
- Abraham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

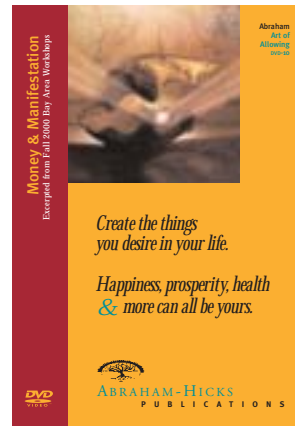


(Excerpted from Video 5V-8/26, 8/29, 9/2/00)  
Health & Well-Being — DVD-9 (DVD) or AV-9 (VIDEO) \$30  
Running time: 1 hour (To order, see page 32)

## SPECIAL SUBJECTS VIDEOS/DVDS:

### DVD-10 or AV-10 — MONEY & MANIFESTATION

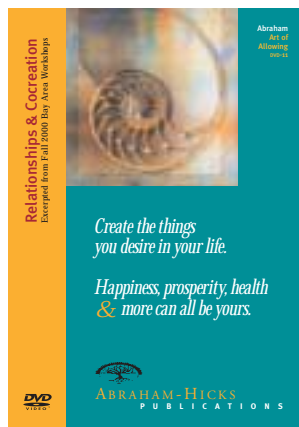
- Thinking; feeling; getting — are always a match. (8:40)
- Nothing is more important than feeling good. (6:00)
- Delegate your desires to your Universal Manager. (6:30)
- Removing brakes from abundance in 17 seconds. (8:20)
- Visualize your economy for the pleasure received. (8:00)
- The summoning power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

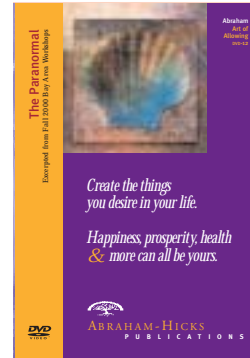
(Excerpted from Video 5V-8/26, 8/29, 9/2/00)

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

## SPECIAL SUBJECTS VIDEOS/DVDS:

### 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).

### DVD-13 or AV-13 THE EDGE OF ADVENTURE



- Taking the Emotional Journey (15:44)
- Conflicted About the Iraq War (17:08)
- Tsunamis, Hurricanes, & Law of Attraction (11:25)
- Jerry: Are We Guided Away From Death? (15:29)
- Jerry: Responding To Suicidal People (7:08)
- Bipolar or Just a “Strong Wanter”? (7:46)
- A Family Physician Teaches Wellness (7:17)

(Recorded in Tampa, Florida on January 8th, 2005)

Order: DVD-13 The Edge of Adventure — \$30.

(VHS) AV-13 The Edge of Adventure — \$30.

Running time: 84 minutes (To order, see page 32).

## SPECIAL SUBJECTS DVD/VIDEO: THE SECRET LIVES OF PETS

In this fascinating program compiled from workshops held during the first half of 2005, Abraham offers insights into the multifaceted role that "the magnificent beasts" play in our lives and our consciousness.



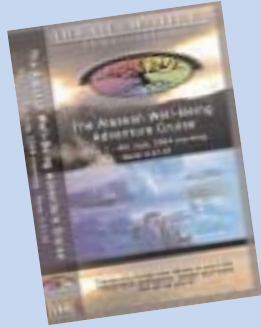
### DVD-14 or AV-14 THE SECRET LIVES OF PETS

- Feeling Second-class To Dogs
- Your Cat's Health and You
- Humans and Beasts
- Animal Consciousness
- Tuning In To Dog Talk
- Why Cats Quarrel
- When Good Pets Go Bad
- Beasts As Spiritual Teachers
- Pets and Reincarnation

Order: DVD-14 The Secret Lives of Pets — \$30.

(VHS) AV-14 The Secret Lives of Pets — \$30.

(To order, see page 32).



## 2004 ALASKAN CRUISE DVDs/VIDEOS

**DVD: DVDAK04—\$120**

**VIDEO: VAK04—\$120**

### DVD 1

Jerry & Esther get it going.  
When you ask, it's always given.  
Frustrated by newspaper career.  
Actress feels divine timing.  
What makes it a Stradivarius?  
Why is her hearing impaired?  
When he checks, it still hurts.  
To take an Emotional Journey?  
When dreaming dreams of loss?  
To feel good more of the time?  
Blame the horse, or the doctor?  
A teen co-parenting conflict?  
Other's problems are hers, too.

### DVD 2

Loan officer plans to be best  
To help his original country?  
Could this man have a baby?  
Is aging not preprogrammed?  
Is Neal another "voice of God"?  
Keep checking the "more" box.  
Prepaving action, "in the flow"?  
If being happy is hard work?  
The art of allowing happiness?  
From illness to butterflies.  
Great, but where's the money?

### DVD 3

A time to expand our exposure.  
Louise Hay publishes Abraham.  
It just doesn't get any better?  
You have the power to choose.  
A backbreaking horse breaker.  
Schizophrenia and Alzheimer's?  
Film maker wants/fears partner.  
Politics, Media & Distortions  
Can't read small or distant.  
Not allowed to see grandchild.

To be aware of where I am?  
Can "Unconditional Love" care?  
Her strong anger comes easily.  
Why this took so long to hear?  
When his money goes to war?  
Our "thoughtways" to joy?  
It is Joy-Based Psychotherapy?  
Is Abraham the Whole Onion?  
How else to use sexual energy?  
Mom is now ready for a lover.  
Yakutat Bay, Hubbard Glacier  
Reception in "The Crow's Nest"

### DVD 4

Your now never stands still.  
Parents died; he questions Life.  
But, her "vibrational signature"?  
What about "remote healings"?  
"Irrational fears" as unfounded?  
Having an out-of-body reality?  
About multiple Inner Beings?  
Mate doesn't want same things?  
Her son is back in jail, again.  
Overly observing her feelings?  
Coworker has "bipolar disorder".  
They want to see some whales.  
Has fear of a Catholic death.  
What's Abraham without Esther?

### DVD 5

Thanks for making this happen.  
Are you expecting good things?  
We'll always know each other?  
Is Abraham also for children?  
Why? Because it feels better.  
Will talking weaken creations?  
"Being" vs. "doing" allowing?  
Childhood "God" felt creepy.  
She's a slot machine winner.  
Not a reason to not feel good.  
Feels good, winning or losing.  
Masseuse, without arm pains?  
To become an intuitive coach?  
Attract appropriate clients?  
A successful sensitive healer?  
The "match" to a sprained ankle?  
Animals' deliberate intentions?  
Should she save blind animal?  
Do fears affect family's pets?  
Abraham closes Alaskan cruise.



Continued from page 43

key to your *abundance*, your *clarity*, and to your *stamina*. It is the key to your *energy*. It is the key to your *vitality*. It is the key to your *flexibility*. It is the key to your *wellness*. *It is the key to all things that feel good to you.*

Make some small effort, every chance you get, at looking at where you stand NOW and doing your best to soothe and appreciate you NOW, to soothe and appreciate you NOW....

Many of you have been hearing us talk about *Guidance System*, and many of you understand that *Law of Attraction* abounds, and that it is the manager of this Universe, and that it organizes all circumstances and events.

Many of you understand that you are offering a “radio signal” always, and that *Law of Attraction* answers it, so that what you’re offering vibrationally and what you’re getting back always matches. And many of you now understand that what you think and what you feel, and what manifests, always matches.

We want to show you, from where you stand, if we were standing in your physical shoes, the effort that we would be making, if we were standing in your physical shoes, of soothing ourselves, if we were standing in your physical shoes, back into alignment with Us, so that *we* can stand in *your* physical shoes.

When you feel good, you’re got Source flowing through you. That’s the reason you feel so good, it’s *all* of the reason that you feel so good. That’s what good-feeling is? Good-feeling is allowing who-you-really-are to flow, in this moment.

So, no matter the topic, no matter the subject, no matter the question, our first order of business is to help you get into the vibrational place that you can allow in what you’re asking for. Whether it’s an answer to something that you’ve

been wondering about, whether it’s just a curiosity question that’s been bugging you, or whether it’s how to bring yourself from a place that *is not* pleasing you to a place that *is* pleasing you...because there is nothing off limits for you.

If you have the ability, in this time/space reality, to identify a question or a desire, it is our promise to you, that we can show you how to soothe yourself, in very short order, into a place of allowing your desire to come into your experience.

*THERE IS NOTHING THAT YOU CANNOT DO, OR BE, OR HAVE.*

Appreciation,  
Is the Magic  
Formula You've  
Been Seeking

Excerpted from Abraham-Hicks Workshop  
G-9-1-04 — Albuquerque, NM



## DVD or VIDEO SAN FRANCISCO

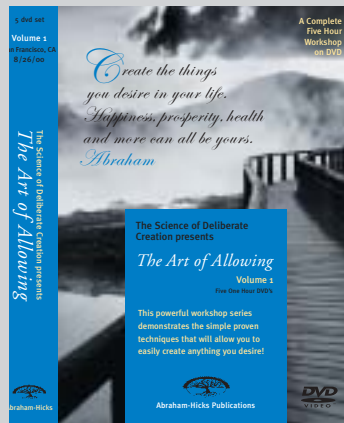
These videos were recorded in San Francisco, California,  
on Saturday, the 26th day of August, of the year 2000.

### 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 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.



**Ask for 5V-8/26/00 — \$90.00 plus S/H  
To order see page 32.**

## DVD or 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 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.



**Ask for 5V-8/29/00 — \$90.00 plus S/H  
To order see page 32.**

# DVD or VIDEO SAN RAFAEL, CA

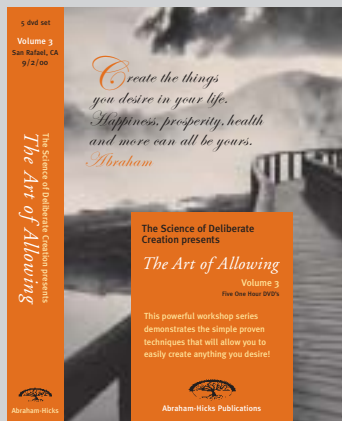
These videos were recorded in San Rafael, California, on Saturday, the 2nd day of September, of the year 2000.

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

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

Five, one-hour DVDs.

5DVD-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.**

## G-SERIES TAPES/CDS SUMMER, 2004

### TAKE THE EMOTIONAL JOURNEY FIRST

**G-4/23/04** — Each journey is first an emotional journey. When it's possible, make a legal U-turn. What's up with the power of now? Keys to attracting and maintaining joyous relationships? Enjoying watching babies rediscovering their Planet Earth. Can maintaining manifested dreams hinder future dreams? Can physical items be moved by Non-physical?

**G-4/25/04**— Only you can know your personal truth. Is his Oneness interest attracting more contrast? Do desires take on their own momentum? Specific religions as perfect for specific participants? Are our past, dormant creations still lurking? Can corporations be too focused on profits? Considering a process for healing one's health.

**G-5/1/04** — “A hole in my bucket of Well-Being?” “My good stuff's being held in escrow?” Help friend when frightened by medical diagnosis? As you release resistance the Well-Being returns. Is desire for peacefulness a “control issue”? There was a time she adored herself. “Life is but a dream.” Ta dum!

**G-5/3/04** — A Universe with neither shortage nor competition? Taking your journeys first as emotional journeys. Garden hosts a family of ravenous chipmunks. Saddened by unjust poverty aspects of India. Pained by violent governmental destruction? Are humans technologically destroying this planet? Is “world saving” mate losing physical well-being battle?

**G-5/8/04B** — Her wonderful husband really irritates her. Was the Program 11 steps too many? But, when so many choices feel good. Her delightful children are driving her crazy. Abraham's male name on a female body? Do what to soothe the warriors' mistreatment? Still hasn't attained her desired vibrational mode.

**G-5/22/04** — You can feel when you've released resistance. To create it right the first time? Attracting the vibrational essence of your thoughts. Her 15 y/o son is getting terrible grades. Healthy, but inspired to take a vitamin? Can't remember how long she couldn't remember. When bringing heavy subjects to Abraham's bliss?

**G-6/12/04A** — Your true guidance is always within you. “Please return to your desired highlighted route.” Doctor has evolved to mind/body medicine. Children picking on children make him angry. She wants a clearer connection with Abraham. Why are her vibrations so easily influenced. What is the cause of his nightmares.

**G-6/12/04B** — Doesn't wealth allow some to mistreat others? Can we experience evolution without experiencing competition? Was she born with any specific intentions? He doesn't understand sex or women. Can't believe in an ever-expanding Universe. How to feel grateful for another's tragedy? Offer your talent because it's pleasing you.

**G-6/19/04** — She says she's sick of her life. Teacher tried to hold her son back. Biologist concerned with disappearance of many species. As Helen passed, a veil dropped away. What causes her business to bog down? Shouldn't suicide bombers be punished for suicides? She finds herself impatient with her now.

**G-6/26/04** — Blame always feels better than guilt. Teen son's bringing unwanted into parent's home. Any genetic role in child's drug desires? World-changing aspects of Rampage of Appreciation. In a holographic Universe is matter reality? Am I wise enough and selfish enough? Are current probabilities limited by pre-birth intentions?

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## FINDING WHAT YOU'RE LOOKING FOR WITHIN THE *TEACHINGS OF ABRAHAM*

Abraham teaches us that no matter how good we are feeling we have the capability of feeling even better. There is not one of the hundreds of recordings that we offer that doesn't have the potential of making you feel better. However, there are specific subjects that we each are interested in and so we have noted some key words, in the pages that follow, that can lead you to the subjects that you might be interested in hearing more about. They may be ordered as eaches or in the complete album.

For an even fuller description of the content of our entire audio series go to our web site at [www.abraham-hicks.com](http://www.abraham-hicks.com) and utilize our new search engine by entering the key words for the subjects that are of most interest to you. This is, and probably always will be, a work in progress, as we continue to add more recordings and find better and better ways of making them available to you.

Our love,  
Jerry & Esther

### G-SERIES CDS/TAPES SPRING, 2004 *REACH FOR DESIRE'S EMOTIONAL ESSENCE*

- G-1/31/04A — Creation, Beginnings, Debt, Belief, Compete, Weight, Singer.
- G-2/7/04A — Thought Forms, Pessimist, Disease, Honest, Care, Desire, Good Life.
- G-2/7/04B — Partner, Contests, Fights, Addicts, Death, Mating, Gambler.
- G-2/21/04A — Vibrations, Want?, Progress, Pets, Enlightenment, Actors, Suicide.
- G-2/21/04B — Lovers, Mind, Health, Shame, Intimacy, Cuts self, Abortion.
- G-2/28/04A — Good Times, Evidence, Goals, Emotions, Abraham, Weight, Teach?
- G-2/28/04B — Business, Memory, Influence, Parent, Clutter, Control, Free Choices.
- G-3/6/04A — Feel Good, Worthy? Feelings, Theft, Control, Manifesting, Trusting.
- G-3/6/04B — Depressed, Miracles, Well-Being, Wants, Child Custody, Abe, Jesus?
- G-3/20/04 — Emotional Journey, Heal, Stuck? Death, Porn, Abraham, Place Mat?

### G-SERIES CDS/TAPES WINTER, 2003 *VIBRATION, IT'S ALL ABOUT VIBRATION*

- G-9/27/03 — Desire, Eternal, Chiropractor, Appreciate, Autism, Critics, Career.
- G-10/11/03A — Well-Being, Feel for, Physicals, Illness, Pain, Post-surgery, Do?
- G-10/13/03 — Resistance, Career, Business, Past lives, Abraham, Child, To Drug?
- G-10/25/03 — Desires, Reincarnation, Mom's 96, Ease, Parkinson's, Earless, Fuels?
- G-11/1/03 — Set-points, Error, Anger, Mother-in-law, All's Well, Energy, Aches.
- G-11/22/03 — Do?, Terminal, L.S.D., Genetic, Headaches, Childbirth.
- G-12/6/03A — Feel it, Feelings, Dad died, Emotions, Align, Relationship, Outlived?
- G-12/6/03B — Son, Daughter, Illness, Business, Growth, Dishonesty, Joy.
- G-12/13/03 — Vibrations, Now, Family, Purpose, Bondage, "Impersonal", Esther?
- G-12/20/03 — Path, Custody, Abraham, Illness, Mortality, Destiny, Set-point.

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### 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

**G-SERIES CDS/TAPES SUMMER, 2002**  
***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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**G-SERIES CDS/TAPES SPRING, 2002**  
***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

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EXCITED ABOUT THE CLARITY and practicality of the translated word from ABRAHAM, Jerry and Esther Hicks began, in 1986, disclosing their ABRAHAM experience to a handful of close business associates. Then, recognizing the practical results being received by those persons who began plying ABRAHAM with meaningful personal questions regarding their finances, bodily conditions, and relationships...the 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 700 *Abraham-Hicks* books, CDs, cassettes, DVDs 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.

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

### COMMENTS FROM READERS & LISTENERS:

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

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

*...Am so delighted to be reading your books, listening to your tapes and attending your seminars. I am so happy and getting happier and clearer every day. My life has been leading to this point, and it feels like the icing on the cake. I know everything will just get better, although it's hard to know how. What a powerful gift you've given us — the recognition of our ability to create the life we want, and the tools to carry out the plan. Thank you for sharing. — CA*

**“We love those cruises...” you said,  
So Three More Fabulous Cruises, it is...**

The more than 800 friends on board our 2004 Alaskan Well-Being Adventure Cruise over-filled the ship's theater — so we booked two cruises for 2005, the February Mexican Riviera Cruise, and the July, 2005 Alaskan Adventure cruise... And now, by popular demand, we have booked three additional delicious Well-Being cruises: A two week Hawaiian cruise, Dec 7 thru Dec 22, 2005...A one week Caribbean Cruise April 1 thru April 8, 2006...and our third Alaskan Adventure Cruise July 9 thru July 16, 2006.



Cruising Seminars have long been our favored method of becoming more acquainted with hundreds of friends of similar interest. And Esther and I are so pleased that so many of you are already making your plans to join us on these upcoming Abraham-Hicks Cruise Workshops.

What a profound and fun way to mutually evolve to higher levels of joyous Well-Being!

Love ya!  
Jerry and Esther

**Hawaiian—Dec 7 thru 22, 2005**

**Caribbean—April 1 thru 8, 2006**

**Alaskan—July 9 thru 16, 2006**

Dear Jerry & Esther,

I am still basking in the sweet afterglow of my Abraham Alaskan Well-Being Adventure cruise. Abraham encouraged 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 my comblisseration.

*Jan Martindale, Oregon*

**The last cruise FELT SOOOOOOOOOO GOOD  
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## THE TEACHINGS OF ABRAHAM WELL-BEING CARDS



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

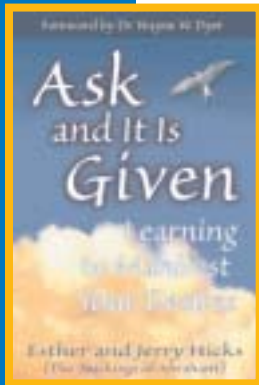
Words don't teach; life experience teaches. But with these Abraham-Hicks words fresh in your mind, your every life experience will now be more meaningful to you. And since nothing is more important than feeling good, nothing is more valuable than these processes that will allow more of your natural Well-being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

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

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

**Suggested retail is \$15.95. Order yours today for \$12.76 plus S/H.  
This is a perfect gift item for someone you really care about.**

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please see  
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*"One's entire life can change because of what is found here—and all given with such love!"*

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*"An incredibly profound, yet simple and practical road-map to a joyous life."*

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*"No matter where we are, Abraham gives us a process that can make our lives better."*

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*To reserve, see  
page 62 for details!*

### **THREE NEW CRUISES:**

*Hawaiian Dec 7-22, 2005*

*Caribbean Apr 1-8, 2006*

*Alaskan July 9-16, 2006*

A profound and FUN way to mutually evolve to higher levels of joyous Well-Being!

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