Life is not about creating an empire. Life is about the process of creating an empire. It's not about the empire, the new house, the perfect relationship....Those are the reasons that you use to flow the Energy — but it's the flowing of the Energy that is the reason for the continuation of existence....The purpose of physical experience is joy!

Abraham-Hicks — G-3/30/97, Tallahassee,
### 1998-99 General Workshop Schedule

For details, call Abraham-Hicks Publications at (830) 755-2299.

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**COMMENT FROM WORKSHOP PARTICIPANT:**

Thank you for scheduling the extra workshop in Dallas. We really appreciated it! It was even nicer this time because at least a dozen of my friends were there, too. I am always convinced that each seminar is better than the last — but maybe I/we are just a bit more receptive each time. Love, SD — Dallas

From time to time there are changes in our scheduling, so please reserve with our San Antonio office at (830) 755-2299, before attending any function. Pre-paid reservations required.
90 day event schedule details

4/11&12/98 — Virginia Beach (Norfolk), VA — Held at Norfolk Waterside Marriott, 235 East Main Street, Norfolk, VA 23510. For directions or to book a sleeping room call (757) 627-4200. Saturday, 10AM to 4:15PM, Sunday 10AM to 12:45PM. $175.00 per person.

4/14/98 — Philadelphia, PA — Held at Valley Forge Hilton, 251 West DeKalb Pike (Rt 202), King of Prussia, PA 19406. For directions or to book a sleeping room call (610) 337-1200. Tuesday, 10AM to 4:15PM. $115.00 per person.

4/18&19/98 — Silver Spring (Bethesda), MD — Held at Bethesda Marriott Hotel, 5151 Pooks Hill Road, Bethesda, MD 20814. For directions or to book a sleeping room call (301) 897-9400. Saturday, 10AM to 4:15PM, Sunday 10AM to 12:45PM. $175.00 per person.

4/25&26/98 — Detroit, MI — Held at Embassy Suites, 19525 Victor Parkway, Livonia, MI 48152. For directions or to book a sleeping room call (734) 462-6000. Saturday, 10AM to 4:15PM, Sunday 10AM to 12:45PM. $175.00 per person.

4/28/98 — Cincinnati (Blue Ash), OH — Held at Embassy Suites, 4554 Forest Drive, Cincinnati, OH 45242. For directions or to book a sleeping room call (513) 733-8900. Tuesday, 10AM to 4:15PM. $115.00 per person.

5/9&10/98 — Albuquerque, NM — Held at Courtyard Marriott, 1920 Yale Blvd, Albuquerque, NM 87106. For directions or to book a sleeping room call (505) 843-6600. Saturday, 10AM to 4:15PM, Sunday 10AM to 12:45PM. $175.00 per person.

5/16&17/98 — Tarrytown, NY — Held at Westchester Marriott Hotel, 670 White Plains Road, Tarrytown, NY 10591. For directions or to book a sleeping room call (914) 631-2200. Saturday, 10AM to 4:15PM, Sunday 10AM to 12:45PM. $175.00 per person.

*5/18/98 — Albany, NY — (Moved from 5/19) Held at Albany Marriott, 189 Wolf Road, Albany NY 12205. For directions or to book a sleeping room call (518) 458-8444. $115.00 per person.
Whatever Floats
Your Cork

You are Creators who came forth to identify new desires, not just to observe that which already is. You came forth to experience the value of contrast, and out of that contrast to feel your new decision erupt. And there is such power in your decision, because once a decision is born within you — that new decision literally summons Life Force.

You might say that contrast is essential to decision, and decision is essential to the summoning of Energy. Therefore, contrast and decision are essential to the perpetuation of life. The coming up with the new ideas, the feeling of the new desire — that’s what puts the Eternalness in Eternity.

Most physical beings do not have any real sense of how their life unfolds and what vibrational creative control each hold. Most do not understand that everything is about vibration. And the reason that you don’t understand that everything is about vibration is that you have come to rely on only your five physical senses.

New ideas, and the feeling of new desire — that’s what puts the Eternalness in Eternity.

The vibration that you interpret as vision, the vibration that you interpret as sound, or the vibrations that you interpret as smell or taste or touch, these are all vibrations that you have learned to translate through your five physical senses. But there are other vibrations that you cannot decipher through those senses. And so, you must use another sense. Some call it your sixth sense; we are calling it your emotional center, that feeling that you get in your solar plexus. Those emotions that you feel are also interpreters of vibration.

Because you have come to rely on only your five physical senses, most do not understand that everything is about vibration.

Your Inner Being — that from which you came — that Nonphysical Energy, that Source that is really you...that part of you vibrates at a very high, pure, fast frequency. And when you introduce a lower, slower vibration to that higher, faster one, the result of that resistance is a slowing of the vibration — and the way your sensors tell you that you
have done that is through the way you feel. When you feel elation, when you feel joy, when you feel passion, when you feel love, when you feel appreciation...when you feel those emotions that you would call positive emotions — those emotions are your indicator, your “sixth sense”, telling you that whatever it is that you are focused upon right now is, in this moment, vibrationally up to speed with your Source Energy.

So, as you are embracing this thing that you are observing or remembering or imagining — whatever it is that is producing that positive emotion within you, is a vibrational equivalent to your Core Energy. So there’s no slowing of your vibration. You remain connected to your Core Energy. But when you feel anger or fear or frustration or guilt or loneliness...or any of those emotions that you’ve come to describe as negative emotions — what that always means is that whatever it is that you are giving your attention to, in this moment, is not vibrationally up to speed with who you are. But because you are observing it and you’ve maintained your interaction with this thought for longer than 17 seconds — it takes about 17 seconds before it begins to register within your vibration — now you have included this lower, slower vibration in your mix. It is slowing the vibration of your being and causing what feels to you like a separation between your vibrational current and your Source Energy.

Imagine a cork floating on a body of water, and it’s bobbing up there right on the surface. That is like the high vibration of your Source Energy. Now take that cork and hold it under the water. That’s what negative emotion is. It means that you are focusing on something that is causing you to vibrate at a lower vibration than is natural to you.

Now, the reason we offer this cork analogy is because we want you to recognize that if you let go of the cork, it bobs right back to the top. In other words, you don’t have to work at your high vibration. Your higher, purer vibration is natural to you. But you do have to let go of the thought that is holding your vibration down. That’s where the expressions like, “Let go and let God.”...That’s really what allowing is. Allowing is the release of the resistance that keeps you from soaring. What you have to do is not focus upon those things that cause you to vibrate in a different vibration than is really you.

You don’t have to work at your high vibration. Your higher, purer vibration is natural to you. But you do have to let go of the thought that is holding your vibration down.

continued on page 22
Hello from Jerry & Esther

There is something inexplicably pleasurable to me as I watch many of you gathering at the Abraham-Hicks Workshops across this nation...I often stand back and observe as you are checking into the hotels...or asking for information at the front desks...or studying the announcement boards to determine in which room we are going to gather for the seminar.

There is a particular pleasure as I try to imagine why you have joined us...what you are expecting...what ideas you are going to contribute and especially, what you are about to gain from this cocreative interaction.

Without fail, the memory and the feelings return to me of that first experience that Esther and I had with Sheila and Theo in 1984...our expectancy, our joy...and then our utilization of the information that was offered to us. We began, that very day, to apply it to our lives — on purpose and with great anticipation that something valuable was going to be forth coming. The feeling that this was going to be an avenue for us to be of more value to more people evoked immediate decisions in us to share with others what was now bringing us feelings of joyous fulfillment.

And then Abraham appeared. And as Abraham began to respond so wisely and unconditionally lovingly to my questions, we wanted to immediately teach what we were now learning to our business associates...but questions soon began to flow from outside of that circle of our business partners...which then drew us outside of that relatively small arena to others who in turn told others who taught others who told others...to whoever told you about us.

And here we are — in seats 2E & 2F on Continental Flight #1153 flying at 30,000 feet between San Francisco and San Antonio. In the seat before us sleeps a delightful psychiatrist and her two year old daughter — they have had a beautiful experience playing and interacting on the trip — and are both plumb tuckered out. Behind us sits a business man and a professional basketball player...conversing about ideas, philosophy, teaching, writing. Across the aisle are four businessmen computing, reading, sleeping and pondering — and a bit of conversing. We’ve all been fed and watered and will arrive in San Antonio at about midnight...

Esther and I adore this life that has evolved from that Theo session that led us to this phenomenal
Abraham experience...and now to you.

San Francisco, to me, was a workshop that seemed to surpass any that we have done. Life is better than it has ever been. We have more dear friends than ever. We are blessed with more brilliant, curious, open, loving beings than we could have ever imagined we would have the opportunity to visit and play and learn and teach with...

And as I watch you, coming into one of our workshops, I always wonder what you will receive from it. I imagine that you, too, will look back in the years to come, and relate to this turning point in your life — from what-is...to all the good that you will ever imagine.

We love you,
Jerry & Esther

P.S. Our thanks to many of you for your suggestions relative to our Web Site. Our Web master has made adjustments in response to your ideas...and the net result is bringing us waves of compliments as to overall aspects of the site. Keep your ideas coming. We will implement those that harmonize with our broader intentions. Our on-line address is www.abraham-hicks.com

It’s looking and feeling good.

Jerry & Esther

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**Study Group Guidelines**

**WORDS FROM ABRAHAM TO THOSE WHO ARE JOINING TOGETHER IN STUDY GROUPS**

We see that you are doing extremely well. We feed your enthusiasm for your newly applied knowing. We acknowledge your desire to connect with other like-minded friends. It is truly delicious to come together with others like yourself, who consciously acknowledge that all truly is well.

- Come together in joy.
- Bask in the utter deliciousness of your variances or differences.
- Come rested, with your valves wide open.
- Love those, unconditionally, who come with their valves closed.
- Begin, happily, soar to new heights together, and then close while still soaring.
- Decide to benefit from the contrast without crossing the line into resistance.
- Gather data of successes between gatherings to share with others.

Enter into a group agreement that the primary objective of the gathering is:

- To come happy and leave happier.
- To arrive feeling great and leave feeling better.
- To arrive with knowing and to leave wiser still.

Make a decision that these gatherings truly be co-creation at its very best!

There is great love, here, for you.

Abraham
Whatever Floats Your Cork!

We encourage you to set aside some time to hear these recordings at least one more time. You’re going to discover that we have answered questions on many levels that will unfold in the days that are before you. If you would listen to these recordings three or four times at 90 day intervals, what you will discover is that the answers to now and future questions will unfold in a very powerful way for you.

If there is a question that you feel you hold that has not been answered, speak it as clearly as you can, even write it down, and then listen to these recordings and you will discover that it has been answered not once but at least five times.

You are doing just fine. If you didn’t do one other thing from this point forward other than bask and acknowledge your Well-being, every dream that you have dreamed from the day you were born, and even before, would be fulfilled.

Have fun with this and know that we are aware of all that you do and are appreciating every effort you make. Be easy about it. (Float your cork!) That is our strongest desire for you. There is great love here for you.

— Abraham (closing 4/19/97, Silver Spring, MD)

4/12/97 — Every physical malady is rooted in thought. Chickens don’t starve after leaving mother’s nest. Focus W healing self-esteem regarding “illegitimate” child. When the most important becomes most immediate. When considering “letting go and letting God”. Children are grown; now who is she? Go forth and have fun with this.

4/19/97 — At her age, she wants a baby. A request for a planetary realignment update. Have humans actually descended from the apes? Do our pets reflect our Energy flow? Free and contented, but now without passion. Children, and the variety of religious instructions. Was there timelessness before the Universe began?

4/26/97 — Some general statements of physical Well-being. Lung disease departed in same way it came. To easily re-route old habit paths. To assist and uplift state prison population. Adding new laws is filling new prisons. Why Abraham’s lookalike avoids fielding questions. Do Thought Forms haunt a specific location?

NEW!

G-SERIES TAPES — SUMMER, 1997

We encourage you to set aside some time to hear these recordings at least one more time. You’re going to discover that we have answered questions on many levels that will unfold in the days that are before you. If you would listen to these recordings three or four times at 90 day intervals, what you will discover is that the answers to now and future questions will unfold in a very powerful way for you.

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Have fun with this and know that we are aware of all that you do and are appreciating every effort you make. Be easy about it. (Float your cork!) That is our strongest desire for you. There is great love here for you.

— Abraham (closing 4/19/97, Silver Spring, MD)
G-series tapes SUMMER, 1997

4/30/97 — Having growth and stability amidst scattered Energy. Network marketers and “Go and tell none”? Focus Wheeling to set our own Tone. So others won’t bring our attitudes down. When holding back from potential greatness. Seems like it’s not growing fast enough. Bless your unique, independent visionary leader.

5/3/97 — The sea of contrast contains enormous Well-being. Focus Wheeling your way to much more dollars. Have you learned to tolerate the unwanted? Which action to encourage, habitual or conscious? You really are the center of the Universe. Actor typecasting self into lifetime of misery. Wanting to climb mountain without taking training.

5/4/97 — Why Jerry gunned down an inedible cardinal. What animals are saying to their protectors. Focus Wheeling path to a new career. “Since I can’t get it wrong, I’ll...” What Abraham sees through Esther’s eyes. Her pain when having to fire someone. Time lag between thought and the manifestation.

5/6/97 — There is enough good for anything you want. Should he terminate this uncomfortable business relationship? When you can’t get there from here. Focus Wheeling balance of belief and desire. Musician wanting to perform world-wide tour. Love the unfolding of your magnificent dream. Private outward orating became publicly embarrassing.

5/17/97 — Dreaming an intentional community into being. When you feel “led to” a decision. Definition of the process of a decision. On deciding to have a business partner. Marathoner decided to see the finish line. The productive power of positive excited anticipation. Don’t get action cart before decision horse.

5/29/97 — How to imagine something we’ve never experienced. Perspectives of discipline and giving attention to. What “Credentials” are required for uplifting mankind? Job is binding her by golden handcuffs. Son’s Touret’s syndrome at table disgusts husband. Thought Forms and male/female hormones. When “getting even” seems to feel good.

PRESENTING A POWERFUL 365 DAY COURSE IN SPIRITUAL PRACTICALITY

Here is a delicious, new adventure into a study of Spiritual Practicality. This is a one year experiential study of twelve evolving segments, of increasing intensity, of imagining and planning and manifesting.

There may be Study Groups that would prefer to experience these materials in as little as a twelve week period — and those decisions are for each individual or group facilitator to make relative to their cocreational desires.

Habits are usually created slowly. And since a major aspect of the value to you of using this material is the changing — often slowly — from unwanted habits of thought to habits of thought that are more appropriate to your current conscious desires — 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.

You can begin experiencing the power of this calendar at any time throughout the year. You don't have to wait until the first of next year. However, in order to get into time sequence with the calendar it is best to start at the beginning of any month. Just let the first day of your first month be day one (page three) of this calendar.

After over 30 years of studying and teaching and enjoying the art of personal fulfillment, I have long understood the power of clarifying and writing out my decisions in appointment books, journals, organizers, etc. But as the years passed, I became aware that at the most joyous and highly productive segments of my life — I simply carried, daily, a fresh, updated sheet of paper in my pocket. This works!

The second sides of the pages are designed to accommodate your daily list of things to do — but as the course progresses, you will discover that they will be offering processes and techniques to fit the advancing stages of your progression within these materials.

Your only power to create your life is in this moment, and the Abraham-Hicks Daily Planning Calendar is designed to focus the purest of your intentions to your todays, the time in which you have your power.

- The Abraham-Hicks Calendar/Workbook is a tool. Utilize it to create, and to teach others to create, the perfect (by your ever changing standards) adventure in living.
- Use it as a medium of exchange: Exchange any habits of thought, word or action that no longer serve your best interests. Exchange them for bright fresh habits that are more appropriate to who you are in the current moment.
- Exchange any patterns of interaction that are not allowing of each individual’s freedom, growth and joy — for continually changing cocreational interactions that allow the very best from every life you touch.
- Exchange any restrictions to your flow of health, relationships, abundance...Exchange them for an open flow — to and through you — of all that you will come to see as your perfect state of Well-being.

One day at a time you will be giving your attention to that which feels best to you, and you will, thereby, be creating for yourself the most progressively wonderful life that you can imagine.

From our hearts,
Jerry and Esther
Dear Jerry and Esther,

My clients (I’m a psychotherapist) love the “Calendar/Workbook.” First it was A New Beginning I, A New Beginning II, Sara and the Foreverness of Friends of a Feather, and now it’s The Science of Deliberate Creation...what a magnificent progression of learning aids to supplement the dazzling Abraham events and tapes!

I was excited when I heard about the planned calendar and study group workbook, but the completed project literally takes my breath away! This is a treasure!

The wealth of so many beautifully stated truths makes us eager to participate in the accompanying exercises, and there is immense appreciation for the careful and loving effort with which each excerpt was thoughtfully selected from the vast body of Abraham knowledge, to be re-presented to us on these happy pages. The compact size is perfect...how easily the little folded pages slip into a wallet, or purse, or date book. This portable adventure in Spiritual Practicality is wonderfully user-friendly!

The effect of this extra daily measure of Abraham Energy is truly stunning. Manifestation of our creations comes faster and faster. Life feels better and better. We all thank you, Jerry and Esther and Abraham, for this latest in an amazing assortment of tools for growth!

With love, A.B. — NY
Shalom  Dear Esther & Jerry,
For quite some time I learn, read and use during my daily life Abraham teachings, and each time I find myself more happy and positive thinking. I even translated to Hebrew for my personal use the “Law of Allowing” which I have and I am more than happy to share the ideas with others and to see the results it brings them. And if there is something I can do for you in Israel I shall do it gladly.
With Love and Light, D.B. — IS

I've been on the path since age 30. I have read hundreds of insightful and helpful books during these past 17 years, and to date, the most influential and life enhancing books I've read are “A New Beginning I & II.”
These books should be made into a course and taught in every school, starting in Kindergarten and continuing through college. If the information in these books was taught to the human race, our world would certainly be a wonderful, loving, peaceful place.
I thank you and Abraham for creating the books. — P.M. — CO

Quarterly Gift
Always such a treat to receive your Quarterly Journal. It is on a par with opening a precious gift from underneath the Christmas tree!
Thank you for bringing forth this information that uplifts us in so many ways! Sincerely, G.M. — ALTA

Love the New Beginnings II
Just received my order of New Beginnings II and wanted to let you know I love the improvement! I did not know that you had up-dated and enhanced the printing, and it's just GREAT! I wanted it for birthday gifts.
Also, the last few monthly tapes have just been dynamite. I play each one over and over all month until the next one comes. I'm just thrilled with the way Abraham is getting into the using of Core Energy.
I miss seeing you guys and hope Omaha will get back on your schedule soon. I marvel at all the work you put into this project, but believe me, the planet so needs these laws! And although it would be a thrill to hear from you, I appreciate how busy you are and never expect it...so keep up the good works!
Love to you all, E.N. — NE

An Impressed WebMaster
Congratulations on your web site! It is absolutely beautiful!
It will be an excellent introduction to the Abraham teachings for my friends.
I am a web master and am very impressed with the technology you're using. I have thought since 1995 that we really need an Abraham site. Now I'm glad you waited and got it so very right!
I would like to hear you mention it on all tapes (I receive the weekly series) so that this site gets the broadest possible promotion.
Two (that I know of) groups come together in Omaha to share our experiences in applying Abraham principles. The group I participate in has been meeting for almost two years now. We would love to get Omaha on your schedule of Science of Deliberate Creation workshops.
Loving regards to Jerry, Esther and all the rest of the organization.
— T.M. — NE

Appreciation from Italy
Thank you for sending my copy of your Quarterly Journal all the way to Italy. I love reading it, and when I see it in my mailbox I always feel as if a party is about to start!
Thanks again. Arriverderci
— C.Z. — IT
It was so generous of you to send me the tapes of the workshop in the Chicago area.

I conduct a "self esteem" class, in conjunction with the local county court system, for prostitutes. It started about four years ago when a judge decided that it was useless to send these women to jail over and over again.

I received your tapes this week and changed my entire curriculum over to the Abraham laws! The women really got it — and loved it! It was an amazing experience. Of course, they are really very advanced souls looking for extreme experiences so I should not be so surprised!

In the course it says, "no one is where they are by accident." I really believe that is why I was introduced to your seminar. Sending love and thanks. C.E. — IL

I received the tapes from the seminar I attended in Detroit May 31/June 1st. When I listened, I kept asking myself, was I really there? Did I hear that? There was so much on the tape that I felt I was hearing for the first time, just a wealth of guidance.

I had asked a question, and when I listened to Abraham's response, I heard statements I hadn't remembered hearing, which shows how important it is to listen again and again and how there is so much to gain.

Thank you so much for providing copies for we, the participants. It takes many hearings to catch everything. I plan to attend the October seminar in Syracuse. Sincerely, M.B. — NY

Medical education

I am working in medical education coordinating learning for general medical practitioners (family physicians), in Christchurch, New Zealand. I have been listening to Abraham tapes since May and am most inspired by Abraham's teaching.

I am also an experienced counselor trainer, and I have been so inspired by the Abraham information that I wish to offer training in personal development based on Abraham's teaching.

With this in mind I am wanting to request from you permission to use some of the terminology that Abraham uses which I know you also use in your publications... I am mindful that I do not want to infringe any copyright(s) which might apply to any of these terms.

I would be grateful if you would advise me of what you would consider appropriate usage of the above mentioned terms and any requirements you may have pertaining to this.

Best love, M.S. — NZ

Love 
Appreciation 
Love

Since I received your tapes, I have lived with them. My wife and I have started applying the principles and are having a ball. This material is the best I have encountered; it's fun and interesting and workable.

All my life I have had a deep tingle inside that said "you don't have to work hard or effort or keep your nose to the grindstone or struggle just to make ends meet" or some such other cliché that's bandied about. Abraham is teaching me to go to the core and realize that I am the creator of my condition. I like that responsibility. It's fun. It's power.

The evidence I have seen so far are: My health is improving. Money flow is increasing. Resistance is falling away. Enjoying my job. Having more fun and an increase in energy.

It's great to be alive again. J & N L — UT

The Women Loved It

My wife and I have started applying the principles and are having a ball. This material is the best I have encountered; it's fun and interesting and workable.

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Best love, M.S. — NZ

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

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

In order to build a foundation of an understanding of Abraham's teachings, begin with the tapes AB-1, Free Introduction To Abraham, through AB-6, Great Awakening and Blending, and then progress through the Special Subject Tapes Series — as per the order of your interest. Each tape addresses different levels of awareness, and as you repeatedly listen to them, as you are moving forward, you will continually be achieving new insights and experiences.

Order a single at $9.95, 3 or more at $7.75, or order 5 or more, and receive a complimentary (while available) 12 space cassette album. Order any complete set of 10 tapes for only $77.50 (plus S/H)

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

AB-3 LAW OF DELIBERATE CREATION * — Discover the ecstasy of understanding universal Laws which are absolute — no matter what the circumstances. Without an understanding of this universal Law, it is as if you are playing in a game where the rules are not understood, so it is not only impossible to know if what you are doing is appropriate, but you do not know how to win the game. The rules of the game of life are clearly offered here.
AB-4 LAW OF ALLOWING * — Of all things that you will come to understand through this physical life experience, nothing is more important than to become an allower. In becoming an allower, you are free of the negativity that binds you. Learn the joyful difference between tolerating and allowing — and experience the blissful difference in every relationship you have.

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

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

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

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

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

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

AB-11 JOYOUS SURVIVAL — While there are seemingly earth shattering events occurring in greater frequency upon your planet, you need not be affected by them. Discover how to create and control your experience in this seemingly unstable environment.
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 nonphysical.

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 steadily. 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 one, being one, 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.

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.
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.

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.

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 nonphysical 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.

A stimulating overview of Abraham's basic message: How to consciously harmonize and interact with your pure, positive Inner Being...How to realize who you are and why you have chosen to be physical in this time...How to joyously and deliberately utilize the Laws of the Universe to Attract all that you are wanting to be or have or do....Also, Jerry & Esther summarize the process of their introduction to Abraham. This cassette is a comfortable means to share Abraham with those who seek a new way of realizing a successful life experience. (Order AB-1. * Include $3.45 S/H)

...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"...Thanks. C.N. — MAINE
Sara receives the Award of Excellence

Body Mind Spirit Magazine, one of the widest known publishers of New Thought materials, has recently informed us that our beloved Sara has received their Award of Excellence as one of last year's outstanding books in print. And, as such, has been included as one of the forty-six books recognized in their magazine's Books to Live By selection.

Esther and I were most pleased to learn that our dear friend Louise Hay's Hay House publication of another dear friend, Alan Cohen's book, A Deep Breath of Life, has also received the recognition.

Dear Mr. & Mrs. Hicks: It is my pleasure to inform you that Sara, and the Foreverness of Friends of a Feather has received a 1997 Body Mind Spirit Award of Excellence as one of 1996's outstanding books in print...

"Chosen from hundreds of excellent books in print in the areas of spirituality, natural healing, relationships and creativity...each book makes a valuable contribution to our self-knowledge and self-transformation...We comment the authors for these outstanding works..."

And Esther and I feel both appreciative of and blessed by the recognition of our Sara.

Sara Sequel Soon to Surface

While recording the new Sara...the Book on Tape, I was enjoying one of the high points of my life...imagining those who were going to participate in this experience in the time to come...and then, to add exhilaration to my joy, Esther began to receive material for the second Sara reading experience. And from what Esther has read to me, so far, it is going to be another delicious reading experience.

It will probably be ready to publish by September of 1998...however, it can't get here too soon for me! We'll let you know as soon as we feel it is about ready for publication. Yippee!
By the time you read this, Sara and the Foreversness of Friends of a Feather will be available as an unabridged book on tape. Containing three audio-cassettes, this album offers over three hours of inspiring, uplifting and entertaining listening.

Here is the opportunity to feel as though you are living side-by-side with Sara and Solomon as they evoke from each other questions and answers regarding the most valuable perspectives of this physical life experience.

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 relationship between young Sara and her ethereal old feathered friend, Solomon.

As you listen to Jerry’s reading of this delightful book onto the recordings, you will be able to hear the tones that Esther was “hearing” as she received this delicious material. You will deeply feel the fun, the drama, the pathos ... and the unconditional love of Solomon as chapter after chapter of Sara’s childhood experiences lead to Sara’s universal questions that, in turn, evoke provocative perspectives from Solomon of what makes our lives work in joy.

If you have read Sara, and have found it to be of value to you, you can expect a paradigm shift in your level of experiential knowing as you hear Sara.

Prepare to bask in another level of knowingness. Prepare for an understanding of the Power of Pure Appreciation, the Stream of Pure Positive Energy and of the deeper meaning of “Birds of a Feather Flock Together” as you have never understood them before.

As you begin to incorporate Solomon’s 4 Step Process of breaking the Chain-of-Pain ... (or for creating and manifesting whatever is important to you) you can expect to begin taking giant steps toward the joyously successful life that you have come here to experience.

Order: S-3 — Sara...book on tape $30 plus S/H — ISBN 0-9621219-6-7
A Review of Sara and the Foreverness of Friends of a Feather, by Denise Tarsitano in the “Rising Star Series, Summer 1996” catalog:

Here is an inspiring as well as inspired book about a child's experiential journey into unlimited joyousness. Sara is a shy, withdrawn ten year old girl who is not very happy with her life. She has an obnoxious brother who constantly teases her, cruel and unfeeling classmates, and an apathetic attitude towards her schoolwork. In short, she represents a lot of kids in our society today. When I first read this book, I was struck by the similarities between Sara and my ten year old. Sara is really a composite of all children.

Sara wants to feel good and happy and loving but as she looks around, she doesn't find much to feel that way about. This all changes when she meets Solomon, a wise old owl, who shows her how to see things differently through the eyes of unconditional love. He teaches Sara how to always be in an atmosphere of pure, positive energy. Sara sees for the first time who she really is and her unlimited potential. You, as the reader, will realize this is so much more than a children's story but a blueprint for attaining the joy and happiness that are your birthright.

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. You will share in Sara's ups and downs on the way to greater heights of fulfillment and know that there is a Sara in all of us. If there is only one book you ever buy, make sure it is this one. You won't regret it! (all ages).

Softcover. $15.00 ISBN 0-9621219-4-0
A Synopsis of Abraham-Hicks’ Teachings

• You are a Physical Extension of that which is Non-physical.
• You are here in this body because you chose to be here.
• The basis of your life is Freedom; the purpose of your life is Joy.
• You are a creator; you create with your every thought.
• Anything that you can imagine is yours to be or do or have.
• You are choosing your creations as you are choosing your thoughts.
• The Universe adores you; for it knows your broadest intentions.
• Relax into your natural Well-being. All is well. (Really it is!)
• You are a creator of thoughtways on your unique path of joy.
• Actions to be taken and money to be exchanged are by-products of your focus on joy.
• You may appropriately depart your body without illness or pain.
• You can not die; you are Everlasting Life.

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

Jerry & Esther Hicks — 11/95
Now why would anybody choose a vibration that is lower and slower than their Source Energy? Well, you wouldn't do it if you knew you were doing it or if you knew how to maintain your higher vibration. You would always choose the higher vibration. But you do it, most of you, because you haven't come to understand vibration, and most physical humans don't really understand that Law of Attraction is the most powerful law in the Universe.

There is no such thing as law of detraction or exclusion. Law of Attraction, or Law of Inclusion, is the only Law that exists. When you say “yes” to something, whatever it is that you are focused upon, — you are including it in your vibration. When you say “no” to something, whatever it is that you are focused upon — you are including in your vibration.

What you are observing is reflected in your vibration, and what is reflected in your vibration is what the Universe is accepting as your point of attraction — and what the Universe is accepting as your point of attraction becomes your future manifestations.

It’s that habit of saying “no” that trips more of you up than all other things put together. It’s that looking around your physical contrast and seeing some things wanted and saying “yes” but seeing some things not wanted and saying “no”.

Every time you say “no”, every time you get into that resistant stance, every time you think, “Oh, I really do not want this” or “I hope that doesn’t come to me” — by your attention to it, you are inviting it. You are including it. You are lowering your vibration. You are separating yourself from your Core. You are drowning your cork. You are not in vibrational harmony with who you are. And most of all — you don’t feel good.

It would be a very short and effective seminar if we said to you, “The secret of creating anything that you want is get happy and stay there, because in your joy, you are always in the place of allowing that which is in vibrational harmony with who you are and what you are wanting.” But even though you can hear it, it is a little difficult for you to apply it because as you’ve been banging around in this physical world, you have developed some habits of pushing against some things.

There are no unwanted things, no diseases, no accidents, no ill acts of fate, no perpetrators, no monsters, no bad things...nothing in the Universe has the power to assert itself into your experience. So, you never need again stand in a place of saying, “No, please not that.” And it is ever so important that you come to understand that, because every time you
pick out that stuff you don't want and focus upon it and feel your aversion to it, you are not avoiding it or averting it or excluding it. You are including it, inviting it, allowing it into your experience. And that's what causes you to, sometimes, without meaning to, offer a vibration that's not up to speed with who you are.

You see, the formula for Deliberate Creation is really a very simple formula. It says, “Identify your desire.” Contrast helps you do that. “And then once you've identified the desire, achieve a vibrational match with the desire.” And once your desire and you are vibrationally the same, it's a done deal. The Universe must give you that which you are wanting.

If there is something that you want that is not coming to you, it is for only one reason: you are vibrationally different from it. If there is something you have that you don't want, it's for only one reason: you are vibrationally same as it. And the reason that so many of you are vibrating differently than you mean to is because of your habit of observation. What you are experiencing is what you are observing, and what you are observing is reflected in your vibration, and what is reflected in your vibration is what the Universe is accepting as your point of attraction — and what the Universe is accepting as your point of attraction becomes your future manifestations.

We are wanting to show you how to use your power of visualization, your power of imagination, to set the Tone of your own vibration.

We want to bring you to the place of recognizing that there is enormous Well-being in this sea of contrast, and that as you come to embrace and appreciate and adore the contrast, then from the contrast, you will be able to come to conclusions, and from coming to those conclusions, or decisions, you'll be able to set your own Tone — and by setting your own Tone, you'll be able to control what comes to you at all times.

We want to help you to bring your vibration from wherever it is into vibrational harmony with your desire. And we can't think of anything that will be more beneficial for you than to find ways to deliberately find vibrational matches with your heart's desire.

The secret of creating anything that you want is get happy and stay there, because in your joy, you are always in the place of allowing that which is in vibrational harmony with who you are and what you are wanting.

Excerpted from G-5/3/97
Tarrytown, NY
Quarterly Quotes from Abraham-Hicks

The basis of your life is absolute freedom, the goal is joy, and the result of that perfect combination is motion forward, or growth. Your goal is to find objects of attention that let your cork raise.

G-4/12/97 — Virginia Beach, VA

You are extensions of Non-physical Energy, taking thought beyond which it has been before — and through contrast, you will come to conclusions or decision. And once you align with your desire, the Energy that creates worlds will flow through you...which means enthusiasm and passion and triumph. That is your destiny.

G-4/19/97 — Silver Spring, MD

From the Non-physical, you created you, and now from the physical, you continue to create — and we are nothing if we are not Flow-ers of Energy. We must have objects of attention, that are ringing our bells, in order to feel the fullness of who we are, flowing through us — for the continuation of All-That-Is. That is what puts the eternalness in eternity.

G-4/19/97 — Silver Spring, MD

Spiritual versus Material are not the choices. Everything about this physical manifestation experience is spiritual. It is all the end product of spirit. You have nothing to prove. Be the spiritual you and create like a physical fiend.

G-4/12/97 — Virginia Beach, VA

Whatever you are giving your attention to already has a vibration of its own, and as you give your attention to it — you include its vibration in your vibration...and then your point of attraction is affected.

G-4/19/97 — Silver Spring, MD

The reason for desires, goals...for finding those decisions or points of focus, is because they are the life-giving things of the Universe. Without objects of attention, or objects of desire, Life Force does not come through any of us.

G-4/19/97 — Silver Spring, MD

A decision is the focusing of the Energy of desire, and the decision point happens when the desire is powerful enough.

G-4/19/97 — Silver Spring, MD

The discipline that we would like you to exercise is to make a decision that nothing is more important than that you feel good, and that you are going to find thoughts that feel better. Your cork floating is the only thing that is worthy of discipline.

G-4/19/97 — Silver Spring, MD

You cannot really disconnect yourself from the passionate, desirous being that you are. It was with enormous clarity that you came forth into this body, and that's why when you try to hold your desire down, it keeps coming up...Your cork will always float unless you are holding it down.

G-4/19/97 — Silver Spring, MD

You don't have to work at being in the high vibration that is natural to you, because it is natural to you. But you do have to stop holding the thoughts that cause you to lower your vibration. It's a matter of no longer giving your attention to things that don't allow your cork to float or don't allow you to vibrate in harmony with who you really are.

G-4/19/97 — Silver Spring, MD

Whatever we feel from most physical beings who are using the word “want” is a yearning, a desire that is currently unfulfilled. When we use the word “want” we mean it as an object of attention to which I want to focus — a desire that I give my undivided, undiluted, not contradicted attention to, so that the Energy that creates worlds can flow through me toward that desire.

G-4/19/97 — Silver Spring, MD
Quarterly Quotes from Abraham-Hicks

Whatever you’re thinking about is literally like planning a future event. When you’re worrying, you are planning. When you’re appreciating you are planning...What are you planning?

G-4/19/97 — Silver Spring, MD

The Universe does not know or care whether the vibration that you’re offering is in response to something you are living right now, and observing, or in response to something you are imagining. In either case, the Universe accepts it as your point of attraction and matches it.

G-4/19/97 — Silver Spring, MD

Use whatever excuse you can to vibrate in harmony with those things you’ve been saying you want. And when you do, those things that are a vibrational equivalent flow into your experience in abundance. Not because you deserve it, not because you’ve earned it — but because it’s the natural consequence of the Law of Attraction. That which is like unto itself is drawn.

G-4/19/97 — Silver Spring, MD

When you offer a vibration, the Universal forces are working in concert with each other in order to satisfy you. You really are the center of the Universe.

G-4/19/97 — Silver Spring, MD

Every time you praise something, every time you appreciate something, every time you feel good about something, you are telling the Universe, “More of this, please. More of this, please. More of this, please.” You need never again make another verbal statement of this intent, and if you were allowing your cork to float — all good things would flow to you.

G-4/19/97 — Silver Spring, MD

It’s as easy to create a castle as a button but it can also be as satisfying to create a button as a castle.

G-4/19/97 — Silver Spring, MD

You don’t have to justify the good that flows to you; it is a given. You are of more value in the joy of your cross-stitching than in the struggle of your ironing.

G-4/12/97 — Virginia Beach, VA

Make the best of where you are and do your best to line up your Energy from where you are — because any bit of struggle or any bit of regret only holds your cork under the water and doesn’t allow you to connect with the Energy that would allow anything to improve.

G-4/19/97 — Silver Spring, MD

Never face reality unless your reality is just the way you want it to be.

G-5/17/97 — San Antonio, TX

Offer a vibration that matches your desire rather than offering a vibration that keeps matching what-is.

G-4/19/97 — Silver Spring, MD

Your work is to go forth into this physical environment looking for things that are a vibrational match to joy, therefore, connecting to Source Energy — and then following with the inspired action.

G-4/12/97 — Virginia Beach, VA

There is nothing for you to go back and live over, or fix, or feel regret about now. Every part of your life has unfolded just right. And so, now, knowing all that you know from where you now stand — now what do you want? The answers are now coming forth to you. Go forth in joy, and get on with it.

— Abraham-Hicks  G-4/12/97 — Virginia Beach, VA
This extraordinary book is powerfully offered by a
group of teachers who call themselves Abraham.
They express clearly and simply the laws of the uni-
verse, explaining in detail how we can deliberately
flow with these laws for the joyful creation of what-
ever 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. An empow-
ering, life-changing book that will assist you in seeing your per-
sonal life experience as you have never seen it before.

COMMENTS:

• Thank you for a delightful book— A NEW BEGINNING I — a
life changing book...a joyous do-it-yourself book...I have
always known this was an “inside job”, but I’ve not known,
before, how to communicate well with the “inside.” —
Germany

• We are thrilled with the data. Everyone we have sent the book
to thinks it is the best book they have ever read. — California

• The feedback I’ve gotten on the many ABRAHAM books that
I have distributed has been phenomenal and it has come from
all over the world. — California

• The first edition of A NEW BEGINNING I sold out because
readers love the practical ideas of Abraham. In the tradition of
Jane Roberts, this refreshing new book reveals a unique blend
of new-age thought with the Western desire for “more.” An
inspiring self-help classic that gets results.

Softcover. $15.00. 218 pages. ISBN 0-9621219-3-2.
book: a new beginning II

An uplifting book that strikes a chord with the very core of your being. Written by Abraham to assist you in understanding the absolute connection between your physical self and your inner self. Abraham puts this physical life experience into perspective as they explain and define who we really are and why we have come forth as physical beings. This book is filled with processes and examples to assist you in making a deliberate conscious connection with your own Inner Being, that you might find the awesome satisfaction with this physical life experience that can only come once this connection is made.

COMMENTS:

• Your book, A NEW BEGINNING II, has been my constant companion, now marked and circled on page after page...So—UP with the “Fairies of the Universe” and beautiful music and laughter! — France

• ..I hugged the book; I couldn’t put it down for two days....You should see my metaphysical library— and of every book I have, this is the clearest! — Germany

• Thank you so much for the book— it is the best yet. I like to open it at random and see what the good word is for the day. — California

• Like the book before it, A NEW BEGINNING II is clear, practical, inspiring and empowering with more focus on how to realign with your Inner Being. The bottom line for Abraham-Hicks is to choose to feel good in every moment. From that base of joy you will naturally and easily create what you want for yourself and the world.

Softcover. $15.00. 258 pages. ISBN 0-9621219-1-6
QUESTIONS AND ANSWERS

Considering Committees As Co-Creational Conferences

GUEST: So many of us are volunteers in committees. And many times, more than the actual attempt to make something positive happen from a committee, it becomes a scenario where we play out 52% positive energies in an arena for people, who are harbingers (unknowing to themselves) of doubt, to have a place of expression. Therefore, nothing gets done.

ABRAHAM: What you say is true. We can give it to you in a very simple way. If even one person in the committee were there to hold an image of what is wanted, one person would set the Tone of that vibration. And every other person that’s there with the well-meaning attitude of contribution would raise to that vibration. But what happens in most committees is that they’re pushing against each other, and so nobody’s connected to the Stream.

So it reminds us of this. Jerry talked about when he was a youngster being a wrestler in a state championship, and we said, for most physical creators it’s a bit like wrestling, in that you get two bodies that are pretty well matched — about the same weight and about the same ability and strength — and you put them together and they just hold each other in this position until one of them shows a little bit of weakness and then the other takes advantage of it and then the other one shows a little bit more weakness and the other one takes advantage of it and then the other one shows a little weakness and the other one takes advantage of it, until eventually they grind themselves into a win. However, the one who won can be barely distinguished from the one who lost.

Well, that’s the playing field that most humans play on. The one who has the most money or the most clout or the most influence usually grinds to a win, but we’re talking about something entirely different here. We’re talking about connecting to the Energy that creates — and soaring.

So if you join a committee, in most cases, you’re just grinding, grinding, grinding. You’re eking out these mediocre little wins where nobody really wins.

This is the best way to work on a committee: Identify what it is that you most want and envision that joyful blissful outcome, and as you hold that image in your mind, people who have never said anything positive in their life will surprise you. But if you show any vibrational pushing against what they are wanting, then instead, you evoke a defensiveness from them that makes them come on stronger. In other words, it’s like the wrestlers. The stronger you are the stronger you are the stronger
QUESTIONS AND ANSWERS

you are until eventually you are defeated by the sheer weight and time of the event. It's exactly opposite the way Creation really works.

We would stay away from committees if we were in your physical shoes because it is very difficult to sit in the midst, of and observing, people pushing against and not feel your own defensiveness come forth.

We would committee from afar. We would stand back with an overview, and we would not get close enough to get a whiff of what they're all pushing against. But we would attract enough information that we could make a very clear decision about what is wanted, and then we would script it and focus wheel it and imagine it and pretend it — and stand back smiling as it comes in to be. As long as you don't feel that you need the credit, then you don't need to attend the meetings. Good.

Freedom Growth and Joy

What we're wanting to help you to do is to begin to enjoy the process of imagining, enjoy the process of bringing details in and forming an image — because that's what Creation is. Creation is about visualizing and feeling the Energy flowing through you toward your vision — and that's what life is.

Life is not about creating an empire. Life is about the process of creating an empire. It's not about the empire. It's not about the new house.

It's not about the perfect relationship. It's not about the new car. It's not about the new job. Those are the goals or reasons that you use to flow the Energy — but it's the flowing of the Energy that is the reason for existence. For the continuation of existence.

Often when people ask us what is the reason for life they have a very hard time hearing our answer. The reason, or purpose, of this physical experience is joy.

You have this triad of intentions that's in perfect balance. The triad of freedom and growth and joy. And we say, you have these three intentions — that are so well melded together that you cannot really separate them — of freedom and growth and joy. And people will say, "We hear you, Abraham. Growth! Growth! Growth!" And we'll say, "Yes, growth, but freedom and growth and joy." And they'll say, "Yes, we agree with you. Growth! Growth! Growth!" And we say, "You've been so convinced that you are unworthy, and that you are here to prove some sort of worthiness, that you find yourself so fixated on your growth that you forget about the liberating and balancing factor of joy.

The basis of your life is freedom. You cannot be more free. You cannot be not free. Freedom cannot not be yours. You are so free, you can choose bondage. You are free, free, free beings! The basis of your life is absolute freedom. The Law of
Attraction is so utterly consistent. The purpose of your life is joy and the result of it is motion forward or growth. But if you forget that the purpose is joy, if you get fixated on the purpose being growth, then you get out of balance right away.

If you forget that you're absolutely free and you start pushing against things that you feel that are not free, then you disconnect from the Energy and you cannot have joy. But when you discover that joy is your purpose, then everything stays in the natural balance. That's why one — there have been many who have spoken it — but one who coined it in the most beautiful and perfect physical words that we've ever detected coming back from you — the one who said, "Follow your bliss." gave you the true key to eternal joy and growth and freedom in this physical time/space reality.

Should We Smell It While We're Physical?

GUEST: What are the things that we can enjoy in this physical form, that we perhaps will never be able to enjoy again, that we should be really enjoying while we're here?

ABRAHAM: Sometimes physical beings will say to us, "Abraham, what's it like to be Non-physical?" And we are always very deliberate about what we project here because we are different than you are in the physical. We have not eyes. So we do not see. We have not ears. So we do not hear. We don't smell through our noses as you do. We do not feel through our fingertips as you do. In other words, we do not have the physical senses that you have. Some would say, "Well, then I'm going to smell all I can smell and see all I can see and feel all I can feel, because when I go into the Non-physical I won't have those delicious things to enjoy." And we say, "Well that's true enough." But in the Non-physical we are sensing on more intricate, deeper levels, so that the satisfaction of experience is far beyond that of the physical. But that's hard for you to hear, because you cannot imagine being sightless or smell-less or hear-less. It's hard for you to imagine what that would be like.

We don't know of anything in all of the Universe that is more delicious than to be physically focused and connected to Non-physical Energy at the same time. But it is not a diminishment of that to be Non-physical. When you are Non-physical, you always have access to the physical. There's not a Non-physical Energy that cannot, any time it wants to, smell through your nose, provided you are in vibrational harmony with it.

Physical humans are the only ones in all of the Universe that believe in lack. Lack doesn't exist. But physical beings have managed to vibrate in a way where they hold themselves apart from things they want. So they conclude there is this thing called lack. And we say, "It doesn't really exist in any other reality. And so,
there's a little bit of that within this question. "What is it that's not going
to be there for me later that I've got
to do a lot of here while I can?"

There is nothing in the Non-physical Universe that is lacking anything that
you would desire. Nothing. Anything
that you ever want is there for you, and we
have a bulletin for you, friends, it's the
same here in your physical setting. You
need never be without anything you want.

You want more clarity, align
with the idea of it. You want more
wellness, align with the idea of it.
You want more money, align with the
idea of it.

You must find the feeling place
of what you want and offer a vibration
about it — and then it must come.

Excerpted from
Dialogues with Abraham
G-3/30/97 — Tallahassee, FL

Is it Natural
to Feel Guilt?

ABRAHAM: The analogy that we
offered you about the cork floating, or
about you holding it under the water,
is the most poigniant, practical vision
that we could give you. Because it
speaks more clearly than anything we
have offered to help you to under-
stand that it is natural for you to soar.
It is natural for you to find success. It
is natural for you to feel joy. It is nat-
ural for you to feel passion. It is nat-
ural for you to live success. It is
unnatural for you to feel discomfort.
It is unnatural for you to feel guilt. It
is unnatural for you to feel fear. It is
unnatural for you to feel not worthy.

So what we want you to do over the
next few days, if it is your wanting to
connect with who you really are, we
want you to be aware of the negative
emotion that you hold, because the
negative emotion that you hold is
giving you the keys to understanding
how you are keeping yourself from
the Well-being that is natural. And
rather than recoiling at negative emo-
tion, we want you to praise your sen-
sitivity to it. We want you to feel
exhilaration when you acknowledge
negative emotion. We want you to
say, "Ah, this is so good. I feel so bad.
Because in my awareness of how I am
feeling, my Guidance System is alive
and well. In this awareness of nega-
tive emotion, I can feel that right now
I'm holding something in my atten-
tion that is causing me to offer a
vibrational signal that is apart from
who I am. And as long as I do that
I am separated from who I am, from
the clarity, from the wellness, from
the knowing, from the being of who I
am."

Excerpted from
Dialogues with Abraham
G-4/19/97 — Silver Springs, Md
G-series tapes spring, 1997

without contrast, no fulfillment

G-2/2/97 — To divine our positive future right now? Are there natural levels of protective caution? Alternatives to taking our lovers to court. The Non-physical, and the human fetus. What are her after-death choices? Yours, as the most important role here. The key to a joyous, fulfilling relationship.

G-2/15/97 — Jungian psychology, and his “dark sides” theory. Harmonizing with this baby now within her. Ease isn’t the trophy you’re looking for. Abraham clarifies “the balance of the Universe”. Why haven’t humans agreed on a “truth”? Her maddening son is also her teacher. Why does Inner Being teach in parables?

G-2/27/97 — Considering the variety of religious experiences. Why her career idea lost its momentum. Never take action if it feels uneasy. To go public or keep it simple? Past beliefs and current illusions of illness. Wrestlers, snakes and Universe takes up slack. What would a naturally slender body crave?

G-2/28/97 — To effectively influence with your budding ideas. Do bad thoughts cancel my good ones? Launch, in a moment of passion, then glide. From where do our undirected thoughts originate? How would Abraham generate an ideal day? This passive person wants to generate Energy.

G-3/1/97 — What is the bigger picture beyond this? An angry “disturbed” six year old child. Those memo-ing “bully bitches” at his workplace. Requesting a perception of an ulcerated condition. Don’t talk to nobody about nothing negative. Do talk to everybody about something positive. Why the modest cost for these workshops?

G-3/2/97 — Guess what happened to Curiosity the cat. She doesn’t want a fixer upper lover. Divorced from the good parts of ex-marriage. Why new babies give this nurse thrills. Applying these principles to her legal career. Addressing the Edgar Cayce approach to health. What does Abraham do without Esther?

G-3/7/97 — Your decision is born of contrast. Getting the feel of a vibrational turnaround. When bound by expectations of another’s expectations. Evaluating the magnet’s relationship with the nail. A tearful thank you for Abraham’s teachings. To enjoy her adult, homeless, suicidal son. Predictable, preordained or only sniffable?

G-3/8/97 — Decide to say only “yes” to life. He attended “Our Lady of Perpetual Guilt.” Fear can’t abide where there is appreciation. Music conductor’s dreams are coming true. Can she adjust to her children’s deaths? Is there value in attending grief groups? That’s not God; that’s her mother.

G-3/15/97 — If you’re living it, you’re vibrating it. Graduate seeks specifics of unique career. Having problems with her dry, fuzzy eyesight. How did Mom attract this little angel? Getting sick before you die is pointless. A wonderful, abnormal, autistic, uncorralable child. Labeled “channeled” or “inspired”, it is natural.

G-3/30/97 — Abraham responds to Tallahassee Unity Church group. Unconditional love vs. mate’s different interests. Committees, visionaries and harbingers of doubt. Lesbian really wants to become perfect parent. Aliens, UFO’s, Hale-Bopp comet and Heaven’s Gate. What can’t we still enjoy in the afterlife? Environmental student questions sources of future resources.
G-series tapes winter, 1996
Making contrast your friend

G-10/15/96 — Understanding some perspectives of stray animals. Young nephew communicates with invisible “Angel Man”. Would you be satisfied in a beast’s body? He questions, “who answers our prayers?” What is the source of Abraham’s information. To enhance the upliftment of our associates. Should she “cut out T.V. altogether”?


G-10/20/96 — Narcoleptic physician has embarrassing seizures. Teen son has grand mal seizures. If you were an absolutely natural being. Habituating your decision to drink more water. Resolving a bitter breakup of a relationship. Wants to promote his addiction to freedom. Water still tepid? Leave the heat on.

G-10/22/96 — Are you a 17 second clock watcher? To fantasize your most desired relationship. How to handle negative thoughts and beliefs? When a family is negative about diverse ideas. Ever a time and place for martyrdom? Your happiness is only 17 seconds away. “Badly wants sole custody” of her child.

G-10/23/96 — She wants to attract self-motivated associates. Good and bad side of setting goals. He’s making more money with less action. Learning to trust your natural Well-being. Get on a rampage of career appreciation. “No credentials are required for true “success”. Busy physician wants to talk about time.

G-11/16/96 — How important are our visits to burial places? Translation and resolution of a teacher’s dream. Minister may be feeling some “project overload.” Are we reborn with our previous vibration? She has summoned a discomforting Non-physical. Source of the Calendar/Workbook's illogical power. Thought Forms, Ghosts and Angels perceived.

G-12/14/96 — Runaway dog is becoming more fun now. Some vows for ones wanting to co-create. Some tantalizing thoughts about thinking thoughts. The pros and cons of obsessive thinking. She desires an intimate Inner Being connection. A visual actualized relationship came and went. You must constantly regrow your vision.

G-1/11/97 — Only a part of you has come forth. The softening distinction between Esther and Abraham. Her media ride from fear to disease. Affirmation of knowing of physical well-being. A 96 year old healthy heavy smoker. This child desires no “A’s” at school. Potential opportunity within public school system.

G-1/12/97 — Can one Inner Being inhabit multiple bodies? How to evoke the best from others. Can teacher of upliftment avoid bureaucratic influence? Two year old son raises restaurant ruckus. Brothers in conflict about property management. Some ways to regain their sexual intimacy. Doesn’t want to depend on husband’s dollars.

G-1/25/97-A — When bad dreams happen to good people. An alcoholic, spendthrift, frustrating mother. Multiple personalities, attention deficit and Alzheimer’s. Let’s discuss desire, greed and the ego. Are boy’s cliques from a natural tribal instinct? New baby’s parents would like more sleep. Can she positively safetytize her baby?
G-6/23/96 — Interaction with a Unity Church in Colorado. He and his intelligent, runaway, guilt-free dog. Are humans other than higher level animals? He has a great life; but now what? At odds with his newly single life. Diet is more than what you eat. To take dollars out of career equation.

G-7/6/96 — Gang members or choir boys return to Source. What is it like to be Non-physical? Life, as a cookie counter of delicious choices. Any value in memories of early years? He wants Abraham’s thoughts on Astrology. If Non-physical is so good, why come here? Differentiating between contentment and complacency.

G-7/7/96 — Rock the boat, just don't get dumped out. Staying positive in his run for Congress. What if we wanted to only envision. When menopause rears its mysterious head. Are you aware of new physical symptoms? Wanting her employers to walk their talk. With an increased desire for adventure.

G-7/13/96 — Directing the Energy that creates worlds. Seth, Life Spring, EST...any Non-physical connection? Fearing re-emerging as gang member “societal deviant.” Uncle John deliberately chose his life of crime. To stay youthful, stay interested in something. Understanding karma concepts and pre-birth intents. About “doing wrong and enjoying it”?

G-7/27/96 — When there is a pencil in your fan. Her dog died, and “parents are failing.” Can the deceased come back to help us? Why we don’t hear Abraham laugh. Does Abraham focus into other planets? She wants her family to make history. Your final vacation destination is your home.

G-8/24/96 — Recipe for brewing a long delayed tea. Lawyer’s lover’s jailing brings judicial clarity. Why “visualization” is your best friend. Can we mentally detect another’s criminal intent? Health store resisting cigar smoker’s deck. The “Little Piggies” headache remedy. Her angry kid that can’t be corralled.

G-9/7/96 — To deal with shady side of herself? Pre-paving her pending post-divorce experience. He wants this beautiful, well organized, life. Why marriages are better in the beginning. The good news about his impending divorce. Have we made limiting pre-conditions or agreements? Abraham produces a brief aura show.


G-9/21/96 — Her family experimented with the satanic concept. Have you a bag of diverse thought tapes? If it’s bringing you pleasure, it’s success. Public defender seeks guidance for incarcerated clients. Children, genetics and conception without articulated decision. Some clarification of the Feeling Place scenario. Appropriateness of childhood immunization?

G-series tapes SUMMER, 1996
YOU CANNOT EXCLUDE EXCLUDING

G-4/14/96 — On seeing your savings as seed money. When taking your manifestation score too soon. What your powerful imagination can do for you. Appreciating a sudden realization of abundance. Vibrationally influencing a loved one's transition. Seeing prisons as small intimate cities. Suppressed adventure and the expanding prison population.


G-5/18/96 — There's no reason to guard against illness. Wanting to get rid of overwhelming clutter. She feels stuck on always being right. Ego is essential to your physical fulfillment. If we intended to walk on water. Earth is everything "we" wanted it to be. Rome fell; will this empire fall too?

G-6/1/96 — To what end is her physical form? When wanting to manifest specific dollars. Does the "Abraham Energy" have individuality? Wanting positive answers from a negative daughter. Follow your bliss to fulfilling your purpose. Why not merely create directly to joy? She questions crucifixion, salvation, damnation and hell.

G-6/6/96 — To reconcile any feeling of negative emotion. Is there a specific point to take action? Wanting to verbalize the beauty he receives. Her free dog attacked friend's leashed dog. Therapist discusses tribal beliefs and voodoo influences. Still wetting bed at ten years old. Neither preaching nor praying made me "me".

G-6/8/96 — Since you can't exclude excluding, just include. How and why does the pendulum work? Could occasional pains be Thought Form fallout? Helpful policeman and an "extra" love seat creation. Is not Abraham here to help us? Cindy has a question about her God. The process of designing your perfect relationship.

G-6/9/96 — Childbirth, does it have to be stressful? Can she interact with Christ Consciousness? To enhance value of diverse cultures. Whatever became of "Adam and Eve"? When one's parents complain about their health. A seven minute review of Abraham's Processes. When self-judgment defeats physical beings.

G-6/22/96 — To vaccinate or not to vaccinate. When therapist achieves vibrational harmony with resistance. The widening crevasse between haves and have-nots. Desire is the root of all creation. Has she wasted 52 years of life? Words for a couple about to unite. Father forbids her belly button piercing.
G-series tapes SPRING, 1996

DISCOVER YOUR VIBRATIONAL MATCHES!

G-1/7/96 — To spiritually invest her material dollars? Eastern religions, meditation and the Non-physical Energy. The ultimate objective of a physical entity? Abraham would choose passion over fear, anytime. You can influence only as per vibrational matching. “Focus W healing” to purify prosperity vibrations. What Abraham wants for each of us.

G-1/13/96 — Being a most effective Teacher of Well-Being. Should we ignore the unwanted in another? When fearing the fear of thought control. How vulnerable are we to Mass Consciousness? Do our cells remember from other lifetimes? Why is a “desperate” wanting counterproductive? When to take action on your vision.

G-1/27/96 — Difficulty in helping those who “need” you? Wanting a specific vs. general business growth. Her negative family conditions are positively shifting. They have created a fun specialty business. Some characteristics of the “Family of Teachers.” Wanting “positive boundaries” for their first child. Why birds often serve as Non-physical messengers.

G-2/24/96 — Managing in midst of a heated argument. You can’t defy the “forces of fat.” When we can’t get there from here. Resolving the dilemma of criticism of obesity. Can we simultaneously exist in another place? Do their different opinion make them wrong? A potty training and bottle wanting conflict.

G-2/25/96 — Discipline, can only net a mediocre experience. Her daughter is taking crashing Karate falls. Incapacitated mother existing in nursing home. Family of Teachers is finding each other. Daughter is caught up in parent’s divorce. Painlessly observing the pleasure of diversity. A perspective of the evolution of physical.


G-3/31/96 — “Tithing of talents, treasures and time?” Feeling vulnerable to make “irrational” legal decisions. Fearing her daughter will abandon her again. That vital feeling of lined up Energy, “I really like my political opponent.” The evolution of a street gang member. To personally empower your governmental leaders.

G-4/13/96 — Trying to exclude exclusion is still including. You are individual perspectives of a greater whole. Deciphering a leaf-bearing dream of driving. High school “dropout” considers value of education. How do you feel about dollars without work? To attract an “Abraham” into my thoughts. The American Dream in process of achievement.
G-series tapes WINTER, 1995

your magical creation box!

G-10/8/95 — Using jelly beans as “Cosmic healing symbols.” Very old souls inhabit crack baby’s fetus. At each religion’s heart was a connected individual. Your economy as a Stream of Energy. Beatles nightmare and a seductive guru. On starting a group of learning thinkers. In reality, every death is a suicide.

G-10/14/95 — Is this moment of negative judgment justified? The etiology of a schizophrenic scenario. Points to ponder when considering helping another. Feels blamed for her son’s schizophrenic symptoms. When fear of wakefulness equals sleeplessness. Butterflies understand the joy of the journey. Are they uncomfortable in your “unrealistic” joy?


G-10/28/95 — The “yes” on other side of every “no.” A new game. “My Magical Creation Box.” Any way to understand our original Source? Smoking and drinking reduced on 120th birthday. Let your pleasurable vision be more dominant. Battered and bruised mom’s 90th birthday. Allowing family members their contrasting diversity.

G-10/29/95 — Chronic back pain in doctor’s thriving office. The rhythmic stream of Non-physical consciousness. Brother dogs are biting each other. Your Non-physical friends love you anyway. Children diagnosed with Attention Deficit Disorder. Bickering human brothers are biting each other. “Survival of the fittest,” dogs and humans?


G-11/12/95 — She fears her pure erotic stream of Energy. Sexual transmutation and “Think and Grow Rich.” Considering “DNA scattering at a molecular level.” Jerry and Esther and the Seth synthesizers. Your big dreams attract their vibrational essence. Everyone on the planet can be wealthy. Can we create Universally without taking action?

G-12/6/95 — Achieve a vibrational match to your desire. A question about vision, the eyesight kind. What is the Focus Wheel can do for you. Paradox of a singular ego vs. All-That-Is. Is the “subconscious mind” a valid concept? Evaluating the match of wellness and herbs. The “Sara” book eased their pang of “death”.

G-12/9/95 — What is the order of the Universe? Easing grief and terror ofwidowed mother. Contended choices in cookie counter contrast. Widening crevasse between the haves and have nots. She craves the intimacy of a sexual experience. Abraham study group dynamics of co-creating. The Universe will always match your vision.

### G-series tapes Fall, 1995

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<td>Example of a beneficial use of contrast. Relieving an electromagnet from its metal burden. Why he fears trusting in the Universe. Self critique of her process for acting. Brief process to augment your Place Mat Process. A mother's greatest empowerment for her child. She still smokes and enjoys doing it.</td>
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<td>What is Abraham's opinion on smoking marijuana? Since early childhood she's never slept well. You can appreciate your way to success. When “abnormal” mid-life physical sensations become frightening. Preparing for a catastrophe with health insurance. Dark thoughts intrude into her happiest moments. Varieties of definitions of synchronistic events.</td>
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<td>G-9/10/95</td>
<td>Why so many people talk about negatives. You are an extension of a Non-physical “we”. Dealing with the issue of personal bisexuality. A perspective of a Down's Syndrome scenario. Do human beings share other's Inner Beings? It's not about dollars; it's about abundance. Anything to do for a dead friend?</td>
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<td>G-9/16/95</td>
<td>Venting her MLM and Place Mat contrasts. A butterfly as baby chicken's chicken hawk. From whence comes Abraham's leading edge thought? She still isn't keeping her bedroom cleaned. Why sell home you want to keep. Teaching the children that all is well. Increasing an income on airline's pay scale.</td>
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<td>G-9/30/95</td>
<td>“In this world but not of it”? Abraham's perspective of a “schizophrenic personality”. “Realty”, as only the majority's agreed perception. A &quot;cloned&quot; mother resists mood modifying medications. To joyously render Caesar's levied revenues. Consider our contradictory beliefs about law-keeping. So “sovereign” that we can choose bondage.</td>
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<td>G-10/7/95</td>
<td>Three statements for living happily ever after. Sculpting one's body in contrast to beliefs. Fred, our flying friend of a feather. Psychologist wanting to integrate Abraham's teachings. She very much wants to get pregnant. Adopted Korean son and Scripting a birth mother. Relationships are either getting better or worse.</td>
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G-series tapes SUMMER, 1995
utilizing the value of contrast

G-4/29/95 Should evil be resisted or not resisted? How would Abraham handle a bomber’s punishment? Bombed, broken babies of Baghdad and Oklahoma. How banks of anger fuel future disasters. The case for banning potential killer cars. To positively observe all the baby killing bombers. Consideration of our moral and ethical positions.

G-5/13/95 When your creating is out of balance. When noticing a case of background anxiety. You were trained to respond to conditions. Feeling guilty about living her leisurely life. Have you asked “What is my work?” Abraham’s teachings considered as a unifying force. Why so “hard for her to tap in”?

G-5/14/95 When one declines while moving through time. When doing the unwanted to please another. Why most have a hard time empowering others. On saying “yes” when we mean “no.” To live in harmony with your government. Nothing is “greater,” because it is all one! Is Non-physical only pure positive Energy?

G-6/1/95 The killer earthquake versus the killer military. To understand the bombing of the children. How can she help her chemotherapied sister. Inspired teenager saves friend by his belt loop. Role of Appreciation in Process of Creation. Depressed over daughter doing 90 days for DUI. What is your Vibrational Point of Attraction?

G-6/3/95 Could she have been her own grandmother? “Home alone” child felt no bitterness. Allowing the passion for whatever you want. What would the perfect lover FEEL like? Value of a state of impatient patience. Positive aspects of a state of procrastination. Getting a grip on the Karma Koncept.


G-6/17/95A Planetary depletion thesis vs. “All is well”? Your Economy as an exchange of Energy. Pot smoking, acid tripping disconnected granddaughter. Creator, as an orchestrator of conditions. Have fun on the way to your happiness. Suffering, is not essential to your growth. “All is so well in my world!”

G-6/17/95B Time, is not the income producing factor. Naught more normal than woman’s changing body. On keeping her husband and her lover. Religion, worthiness and creating one’s own reality. His daughter is failing “scissors” in kindergarten. Some advantages and disadvantages of homeschooling. Natural childbirth, menstrual cycles and menopause.

G-6/18/95 Another enlightening session at Unity of Ft. Collins. The Principles of Spiritual Living Made Practical. Wanting a mosquito-free gardening experience. Is your relationship ripe enough to pick? Catch the spirit of collecting the data. When a school attempts motivation through humiliation. A Scripting example for mother of teens.

G-7/6/95 Here is what is normal for you. When all the desirable ones seem taken. Can’t remember where she hid her jewelry. When Jerry drank some discombobulating wine. Why has she lost her sexual drive? A question about a credit card debt. The vibrations of appreciation will get you anything!
G-series tapes SPRING, 1995
universe matches your observations

G-1/28/95 An introduction to Little Miss Sticky Fingers. You were born into a state of absolute Grace. On islands of freedom for trespassing homelessites. Trespassing dogs are defacing her flowers. His neighbors shot his trespassing dogs. Teaching our children the magical balance. When the deceased dog reappeared in a dream.

G-1/29/95 Your broader view and mass upliftment. Augmenting the value of public school systems. When you're taught that resistance is normal. On allowing a child their own experiences. Empowering the Universe to deliver to you. To replace her skills in her husband's practice. Role playing disaster as a counterproductive act.

G-2/11/95 A whole new orientation for life. He wants to understand those intermittent seizures. "Former" rebel is "controlling" ten teen rebels. Why would anyone ever want to die? Conscious croaking, as a doable undertaking. Ideal physical life and fulfilling one's purpose. Life is not like a football game.

G-2/18/95 Looking at the problem resists the solution. Does Abraham observe us only through Esther? The productive response to "How's it going?" A positive beast and a toothless cowboy. To be able to comfortably kill beasts. When waitresses workplace deteriorates to dissension. To have your cigarettes and well-being too.

G-2/25/95-B Perspectives of "3rd World" birth conditions. What becomes of "bad guys" in Nonphysical? To create less resistance around sexuality. Gained a lover but lost some freedom. Perusing your history will repeat your history. His girlfriend's pregnancy is closing his valve. Cocreating with critical fundamentalist daughter.

G-2/25/95-C Clients who remember a forgotten negative past. As a gay man, I write this scenario. Do we have prebirth choices of sexuality? Are there sexuality options in Nonphysical? I'm the gay one who wrote that note. A homosexual is expelled from the Ashram. Take no delight in another's dethronement.

G-3/10/95 On learning to appreciate your diversity. The Power of the Place Mat Process. Five young videoed vandals express their freedom. The vandal's role in the vandal's vandalism. Reducing your resistance to a horrific event. "Forgiveness," as counterproductive to well-being. One has different sexual passion than another.

G-3/25/95 A perspective of welfare reform and homelessness. You can not not get what you want. Is there form or self in Nonphysical? To help our children continually evolve. Why children rebel in these "better" times. Avoiding contrast isn't fulfilling your purpose. Three teens who love drugs and lawlessness.

G-4/2/95 A butterfly's three generational joyous journey. She's being plagued by irrational relationship thoughts. Why quantum leaps can feel too painful. Reality, as how we feel in the moment. After we croak, then what happens? Nonphysical behavior in a physical body. Will the real Nicole please speak up?

G-4/8/95 Abraham becomes a bit more blunt. Place Matting from resistance to prosperity. When inheritances and trusts equate with resistance. Shortage is a fallacy; there is enough. To give up the counterproductive financial struggle. Benefits and detriments of facing financial deadlines. Knowing when you are fulfilling your purpose.
After spending the day at Abraham’s seminar in Albany, I feel like we’re old friends. I cannot adequately express in words the joy I felt that day being present in the same room with the both of you and Abraham.

Although I feel I have been on this quest my entire life, I was just recently introduced to Abraham’s teachings. When I listen to the tapes, I frequently start to cry because I remember believing all these truths when I was a child, and my heart leaps with joy that what I believed back then really is true! I really can be, or do, or have anything I want!

Even though I am a “rookie” at practicing deliberate creation, I really wanted to believe that I could manifest my heart’s desire. Being a “doubting Thomas” all my life, however, I partly believed that the law of attraction would only work for Esther or other people. So I decided to prove it or disprove it for myself. When I awoke Wednesday morning, I stated my desire for a cigar and that I receive it that very day, something I could usually care less about and, in “reality”, would have little opportunity of actually receiving. Then I took 17 seconds to focus and visualize my cigar — the feel of it, the smell of it, the way it would look.

As the day wore on, I started to doubt that I would actually get my cigar, but I half-heartedly encouraged myself to stay positive and keep believing. “It doesn’t really matter to your life if you get a cigar or not, so your resistance is low; just don’t focus on the lack.” “Esther has had more practice manifesting her desires than you have had, so she will receive hers quicker; just be patient.” “Maybe you won’t get your cigar today, but it is still coming to you.” “Stay positive; if the law of attraction works for Jerry and Esther, it will work for you.”

That evening I was volunteering in our school library, and as I was flipping through a magazine, I saw a picture of a cigar. I decided to be appreciative for the picture I had manifested. It wasn’t an actual cigar like I had hoped for, but at least there was a visual cigar, and Abraham had told the story of Esther seeing 8 instances of cigars after expressing her desire for a cigar box, so at least I was close. About 10 minutes later, a student came in and put a book into the book return; when I reached to retrieve the book, there, underneath a piece of paper, was a cigar!! Now, there is no rational explanation for a cigar being there in the library’s book return other than that I had put my desire out to the Universe and the Universe had delivered!!

Well, “Doubting Thomas” left the building! I started dancing around and grinning from ear to ear! I felt like shouting my joy at the top of my lungs! I picked up that cigar and took it home, where it now rests right where I can see it every morning to remind myself that I create my reality, and that I set the tone, that I am in charge of my life!

To say that I am grateful to the both of you and to Abraham is an extreme understatement. There is no way to measure or express my elation at once again knowing that I really can have or be or do whatever I want!! Not only myself, but my 15-year old daughter with whom I have been sharing all of this knowledge.

There is great love here for you!!

M.I. — NY
VARIOUS SERVICES AND PRODUCTS

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Discuss whatever you are wanting to more clearly understand, ie: Your state of becoming. Finances. Bodily conditions. Relationships. Business/Career. Metaphysicality. Your state of being/having/doing.... To participate in an open group conference with ABRAHAM, contact Abraham-Hicks Publications at (830) 755-2299 for dates, locations, reservations, etc. Conference fees vary with location, duration and materials.

• ...My experience with ABRAHAM has provided me with hours and hours of feeling good. ABRAHAM is so patient and loving—with no hint of judgement....I feel so safe and cared about when speaking to ABRAHAM....It is a message of hope and self-empowerment....such a small cost to me for the service you have so lovingly provided.— Montana

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

Weekly Tape Program

For those who want to learn as much as they can “to be and have and do” as fast as they can— and are not in the position to personally attend ABRAHAM’s ever evolving gatherings—we offer this Weekly Tape Program: We choose, each week, what we consider to be, the 3 hour session with the most stimulating, practical new ideas— or significant ideas presented from a new perspective— and we form a 90 minute composite tape and ship it to our subscribers. Four cassettes equal one month’s billing. Fill your spare moments with upliftment, flow and forward motion. Subscription fee: $41.00 per month (or $10.25 per week).

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We select and edit, from as many as 20 new Group Session Tapes that ABRAHAM produces in a month, a 90 minute cassette— of what we feel contains the most new, inspiring and thought provoking material— and we ship that 90 minute composite tape to the subscribers to the Monthly Tape Program. A gift that keeps on giving. Subscription fee: $12.00 per month.

• ...I'm getting thirsty for more of ABRAHAM, so, enclosed, please find a check for a one-year subscription to the Monthly Tape Program. One of these days I hope to make it out to Texas again to re-experience the exuberance and exhilaration in person— in the meantime, I find the tapes of endless value...Every time I replay any one of those tapes I have, I realize that it has a whole new meaning for me and offers ever changing insights. What a great way to start the day! My profound gratitude to you for sharing this wonderful way of life. — New Jersey
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Should you ever receive, from us, a book that is damaged or a tape that is garbled, blank, bound or broken, please call or write and tell us the title or the series date, and we will replace the item — or refund your cost. Due to the spontaneous group interaction with Abraham, the G-Series, or W.T.P. or M.T.P. tapes can sometimes be varied in volume, so we just take the best — and ignore the rest. (We are experiencing continual tape quality improvement as we move forward.)

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We are most appreciative of the many suppliers of services and materials who make it possible for Abraham’s words to reach you so efficiently. As costs of doing business are increased, or decreased (taxes, inflation, etc.) to any of our suppliers and passed on to us, we, in turn, through our varied business transactions, reflect those changes back into the international economy.
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THANK YOU!

Our thanks to you for your role in this joyous cocreation. Your thoughts as we interact, your pondering, questioning, recognizing, knowing, wanting...your thoughts 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, and at the same time, we intend to continue our abundant positive mental and material and spiritual experience — and we do appreciate your contribution of “thoughts, words and deeds.”

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Jerry & Esther
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.

Jerry and Esther have now published more than 300 Abraham-Hicks books, cassettes and videos, and have been presenting open group interactive workshops in about 40 cities a year to those who gather to participate in this progressive stream of thought.

Although worldwide attention has been given by leading edge thinkers to this Science of Deliberate Creation who, in turn, incorporate many of Abraham's concepts into their books, lectures, sermons, screenplays, scripts...the primary spread of this material has been from person to person — as individuals begin to discover the value of these materials in their practical, personal experience.

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

COMMENTS FROM READERS & LISTENERS:

...It's hard to believe that life could be so simple and so joyous and that it could take me so many years to find out how to do it...So, 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, attending your seminars and talking to each of you on the phone. 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
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We do love receiving your messages, and reading your letters and notes that come by the thousands! We are currently set up to comfortably process workshops and orders for Free Introduction tapes, brochures, albums, books, etc., because we have been able to add other minds and hands for that. But we can't add more Jerry or Esther or hours to a day. And so, we will continue to personally respond to what we can when we can — and 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

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