

-Hello from Jerry & Esther

ESTHER: Abraham, How do you feel about New Year's Resolutions? And how would you approach a New Year's Resolution if you were in our physical shoes.

ABRAHAM: They are a wonderful idea. They fall into the same category as Segment Intending or Positive Expectations or Deliberate Creation. Most New Year's Resolutions, like any new decisions, are made from a rather clear awareness of what you do not want or of what has not gone well, and so, in order to set your New Year's Resolutions into motion with enough momentum to keep them going, it is necessary to spend some time lining up your energy with your new decision. Many people make resolutions, and often by the first or second day of the new year they have gone back to their old habits, and then they feel discouraged.

Every day provides a wonderful opportunity to set forth your clear intentions. You do not have to wait for a new calendar year.

Find a comfortable place where you will not be interrupted by . Write at the top of your notebook page: My Dominant Intentions: Then write four sub-headings: My Current Intentions Regarding My Body, My Relationships, My Home, My Work. Then, write a general description of how you want to feel and be, regarding each of the four categories. Be general and easy. Let these words come easily from you.

Now, go back to the first category, focus on the topic, and sit back, relax, and daydream about this. Imagine your body looking just as you would like it to look.

See it in your mind's eye. Try to imagine how that beautiful body would feel. Move it, in your imagination. Take it for a walk, dress it in something that pleases you. Appreciate its stamina and flexibility and clarity. Spend as much time daydreaming about this wonderful physical vehicle as you can. Stay in your vision until you feel refreshed, and continue to be there as long as you can.

Now, go to the second category, and do the same thing. Bring an image of the most significant person in your life experience and see that person with you. Feel appreciation for that person. Mentally speak your appreciation. Imagine that person loving you back. Praising you, and complimenting you. Feel your mutual appreciation and admiration. Stay within the vision until you feel refreshed.

Now, go to the third category, and feel appreciation for your home. Make mental pictures of your home as you want it to be. See it orderly, if you desire that, and beautifully furnished, if you desire that. In an easy and carefree manner, imagine it however you would like it to be. Take pleasure from your vision and stay there until you feel refreshed.

Now, go to the fourth page, and gather a mental picture of your work. Feel appreciation for the excuse it gives you to flow energy toward something. Acknowledge how expansive it is, and feel appreciation for its ever changing nature. See yourself expanding and thriving. Stay there until you are refreshed.

There is no right or wrong way to approach this. The thing that is important is that you choose areas of your life that matter most and that you conjure positive images that thrill you. And as you do that, you have not only resolved, in your own mind, how your New Year will be, but you have notified everyone and everything in the entire Universe and you have solicited their assistance in achieving your intentions. And from that moment forward — the entire Universe will conspire to assist you.

Jerry + Esther

Highlights of Contents

Hello From Jerry & Esther	2
Highlights of Contents.....	3
1999 General Workshop Schedule	4
NEW BOOK! <i>Sara & Seth, Solomon's Fine Featherless Friends</i>	6
Article: A State of Perpetual Creative Motion.....	8
NEW! Group Series Tapes, Summer, 1998	10
NEW! Love & Appreciation.....	12
"Sara" Receives the Award of Excellence	14
<i>Sara and the Foreverness of Friends of a Feather</i> — Book on Tape!	15
Book: A Review of Sara and the Foreverness.....	16
Synopsis of Abraham's Teachings.....	17
Special Subject Tapes, Volume I.....	18
Various Services and Products.....	20
How To Order.....	21
Price List.....	22
Order Form.....	23
Guarantees and Referrals.....	24
Special Subject Tapes, Volume II	26
NEW! Quarterly Quotes	28
Daily Planning Calendar/Course Workbook.....	30
Book: A New Beginning I	32
Book: A New Beginning II	33
NEW! Abraham's Greatest Hits	34
Group Seires Tapes, Spring, 1998	35
Co-Creation — Abraham's Words For A New Baby Girl.....	36
Questions & Answers — Why Doesn't Abraham Laugh?	38
Jerry & Esther's Evolutionary Process.....	43

Dear Friends,

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



1999 ABRAHAM-HICKS WORKSHOPS

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

Abraham calls these gatherings co-creation at it's very best and we certainly agree.

It is our intention to bring Abraham to as many cities each year as is physically practical in order to allow as many people as possible to bring any and all questions to this workshop arena.

We continue to receive new requests for more workshops in more cities. Of course we cannot accomodate all requests but we document all requests and factor them into the new schedule each year.

The workshops vary in size from city to city, and Abraham assures us that no questions go unanswered.

These gatherings continue to be the highlight of our glorious experience. They certainly are the basis for the continuing stream of information that flows forth from Abraham.

We are so appreciative of the steady stream of askers who attend these gatherings, plying Abraham with questions, helping us to take thought beyond that which it has been before.

COMMENTS FROM WORKSHOP PARTICIPANTS:

Most Exhilarating Two Days. I just wanted to say a huge THANK YOU! for the recent weekend in Austin. Those were the most exhilarating two days I have experienced in my whole life. I was on such a high I felt as if I could soar and fly. I'm sure you get these comments all of the time, but I wanted you to also hear it from me. I also appreciated being able to talk to you in person for a few moments.

You have lots to read, so I won't keep you. I just had to tell you how wonderful the weekend was for me. If they are all that way, I can see why you both enjoy your work as much as you do! I finally understand the Biblical terminology of being "reborn". I experienced that last weekend. Thank you so much.
S.M. — TX

Each Workshop Gets Better. 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.

1999 GENERAL WORKSHOP SCHEDULE

Please reserve
in advance with our San Antonio office at (830) 755-2299.

PREPAID RESERVATIONS ARE REQUIRED.

Following is general information for up-coming workshops. Specific location and other details will be provided when you make your reservation or you may request this information at any time.

Time Format for 2 day event: 1st day 10AM to 4:15PM 2nd day 10AM to 12:45PM

1/9&10/99Orlando, FL.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
1/16&17/99Boca Raton, FL.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
1/30&31/99Los Angeles, CA.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
2/6&7/99San Diego, CA.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
2/20&21/99San Francisco, CA.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
2/27&28/99San Rafael, CA.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
3/13&14/99Dallas, TX.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
3/20&21/99Phoenix, AZ.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
4/3&4/99Virg. Beach, VA.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
4/10&11/99Sil. Springs, MD.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
4/24&25/99Chicago, IL.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
5/8&9/99Albuquerque, NM.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
5/15&16/99Tarrytown, NY.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
5/22&23/99Albany, NY.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
5/29&30/99San Antonio, TX.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
6/5&6/99Boulder, CO.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
6/12&13/99Fort Collins, CO.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
6/26&27/99Cleveland, OH.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
7/3&4/99Seattle, WA.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
7/10&11/99Portland, OR.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
7/24&25/99Los Angeles, CA.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
7/31 & 8/1/99San Diego, CA.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
8/14&15/99San Rafael, CA.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
8/21&22/99San Francisco, CA.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
8/28&29/99Kansas City, MO.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
9/11&12/99Detroit, MI.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
9/18&19/99Atlanta, GA.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
9/25&26/99Asheville, NC.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
10/9&10/99Boston, MA.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
10/16&17/99Syracuse, NY.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
10/30&31/99Tarrytown, NY.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
11/6&7/99Philadelphia, PA.....	Sat/Sun, 2 day Event.....	\$175.00 per person.
12/11&12/99Hawaii.....	Sat/Sun, 2 day Event.....	\$175.00 per person.



*Sara & Seth,
Solomon's Fine Featherless Friends
— An Introduction*

It's 4:30 in the morning, Esther is beautifully asleep as I sit on our balcony experiencing the rolling breakers, reflecting the pure spirit of Hawaii along the Kaanapali beach. It was during my first visit here, over 20 years ago, that a powerful desire welled up within me: to enable everyone that would know me to discover their own way to taste this delightful spiritual and sensual experience.

Esther and I have returned to this same suite in this same hotel many times, and although these annual visits are usually for the purpose of conducting workshops, these past few days, here, have been used, primarily to prepare for the introduction of this remarkable new book — *Sara & Seth (Solomon's Fine Featherless Friends)*.

It can be extremely refreshing, in this fast paced, highly scheduled culture, to tap back into childhood memories, back into times less complex, back to when our perceptions were clearer. There is something undeniably soothing about revisiting that fresher, purer, less cluttered perspective. And I believe that *Sara & Seth* are about to bring you to that feeling of a fresh new beginning. They have certainly, joyously carried me there.

And about my powerful desire? Well, whether or not you ever show up on these serene, uncluttered Kaanapali shores, or in *Sara & Seth's* special kid's place, their simple yet adventurous tree house — I will continue to feel this strong desire for you to experience all of the good that you are willing to imagine and allow.

It has appeared to me that the longer most people remain upon this earth, the less free and joyful they begin to feel. As they pass through time, and as they gather experiences, possessions, relationships, responsibilities and beliefs in vulnerability — most slip further and further from their true, natural joyous state of being.

Sara & Seth, like most of us, occasionally step into a downward slide from their natural state of joy into a serious perspective of life and of its perceived injustices — but they don't stay there long. For their wise, loving mentor, their dear friend, *Solomon*, remains close by, observing their every experience — willing, eager and able to guide them (and the reader) back to their natural joyful balance.

As our first Sara book: *Sara, and the Foreverness of Friends of a Feather*, was honored by the *Body Mind Spirit — Books to Live By* — award of excellence, this new book, *Sara & Seth, Solomon's Fine Featherless Friends*, promises to be another valued lifetime companion to a 4 year old Hanna or to her great-great-great grandparents.

It thrills me to note how often I have an experience that causes me to clearly recall a scenario from this dear book — which instantly puts me in a place of re-evaluating and re-aligning my perspective. Each of us can, by applying the simple techniques that *Solomon* offers to *Sara & Seth*, sustain or reclaim, our joyful perspective of this magnificent opportunity here upon this earth.

As I first read these materials, I was surprised at how often I heard myself laughing right out loud as I related, so easily, to what *Sara & Seth* were experiencing. Many issues, that I was unaware of not being completely resolved, were being soothed within me as they were being soothed by *Solomon* within *Sara & Seth*.

We are so pleased to offer you these simple keys, the only keys you will ever need, to achieving the joyful, satisfying life you have come to earth to experience: *Sara & Seth, Solomon's Fine Featherless Friends*.

*A Brief Excerpt from
Sara & Seth,
Solomon's Fine Featherless Friends*



...It was a warm and sunny afternoon in Sara's mountain town. In fact, Sara had decided, earlier that day, that this was the prettiest day, so far, this year. And to celebrate this extra pretty day, Sara had decided to go to her favorite place in the whole town, her leaning perch. Sara called it *her* leaning perch because no one else in town even seemed to notice that it existed. Sara could not come to this spot without remembering how it came to be. How the metal railing atop the Main Street Bridge had been bent way out over the river when a local farmer had lost control of his truck while trying to avoid running over Harvey, a friendly and always roving dog, who weaved his way in and out of traffic every day, always expecting everyone to stop or swerve to make way for him. And so far, it had always worked out that way. Sara was relieved that no one was hurt that day, not even Harvey, who many thought deserved to get run over. *I've heard of cats having nine lives*, Sara smiled to herself, as she remembered that day, *but not dogs*.

Sara lay there lazily watching the river flow by beneath her. She breathed deeply and enjoyed the wonderful smell of this delicious river. She could not remember ever feeling better. "I love my life!" Sara said right out loud, feeling a fresh exuberance for life and an eagerness for more.

"Well, better get going," Sara said to herself, climbing back out of her perch and gathering up her book bag and jacket that she had piled in a heap on the bridge. She was still standing on the bridge when the Morris family's rattling, sagging, overloaded truck drove across it. It was not the loud clanging of an out-of-tune engine, or the crates of chickens tied to the roof, or the old goat teetering in the back of the truck, that caught Sara's eye. But the intense, interested gaze of a boy riding in the back. His eyes locked with Sara's, and, for a moment, they each felt as if they had met an old friend. Then the truck sputtered on down the road. Sara threw her bag over her shoulder and ran down the road to the intersection, looking to see where the truck pulled in. *It looks like it pulled into the old Thacker place*, Sara thought. *Hmmm...*

Order: SARA II
Sara & Seth, Solomon's
Fine Featherless Friends!
\$15 plus S/H
ISBN 0-9621219-7-5

A State of Perpetual Creative Motion

Excerpted from Abraham-Hicks Workshop Recordings
G-6/21/98 — Seattle, WA

Often people are very uncomfortable about the word *want*, because *wanting* sounds like not being there yet or *wanting* sounds like still being in lack. Law of Attraction abounds, and when it is said to you, “Ask, and it is given,” there is no more powerful statement that is at the basis of what makes things happen than that.

Now, how is it that you think you ask? With your words? The Universe doesn’t hear your words. You ask with your desire. The desire that is born out of the contrast. That desire. That wanting. That’s what summons the Life Force. And so, we want you to always be in that place of wanting.

Always in that place of desire.

Sometimes, someone says, “Well, I don’t *want* a new car. I’ve got it.” Well, we still want them to desire the car. We want them to continue to desire the benefit of the car. We want them to desire transportation. We want them to still desire movement around the city. Because if you ever get to a place where you have not desire, you’ll cease to be. Don’t worry. It can’t happen. You could pinch yourself off from it here, and croak, but you’d re-emerge back into the Nonphysical where your wanting is sublime and eternal. And you would re-emerge back into the physical very fast — because *wanting* is your most natural thing.

Are we eternal beings? Do you

accept that? Do you understand why we are all eternal? Do you understand, or yet believe, that Law of Attraction is dominant? Law of Attraction, which says: That which is like unto itself, is drawn?

So, if there is no such thing as assertion, if it’s all about attraction, can you understand that we are eternal beings because the contrast gives birth to a desire and the desire summons the Life Force?

We are not standing in the Nonphysical asserting at you. *You have,*

from the Nonphysical, imagined yourself here.

You set the desire out in advance, and you summoned yourself here from that vantage point. It is all about attraction.

You tip toe around this when you think about the

idea of perpetual motion. But at the basis of it is Law of Attraction: “Here I stand. I imagine. I give birth to a desire. That desire springs forth, and then that desire, which is a part of me, now summons Life Force to itself through me. And then, there I stand in that new vantage point with a new set of contrasting experiences to give birth to new desire — and that new desire then moves forth, summons Life Force to itself through me, and I stand in a whole new place with a whole new set of contrasting experiences to give birth to new desire.

You’re never going to get it done, and those of you who have been tired, we know that is depressing to you. But we say to you, the only reason you are tired is

“Ask, and it is given.”
There is no more powerful statement that is at the basis of what makes things happen than that.

because you are full of resistance.

Oh, to have desire and get it out there and know that it will be fulfilled, and the Energy flowing through you. And then, another desire that you get out there and you want it to be fulfilled, and the Energy flows through you — the passion, the eternal passion that flows through you, eon after eon after eon. Can you imagine that sort of Energy flowing through you? You're trying to summon it, but not letting it through.

And so, what goes wrong for many people is that they summon more Energy than they have learned how to allow, or they don't summon Energy. For the most part, you're summoning more Energy than you can allow, so you give yourself a headache. Or you're afraid to summon it, so you're bored. It's a fine line. Isn't it? It's a balance. You're constantly refiguring. Constantly making new decisions. Making a new decision, finding a new desire, and feeling the freshness of the desire.

The other day, Esther broke something as she was dusting, and she said, "Oh, good, something else to buy." For years, she says to Jerry as she walks past a beautiful thing, "What do you think of that?" Jerry says, "Where would we put it?" Now she has a place. Something to want.

That feeling of desire feels so good. We highly recommend it. In fact, we think it would be wonderful if when you went home, it was gone, altogether. Ah, to be in a state of all new, in a state of *all* new. It would be so wonderful to be in a place where your desire was peaked again. It's a fine line because, in truth, you have enough desire within you to keep yourself

busy for 20 or 30 life times, but there is something so delicious about personally articulating a desire and then finding your balance within it and feeling the deliciousness of that fresh desire bubbling within you.

A desire that is within you that is not laced with doubt — is divine. A desire that is within you that is covered with doubt, is yearning. And yearning has resistance in it. So, feel your way through this, and if it doesn't feel good, back off.

If you have desires and they're not coming, step back from the *specifics* of them and begin talking about *why*

you want them. And in the more *general* discussion of why you want them, you will lower your resistance — and the desire will then begin to bring you pleasure.

Jerry has been such a meterer. He wants to savor the creation. Esther wants it all, now. Jerry wants to savor it as it comes. They are that way with their food. Esther eats hers quickly. Jerry, 20 minutes later, still pondering. Esther is trying to snatch his plate out from under him before he is finished. *There is something wonderful about savoring as you go, and in the savoring, understanding that there is no limitation, but wanting to milk each moment for all the pleasure that it can bring.*

They are in a process of building a new office, which means, they could hire an architect and have it built and go home and find it there — or they could get involved in it. Yesterday, as they are driving about, they stopped at several buildings and just looked at roof lines and surfaces and structural design and the way it sits in the land and window treatments and how the doors open — and received more pleasure in an afternoon of just observing

*From the Nonphysical,
you imagined yourself here.
You set the desire
out in advance,
and summoned yourself here.
It is all about
Law of Attraction.*

continued on page 25



Monitoring Your Vibrational Meter

There's only a Stream of Well-being. Some people don't allow it, and so they create little pockets that appear to be absence of Well-being. And so, then the assumption is, "Well, if there's absence of Well-being, then there must be a source of that lack."

There is only the Source of Well-being, and so, as you come to anticipate that, then you eagerly anticipate the future, no matter what. You don't worry about how and where and when and who. You just eagerly know that all is well — and you find yourself filled with anticipation that whatever it is, is going to be pleasing. We love it when you accept that Well-being abounds, and sort of get back from your urgency and accept that all is well. But there is nothing in all of the Universe more delicious than to be physically focused and deliberately, consciously choosing from the contrasting experiences that formulate desire within you. Nothing is better than evaluating and deciding and then lining up the Energy with the decision — and then having the manifestation. You are conscious Deliberate Creators, and you want to conclude — and you never get it done. The only thing that wears you out, that bogs you down, the only thing that makes you tired is resistance. And when you are free of resistance, then you are eager to soar.

While you cannot ever get it done, you also cannot get it wrong. It is through your trial and error that your decisions are determined.

There is no possibility of failure. There is only possibility of, from time to time, choosing the vibration that disallows the whole of who you are.

Excerpted from G-7/11/98 — Chicago, IL

G-6/14/98 — Abraham's tenth year with Unity of Fort Collins. She wants to do like Esther does. Faced with a "peanut butter" project at work. She loves their personal experience with Abraham. Allowing, accepting or resisting "Senior Citizenship". To remove his attention from his diabetes. Let's talk about conditional living.

G-6/20/98 — Let's talk about your infinite Vibrational Meter. Why didn't her furiousness create worse results? How can we shift our protective stance? Rebuilding your body weight belief system. When "terrible" things happen to innocent babies? Gerontologist seeks an "ageless" life until death. Abraham's Prosperity Process and robust "agelessness".

G-SERIES TAPES SUMMER, 1998

G-6/21/98 — Are the pendulum's answers valid regarding others? Chiropractor questions Non-physical aspects of healing. What if your rules required bigamy? He's got alien bones on his mind. She plummets through extremes of career contrast. Staying in a state of perpetual creative motion. Should parent protect child from a dis-empowering teacher?

G-6/27/98 — You have this Vibrational Meter within you. Why does Abraham neither laugh nor cry? "Can't worry and love children at same time?" Loves to serve, but money evokes her fear. When alien thoughts create alien thought forms. Climb aboard a butterfly, and use your imagination. "Live in the world but not of it"?

G-7/11/98 — How much allowance to give to children? She gained 40 pounds in three years. Why to begin playing Abraham's Prosperity Game. Abraham of the Jews, Christians and Muslims. To be less sensitive to influence of others? To communicate relief to her ailing grandmother. Where was Abraham before the earth evolved?

G-7/25/98 — Aerial view of your Rockets of Desire. Tears, at births, weddings and funerals? Seeking inspired careers in alternative traditional healing. His patent has been infringed; now what? Is there a cosmic form of birth control? When one's unwanted lover keeps hanging on? Son resists thanking grandfather for unwanted.

G-8/1/98 — What does Abraham mean by "the Universe"? Why he buys high and sells low. Rockets of Desire, connecting to your Well-being. Retirement, as not necessarily in one's best interest. Wanting to believe that "All is Well." She remembers Grandmother's teeth in a glass. Would Jesus do it differently this time?

G-8/2/98 — What would Christ say to us today? Caring for this beautiful new baby girl? Why is she collecting "inappropriate jerks". Best to ask for specifics, or in general? Magical appearance of a second career decision. How about this attorney's unforgiving nature? My body, my PMS, my unwanted cramps?

G-8/15/98 — Why you'll never not feel negative emotion. A rocket of desire to weigh less. How does Non-physical Energy enter physical body? Get me and my Thunderbird out of this. Inner Being isn't speaking rude words to you. Deceased mother smiles lovingly in his dreams. From regal riches to doldrums, now what?

G-8/16/98 — To be an empowering, allowing "Fairy Godmother". Bucky's body's buried; where is his beingness? Can a thought thought think it's thinking? Is performing "hard work", right or wrong? Wants to strangle her day-job co-workers. Does dirt work as well as "manna"? Looking for love in all the wrong places.

ORDER: SUMMER, 1998 CASSETTE ALBUM — \$77.50 + S/H

Love 🌸 Appreciation 🌸 Love

S. African Odyssey This letter comes with joy and appreciation for both of you and Abraham — whose teachings are spreading like wildfire all over the country here — at least I see lights blinking on the S.African motherboard, and more and more people ask me about you, thanks to an article I wrote in Odyssey magazine here this month! Also more hits to your web-page where I direct them.

There is a growing number of people reaching out to know more about *The Science of Deliberate Creation* and Abraham here in South Africa. Two years ago an ex-South African, living in Canada, Marlene George, gave me my first *Introduction* tape. During that time I found maybe 3 or 4 like-minded Abraham-friends — but mainly on my own began to apply the teachings and wow! have they shifted and changed my life dramatically towards joy, freedom and growth.

I thought you might like to know the latest issue of ODYSSEY magazine — a metaphysical glossy with a good national circulation — carries my two-page article on Abraham and *The Science of Deliberate Creation* and what it has meant to me as a writer, wife, mother and metaphysician. I have put your website in the article — and hope you are getting numerous hits from this part of the world as a result!

I have also formed a monthly Abraham group in Cape Town where we listen to the monthly tape and share how our life just gets better and better thanks to Abraham.

With light, love and laughter and much joy,

CM—S. Africa

Four Years of Delight For almost four years now, I have been listening to your tapes on a regular basis. All that time, I was waiting to find words to write to you to express the magnitude of my delight and thankfulness. But I have never found those words and don't think I ever will. So, I decided to let you know this and let this process be the expression of my feelings.

In deep appreciation,
PdeK, the Netherlands

Enjoying Her Friend's Tapes After many months of listening and relisting to a friend's tapes, accompanied by ever growing enjoyment, amusement, empowerment and respect, I'm happy to be sitting here finally ordering some for myself today. If you still have copies of the book *Free At Last* I would love one.

So when are Jerry and Esther and Co. coming to Germany???

Thank you, DD — Germany

Enthusiasm & Optimism Thanks so much for the three tapes from the Chicago workshop that I received under the weekly tape program. They are wonderful. In fact, I find all of the tapes to be wonderful, as you have the uncanny ability to include questions and answers about all of the things I am wondering about.

I am relatively new to these teachings and haven't felt such a sense of optimism and enthusiasm for life since I was about 8 or 9 years old (I'm 42 now). Every day, I'm finding new ways to apply the teachings. Its just one "Aha!" after another. Its really wonderful of you to share this with me. I think people are starting to wonder what I'm on!

All the best, TS — Toronto

Love Appreciation Love

Thanksgiving Your wonderful three tape album taped at the Chicago Workshop arrived on Wednesday, the day before Thanksgiving — a veritable Thanksgiving “feast” before the Turkey Day Feast. Thank you for your unending graciousness and generosity. Don and I are truly grateful to both of you and to Abraham. The expansion of wisdom that comes through the co-creation and interaction of questions and answers in the workshops is very apparent week-to-week, year-to-year. And very thrilling!

We love the purpose that Abraham gives to our lives. We are most grateful for your lives which are so dedicated to the spreading of Abraham. Have a wonderful vacation and Christmas in Hawaii.

Love, B&DB — FL

Awaiting Sara & Seth What a lovely weekend! Personally, we both agree that this Chicago seminar warrants being on Jerry’s list for a 3 tape package. How on earth could one edit something from it? Abraham outdid themselves.

We are happily awaiting *Sara and Seth*, and looking forward to the next time we are together.

Lovingly and in appreciation,
L&K — IL

Generosity Appreciated I so appreciate your generosity. When I received the Chicago Tapes, 3 of them, again, my heart was so full of love and appreciation. Of course, those are not the extent of your giving. There was the extra Sara book, the 3 tapes from S.F., the Introduction tape and, biggest of all, sharing Abraham with us. The difference in

my life has been wonderful and I know that it is only getting better.

I am so looking forward to the year 1999, as I know that you are.

With very much love from me,
LW — CA

Sara and Children Thank You for the wonderful workshop in Boston. It was my first one, and I appreciated getting the tapes so quickly. I play them all the time in my car. It is helping me to let go of my limited thinking beliefs.

I am using the *Sara* book with a group of Special Needs Children, and I am moved by how much they have connected to Sara. They are really trying to get the messages of Solomon.

If you have any more copies of *Free At Last*, I would appreciate one.

Please give my love to Abraham.
Sincerely, PM — MA

Enthralled By Sara My friend, Greg, loaned me *Sara, and the Foreverness of Friends of a Feather*. I don’t think he’ll be getting it back! I was totally enthralled. The concepts were so easily understood, and I identified with Sara so much that the concepts just naturally flowed. I have since listened to the tapes of the Kansas City meeting, with much interest and delight. I listened to it while driving, and I actually sat in my driveway to listen to the end of the first tape, because I didn’t want it to stop it.

Thank you so much for the work you’re doing. Will there be another *Sara* book? I would like, very much, a series of Sara books — it brings the concepts into everyday experiences — it’s so easy to relate to! I do hope you will continue to write like that.

Thank you again, LB — Internet

Continued on pg 42

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 commend the authors for these outstanding works..."

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

IT GETS BETTER & BETTER

I finished the audio book of "Sara" and wanted you to know how GREAT it was. I especially like Jerry's voice and hope that he is considering reading the "A New Beginning" books, too. I listen to Abraham every day as I'm walking my dogs, driving in my car, or working in my garden. And it's the only way to be stuck in traffic, do laundry or sit in waiting rooms. Each Abraham tape just gets better and better and seems to be made for me personally. Thank you so very much for all the wonderful changes you have made possible in my life. I am looking forward to attending my first workshop in April (Detroit, MI)

Also, the people who take the phone orders there at Abraham-Hicks are delightful and such a pleasure to talk to.

Thanks again, L.P. — @worldnet



In response to your many requests!

Sara is on tape!

By the time you read this, *Sara and the Foreverness 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.

Sara and the foreverness of Friends of a Feather

By Jerry & Esther Hicks

*The book
on audio
cassette*



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,

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) *by Denise Tarsitano in the "Rising Star Series,*

*Excerpted from phenomeNEWS
"Mixed Reviews" 9/9/98*

Sara and the Foreverness of Friends of a Feather is a novel about a young girl, Sara, who learns the simple yet poignant lessons about life through a wise owl named Solomon. This is the book you can give to all of your friends who are starting to question the meaning of life. Actually, Sara serves as a good touchstone to seasoned travelers on the spiritual path, also.

Readers will understand, and come to know, how they, too, can become the magnificent creators they were born to be and that all really is in divine order ... all really is well.

When Sara comes to this knowing in the end of the book, she asks her wise mentor, "Solomon, how ever will I ever explain this to anybody? How will I ever make them understand? And

Solomon speaks to all of us as he answers, "Sara that is not your work. It is enough, Sweet Girl, that you understand."

Sara is also available on audio cassette tapes. Jerry Hicks brings his show business background to a delightfully orchestrated version of the book as he breathes joy and vitality into each character. This album is for children of all ages, from 5 to 105.

Sara and the Foreverness of Friends of a Feather is a wonderful gift to give yourself or anyone who wants a greater understanding of life. We highly recommend the book, and the book on tape — and all of the Abraham-Hicks material.

Reviewed by Cindy Saul (and I helped, too! — Gerri Magee)

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

SPECIAL SUBJECT TAPES — VOL I

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.

SPECIAL SUBJECT TAPES — VOL I

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

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

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

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

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

AB-9 CHRIST CONSCIOUSNESS — 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.

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- *...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 (W.T.P.)

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).*

- *...Enjoy your tapes and appreciate all that is coming through. I have an ABRAHAM tape playing whenever I drive in my car, and it sets a positive state of emotion for the day. Thank you. E.S.*

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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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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

Continued from page 5

a combination of things, than most receive in the whole process of building a building.

Most of you don't quite yet get it that life is supposed to be fun, and that you are here in a Creative Workshop of enormous proportion, and it is your work to use the data of this time and space to create, within your imagination, combinations that please you. And when you hit upon one that really pleases you, the Universe knows that. The Universe feels the signal and starts moving things into place.

Esther said, how odd it is they keep finding themselves in a building, and one or the other of them will say, "Isn't this the way our windows are going to be?" How odd it is that the Universe is even designing where they eat lunch, in order to give them the data that they have achieved vibrational harmony with.

You have an enormous staff working on your behalf ready to give you any information that you desire and any information that you are ready for. Toward what end? Toward completing the building? No. Toward some physical manifestation? No. Toward some reward in Heaven? No. For the sheer joy of the expansion that you feel as Life Force flows through you.

"But, Abraham, there must be more. There must be another reason. There must be a bigger reason than for my joy." There isn't. "Aren't I here to serve some-

thing? Isn't there some end that I'm getting to?" There is no end. Everything — all life — is in the moment. *All life is in the moment, and you have this magnificent body and this incredible consciousness, that is your focal point, right now, where you focus the Energy that creates worlds into this powerful now.*

Life is supposed to be fun.
You are here in a
Creative Workshop.
It is your work to use the
data of this time and space
to create,
within your imagination,
combinations that please you.
And when you hit upon one
that really pleases you,
the Universe feels the signal
and starts moving things
into place.

We give this to you not because you have responsibilities that you are not fulfilling. We say this to you because we want you to relax and accept the perfection of what you are. We want you to understand that you cannot get it wrong. We want you to understand that you are a decipherer of data. We want you to understand that all of the contrast exists to assist you in, here and now, coming to a

decision of how you — you magnificent Creator — would like to flow the Energy that creates worlds, now. This is who you are.

So, you can't get it wrong. You can't squander it. You can't not use it enough. You can't do anything wrong — and you, individually, get to decide how much Life Force, or Energy, you summon. If it's too much, or more than you are able to allow in this moment, back off. Of that which you have summoned, how much are you allowing to flow through you? Or are you disallowing or resisting the Energy? *You get to choose every part of this. This is who you are.*

Excerpted from
Abraham-Hicks Workshop Tape
G-6/21/98 — Seattle, WA

SPECIAL SUBJECTS TAPES — VOL II

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.

SPECIAL SUBJECT TAPES — VOL II

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

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

AB-21 INNER GUIDANCE — Tell me more about my Inner Voice? Because you have thought in terms of being dead or alive, you forget that you are, simultaneously, physically focused while another part of you remains focused from 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.

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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 more 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". Thank You.

CHRISTIANE NORTHRUP, MD. — MAINE

Quarterly Quotes from Abraham-Hicks

Most people don't think that new-born children could be the Creator of their own reality, because they are not even talking, yet. But the Universe is not responding to your language, anyway. The Universe is responding to your vibration — and your vibration is about the way you feel.

Seattle, WA — 6/20/98

Everything is valid and everything is truthful — because Law of Attraction lets everything be. The question is not whether it's right or wrong, whether their approach is right or wrong or whether my approach is right or wrong. The question is, does their approach feel good to me? And if it doesn't, then I choose a different approach.

Los Angeles, CA — 8/2/98

When you finally get it that the Universe is only answering your vibration, then you understand that if you are victim to anything, it's only your haphazard offering of vibration. The real desire that is being born within you is, "I want to vibrate on purpose. I want to set my Tone. I want to conclude and decide and offer it consistently and then watch the results of it." You cannot get it done, ever, and you cannot get it wrong. So you might as well relax and start having fun with this.

Ft Collins, CO — 6/14/98

Life is supposed to be fun. You said, "I'll go forth and choose. I'll look at the data, and I'll say, yes to this, and yes to this, and yes to this, and I'll paint a picture of the things that I want, and I'll vibrate about them — because that's what I'm giving my attention to. And the Universe will respond to my vibration. And then I'll stand in a

new place where a whole new batch of yeses are available, and I'll say yes to this, and yes to this, and yes to this." You did not say, "I'll go forth and struggle into joy", because from your Nonphysical Perspective you know it is vibrationally not possible. You cannot struggle to joy. Struggle and joy are not on the same channel. You joy your way to joy. You laugh your way to success. It is through your joy that good things come.

Los Angeles, CA — 8/2/98

Law of Attraction abounds, and when it is said to you, "Ask, and it is given," there is no more powerful statement that is at the basis of what makes things happen than that. Now, how is it that you think you ask? With your words? The Universe doesn't hear your words. You ask with your desire. The desire that is born out of the contrast. That desire. That wanting. That's what summons the Life Force.

Seattle, WA — 6/21/98

When you begin to understand Law of Attraction, and you understand that that which is like unto itself is drawn, then it is easier and easier to understand that you are offering a signal — and the entire Universe responds. And when you finally get that, and you begin to exercise some deliberate control about the signal that you offer, then it really begins to be fun — because then you recognize that nothing happens outside of your creative control. There are no things that happen by chance or by circumstance. There is nothing that is happening because of something you vibrated a long time ago or in a past life. It is not about what you were born into. It is only about what you are, right now, in this red hot fresh moment, emitting.

Seattle, WA — 6/20/98

Quarterly Quotes from Abraham-Hicks

Anything that brings you to a decision will be answered. The stronger the decision is, the faster it's answered. So if you're in a situation where it seems life or death, and the desire is strong, it is answered now — because it must be answered now to be answered at all.

San Diego, CA — 7/25/98

Make more decisions in every day. Because a decision is a summoning of life. That's why a little chaos is good for you, because often you don't make a decision until you get yourself in a jam. And then, in the middle of the jam, you make a decision, but that decision summons Life Force. Have you ever been a place where you couldn't quite make up your mind and you just felt sort of limp? "Oh, I don't know. I don't know. I don't know." And then you decided, and you felt alive again. We want you to know that you'll never get it done. So don't approach this from, "I gotta get on this" because you're not ever going to get it done, anyway. And the other thing we want you to know is, you cannot get it wrong. So, make a decision. Let it flow.

Larkspur, CA — 8/16/98

Thought that is projected, now thinks. So it's not possible to separate the thinker from the thought, because the thinker thinks a thought, and then the thought thinks and becomes a thinker, and then the thought, that was a thought that is now a thinker, thinks another thought, which becomes a thinker, also. And so, there is a constant summoning of Life Force. Now, a thought that is thought longer becomes Thought Form. A thought that is thought upon by many, becomes Thought

Form. A thought that is thought upon by many, in a very clear undiluted fashion, as from Nonphysical Perspective where there is no resistance — becomes physical matter. That's why the physical universe is a by-product of the Nonphysical attention or focus. So, the Nonphysical Energy that created this physical mass from the Energy of the Universe, the mass itself, now becomes a thought that is thinking, that is attracting the Energy.

Los Angeles, CA — 8/2/98

If you decide to make someone the enemy and you're pushing very hard against them, you don't affect them at all, but you disconnect yourself from the Stream. If someone cheats you, they cannot diminish your experience. They only diminish their experience. You cannot be diminished by someone cheating you unless you get all upset about being cheated and push against them and use that as your excuse to disconnect from the Stream.

San Diego, CA — 7/25/98

It's not your work to make anything happen. It's your work to dream it and let it happen. Law of Attraction will make it happen. In your joy, you create something, and then you maintain your vibrational harmony with it — and the Universe must find a way to bring it about. That's the promise of Law of Attraction. — Larkspur, CA — 8/16/98

Here's a rule of thumb that will help you: If you believe that something is good, and you do it, it benefits you. If you believe that something is bad, and you do it, it is a very detrimental experience.

Ft. Collins, CO — 6/14/98

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From our hearts,
Jerry and Esther

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Co-Creation Co-Creation

Words For A New Baby Girl

Excerpted from: G-8/2/98

GUEST: People here know that you have helped me create my beautiful baby girl who is the most joyful, sparkling thing I have ever seen in my life. Now if you could take it a step further and tell me everything you know about how to treat her at this stage in her life, or remind me of everything that I know.

ABRAHAM: Treat her as if she knows. Honor her ability to choose, and trust that, in time, she will learn how to choose. *Teach her, through the clarity of your example, which means, you cannot teach her connection unless you are connected. Do your dominant interacting with her when you are feeling your very best — and any time you don't feel that good, make yourself scarce from her.*

When she asks questions, applaud every one of them, and if you don't have the answer, still applaud her question. And let her know, early on, that the knowledge that she seeks, and the good that is natural to her, will come from all kinds of places — not only through you. *Encourage her independence from you, as quickly as you can, so that she can discover the thrill of creating on her own.*

Fill her with words of encouragement. If you find a moment of dissatisfaction with her, swallow it. Do not speak it. But let the desire that is born out of that, roll across your mind in the night. Develop it fully until you have visualized a full picture of what you know she is wanting, relative to any subject. And once you have come to feel familiar about that, then begin to express it to her.

When you speak to her, always speak what you feel. If you don't feel good, don't speak. If you are always speaking what you feel and you are only speaking when you feel good, what you are doing is always opening a vortex that connects with the Energy and always flooding it into the relationship that you are having.

If, as she grows, she finds something that displeases you, and you feel that it is your job to correct her, and you do, and you feel the negative emotion that is within you — know that, in this moment of teaching your child, your Inner Being is not there with you. Come to trust the way you feel, and express to your little one only in your times of connection. There is plenty of contrast out there for her. And in doing this, what you will teach her is what it is like to be with someone who is, for the most part, connected to Core Energy. You will give her an up close example of how well the Universe responds to someone who's in vibrational harmony with Source.

Protection is Not Needed

It is not your job to protect her or guard her from anything, because there is nothing to be protected from unless you make it part of your consciousness. As she grows and begins to interact with others, there will be plenty who will be offering that information to her, and when that begins to occur, do not push against it. Do not feel that her connection is fragile. It isn't. She can get back to it easily. Impart to her: Her connection — that she is living fully now, and that you are learning or relearning and living much of the time — is not a fragile thing. You don't have to protect anyone from anything. Mostly, just get happy and stay there.

Co-Creation Co-Creation

GUEST: I'm so busy because I'm working full time and I'm a single parent, and everything's going very nicely. I used to take three or four hours before I'd get those 17 seconds going. But when I did it, it was great, and it obviously worked. Now I may have five minutes. She's crying. Or something's going on. I know that I can do this. I'm just not real snappy at it yet.

ABRAHAM: Well, you get better and better at it. But here's a very strong statement to chew on for a while: *Your child would benefit more from your full schedule, where there are all kinds of things that you are focusing on, that are drawing Energy through you, than if you had long leisurely afternoons with not a thought in your head, only to bask and pamper yourself and her — because what she benefits most from is the Energy that flows.* And so, the busier you are, the more things you have to think about, the more decisions you're making in every day, the more Life Force is flowing through you.

GUEST: So it's okay? I don't have to worry as long as I'm appreciating, because I feel like I need to create for two now, because she's such a little sweet thing.

**Live and
Let Live**

ABRAHAM: Well, in truth, she is the more dominant Creator now, because in her freshness and newness, there is pure desire that flows through her. And so, you are sort of swept up into the vortex of that Well-being. The most important thing that we are wanting to impart to you is: *Your child is not fragile, and it is not your job to protect her from anything. It is your job to appreciate her, to appreciate all things, to let life flow through you, to live your life and let her live hers.* She is very little and it's

hard to imagine it, at this point, but these are the things that she would want us to tell you. What she wants you to know is, it's going to be a great life, and it's going to be more fun all the time. And that, every day, nearly so, there will be a new experience and that there will be no ending to the unfolding of it. And for you to stand in your now and try to anticipate that would be utterly overwhelming.

GUEST: So, I don't have to plan?

ABRAHAM: *You don't have to plan anything. All you're wanting to do is focus. Stand where you are in your fresh wanting, offer it to the Universe, and let the Universe respond. Give her an opportunity to see a Deliberate Creator fully involved in one's life.*

Your connection with her was set into motion by the intentions you put forth before her birth. She understands you. She understands all of this. She will not be a child that you will have a difficult time explaining these things to. She already understands. In fact, it will be second nature to her, and by the time she is ready to communicate, and by the time she is old enough that she's really wanting to get off on her own — you will have figured it out. And she's counting on that. The conversations we have with her go like, "Abraham, by the time I'm really ready to get out there and roll, is my mom going to understand that all is well, enough, that she's going to let me do it?"

GUEST: I'm very grateful to you for your help. Believe me.

ABRAHAM: All is well.

QUESTIONS AND ANSWERS

Why Abraham Doesn't Laugh

GUEST: Abraham doesn't laugh, really laugh. And I'm assuming that Abraham doesn't cry. Because I am focused in this physical, I do have those expressions...

ABRAHAM: Yes. As does Esther. Esther is hearty laugh.

GUEST: What is that difference? My focus is to be a lover and to flow Energy, but what gets my attention, very often, is the contrast. If I hear a baby cry, I hear that and that gets my attention. I'm drawn to that, and I want to be aware of that so that I can flow Energy.

ABRAHAM: *The thing about laughing, that is most apparent, is, humor has woven within it the element of surprise. What makes something funny, it is mostly about timing. And from our perspective, we are never surprised. We are always very well anticipating, because we are able to read Energy, and we know probable outcomes of most things — and so there is not that element of surprise.*

The vibration that sometimes you call the vibration of humor can be a very joyful vibration, and we are often in that same joyful vibration — but the element of surprise doesn't take it into that range that you might call humor. You talk about sadness that is evidenced by tears, or joy that is evidenced by humor. Often — not always — but often, the emotions that humans feel are felt most sharply because of the contrasting experiences that you are living.

The other day we saw Esther, in a moment of sublime appreciation. She was

appreciating her life and her life with Jerry and her life in this work, and she thought about how they'd been together for 20 years, now — more than that — and how fast it has passed. And now, she is thinking about the next 20 years and how fast it will pass, and she, for a moment, was sort of overwhelmed with a feeling of sadness as she realized how fast time is passing. It made her feel lack. So much good stuff to savor and not enough time to really savor it.

Whenever you identify anything that is wanted, there is a corresponding lack of it. When you pick up that stick that has abundance on one end of it, it has the obvious lack of abundance on the other end of it. And so, sometimes as you travel back and forth across those boundaries, that's when the sharpness of your emotions hits you the most. In a place of really desiring something, that's when your awareness of not having it would be more potent.

We have talked about how when you identify a desire that that desire summons life through you, and it is the feeling of life flowing through you. *That is, in fact, the reason for your existence: to find opportunity to focus, so that that feeling that you call joy floods through you, as Energy that creates worlds is flowing through your vortex.*

Have's and Have Nots

Sometimes, what we notice, as we watch our physical friends, is that as you are reaching for your joy — you're actually pushing against something else. And so, most of you have wide swings from ecstasy to agony. In fact, your physical environment is becoming more sharply

QUESTIONS AND ANSWERS

pointed. The difference between the have's and the have not's and the well and the sick is becoming more exaggerated — because the Energy that supplies your planet, that you all are summoning through desire, is coming from the multitude of contrasting experiences that you are having as you summon this desire. *As more and more of you are living contrasting experiences that are causing more of you to have desire, so that desire is summoning more Life Force into your physical realm, and so more of you who are in synch with the Life Force are soaring, and more of you who are out of synch with it are having a difficult time.*

Nonphysical Difference

Back to the heart of your question about Abraham and humor and Abraham and sadness as compared to the physical you: We are just steadier. We've acclimated to that higher vibration. We don't push against anything. *The primary difference between the Nonphysical you and the physical you is that all of us, physical and Nonphysical, explore contrast — because without the exploration of contrast, we would not conclude new decisions or desires. But the difference is, in the Nonphysical realm — we do not turn to what we have not chosen and push against it.* We maintain a more even keel. We maintain, from your perspective, what you would call a consistent steady connection to this Stream. We are the embodiment — the Nonphysical embodiment — of the Stream. You are the physical embodiment of the Stream, although sometimes, in what you choose as your object of attention, you disallow the Stream.

And so, every now and again Esther will say, “Well, I think I'll just let Abraham come into my being, and they can just live out the rest of my life. They're always tuned in, tapped in, turned on. They're always looking for the best in things. They are always feeling wonderful.” And we say, well that's a nice idea except that Abraham's exploration of the contrast would not net as much desire as your exploration of the contrast. And since desire is the name of this game — desire is what you exist for in order to continue to summon Life Force — you would be defeating some of your purpose.

The Value of Your Negative Emotions

Don't be uncomfortable with your range of emotions. We would not want you to put Novocain in your fingers so that you could not feel the hot stove so you could lay on the hot stove and say, “Hm. This should hurt but it doesn't.” Because there would be damage done. It's nice that your sensors guide you away from that which is damaging to your experience — and that your sensors guide you as to the proximity or the content of your vibrational offering. But do not assume that the vibration that is the best vibration is the one without negative emotion.

We would rather see you in negative emotion and finding your balance than bobbing along on a blissful trail of contentment with no new desire being born. It is much more important that you find reasons to summon Energy, and sometimes step out of balance, than if you were always in a peaceful contented place.

Excerpted from
G-6/27/98 — Spokane, WA

QUESTIONS AND ANSWERS

Abraham, of the Jews, Christians and Muslims

GUEST: It was easier for me to speak in Italian and Hebrew, but I wanted to ask something. Abraham is not a religion, but has something with how you can live better. Also something to do with believing. What is the relationship between the two things? Most of the people here came from some religion, were born into some religion. Where did Abraham come forth from? In the western world, the three biggest religions are the Jewish religion, the Christian religion, and the Muslim religion — and all of them begin from Abraham. That is the father of all these religions?

Abraham's Thoughts Esther's Words

ABRAHAM: Yes. It is the correlation exactly as you have spoken it. *As we are speaking to you here, we are not offering words to Esther that she is then repeating. We are offering our knowing, that she is deciphering at an unconscious level, and then finding the best words that she knows, or that your mass consciousness knows, to reflect that knowing.* In those early days, before Esther was actually speaking for us, when she was actually receiving the impulse of letters, we offered to her a block of thought that was very much as you just described. We said to her, *We are Nonphysical. We have been around for a very long time. We are at the heart of all that physical beings have ever known. There is no one on the planet who, at their root, is not in harmony with that which we are about.* We said to her. *We are the essence of all that has begun.* And as Esther received these blocks of thought that she

is today translating into many more words, at that time, the most obvious unconscious label, that most matched all of that that we were giving, came out, *Abraham.*

Now, as people say, “Are you the Abraham that is in the Bible?” we say, “Well, which one are you talking about?” There have been so many different renditions of who he is and what he had to say, that there are many different blocks of thoughts around it.

All beings, without exception, have come forth knowing of the value of that which you are about. All physical beings, no matter what nationality, no matter what background, no matter what religious heritage into which they have been born — all of you have come forth basically knowing the same thing.

What trips you up and causes you to kill each other over the subject of religion, more than all other things, is that somewhere along the line you've come to believe that there are only some truths.

Threatened by Diversity

It is the balance, or diversity, that gives you your greatest strength. And yet, people, as they look among each other, feel threatened by those who choose differently. The reason people feel threatened by those who choose differently is because they have not individually acknowledged their connection to their own Source.

When you understand that it's all about offering my vibration: “I offer my vibration, and the Universe responds. It doesn't matter what he does, or he does or she does. It doesn't even matter what they think of what I do. A million of them

QUESTIONS AND ANSWERS

could push against me, and it would not negatively affect me, at all — unless I push back.”

“When I finally get it that I offer a vibration, and the Universe responds — now I’m able to allow anyone to vibrate or behave or think or believe or desire anyway they want — because what they do, in no way could have negative impact upon me.” But if I don’t know that, if I believe that you might negatively create, and that some of what you do might seep over on me, if I believe that your illness or your philosophy or your religion might do harm to me, now I’m defensive. I’m putting up borders. I’m boycotting and barricading. I’m putting down laws and rules and requirements, and now, I’ve got enforcement people... Now, in my defensiveness, in my guardedness of what might be, I disconnect from Source — and as I disconnect from Source, bad things begin to happen to me. And then I become even more convinced that you and your different beliefs are a threat to me.

Oh, it is so clarifying and so satisfying to finally get it that they all are allowed to exist. They all get to be as they are, and all that they choose is appropriate — and I get to choose, and that is appropriate.

Religion is demanded by the masses who want guidance. Religion, in and of itself, has a very positive basis. People want so much to be good. They want to do what is appropriate, and they just want someone to tell them what to do.

A Personal Relationship

Bless your hearts. We don’t know how you stand it. Every time you turn around there’s somebody else saying, “Come this way.” “No. Come this way.”

Or, “Whatever you do, don’t go that way.” And it is so wonderful when you finally connect, when you finally get the correlation that elation means you’re connected to your God Force and anger means you’re not. Appreciation means you’re connected and frustration means you’re not. *When you finally get it that you have this personal relationship with this Stream and that you have this magnificent Guidance System within you that lets you know, in every particle of every moment, what you’re doing relative to the Stream, and so, you let your dominant intent be to connect to the Stream and radiate it as much as you can — then, suddenly, everything else falls into its perfect place.*

There will always be those like those in the Bible, and even Esther here today, who connect with the Stream and who respond to your asking. Is there one voice that’s more appropriate than others? No. Each must find that which is in vibrational harmony with who they are.

Our Differences Are Important

Esther said to us, “Abraham, how come you guys (meaning nonphysical entities) can’t get your stories straight? This one says this. That one says that. If we have been talking to God, why doesn’t God say the same thing to everyone? Why isn’t everybody getting the same message?” And we said, “Everybody isn’t asking the same question. Everybody is not at the same point of understanding. Everybody is not even wanting the same thing.” *We are all about eternalness, which means we are about difference. It is in our difference that desires of all kinds come forth, and as all of these new desires pop up, every one of them, even in their difference, is important.*

Excerpted from

G-7/11/98 — Chicago, IL

Love ➤ Appreciation ➤ Love

Continued from pg 13

A Truth Seeker In appreciation for the spiritual inspiration/understanding/truth I have received, thus far, through a number of cassettes. I am an avid seeker of Truth, and I very much appreciate my greatly enhanced understanding of life-matters and living, through a number of *Abraham-Hicks Publications* issued cassettes.

Sincerely, JO—CA

Hearts Are Singing Our bonus tape set of the Chicago weekend just arrived and we just want to tell you that you are the GREAT-EST! Your generosity is so much appreciated, and it is such a joy to be connected to such “angels” as you who live so abundantly as Deliberate Creators. Abraham’s message continues to make our hearts sing!! Thank you so much for being the wondrous vehicles in providing such uplifting weekly sharings.

Shine on! In love, light & Spirit,
SW — AZ

Mate In Harmony I started on this path 4 or 5 years ago, wanting to know how to attract harmony with my mate of 15 years. Now, we are in wonderful harmony, creating joyful experiences, funny adventures, and we are living life to the very rafters — Thank you for cocreating with me — showing me how!

Great love, ST — SC

Gets Better And Better Thank you so much for my first monthly tape — a real joy to receive and listen to. Many thanks also for your “Quarterly Journal No 6” packed with wisdom, humor and

inspiration.

Many thanks to you all. In love and light, JC — England

Gets Better and Better It’s been a year and a half since I “met” Abraham, and things just keep getting better and better! It’s like a continual evolvement from week to week. Wow!

I have a request. From the first moment that I heard the *Introductory Tape*, I’ve been intrigued by Jerry’s life. Would just love to read an autobiography! Not just a “did this, went here,” but his interpretation of major turns in his life. I think we’d be inspired. Any chance? And did he agree in nonphysical to come forth with so many initial obstacles in order to develop the seeking mind he has?

Thanks for everything!

TR — CA

Wouldn't It Be Nice? I came to see you in El Paso, in November, and have already changed my life as far as my abundance of money and joy — just by saying many “Wouldn’t it be nices” every day.

I am thrilled to finally understand I can do this.

Much love, SH — NM

A Whole New World Thank you so much for sharing your works. It has opened a whole new world for me. I never knew how negative I was, and I’m enjoying the process of becoming positive.

Thank you for everything. Can’t wait to see you here in Maui.

Love, CR — HI

ABOUT THE AUTHORS

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

Esther & Jerry Hicks

Jerry and Esther have now published more than 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

