

THE SCIENCE OF DELIBERATE CREATION

Abraham A Quarterly Journal & Catalog Addendum

JULY · AUG · SEPT 2005

VOLUME 33

Quarterly Journal Special Features

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NEW: Group Series Album, Winter, 2004

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NEWEST: DVD Unabridged Alaskan Cruise, July 2004 now available on DVD or VHS

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ABRAHAM-HICKS PUBLICATIONS



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Everything that's happening globally is symptomatic of what's happening individually. So don't worry about what's happening globally, just tend to the only thing that you can tend to: INDIVIDUALLY work to align yourself with what feels good, and as you begin to thrive, you will, through your example, be of value to others.

Excerpted from
Abraham-Hicks
Workshop
Boston, MA
G-10/2/04



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

Dear Friends,

What a spectacular run of Abraham Workshops we have been having! In city after city we have been thrilled with the evolution of your questions and of Abraham's answers. We are having such a wonderful time.

Our office forwards your letters and emails and telephone messages to us in a weekly package, and we read them to each other as we drive down the highways. It's a wonderful life, rolling across this beautiful nation, in our incredible Monster Bus that literally seems to take the bumps out of the roads, reading your responses to our seminars and materials.

We have so many cassettes, CDs, videos, DVDs and subscription programs to offer, we thought it might be helpful to you to understand the genesis of the products that are presented here in this journal and in our on-line catalog.

We conduct *Art of Allowing* workshops in as many as 60 cities each year, plus a cruise or two, or three. Our workshops, which are primarily conducted on weekends, and occasionally

on a Tuesday or Wednesday, or Thursday, consist of 4 segments of approximately 70 minutes. So we leave each workshop with about 5 hours of wonderful new material that our attendees have elicited from Abraham.

Our workshops are always question and answer format, and Abraham tells us that they are able to know every question on the minds of everyone in attendance. Abraham calls on those people in the room who will provide the best avenue through which the most answers to the most questions can be given. Most people in attendance would agree that this is the case. We are told, quite often, by those not asked to sit in the "hot seat" to ask a question that their questions were thoroughly answered just the same.

Jerry takes notes during these workshops, carefully noting the precise time in which questions and answers are occurring, and indicating his impression of the power and the newness of this information. Using his best judgment, he chooses from this approximately 5 hours of material what will become the 73 minute "Weekly Tape or CD"

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

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.

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.

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.

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.

10/1/05 Boston, MA Held at the Crown Plaza Woburn, 2 Forbes Rd., Woburn, MA, 01801. For directions call (781) 932-0999. Saturday 9AM to 4:20PM. \$150.00.

10/8/05 Tarrytown, NM Held at the Hilton Rye Town, 699 Westchester Ave., Rye Brook, NY 10573. For directions call (914) 939-6300. Saturday 9AM to 4:20PM. \$150.00.

10/11/05 Philadelphia, PA Held at the Embassy Suites Hotel, Philadelphia Airport, 9000 Bartram Ave., Philadelphia, PA 19153. For directions call (215) 365-4500. Tuesday 9AM to 4:20PM. \$150.00.

10/15/05 Washington, DC Held at the Bethesda Marriott, 5151 Pooks Hill Road, Bethesda, MD 20814. For directions call (301) 897-9400. Saturday 9AM to 4:20PM. \$150.00.

10/22/05 Asheville, NC Held at the Inn on Biltmore Estate, One Antler Hill Rd., Asheville, NC 28803. For directions call (828) 225-1660. Saturday 9AM to 4:20PM. \$150.00.

10/23/05 Asheville, NC Held at the Inn on Biltmore Estate, One Antler Hill Rd., Asheville, NC 28803. For directions call (828) 225-1660. Sunday 9AM to 4:20PM. \$150.00.

10/28-30/05 . . Orlando, FL — *I Can Do It Conference with Hay House* We are pleased to join Hay House and the wonderful group of speakers they have assembled. Our part at the Hay House I Can Do It Conference is as follows: We will conduct an all day seminar on Friday (similar format as our regular workshops from 9 to 4PM) Saturday from 1:00 to 3:00PM. Sunday from 1:00 to 3:00PM. To register contact Hay House at (800) 654-5126 or register on-line at www.icandoit.net

11/5/05 Boca Raton, FL Held at the Boca Raton Marriott, 5150 Town Center Circle, Boca Raton, FL 33486. For directions call (561) 392-4600. Saturday 9AM to 4:20PM. \$150.00.

11/7/05 Tampa, FL Held at: Tampa Airport Marriott, Tampa International Airport, Tampa, FL 33607. For directions call (813) 879-5151. Monday 9AM to 4:20PM. \$150.00.

11/12/05 San Antonio, TX Held at the Abraham-Hicks Conference Center, 28800 Old Fredericksburg Rd., Fair Oaks, TX 78015. For directions call (830) 755-2299. Saturday 9AM to 4:20PM. \$150.00.

11/13/05 San Antonio, TX Held at the Abraham-Hicks Conference Center, 28800 Old Fredericksburg Rd., Fair Oaks, TX 78015. For directions call (830) 755-2299. Sunday 9AM to 4:20PM. \$150.00.

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 daysAlaskan 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, NY</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>➤ 11/7/05 Monday 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>12/13/05 Tuesday Honolulu, HI</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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➤ Indicates change from previous announcement

An Emotional Journey From Fear to Hope

Abraham: It is good to come together for the purpose of co-creating, do you agree? You are knowing what you are wanting? An evolving thing? Are you enjoying the expansion and clarification of your own desire?

It's the most important question that you want to be able to sincerely answer *yes* to, because expansion is what we are all about... We cannot cease expansion. The variety will always inspire within you the new idea, and that new idea will always generate a vibration in you—it always will.

And so, as that new idea is vibrating within you, you could call it *preference*, or a *desire*, or a *thought*, but as it begins its own expansion, its vibration causes within you something that belongs to you; it's something that you must align with because if you don't, there will be discord in your vibration.

And so, you just can't run around in your physical world and look here, there and everywhere—taking no deliberate care to vibrate purposefully—and be assured that it

will cause you perfect alignment with your Source Energy, because *your Source Energy has specific characteristics*: Your Source Energy is non-resistant in nature. Your Source Energy doesn't push against anything. Your Source Energy is a high frequency, non-resisted, Pure Positive Energy vibration. So, when you get crossways of your Source Energy, you feel it, and that is what negative emotion is. *Negative emotion is your indicator that somehow you got crossways of your Source Energy vibration.*

We want you to understand the vibrational content of the thoughts that cause different feelings within

you. And we want to show you how, with far less effort than it takes you to learn Quick Books on your computer, you can remember your alignment with who-you-are, and utilize it on a day-to-day, moment-to-moment, basis,

and bring yourself consistently into alignment with that steady stream of Well-Being that is offering itself to you and through you in every moment of your life. We want you to let that be not only something that

Expansion
is what
we are all
about!

you are aware of, but the most important thing that you are aware of. Because when you begin to *feel* your way through your thoughts, when you begin to realize that you have options about the thoughts that you activate and entertain—then you will be the Deliberate Creator of your own experience.

As long as you think you don't have a choice about what you think because you don't have a choice about the circumstances that surround you, then you are like a cork bobbing on a raging sea, going wherever it bounces you. But when you understand that you have options, choices in every moment, on every subject, then you begin to make those choices because of the way those choices feel as you make them. And now, you are using the Guidance that comes forth from within you to guide you to the Well-Being; to the prosperity; to the love of self and others; to the experience that you knew you would have—the experience that is possible for all—to the experience that really is only experienced by those who come to understand the *Art of Allowing*.

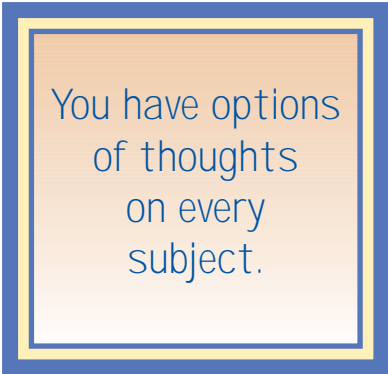
So, it is good for you to reach for some thoughts that give you some relief from the discord or resistance that you have presently going on, for with each attempt at reaching for a thought that feels better, you

release more resistance. And as you release more resistance, you fill back up with who-you-are, and your thriving resumes. And we want to really emphasize the word “resumes,” because thriving is always the dominant part of your experience. But, we will acknowledge that some of you

are going to have to croak before you resume thriving, (Fun!) because some of you have pinched it off pretty good. Some of you have developed some powerful habits of thought. Some of you have developed some strong enemies that you

take great delight in every day pushing very hard against. And some of you thrive on some subjects and suffer on others. *You have different vibrational frequencies, depending upon the subject at hand that is activated. But we want you to know that you have access to Guidance that will lead you always in the direction of your thriving on all subjects. But you've got to figure out which direction is going toward your objective, and which direction is going away from your objective. And before you can do that, you've got to figure out what your objective is.*

So many of you have come to the place where you think if it feels good, there might be something wrong with it. (Fun!) And if there's a lot of struggle and suffering in it, then it's virtuous. And we say, you



Continued on page 14

EVERY DAY

Every day, my life is better for having known you all and the messages you offer. Every day, I am grateful for receiving you into my life. Every day, I know the difference that I can make, in the lives of those in my life, is by feeling good for me. And, every day, I am very appreciative for every day.

Thank you!

Marie — CA

THE GREATEST!

Salutations, Esther and Jerry! I just finished reading your “Ask and It is Given” book, and it was the greatest book I’ve ever read! I have such a vibrational rush from Abraham’s words. Everything that I was wondering, like, “Why isn’t this working? What am I doing wrong?” is now clarified. I wanted to thank you, personally, for publishing this book and having the courage to be public about it all.

Enjoy your creations!

Talia — Internet

NEW LEVELS

I have only been connected to the Abraham teachings for two years, but must say that the quality of information is moving rapidly to new levels. When I first found Abraham, I thought the message was phenomenal. Now I cannot find a word to express this profound level of wisdom and knowledge. I am just so grateful that Abraham, Jerry and Esther are a part of my life.

Marita — Internet

CRUISE ENERGY

Just wanted to thank you guys for the great Alaskan Adventure Cruise. I really enjoyed the interaction with Abraham, and would say for those who have experienced a land workshop and felt good about it, multiply that feeling times 100 and it doesn’t begin to explain the intensity of pure positive energy of the cruise workshops. I will be on the Hawaii Cruise in December. I am taking my husband, mother-in-law, and son. I booked it the day I got off the last cruise.

See you in December.

Ginger — Internet

LISTENS WHILE PAINTING

Well, I just finished listening to Jerry read The Book (Ask) and it was wonderful. I had already read most of the book in bits and pieces, but I am used to listening to Abraham’s messages, and I listen to things a lot while I paint. So, it was super great to get to hear the book, and to hear it in Jerry’s wonderful enthusiastic voice. I’m so used to hearing Esther’s voice, of course, speaking for Abraham. But again, I must say how delightful it is to hear another familiar voice I associate with Abraham giving the message. (I was kind of expecting to hear a joke, since that is more what I’m used to from Jerry!). Thank you, Jerry, for reading, and thanks again to Esther for translating into English the best messages there are!

Star Woodward — CA

Love ➤ Appreciation ➤ Love

SINGLE MOM THRIVES

As a single mother with three children who spent most of the time on Social assistance, I thank you sooo much! In the last three years since I have been listening to you, I have moved to a better place, I have a job! I have gone from “permanent disability” to feeling good that I can now exercise three times a week. I have love and hope for myself and my life...as well as others, and by the time I get to work I have so much gratitude that the tears come down my cheek.

Thank you!

Kannara — Internet

TEARS OF JOY

I just finished listening to your Hay House Conference CD. (I am on the “glutton subscription program” so I get the whole thing.) I am sitting at my desk with tears of joy running down my face. I have been listening for years and I have heard the stories many times but the message in combination with the stories was so powerful and leading edge that it took me to a whole new platform of joy. I know that my inner being was there at that conference, but I wish my physical being had been able to be there to bask in the joy that was generated. Congratulations on the new platform that this Conference has taken you both to.

Bonnie — CA

ABSOLUTELY THRILLED

Dear Esther and Jerry! I am absolutely thrilled by the teachings of Abraham.

Your tapes and books are sure to mean a paradigm shift in my thinking and my life. This is exactly the last “piece of the puzzle” that I’ve been looking for.

Birgitta JuhlEn — Sweden

GREAT THINGS

I just finished reading *Ask and It is Given* with my book club. I cannot express the gratitude for every one of us that your book has reached. We are finally getting the whole picture! Great things (new cars, jobs, relationships) are opening up for each of us. Thank you so much for writing *Ask and It is Given*!!

Love,

Frankie Kellum — NC

BEAUTIFUL BUS

Thank you so much for putting the video of your beautiful Monster Bus on the website! I watched it over and over, and loved the song, too. It provided great inspiration and stimulation of what is possible. (Love this contrast! I want a brand new car!!!!) I am so happy for your happiness, and just had to write today to tell you so! I have never seen such a beautiful bus, a luxury home on wheels, but it was way beyond that. It was the happiness on Esther’s face and the happiness and glee on Jerry’s and in his voice describing all the gadgets and accoutrements. Thank you so much! Highest & Best!

Love,

Debra Burns — Internet

PS: I have imagined passing this bus on the road someday, it will be better than seeing a rainbow!!



G-SERIES TAPES or CDs — WINTER, 2004

From Fear to Hope, An Emotional Journey

There are so many circumstances and events that you try to change, which you have no power to change. But when you understand that instead of trying to take that long, slow, convoluted, very hard, very difficult, very tedious *Action Journey*, if you would decide to take an *Emotional Journey*... And let us tell you what the *Emotional Journey* involves: "I've got to go from worry to hope." That's it!

"I just have to talk to myself, right here, right now, so that I feel a little more hopeful and a little less worried." And do you know that you could do it in a minute? And then you could do it in another minute, and another minute. And you could train yourself in less than a day, certainly in less than thirty days, to have hope instead of worry—and then the Universe will give you the job, or the money, or the resources, or the avenue, or the avalanche, or the endless circumstances and events that will flood dollars into your experience. You do not have to do those things that others have taught you that you need to do because they thought they needed you to do them, so that *they* could feel good.

The *Emotional Journey* says, "I've got to go from worry to hope. I've got to go from despair maybe, maybe fear, maybe to anger, to frustration, to overwhelm, to hope." We're not saying that you can jump from fear to hope in one fell swoop. But we *are* saying to you, *that's* the journey.

Boston, MA — 10/2/04

G-9/29/04 — Manifestations are born out of your desire. When his life insurance payments come due? He is finding joy watching others' success. Are there differences between appreciation and gratitude? Is this just one long continued life? "At your age, your health should be...." Did she actually have a "walk-in" experience?

G-10/2/04 — Can't get sick enough to help sick. Where's our Consciousness when we're dreaming nightmares? Every religion has the potential for goodness. How are they limiting their business expansion? To attract the solution before the problem? Who do you trust regarding your health? What's the "expectation" regarding one's Soul Mate?

G-SERIES CDS/TAPES WINTER, 2004

G-10/9/04A — You'll never kill or convince them all. Is the loudest voice one of fear? What's the source of those new diseases? Have I been taking score too soon? Feel good now, there's nothing more important. Does All-That-Is need worship and praise? Why's breaking up so hard to do?



G-10/9/04B — He's begun to honor sister's religious beliefs. How is Abraham different from us humans? Did Abraham manipulate Esther's voice at first? What are parents responsibilities for teenager's choices? Can she move artistic relationships into alignment? Her (dementia) father disappeared into the forest. Her struggling friend has suffered many surgeries.

G-10/13/04 — It is all happening in your now. Is being right more important than harmony? Can she think away her joint pains? Are specific thoughts causing her thumb's stiffness? To be released from her marriage bondage? He is attracted to ancient Rumi poets. To change lovers without hurting anyone else?

G-10/16/04 — An emotional journey, from fear to hope. See every emotion as a valued emotion. How can love coincide with killing animals? Are past desires sometimes inappropriate baggage today? And *they* didn't get it done, either. Teen son would rather play than study. Abraham closes the Washington DC Workshop.

G-10/24/04A — How well are you expecting to live? Which signal is your attention toward? Decisions are to be made, not questioned. Has strong unwanted beliefs about her body. Was their asking price out of line? What's up with all this Vibrational Matching? To become unhurt by another person's lies?

G-10/24/04B — "One for all and all for one"? How evolved can this psychiatrist's clients become? What has Abraham to say regarding reincarnation? If aboard an airplane with negative creators? But, about her desire for World Peace? When beating up on oneself becomes addictive. Their new life is almost too good.

G-10-28-04 — No matter where it is — it's NOW! Considering both freedom and bondage as perceptions. "Why did God give my child diabetes?" Would pornography increase one's passion for sex? Will either presidential candidate soothe the world? How do Spirit Beings congregate in Nonphysical? Any disadvantages created before her birth?

G-11/13/04 — It's about learning to let it in. Hang on or let go of desires? There's value in your quest for joy. Do all religions vibrate at same rate? He now feels worthy of successful business. Does preparing for eventualities influence their actualization? Is releasing resistance only healing method?

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

Quarterly Quotes from Abraham-Hicks

Every religion on the planet, and there are so many more than you are even aware of, has the potential of absolute thriving. But when you think that you must prove that you have the only one that is right—and you use your condemnation to push against the others—your condemnation separates you from your own Connection that, before your condemnation, you were finding in your own religion.

Boston, MA — 10/2/04

So, the truth is, there's not *one* path. The truth is, there's not only one *right* path. The truth is, *all* paths can be made to be the right path. The truth is, that every individual has a *different* path. And that different path that every individual is launching incrementally—and amending constantly—that true path is known by Source and is guided by Source if you will pay attention to the way you feel.

Philadelphia, PA — 10/13/04

We cannot focus upon the weaknesses of one another and evoke strengths. You cannot focus upon the things that you think they are doing wrong, and evoke things that will make you feel better. You've got to beat the drum that makes you feel good when you beat it. And when you do, you'll be a strong signal of influence that will help them to reconnect with who they are.

Washington, DC — 10/16/04

It seems like you really want different things, or are even choosing different paths. But when you both tend to your Emotional Journey, the Universe will cleverly give you both exactly what you want... When you tend to the Emotional Journey, this Universe has the resources and the cleverness to orchestrate for each of you what you exactly want even when you think they are opposites one from another. It's great fun to watch.

Asheville, NC — 10/24/04B

Make up your mind that *nothing is more important than how I feel now, because now is everything. Now is the whole enchilada. Now is the power of me. Now, now, now, now, now...* You might as well start somewhere, and it might as well be now. Why not start improving your life *now, now, now?*

Tarrytown, NY — 10/9/04A

In order to help someone who's in a very different vibrational frequency, you've got to adjust your vibrational frequency so that they can hear you. And if we were standing in your physical shoes, we would not adjust our vibrational frequency down—ever. We would not introduce more resistance in our vibration for any reason whatsoever, because disconnecting *yourself* from resources does not give *them* more to eat.

Tarrytown, NY — 10/9/04A

When you see someone living something awful, a rocket of desire for their resolution shoots out of

Quarterly Quotes from Abraham-Hicks

you. And then, if you start focusing upon their *resolution*, you'll start feeling better right away. And now, you're part of the current that is part of the *solution*.

Asheville, NC — 10/24/04B

Get so fixated on what you want, that you drown out any vibration or reverberation that has anything to do with what you do not want.

Boston, MA — 10/2/04

Be glad that you don't have *instant* manifestation. *This buffer of time is really your friend*. It's your opportunity to observe and to ponder and to visualize, and to remember. It's your opportunity to take an Emotional Journey that might be different from what you're actually observing.

San Antonio, TX — 11/13/04

New desire is what summons the Source and carries what is *now* into the future experience. But the thing that's tricky about the future experience is that the future never gets here, because the moment that it approaches—it becomes now. Tomorrow never comes because when it gets here, it's today.

Boston, MA — 10/2/04

When you ask, it is given, every single time, no exceptions. You are beloved, blessed Beings who deserve good things—but it takes a self-convincing before you will *allow* good things.

Boston, MA — 10/2/04

As you set a financial goal, it is not only about the expansion for yourself; it's about the expansion of all of those who are involved in that which you are about. In other words, it creates this nucleus, this machine, that allows so many to begin to thrive along with you. It's much bigger than finances.

San Antonio, TX — 11/13/04

Hypothetically, people worry about everyone being selfishly oriented. "If everyone did exactly what they want to do, what kind of world would this be?" And we say, a really, really good one. Because if everyone did what they wanted to do, everyone would feel free. And if you feel free, you feel empowered. And every negative emotion that exists—hear this—every negative emotion that exists is because there is some sense of loss of freedom somewhere in there.

Syracuse, NY — 9/29/04

There is the potential for relief (feeling better) indefinitely. In other words, we do not know of any ending point to the amount of clarity, and adventure, and joy, and Well-Being—it is an unlimited thing.

Asheville, NC — 10/24/04B

You're never satisfied. That's what life is, it's just this ongoing, never-ending vacation adventure, you see. You can't get it wrong and you never get it done—and we recommend that you have as much fun as you can along the way.

San Antonio, TX — 11/13/04

must have been allowing yourself to be guided by someone else who would benefit by your doing whatever they ask you to do in your struggle. *Because it is our promise to you that you cannot have a happy ending to an unhappy journey; it cannot be. It is illogical. It defies the Laws of the Universe.*

Law of Attraction says, that which is like unto itself is drawn. Which means, you cannot achieve a vibrational frequency with something unwanted (which is evidenced by the negative emotion that you feel as you embrace the thought) and be on your way to something that you want—it's not possible—it defies all logic and all Law.

So, as you begin to pay attention to your emotions—as you begin to reacquaint yourself consciously with your own Guidance System—what begins to happen to you is, you not only consistently reconnect with the Source Energy that is You, but you begin to take what we call the *Emotional Journey*. You begin to discover the art of shifting vibration, and therefore shifting the way you feel, which is delicious because you feel good all the time. And then, the big bonus (not from ours, so much, but from your point of view) is, manifestation acquiesces around the vibration that you've dis-

covered.

So, let us clarify the difference between the *Action Journey* that so many of you seem to be embarking upon, and the *Emotional Journey*, which is guidance from within: If someone is sick, really sick, (they've got one of those big labels "incurable" attached to them, maybe more than one) and of course they *want* to be well. The *Action Journey* goes something like this... "I have to find out what's wrong with me. I have to find a specialist who has done the most leading edge research, because the research that exists says that this is *not* curable. So, I need a specialist

You cannot have a happy ending to an unhappy journey.

who's willing to take some risks and be out there on the leading edge, and that's going to take a lot of money. So, I need to get together with large groups that can gather resources. But I need to get involved in the

political format so that I can get the laws passed that will allow the research and attract the funding that I need in order to discover the cure to this thing that I've got.

"And then, I have to find a doctor who has learned the skill and is capable of administrating it. And then, I need the resources so that I can apply this specific medical procedure to me, and I need the resources so that I can stop doing whatever I've been doing that makes the money I've been making, that makes my life go 'round.'" And we

say, oh, just shoot me in the head now. (Fun!) In other words, there is so much that needs to be done, and so many obstacles and so many reasons to feel defeated, and so many reasons to realize that it's not going to happen fast enough... Oh, and then, by the way, you've only got six months to live, anyway. (Fun!)

That's the *Action Journey*. Now, granted, we did tilt it so that you wouldn't want to take that journey because we have a much better plan for you, and that is the *Emotional Journey*.

An *Emotional Journey* says: *I want to travel from fear to hope*. That's it!

The *Emotional Journey* you can achieve in ten minutes with the right application of thought. The *Emotional Journey* is the journey where you just try to find a thought that feels better, and when you feel a little better, you have traveled a distance toward where you want to go. The *Emotional Journey* quantifies your journey. The *Emotional Journey* lets you know whether you're headed toward or away from your objective.

Many people who are on their way *to wellness* get half-way there, and get discouraged because there is not manifestation, and turn around and head back toward illness. Many people on their way *from financial disaster* get nearly to where they want to be, where the manifestation

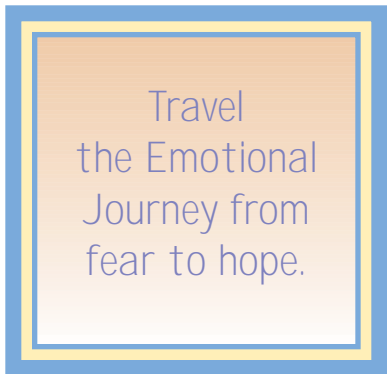
is nearly about to show up, but because they take score about the manifestation, they get disoriented and discouraged and turn around and go back to not enough money.

In every moment of your experience, as you have been banging around in this contrast, you have been launching preferences, and as these preferences are radiating from you, they are pre-paving your future experience; they are going out like a heavenly rocket into your future experience, and *Law of Attraction* is lining up around them.

And your future experience is being made for you before you approach it—that's why 99% of all creation is complete before you begin to see the physical evidence of it.

So, most of what you're doing is an *Emotional Journey*. And if you're taking the *Emotional Journey* that feels lovely as you're taking it, not only do you enjoy the desert, and enjoy the journey, and see the vistas, and have a wonderful conversation and a very good time; but when you get there, you recognize it as that which you have been in alignment with all along. (That was good!)

It is our desire to show you how to take your *Emotional Journey*. We want to show you that if you are in depression, and you find anger, that you are on the right path because there is less resistance in anger than there was in depression. *If you're in*



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***

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They have helped me and my family tremendously.”

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“One of the most valuable things about *Ask and It Is Given* is that
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these voices of Spirit speak in a language you'll understand and be able to
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“These incredibly profound, yet simple and practical teachings of Abraham
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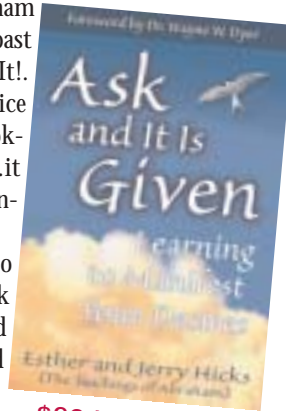
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Our publisher, Louise Hay, asked us to ask Abraham to produce a new book that would encompass the past 18 years of the Teachings of Abraham—And this is It! *Ask And It Is Given* is now available through our office in San Antonio and on-line, as well 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.

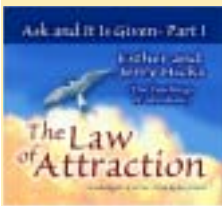
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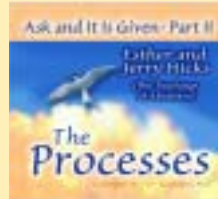
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SPECIAL SUBJECT CDS or TAPES — VOL I



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

SPECIAL SUBJECT **CDS or TAPES** — VOL I

CD-3/AB-3 LAW OF DELIBERATE CREATION — Discover the ecstasy of understanding universal Laws which are absolute — no matter what the circumstances. Without an understanding of this universal Law, it is as if you are playing in a game where the rules are not understood, so it is not only impossible to know if what you are doing is appropriate, but you do not know how to win the game. The rules of the game of life are clearly offered here.

CD-4/AB-4 LAW OF ALLOWING — Of all things that you will come to understand through this physical life experience, nothing is more important than to become an allower. In becoming an allower, you are free of the negativity that binds you. Learn the joyful difference between tolerating and allowing — and experience the blissful difference in every relationship you have.

CD-5/AB-5 SEGMENT INTENDING — Our futures are individually paved by the steady stream of thoughts we set forth. We are literally creating our future life as we direct our thoughts of this moment into the future. Discover the magnificent power you hold in this moment — and learn how to use that power always to your advantage.

CD-6/AB-6 GREAT AWAKENING, BLENDING — You have deliberately and excitedly chosen this time to be physical beings upon this planet, because you knew in advance that this would be the time when many — not all — physical beings would recognize the broadness and great value of their being. Follow this step-by-step process for awakening.

CD-7/AB-7 RELATIONSHIPS, AGREEMENTS — We are all creators as we individually think and plan, but we are also often co-creators as we interact with others. Most relationships with others are far less than we want them to be. Find out why. Discover how to rejuvenate unhealthy relationships and attract new harmonious ones.

CD-8/AB-8 BODILY CONDITIONS — Nothing is more important to us than the way we feel and look, and yet so many do not look or feel as they would like to. There is not a physical apparatus, no matter what the state of disrepair, that cannot have perfect health. Discover the powerful processes to bring your body to the state of being that pleases you.

CD-9/AB-9 CHRIST CONSCIOUSNESS, RELIGIONS & BIBLES — While it can be satisfying to read and remember the teachings of the great ones who have gone before us, it is ever more joyous to discover the power of that knowledge within our own being. Learn the process to go within — as Christ encouraged — to experience the blissful oneness with Christ.

CD-10/AB-10 ADDICTIONS — Habits, or compulsions, or addictions can range from annoying to destroying. Often, long after they are no longer wanted, they can bind and control your life. As you listen to this recording — you will for the first time understand exactly what the addiction is, and the simple process offered here will free you from it.

SPECIAL SUBJECTS TAPES — VOL II



...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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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!*

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

TAPE/CD ONE

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

TAPE/CD TWO

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

TAPE/CD THREE

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

TAPE/CD FOUR

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

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**CD-22— Conversations with God FOR TEENS
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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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- ...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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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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FREE CD/CASSETTE " INTRODUCTION TO ABRAHAM "

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

With boundless appreciation, — LR — NC



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

Thanks again — In absolute bliss — BF — Canada

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

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WORDS OF WISDOM FROM THE BROADER PERSPECTIVE

THERE'S NOT ONE TRUTH OR ONE RELIGION THAT IS APPROPRIATE — Have you ever known someone whose life was not based on what you thought was moral or appropriate behavior? And yet, they continued to win. You know why? They don't listen to the other side of the argument and mix up their vibration. They focus upon and hold themselves in alignment with what they want—and the Universe delivers to them what they want. It doesn't matter how many others stand back and claim injustice, foul play, or inappropriate, the *Law of Attraction* always answers your vibration. And it doesn't have anything to do with what anybody else is doing—or thinks about what you're doing—unless you change your vibration because of what they think about what you're doing. That's why a variety of medical remedies work differently on different people. That's why a variety of religious intentions work for different people.

Excerpted from — G-10/2/04 —Boston, MA

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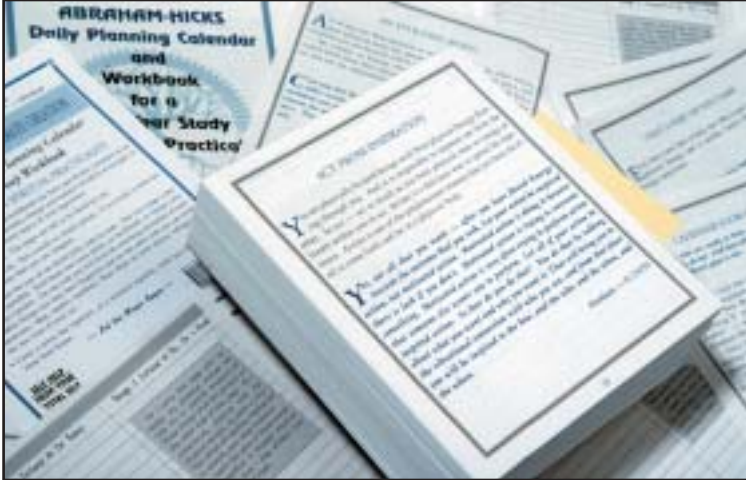
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*"If you want to change what you are living,
you only have to change the balance of your thought." — Abraham*



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- The pages are the size of two \$100 bills, side-by-side. Tear out a page a day. They are portable. Fold them into your wallet or checkbook, or simply carry them in a pocket. On one side you will find life enriching reminders of some things you may have forgotten and on the other side you can write intentions, ideas, names, numbers. Post them on your mirror, refrigerator, the sun visor of your car...
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THIS EXTRAORDINARY BOOK is powerfully offered by a group of teachers who call themselves Abraham. They express clearly and simply the laws of the universe, explaining in detail how we can deliberately flow with these laws for the joyful creation of whatever we desire. Abraham describes this as the time of awakening, explaining that each of us chose, with very deliberate intent, this specific time of great change to participate in this physical experience. This is an empowering, life-changing book that will assist you in seeing your personal life experience as

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ISBN 0-9621219-1-6



Hello from Jerry & Esther

Continued from page 2

From the 4 "Weekly CDs" he then chooses the one that he thinks best represents the newest practical material—and that becomes the "Monthly CD".

During a three month period, we conduct 12 (sometimes more) seminars (most of which have become "Weekly CDs"). Jerry then chooses 10 from those which become our G-album offerings. (the "G" stands for "Group" since they evolved from the questions from the group)... So, if you want to stay up to date with the newest material, examples and insights that Abraham offers, a subscription to the "Weekly CD or Tape Program" would be a good way to get that. That is also a good way to get the newest material more quickly. Some prefer to wait until 10 of those are chosen for an album, so they just plan on ordering the next album which comes out quarterly. (See page 10 for the Winter, 2004 album offered in this journal.)

Some people don't want to wait for Jerry's condensed versions, and so they order the full version of every workshop. You can subscribe to this "Master's Program" and, following each workshop, the full uncut 4 tape or CD version will be shipped to you, and you will get to hear everything that occurs at the workshops. These are usually available within a few weeks after each workshop.

I wish you could see, first hand, the fun we have in processing this material. Jerry joyously spends hundreds of hours each quarter listening, taking notes, processing his notes, and pouring through pages of transcrip-

tions in order to find the best nuggets to offer to you in the subscription programs, the G-tape albums, and this journal.

Reading through the Quarterly Journals can give you insight about different available topics, or you can search in our on-line search engine for topics of special interest to you. We are working continuously to provide even better ways of sifting through this immense plethora of incredible material so that you can get right to the heart of the things that are of most interest to you.

In January of 2005 we began video taping every workshop. We'll gather the material from several workshops and then offer Special Subject DVDs on a variety of topics. (Is this fun, or what?) *The Edge of Adventure* and *the Secret Life of Pets* were the first two of these Special Subject DVDs offerings. There are many more to come!

Every day we are thankful to be involved in this leading-edge information and that we are able to offer it to you. And every day we are thankful that you are able to come and play with us in workshops around the country to ask your continually evolving questions that, in turn, evoke this wonderful material.

Our love,

Jerry & Esther

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

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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.

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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)

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

fear and you find anger; that relief—that your anger gives you—means you’re headed in the right direction because there is less resistance in anger than there is in fear.

And even though much of the world would tell you that your anger is misplaced, (they would tell you that you should not be angry) you want to say to them, “You should be in here where I am! And if you were, you would know that this anger is better than where I

was.” And then they might say to you, “Yes, but you should have love in your heart.” And then we want you to say to them, “I would like to have love in my heart, but right now, this anger is serving me fine, thank you.

Because there’s a big vibrational difference between anger and love, and I can’t make that jump right now just because you tell me I should. I made the jump from despair or fear to anger, so I am on the right path. So, if you’ll just excuse me, I wouldn’t get around me too much for a few days because this anger is feeling pretty good. I might milk it. (Fun!) I’m going to move as quickly as I can into frustration and overwhelm. And from there, there’s a possibility I could jump into humor and hope, and maybe even love... But for now, I’m doing the best I can.”

You can’t tell someone else the direction of their journey, because you don’t know the details of the

pre-paving that is calling them forth.

You can’t understand the vibrational mix of anyone but you. And when you try to guide someone from your vantage point, you are disallowing them their vantage point.

You do not have to control conditions, nor can you—but you can feel better. And when you do feel better, you’ve shifted your vibrational point of attraction. And when you’ve shifted your vibrational point

of attraction—you’ve shifted your life.

So, are there problems in your future? Undoubtedly. But there are solutions right on the heels of them. You could close the gap between the problem and the solution so tightly that you

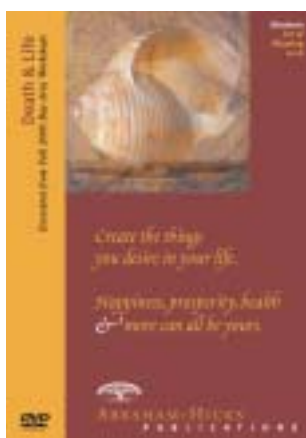
would never even know there was a problem; your problems can be solved before they manifest—when you clean up your vibration. *When you make it an Emotional Journey, you’re solving problems today that could be in your future experience, and as you feel good now, you never have to walk through the problem—you just go from solution to solution, to solution.*

It doesn’t matter if you’re looking past, present or future—you’re doing it *now*. There are people on the other side of the planet that are sleeping maybe, but it’s still *now*. There are Non-physical Beings like us who have no time, but it’s still *now*. In other words, now is now, is

Your problems can be solved before they manifest.

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)

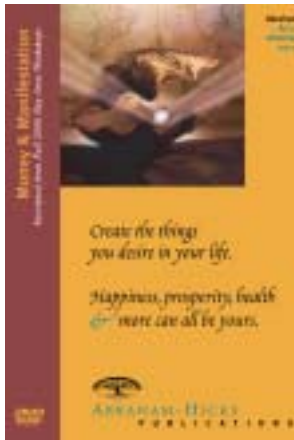
Health & Well-Being — DVD-9 (DVD) or AV-9 (VIDEO) \$30

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

SPECIAL SUBJECTS VIDEOS/DVDS:

DVD-10 or AV-10 — MONEY & MANIFESTATION

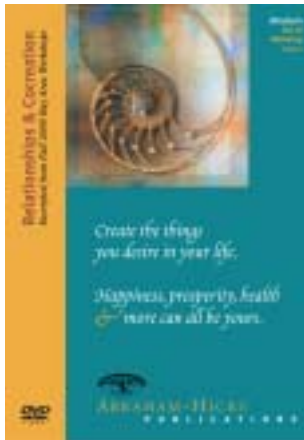
- Thinking; feeling; getting — are always a match. (8:40)
- Nothing is more important than feeling good. (6:00)
- Delegate your desires to your Universal Manager. (6:30)
- Removing brakes from abundance in 17 seconds. (8:20)
- Visualize your economy for the pleasure received. (8:00)
- The summoning power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

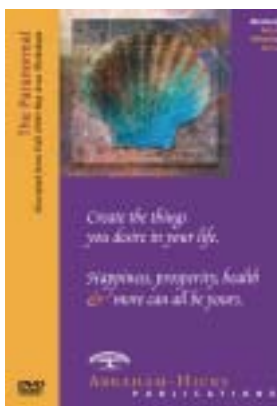
(Excerpted from Video 5V-8/26, 8/29, 9/2/00)

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.



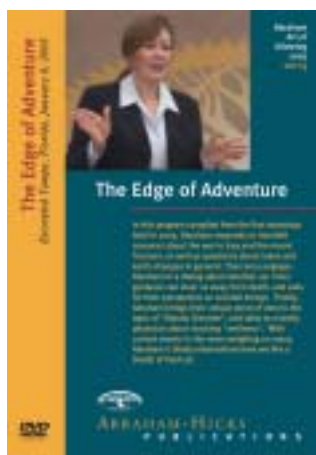
(Excerpted from Videos 5V-8/26, 8/29, 9/2/00)

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: 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.

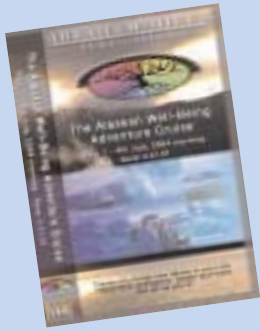


DVD-14 THE SECRET LIVES OF PETS

- 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.

(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.

now, is *now*. And all of the Energy of all of the Planets, of all of the Universes, of all of the decades, of all of the centuries, of all of the years, of all of the beingness, of all of the consciousness, it is culminated into this *now*. It is a huge source and stream of knowledge and Energy and Well-Being, and it is all available to you *now, now, now*.

So, the question that we want to put to you, is, what are you doing in your *now*? And you can tell by the way you feel: If you're angry, if you're frustrated, if you're petty, if you're jealous; if you're pushing against, if you're blameful, if you're critical—you are not in alignment with the resources of the Universe *now*.

So, as you make a decision: *Nothing is more important than that I feel good*, what begins to happen to you is, you begin to guide your thought, your every word, and your action. You guide your memory, you don't say, "This is how I grew up and therefore I have to deal with it and dig it up every day and suffer over it." You say, *There were things in my past that were unpleasant, but there were things in my past that were pleasant—I will choose those that feel pleasant*. Or, *There are things in my now that I have imagined into the future that are awful, or there are things that I imagine in the future that are wonderful—I will focus*

upon those that are wonderful. But you can't jump vibrations all at once. So, stop beating up on yourself.

We want you to be willing and happy to make the jumps incrementally; we want your journey to be about the improvement about the way you *feel*.

There's relief everywhere you go, and there's reward for you everywhere you go. *Do not equate how you feel about something with how anybody else feels, because they're not in on your equation. You're not being compared to anyone. But there is an absolute comparison between the vibration of who-you-really-are, and the vibration of your moment. And it's your job, and only your job, to bring harmony to that.*

Appreciation,
Is the Magic
Formula You've
Been Seeking

You have to take the Emotional Journey, first. And when you decide to take the Emotional Journey on every subject that's important to you, you're going to discover—by tomorrow—how much better you can feel about things that you haven't been feeling good about, and in the moment that you change the way you feel, even the slightest bit, everything related to you, related to that subject, will begin to shift—and there will be evidence on your doorstep by the weekend.

We have enjoyed this interaction immensely.

Excerpted from Abraham-Hicks Workshop
G-10-16-04 — Washington, DC



DVD or VIDEO SAN FRANCISCO

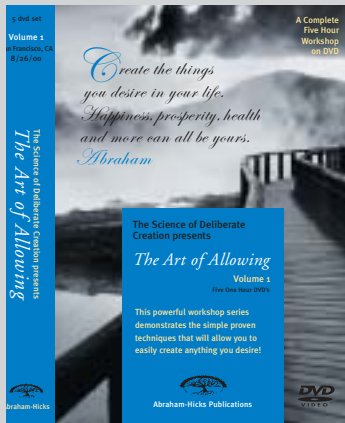
These videos were recorded in San Francisco, California,
on Saturday, the 26th day of August, of the year 2000.

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 (VIDEO) 5V-8/26/00 — \$90.00 plus S/H
or (DVD) 5DVD-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.

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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 (Video) 5V-8/29/00 — \$90.00 plus S/H
or (DVD) 5DVD-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

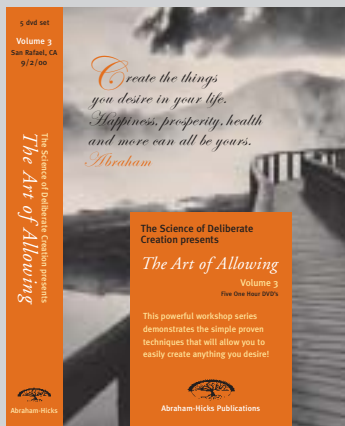
These videos were recorded in San Rafael, California, on Saturday, the 2nd day of September, of the year 2000.

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
(or Video 5V-9-2-00 — \$90 plus S/H)



Included in Part 1:

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



Included in Part 2:

Allowing is unconditional love. Worrying is practicing the art of resistance. Play with new desires until they feel familiar. The thing about past lives. Hold the vision because it feels good. Your job is to want it. You cannot suffer your way into well-being. Heaven's Gate swings both ways. Happy happy happy happy 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 FALL, 2004

NOW, IS ALWAYS ON THE LEADING EDGE

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

G-SERIES CDS/TAPES SUMMER, 2004
TAKE THE EMOTIONAL JOURNEY FIRST

- G-4/23/04 — Emotional Journey, NOW, Relationships, Babies, Dreams, Psychokinetics?
G-4/25/04 — Truth, Oneness, Desires, Religions, Pasts, Profits, Healing?
G-5/1/04 — Well-Being, "Escrow", Diagnosis, Resistance, Control, Self-adoration? Ta dum!
G-5/3/04 — Shortages, Emotional Journeys, Chipmunks, Poverty, Destruction, Illness?
G-5/8/04B — Irritation, 11 Steps, Choices, Children, Abraham, Warriors, Relief?
G-5/22/04 — Resistance, Attraction, School, Vitamins, Remember, Abraham's bliss?
G-6/12/04A — Guidance, Return, Doctor, Bullies, Abraham, Influence, Nightmares?
G-6/12/04B — Mistreatment, Competition, Pre-birth, Sex, Universe, Tragedy, Talent?
G-6/19/04 — Discouraged, School, Species, Veil, Business, Suicides, Impatience?
G-6/26/04 — Blame, Teenager, Drugs, Appreciation, Universe, Selfishness, Pre-birth?

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-2/15/03B — Accident, Illness, Disappointment, Baseball, Virtual Kissing?
- 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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G-SERIES CDS/TAPES WINTER, 2002
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

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

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

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

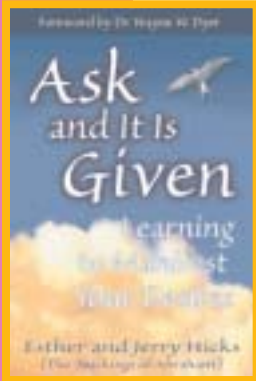
Plan to have fun with these cards. Let these words inspire thoughts that will attract to you more of that which evokes your greatest joy.

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

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