



# A NEW BEGINNING I

## Handbook For 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.

## **JERRY & ESTHER HICKS**

We thank each of those who have participated in workshops and consultations with Abraham, for through that interaction this book has evolved.

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> First printing, May, 1988 Second printing, November, 1990 Third printing, September, 1991 Fourth printing, September, 1992 Fifth printing, December, 1993 Sixth printing, January, 1996 Seventh printing, June, 1997 Eighth printing, January, 2000 Ninth printing, April, 2002 ISBN 0-9621219-3-2

Published by Abraham-Hicks Publications

Manufactured in the U.S.A.

### Books By Abraham-Hicks:

## A New Beginning I, 1988

Handbook for Joyous Survival

## A New Beginning II, 1991

A Personal Handbook to Enhance Your Life, Liberty and Pursuit of Happiness

## Sara, and the Foreverness of Friends of A Feather, 1995

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## INTRODUCTION

How is your life governed? What part fate, what part by others, and what part by you?

Why were you born? Was it a quirk of fate, a decision by others, or was it by your choice?

Have you a purpose for life? And if you do, is it predestined, is it to fulfill others, or is it to serve your intentions?

What is the best use of the time that is left of your physical life?

What limits of bodily conditions, material conditions and relationships are yours?

What attracts those people, books and incidents to you, of seeming magic that have such major influences on your life? And what part do you play in that attraction?

And, is there meaning or cause behind it all, or is it merely luck, good, bad or indifferent?

ABRAHAM WILL GUIDE YOU TO ANSWERS TO EACH OF THOSE QUESTIONS THAT ARE DIRECTLY RELATED TO YOUR LIFE TODAY, AND THROUGH THE FOLLOWING PAGES, CAREFULLY, PRINCIPLE BY PRINCIPLE, AND PROCESS BY PROCESS. YOU WILL BE DIRECTED TO THE DISCOVERY OF YOUR JOYOUS *DELIBERATE* CREATION AND CONTROL OF EVERY EVENT AND CONDITION OF YOUR LIFE.

Esther's head was rolling gently, but erratically, as I looked up in response to her squeal of delight, "They are spelling the alphabet with my nose!"

That was November of 1985 and the "they" was a group of Non-physical beings who call themselves Abraham.

For 15 minutes, every day, for 9 months, Esther and I had been sitting to quiet our minds in order to learn, first hand, the identity of our "spiritual guides." We had been told that we would meet them through a "clairaudient" experience and here they were!

Joyous thrill bumps of confirmation covered Esther's body, and as the letters progressed from "L-M-N-O-P" to, "I AM ABRAHAM, I AM YOUR SPIRITUAL GUIDE, I LOVE YOU, I AM HERE TO HELP YOU"....we were elated!

Two months later, while we were lying in bed, her hand began to tap on my chest, and Esther exclaimed, "I think they want me to go to the typewriter!" and they proceeded to type out the first of what now has amounted to thousands of pages of information.

And it was two months later, as we were driving on a Phoenix freeway, that Esther said, "I think they are going to speak through me," and Abraham's first words were, "This freeway is too dangerous...Take the next exit" and we did.

That was another new beginning for us, and I can foresee no ending to this truly fabulous experience.

I have lived a delightful, varied, rewarding life before this experience, but the years that we have had of this conscious learning association with our friends, Abraham, have been the most fulfilling yet and Esther and I take extreme pleasure in sharing our Non-physical friends with you in this manner.

Today is January 31, 1988, and Esther, my wife, has just now completed the typing of the words of the body of this book that has been dictated through her physical body by our delightful Non-physical friends, Abraham.

Abraham describe themselves as a group of beings, focused into the physical perspective from their Non-physical perspective, and they are communicating to us, through Esther, from the Non-physical dimension in which they are currently focused. They say that they have lived thousands of lifetimes and that they are together, now, by their mutual intent.

"Abraham is teacher," they have told us, and by their choice, and by our

mutual wanting and allowing, they are able to transmit their message to us, through Esther.

Esther, they have explained, is a sort of receiver/transmitter who receives blocks of thoughts and *translates* them at an unconscious level of her being. And in a similar manner she transmits our message, through thought, back to Abraham.

Abraham tells us that we had agreed to interact with them in this way, even before our physical birth into this life experience, but they stress that the decisions that we are making, here in this physical dimension, are dominant and that it is our conscious choice to participate with them or to not participate with them. In other words, they will not speak with us without our wanting and allowing.

They began this book only six weeks ago, dictating a part of it each day into a tape recorder, and I cannot help notice the ease with which they have offered their part of this book, in contrast to the methodical way of my writing this *Introduction,* which we have agreed will be my responsibility.

I found that it was very difficult to define the beginning point of my "Abraham" experience, because each of my experiences has led to another which has led to the next.

I wanted to express the marvelous relationships that Esther and I share and the tremendous enhancement that our relationship with Abraham has provided. I felt that as you are beginning to read this book, you may be interested in the unfolding of the process of Esther's ability to speak clearly the thoughts of this wise and loving group of beings, but it seemed that the more I wrote, the more needed to be said, until I had pages of material and much more than is appropriate for this *Introduction*.

And so, as I always do when we are working together on a project that involves the hearing or reading of any of Abraham's materials by others, I asked to speak with them about the appropriateness of my ideas in the context of their overall philosophy and their intentions.

Abraham spoke right to the point and their excited emotion was unusually high, "What is your intent in this that you write?"

"Abraham," I said, "I want to write something that will encourage the reader to read every word of this wonderful book, in the order that it has been written."

"Do you have other intentions?" Abraham asked.

"I want the reader to understand that they, at this moment, are at the beginning point of a new segment of their life, and that from this stage, empowered by the perspectives that you offer through this book, that they can expect to move forward into fresh experiences and knowledge at an accelerated rate of growth AND THAT FROM THIS NEW BEGINNING, THEY CAN CREATE THEIR NEW WORLD EXACTLY AS THEY WANT IT TO BE."

As I spoke, Esther's eyes were dark, and her head was nodding gently as it often does as Abraham is listening intently.

"I want the readers to understand that you offer whatever degrees of wisdom that they are wanting, and that for those who are open to new thoughts and experiences, there will be much received. I want them to understand that past thoughts, or past lives, need have no power over present intentions and that *by a conscious decision to allow new thoughts, anyone, at any time, can deliberately begin a new experience,* and that by consciously utilizing the *Process of Creation,* that you have offered in this book, they can deliberately achieve glorious new learning and spectacular fresh growth, in this moment."

I paused for a moment, thinking that Abraham might be ready to speak, but they remained silent, as if they knew that if they didn't speak, that I would. I continued:

"This is not a book *about* the psychic, the occult, the supernatural, the paranormal, the magical, or the metaphysical. THIS IS A BOOK *ABOUT* THE PROCESS OF DELIBERATE PHYSICAL CREATING, *ABOUT* THE BLENDING OF THE PHYSICAL BEING WITH THE INNER BEING. AND IT IS *ABOUT* THE MEANS OF JOYOUS PHYSICAL SURVIVAL OF THE DRAMATIC PHYSICAL CHANGES THAT ARE OCCURRING THROUGHOUT OUR WORLD.

"Abraham, your message speaks to the person who wants to be in control of every area of their life experience, and I believe that each person who is ready to receive that learning will be enthusiastic about their recognition of the validity of the material in this book, from the very first chapter."

Again, I paused, but not long, because my thoughts were clear and coming rapidly as I was excitedly explaining the value of Abraham's book to Abraham, as if they didn't already know its value.

"Abraham, I want to bring some sort of clarity to the whole idea of Nonphysical beings interacting with physical beings. There is such wide variation in the mediums of communications and in their messages. Some write, some use Ouija boards, some sing and dance, and some speak using the vocal apparatus of the person who is in physical form. Some are almost not intelligible, and yet some sound as clear as the physical speaker's regular voice. The state of trance seems to vary, also, from a very deep unconsciousness, to what appears to be a state of normal consciousness. The list of differences seems endless. Even an understanding of the dimensions in which they exist defies us. And so, their value to us comes through what we are receiving from them. And again we meet with wide diversity. Some of the messages are opinionated and judgmental, others are light hearted and chatty; there is traditional thinking, modern thinking, open thinking, closed thinking, brilliance, plainness, confusion, and clarity.

"Abraham, I want the reader to understand that they can know the value of that which they receive from Non-physical beings by the way that they feel, and that whenever they hear or read words that bring them great discomfort, that they can turn away, for now, because those words are not for them, in this time, and that they can accept only what they want to hear, and that each individual has the ability to decide what is wanted, for themselves.

"I want them to know that their life is not governed by fate and that it is not under the direction of another. I want them to know that their life is all within their control. I want them to understand why it seems that the rich *get* richer and the poor get poorer, and why the better it gets, the better it gets and the worse it gets, the worse it gets.

"Most importantly, I want the reader of this book to recognize that they are reading a workbook...a how-to book of life. This is not a book of entertainment. It is not a book of history or of psychic predictions of the future...*THIS IS A WORKBOOK THAT EACH PERSON CAN IMMEDIATELY PUT INTO USE IN ORDER TO CREATE A NEW BEGINNING OF A POSITIVE PERSONAL LIFE.*"

I stopped talking, almost tired from speaking excitedly for so long, and Abraham smiled at me, more through Esther's eyes than with her mouth, and spoke:

"Write what you have said to us. It is most appropriate for your beginning section of our book."

And so, I encourage you to read on, from this point, in the order that Abraham has offered their message in the following 15 chapters. In the segment that follows chapter 15, you will find a section explaining Esther's and my physical evolution to the point of meeting Abraham, and to the writing of this book.

We have also included, in the final pages of this book, a transcription of some questions and answers from a few group sessions which will be of great value to you once you have read and understood the principles that are offered in these first 15 chapters.

> Jerry Hicks San Antonio, Texas January, 1988

It is with great enthusiasm that we interact with you in this time. Not intending to do for you what you have intended to do for yourselves. Not intending to give you information before you are ready to receive it, and not intending to discover for you, that which you have intended to discover on your own, but we interact as friends from your inner world who have agreed to participate with you in this time.

We are teachers, and we are here to teach Universal haws that apply to all life experience, physical or nonphysical, so that you may enhance this physical life in which you are now participating.

We are offering you, here, absolute freedom. You see, as important as understanding the Creative Process, so that you may create those things that you want, it is just as important that you understand it so that you may stop creating those things you do not want.

— Abraham



# 1

## WHO IS ABRAHAM, WHO ARE YOU AND WHAT IS THE VALUE OF OUR INTERACTION

WITHIN THIS BOOK, YOU WILL FIND THE KEY TO YOUR CLEAR AND DELIBERATE CREATIVE CONTROL OF THIS PHYSICAL LIFE EXPERIENCE AS WELL AS THE KEY TO THE JOYOUS EXTENSION OF THAT PHYSICAL LIFE EXPERIENCE.

We are joyous here as we gather in this Non-physical dimension, beginning on this day the writing of another book. And while this is not the first book that we have written together through this woman who is now taking dictation from us, it is, perhaps, the most significant that we have written together. And as we are writing this book, we are filled with joyous enthusiasm, for we are completing an intention that has been set into motion a very long time ago, and as with all things that are intended and then are allowed and received, there is contented joy.

As we begin to put these words upon the page, we are filled with eager anticipation of your receiving of them. But do not misunderstand, for we take no responsibility for your reception of these words, for as teachers, we have learned that we can offer information and knowing, but the receiving comes only by the decision of the one who seeks.

We interact with you, intending to be offerers of knowing and stimulators of thought, but it is not our intent to do for you that which you have clearly intended to do for yourselves.

As we begin we will take a moment to explain to you who we are, that you might have a clearer understanding, not only of who we are, but of who you are. For a part of you, a part unknown to you, perhaps, is very much as we are now,

in our Non-physical dimension.

We are wanting you to understand, more clearly, how it is that you have chosen this physical life experience in this time, what it is that you are expecting to gain from it, and give to it, and how this physical life experience fits into the broader picture of life experience. It is our intent to bring you to a clearer understanding of who you are.

We are a group of Non-physical beings who are currently living in a dimension that is different from the physical dimension in which you are focused. We stress that we are living, for we are not wanting you to assume that because we are not in physical form, that we are dead.

#### WE ARE VERY MUCH ALIVE AND WE ARE VERY MUCH INVOLVED IN LIFE.

There are many of us gathered together here. We are, what you would term, "a family," although we are not a family in the physical sense that you usually think of a family. If you were able to see us as separate beings, you would see us as approximately one hundred beings. Some of us have experienced many physical life experiences, and some of us have not. And while we are currently participating with you through this woman through whom we are speaking, we also are participating in other life experience at the same time, and, like you, we are working upon more than one project. We are not a family that has come together by birth, but a family that has been drawn together through evolvement.

Those of us who are gathered here are together because we are of the same intention, and just as you hold many intentions within your heart in any given moment, we do, as well. And all of our intentions are compatible with the intentions of the others who are gathered here.

When we are interacting with one another in our Non-physical dimension, we do so not with spoken or written word but with the transmission of thought or intent one to another. In our Non-physical dimension we do not call one another by name, for our recognition of one another goes beyond that which a label or a name offers.

As we offer these words, we are wanting you to have a clearer understanding of who you are and of who we are, but more importantly, we are wanting you to recognize your reason, or your intention, that came forth from your Inner Being at the time that you made the decision to be a part of this physical experience, FOR IN UNDERSTANDING YOUR REASONS FOR WANTING TO BE IN PHYSICAL FORM, YOUR PHYSICAL EXPERIENCE WILL BE TREMENDOUSLY ENHANCED.

Perhaps you will come to understand your inner motivation, that feeling of urging that comes forth from within, that you, perhaps, cannot make sense of from your conscious thinking perspective.

Perhaps many of the mysteries of your physical experience will be solved as you read this book, and perhaps you will gain a clearer understanding of what you are currently wanting to do, in light of the broader, clearer perspective that will be provided to you through the words that are written here in these pages.

We offer these words with tremendous joy, with tremendous excited anticipation and with great love.

#### December 15, 1987

WORDS TRULY DO NOT TEACH. True knowing comes from life experience, and that is the reason that we are all continually engaging in life experience. But we offer these words, that they might stimulate your thinking, that through your thoughts, you may draw life experience that will bring you to a clearer understanding or to more knowing.

#### TRULY, A TEACHER IS A STIMULATOR OF THOUGHT.

As we are beginning this book, we are seeking a beginning place, and that is not an easy thing to do, for each of us, physical or Non-physical, is at a different point of understanding.

There is truly not a specific order to learning or to growth. Each of us, at our current point of understanding or from our current perspective, set our thoughts into motion, and they attract life experience and from that life experience we draw our knowing.

You are a marvelous physical being, dominantly focused in the physical dimension in which you dwell, and your physical perspective allows you to perceive only that which is of your physical dimension. We are not critical of that, for there is tremendous value in this physical life in which you are focused. And while you have lived many life experiences, both physical and Non-physical, you have no conscious memory of that which you have experienced before this physical lifetime, and that enables you to consciously remain focused upon this lifetime, and upon that which you are now wanting to accomplish.

You are physical beings in this physical dimension upon Planet Earth because you have intended it to be that way. And as you are experiencing this life experience, you are fulfilling that decision that you have set forth prior to your physical birth.

That part of you who made the decision before your physical birth is still a part of you. We call it your "INNER BEING," for there are not accurate physical words to describe this part of you. It is a broader, wiser, certainly older you, the part of you that transcends physical birth and death. It is the part of you that is aware of all of the experiences that it has participated in, both physical and Nonphysical.

One of the basic reasons that we are writing this book is to help you to recognize that your *Inner Being* exists. And that while you are indeed focused in this physical dimension, that you may have access to the knowing that is held by your *Inner Being*, if you will allow it.

# 2

## **CREATING BY**

## DELIBERATE INTENT OR BY DEFAULT

#### December 15, 1987

Just as there is no ending to life, there is no ending to growth. For both growth and life are eternal, or everlasting. And while physical experience does have decided beginnings and endings, THE ENDING OF A PHYSICAL LIFE EXPERIENCE IS CERTAINLY NOT THE ENDING OF LIFE, NOR IS IT THE ENDING OF GROWTH.

And while all life experience is growth experience, physical life experience provides an opportunity for a specific sort of growth that is available only through physical life experience. And it is for that reason that each of you, in physical form, has so specifically and so deliberately intended, and wanted, to be a part of this physical life experience.

As you have made the decision to be here, to experience life, you have intended to understand, through this physical life process, the Creative Process, that you may deliberately create that which you choose within this physical life experience. It is your dominant intention as you are in physical form at this time.

And because that intention is of such importance to you, we are interacting with you, from our Non-physical dimension, that we might stimulate your thinking toward an understanding and application of the DELIBERATE CREATIVE PROCESS.

WE WILL BEGIN BY EXPLAINING TO YOU THAT YOU ARE THE CREATOR OF ALL THAT OCCURS IN ALL OF YOUR LIFE EXPERIENCE.

Because you are now specifically focused in this physical life experience, we will speak of the CREATIVE PROCESS as it applies to this physical life experience in which you are now participating.

You create your physical life experience through your thoughts. Literally, every thought that you think gives birth to a creation.

The thoughts that you think, regarding those things that you want, set into motion the creation, and eventual fulfillment, of that which you want. And likewise, the thoughts that you think, regarding those things that you do not want, set into motion the creation, and eventual fulfillment, of that which you do NOT want.

Regardless of whether your thoughts are in the direction of what is wanted, or in the direction of what is not wanted, in the direction of that which excites you and pleases you, or in the direction of that which you fear, which does not please you, EVERY THOUGHT HAS CREATIVE POWER.

As you look into your life experience, analyzing it from this new viewpoint, you may recognize, immediately, how it is that you have experienced, and are experiencing, that which you have drawn into your life experience through your thought.

Every thought is powerful, and any thought that is brought to mind often, even without the presence of high emotion, will eventually manifest into physical realization or actualization, but every thought is not equal in its ability to create, or in its speed for physical manifestation.

The thoughts that you set forth in combination with great emotion are the most powerful of your thoughts, whether they are positive thoughts (in the direction of what is wanted) coupled with positive emotion, or negative thoughts (in the direction of what is not wanted) coupled with negative emotion, the strong emotion that you feel as you are giving thought, indicates that you are bringing into physical realization, that which you are giving thought to, very quickly. Any thought that is brought to mind often, even without the presence of high emotion, will eventually manifest into physical realization.

To summarize this segment of the *Creative Process: Understand that all* thoughts create, and the more emotion that is present at the time that a thought is set in motion, the faster the creation will be received, and as frequent thought is given in any direction, without the hindrance of negative thought, there is certain creation, eventually.

When you fully understand what you have just read, it will be very clear to you how it is that you have attracted the life experience that you are currently living, and as you look into your past, remembering that which you have created, you will recognize, without exception, that all of it has come to you through your thoughts.

When you are deliberately deciding that you want a thing and are giving your conscious deliberate thought to it, that is creation at its best, but when you are giving thought to that which you do not want, but nevertheless creating it, that is creation by default.

We write this book with great enthusiasm because, from our perspective, we have observed that more of you who are in physical form upon Planet Earth at this time are creating by *default* rather than by conscious and deliberate intent, and it is our desire that we may stimulate your thoughts, as you read these words, to the point of understanding how it is that this creating is occurring. And as you understand the process by which you are creating, then you will have more possibility of being in deliberate control of your current life situation.

WE WILL STATE THE LAW OF CREATION IN SIMPLE TERMS HERE: WANT IT; AND ALLOW IT TO BE, AND IT IS. (Perhaps even a better term than "want," would be, "intend," for in the intending, there is wanting, certainly, and also an expectation for the receiving. "Intend" is a broader, more inclusive word) We will restate the LAW OF CREATION: INTEND IT, AND ALLOW IT, AND IT IS.

As we observe your participation in your physical world, we are aware that it is the ALLOWING part of this equation that is out of balance for most of you. Many of you have long lists of unfulfilled wants, and although there is always room for improvement in clarifying precisely what it is that you are intending, as more of you begin to *allow* yourself the receipt of that which you want, there will be much more deliberate creating occurring, and as a result, there will be much more joy and contentment experienced.

CONTENTMENT COMES ONLY FROM INTENDING, AND THEN ALLOWING AND RECEIVING.

Many of you, as you set a creation into motion, remove the possibility of its creation at the time you give birth to the creation.

For example: "I want a new red car, *but* it is too expensive." You see, you have given birth to your new red car, on the one hand and in the same breath you have removed the possibility of receiving it by your statement that it is too expensive. And much of that which you would create is voided in just that way.

The statement, "I want a new red car," is one half of the equation for creation, the wanting or intending part. But, "It is too expensive," is stifling the allowing, you see. And so, recognize that you have only to state, "I want a new red car," and leave it at that, not setting forth your counter-creation, your contradictory-creation, your destructive-creation, your anti-creation or your uncreation.

OFFER ONLY THOSE THOUGHTS AND WORDS THAT ARE IN THE DIRECTION OF WHAT YOU WANT.

#### December 16, 1987

While you are physical beings in this time, and we are not, our life experiences are not so different as you might imagine them to be. There are Laws which apply to our Non-physical experience just as they apply to your physical experience.

While it is true that there are many earthly agreements that you are participating within that we are not currently participating within, *THE LAWS OF THE UNIVERSE REMAIN CONSTANT, REGARDLESS OF THE DIMENSION IN WHICH* YOU DWELL. The Law of Creation is such a Law.

Perhaps, the most interesting thing about a Law is that IT IS whether you recognize that IT IS, or not. In other words, it affects you, even in your ignorance of it.

YOU ARE SETTING CREATION INTO MOTION THROUGH YOUR THOUGHTS, WHETHER YOU UNDERSTAND THAT YOU ARE, OR NOT. That is a reason that we are writing this book. We are wanting you to understand the Law of Creation, that you may deliberately apply it to the physical life experience in which you are currently participating, rather than applying it "accidentally," or by default, because of your lack of understanding.

And so, what is, "creating by default"? It is setting into motion the creation of something that you really do not want, by giving your attention, or focus of

thought, to it until it is created. Much of what you are experiencing would fall into that category, would it not? The usual response when one hears for the first time that they are the creator of their life experience and that all that they are experiencing, without exception, is by their own doing, is, "How can that be? I would not have created this thing that I do not want."

We agree that in most cases you would not deliberately create that which you do not want, but we will not agree that you have not created it, FOR THERE IS NOT ANOTHER WHO CREATES IN YOUR LIFE EXPERIENCE.

It is not possible to create within the life experience of another. You cannot create in their experience and they cannot create in yours. Therefore, everything that you are experiencing is by your own creative hand, or more appropriately said, by your own creative thought.

As you are participating in this physical life experience, seeing through your physical perception, it is sometimes difficult for you to understand that your creating is not occurring out in the physical world. You believe that you do your creating by banging around in the physical world, but your creating occurs, without exception, within your *Creative Workshop*, and you are the only one in your *Creative Workshop* unless you allow another in, or invite another in through your thought.

Of course, by now, you have already arrived at the conclusion that if you are creating through your thought, that it is of extreme importance that you control your thoughts so that you may deliberately set into motion the creation of that which you choose. And in the next pages it is our intention to offer to you some exercises that will assist you in that very thing.

### EXERCISE FOR DELIBERATE CREATION

THE FOLLOWING IS AN EXERCISE TO ASSIST YOU IN THE DELIBERATE CREATION OF WHATEVER YOU DESIRE:

It is best, in the early stages of understanding the Deliberate Creative Process, to target three or four of your primary desires. Eventually, you will be able to simultaneously create in unlimited directions, but as you are learning the process, it is best to focus in only three or four directions.

Select those desires or wants or intentions that are most important to you in this time and write each of them at the top of a separate sheet of paper in this way:

"I intend to receive..." and then write whatever it is that you are intending to receive. And then take each of those sheets of paper, individually, and complete them one at a time, as follows:

Below your statement of intent write, "These are the reasons that I intend..." and then restate your intention. *And write all of the reasons that you want this.* 

WHEN YOU ARE WRITING, YOU ARE AT THE STRONGEST POINT OF FOCUS THAT YOU CAN ACHIEVE WITH YOUR CONSCIOUS THINKING BEING. Write what flows forth from you. Do not write what someone else wants you to want, but that which is important to you. Write as long as it flows forth naturally. Do not force it.

Then turn your sheet of paper to the other side, and write at the top: "I know that this is, (or 'that it will be,' if that stretches your belief a bit too far) for the following reasons...." And then state and write all of the reasons that you know that you will achieve that which you have written on the other side. Again, let it flow forth from you.

Once you have completed your statement of belief fold the paper and put it into your pocket or your handbag or some place where it will be convenient for you to retrieve it and read it during the day, and know that your creative work is complete. CONSIDER IT DONE.' Realize that you have set into motion the creation of that intention which you have stated and written.

On the first side of your paper you have stated your intention, and below it you have enhanced the wanting or the intending part of the equation for creation. On the second side of the sheet you have enhanced the allowing part of the equation for creation. And now it is complete.

There is nothing more for you to do toward the creation of that which you have intended, other than to allow it to be. And by that we are saying that unless you create against the creation that you have set into motion, with your thoughts

that bring forth fear or doubt or worry, *or your notice it has not yet happened*, then that creation will appear within your physical experience.

You see, as you are noticing that what you have intended has not yet occurred, what you are giving your attention to is the lack of that which you want. And as you give your attention to anything, you create more of it. And so your notice that it has not yet occurred creates more of it not yet occurring. YOUR NOTICE OF THE LACK CREATES MORE OF THE LACK.

THE MORE INTENSE EMOTION THAT IS PRESENT WITHIN YOU, AS YOU ARE STATING THAT WHICH YOU WANT, THE FASTER YOU WILL RECEIVE IT.

Be certain that you are thinking, always, in the direction of what you are wanting, not in the direction of what you are not wanting. In the direction of the receiving of it, not in the direction of the fear that you may not receive it. In the direction of the joyous expectation, not in the direction of your noticing that it has not yet come.

And then continue this process with the remaining two or three sheets of paper, setting each creation into motion with this process.

And now, your creative work is finished upon those topics, Now you have only to think positively, or in the direction of that which you want.

Do not allow yourself to think negatively regarding these topics, or in the direction of that which you do not want. And as you apply this exercise, you will receive that which you intend.

#### December 16, 1987

It is not necessary for you to contain your thoughts only to those three or four intentions that you have listed earlier in your *Exercise for Deliberate Creation,* for there are many other things that you must also tend to in this physical experience in which you are participating.

When you are consciously concentrating upon the task at hand, you are not usually miscreating or undoing a creation previously set into motion.

MOST MISCREATING OCCURS WHEN YOUR MIND IS DRIFTING, OR WANDERING, DURING THOSE ACTIVITIES THAT DO NOT REQUIRE CONSCIOUS CONCENTRATION, SUCH AS DRIVING YOUR AUTOMOBILE OR TAKING YOUR BATH

OR GROOMING YOURSELF. THEREFORE, IT IS OF VALUE FOR YOU TO BE FOCUSED UPON SOMETHING AT ALL TIMES, FOR YOUR MARVELOUS CONSCIOUS THINKING MECHANISM IS NOT CONTENT TO BE IDLE. If you do not deliberately give it something to think about, or to focus upon, it may be stimulated by thoughts or words or actions that surround you.

# RECOGNIZING COMMUNICATION FROM YOUR INNER WORLD

Every being who is in physical form at this time is currently receiving communication from another dimension, from an inner dimension, from their *Inner Being.* And while there are those who are more aware of the communication from within than others, and while there are differences in the way that it is received, *EVERY BEING IS RECEIVING COMMUNICATION FROM THEIR INNER BEING IN THE FORM OF EMOTION.* 

Your emotions are not from your physical world. They come forth from the inner world and are directly communicated to you from your Inner Being.

The advantage of receiving information from your *Inner Being* is that your *Inner Being* has a broader perspective. *YOUR INNER BEING HAS THE AWARENESS AND KNOWLEDGE THAT COMES FROM ALL LIFE EXPERIENCE, PHYSICAL AND NON-PHYSICAL*, whereas your physical perception is limited to this lifetime only. And so, as you are sensitive to the communication that comes forth from your *Inner Being*, it is of great value.

As you are feeling positive emotion, such as love, peace, happiness, joy, excitement, exhilaration...it is your Inner Being communicating to you in that moment that you are feeling the emotion, that your thoughts are in harmony with that which you are wanting.

As you are experiencing negative emotion, such as fear or doubt, anger, hatred, jealousy, stress, guilt, anxiety...it is a communication from your Inner Being telling you that in that moment, that which you are focused upon is not in harmony with what you are wanting.

As you begin to recognize negative emotion in the early subtle stages, you will be able to immediately halt the creating in the direction of that which you do not want, and, at the same time, stop the negative emotion that you are experiencing.

THAT WHICH YOU INTEND, OR WANT, IS POSITIVE, AND THAT WHICH YOU DO NOT WANT IS NEGATIVE. You see, the Law of Creation is this: As you intend it and allow it to be, it is.

As you are setting forth a positive thought of that which you want, and you are at the same time experiencing positive emotion, you are, in that moment, in the perfect position for the receiving, or the deliberate creating, of that which you are giving thought to. And the higher the intensity of the emotion, the faster the creating is occurring.

As you are giving thought to that which you are not wanting, and in the same moment experiencing fear or doubt or any negative emotion, in that moment you are in the perfect position, having negative thought and negative emotion, to create that very thing that you are not wanting. It is Law.

IN SHORT: YOU GET WHAT YOU THINK ABOUT, WHETHER YOU WANT IT OR NOT..

#### December 17, 1987

In order to create anything that you are wanting or desiring or intending, you have only to set forth a clear deliberate thought of intent, *and then to ALLOW it to be.* 

Unless you are deliberately suppressing your wanting because you have wanted and not received for such a long time that you have given up on your wanting, then being ineffective at the wanting part of the equation is not usually what is keeping you from deliberate creation.

It is that you do not allow because you do not believe. What you believe regarding anything that you want is extremely important, FOR YOU WILL ALLOW ONLY WITHIN THE BOUNDARIES OF YOUR BELIEFS. And SO, in many cases your beliefs must be altered to harmonize with your intentions.

When you understand that your beliefs, also, are creations set into motion by you because of previous experience, then you realize that your beliefs are not unchangeable, but, instead, they are pliable and moldable.

You alter your beliefs by applying new or additional thoughts to those beliefs until you have molded them into that which you now prefer.

There are limitless beliefs that are stored within your conscious thinking physical being. Most of them are dormant and will remain dormant, but as you make a statement of intent, your beliefs that are within you regarding that subject will surface immediately.

Once one of your beliefs has surfaced, that belief, or thought, FOR A BELIEF IS NOTHING MORE THAN A THOUGHT THAT YOU HAVE THOUGHT BEFORE, THAT YOU CONTINUE TO THINK, that thought will attract other thoughts that are like it. It is what we call the "LAW OF ATTRACTION":

It is of great value for you to understand the *Law of Attraction,* for it is not your friend, or your enemy, it just is. It will attract more of whatever you are thinking to you. As you are thinking in the direction of that which is wanted, or that which you may term a positive thought, the *Law of Attraction* will bring to you more thoughts that are in harmony with that. And as you are considering or pondering that which you do not want, the *Law of Attraction* will, in the same way, bring to you other negative thoughts that will enhance the original thought.

THAT WHICH IS LIKE UNTO ITSELF IS DRAWN.

Most thoughts, particularly those that are not surrounded by high emotion, are not powerful enough to instantly, or even quickly, manifest into a physical equivalent, but as a thought, by the *Law of Attraction*, attracts other thoughts like itself, eventually that thought does become powerful enough to manifest into the physical equivalent.

It is of great advantage to give much concentrated thought in the direction of those things that you want, and to give little or no thought toward those things that you do not want.

A fleeting thought regarding a negative subject will not harm you, but **DWELLING** upon it will eventually bring the creation of it into your experience.

Unless you invite that which you do not want into your experience by giving thought to it, you will not attract unwanted experiences.

When you effectively utilize the marvelous GUIDANCE SYSTEM that comes forth from your Inner Being, in the form of emotion, then you will be in a position to always effectively create that which you want, while you deliberately avoid creating that which you do not want.

As you are sensitive to the emotion that you are feeling, in any time, you will know, in that moment, if you are creating toward or away from that which you want.

YOU MAY TRUST YOUR INNER GUIDANCE, FOR IT COMES FORTH FROM THAT BROADER, WISER PART OF YOURSELF THAT HAS THE ADVANTAGE OF KNOWLEDGE THAT IS ACCUMULATED FROM THOUSANDS OF LIFETIMES, BOTH PHYSICAL AND NON-PHYSICAL.

#### **BELIEF BRIDGING EXERCISE**

HERE IS THE TECHNIQUE FOR CONTINUAL, DELIBERATE, POSITIVE CREATION:

As you are moving through your day, participating in the wide variety of activities which make up your physical experience, BE SENSITIVE TO THE WAY THAT YOU ARE FEELING. As long as you are feeling positive emotion, know that you are creating toward those things that you are wanting. But if you feel negative emotion, fear, doubt, anxiety, stress, anger, guilt, loneliness, jealousy...stop, immediately, in the moment that you recognize that you are feeling the emotion, and ask yourself what thought or word or action brought forth that emotion. And if you will respond in the moment that you are feeling the emotion, you will very quickly be able to identify what thought, word or action has brought it forth, for as you recall it, the negative emotion will be intensified.

As soon as you identify what thought, word or action has brought forth your negative emotion, ask yourself, "What is it that I want?" Make your positive statement of what it is that you want. And then make strong statements that will lead you from your current state of negative thought and negative emotion to

your desired state of positive thought. We will call it building a bridge from where you are to where you are wanting to be.

Do not try to build a very long span (or bridge) for your conscious thinking mind will resist that. It has had enough life experience that it is not so "gullible" as to make a very wide jump, but if you will take small spans, making one statement after another, you will find yourself arriving at the positive position that you are wanting, and you will find yourself feeling positive emotion at the same time.

Once you have made the transition from negative thought and negative emotion to positive thought and positive emotion, you will then be creating in the direction of that which you are wanting.

Here is an example of the bridging process that we have just spoken about: You have begun this day by writing upon your separate pages those dominant intentions that you are currently holding, and among them you have intended to acquire a new red car. You have been very specific about your car, and as you made your list of what you want and why you want it, visualizing yourself as the owner of this car, you felt yourself filled with strong, positive, excited emotion. And as you are moving through your day, thinking about various things, your car is on its way to you, for you have set it into motion, and you have done nothing to stop its motion toward you. And then, as you are driving, not focused or thinking about anything in particular, you see an automobile very much like the one that you are wanting, driving next to you. As you look over at it and you feel happy or excited, then that positive emotion is an indication to you that, in that moment, the thoughts that you are thinking, regarding the creation of your new red car, are in harmony. But, if, as you look over at that car, you feel depressed or dissatisfied, or you are unhappy and anxious because you do not have it yet, or you feel jealous that the other driver does have it and you do not, then know that the negative emotion is an indication that you are creating against your desire, and in the time that you are feeling those negative emotions, you are pushing your car away rather than attracting it to you.

Because you are sensitive to the negative emotion that you feel, you are now *aware* that you are pushing your car away. You may stop that negative creating, immediately, by bringing yourself from your negative thought and negative

emotion to positive thought and positive emotion by building the following bridge:

"I want a new red car like that one. By making this statement of intent, I have set the creation in motion. Now I have only to allow it to be, and it will be. My *Guidance System* has alerted me that, for a moment, I was pushing the car away, but I have stopped that now and am again attracting it by my strong desire. It is a beautiful car. I am excited when I think about having and driving my new red car. Circumstances or events or others cannot prevent me from having my red car. Only my own thoughts might push it away. But now my thoughts are again attracting the car. I know that, because I feel positive emotion."

As you begin to apply this exercise, you will get very good at it. You will find yourself responding to the negative "warning bell" emotion in the very early, subtle stages before other negative thoughts are attracted. You will have far fewer negative experiences experienced by you once this process is understood, for most negative experiences start out with a small and subtle negative thought and negative emotion, and then, by the *Law of Attraction*, blossom into something much bigger and more painful.

There is great value in recognizing, at the early stages, that you are upon a negative path, so that you may divert it and by your deliberate decision create in the direction of that which you choose, instead.

NEGATIVE EMOTION IS OF GREAT VALUE, FOR IT ALERTS YOU TO NEGATIVE CREATION. BUT IF THE NEGATIVE EMOTION GOES UNNOTICED, AND THE LAW OF ATTRACTION ENHANCES IT, SO THAT IT BECOMES LARGER AND LARGER, THEN YOUR PHYSICAL APPARATUS IS DAMAGED, AND WHAT IS WANTED IS PUSHED AWAY.

A very high percentage of those who are experiencing physical deterioration or illness, in your time, are experiencing it because the "warning bell", or negative emotion, has been ignored.

## HINDRANCES TO DELIBERATE CREATION

#### December 17, 1987

An awareness of the Creative Process is of great advantage to those who are wanting deliberate control of their physical life experience.

From the broader perspective of your *Inner Being,* you know that every being now in physical form is wanting deliberate control of this physical life experience. It is the reason, in fact, that you are here. And as you are beginning to understand the *Creative Process,* you may be filled with a very strong desire to control all thought, that you may always create in the direction of what you are wanting. Of course, that is DELIBERATE CREATING at its best.

And here, we will speak to you about the primary hindrances that prevent you from that constant deliberate control. And then we will offer an exercise that will assist you, tremendously, in that deliberate control.

<u>AS YOU ARE INTENDING, AND THEREBY CREATING, ONE OF THE MOST</u> <u>COMMON HINDRANCES IS THE INFLUENCE FROM OTHERS.</u>

As you receive stimulation of thought from others, you may begin to think upon that thought and thereby create in the direction of it, and the *Law of Attraction* will assist you by bringing forth other thoughts that are compatible, or in harmony, with that thought.

Unless you are very clear, in every moment, you may be influenced by the thoughts or words or actions of those who surround you to create something that you do not want.

THE SECOND HINDRANCE COMES NOT FROM THE INFLUENCE OF OTHERS. BUT FROM THE INFLUENCE OF YOUR OWN HABITS—HABITS THAT HAVE BEEN DEVELOPED AT A TIME WHEN YOUR INTENTIONS WERE DIFFERENT THAN THEY ARE NOW. When you are responding out of habit, rather than out of deliberate thought, you may be creating in a different, or even opposite, direction than you really want in this current moment.

Your thoughts are powerful creators, and your words are even more powerful than your thoughts, but your actions are more powerful than your words or your thoughts. Every thought begins small, and by the *Law of Attraction*, as you ponder it longer or more often, it grows larger until eventually you will speak it. Once thought, and then spoken upon, you are led to action.

Since your actions follow your dominant intentions in any moment, it is very important that you are clear, at all times, about what your dominant intentions are.

IF YOU DO NOT TAKE THE TIME TO IDENTIFY AND STATE YOUR DOMINANT INTENTIONS, THEN YOUR CREATING IS MORE EASILY INFLUENCED BY OTHERS OR BY YOUR OWN OLD HABITS.

### EXERCISE FOR DELIBERATE CREATIVE CONTROL

We encourage you to be aware of the natural *segments* of your day. There are not two of you who experience the same SEGMENTS, for each of your life experiences are different, but we will give you some examples here:

When you wake up in the morning, the time that you remain in bed after you are awake is a segment. After you get out of bed, the time that you are in your house, making preparation to leave for work, or other activities is a segment. When you get into your automobile, the time that you are in your automobile, moving from one place to another is a segment. When you answer the telephone, it begins a new segment. When someone walks into your office, it begins a new segment, and so on.

IF YOU WILL RECOGNIZE THAT YOU HAVE BEGUN A NEW SEGMENT, AND AT THE BEGINNING OF EACH SEGMENT. IF YOU WILL TAKE A MOMENT TO CLARIFY WHAT YOUR DOMINANT INTENTIONS ARE, WHAT YOU MOST WANT TO RECEIVE. OR GIVE. DURING THAT SEGMENT, THEN YOU WILL BE IN DELIBERATE CONTROL OF YOUR LIFE EXPERIENCE.

You are beings who hold many intentions, and every intention does not apply to every moment of your life experience. Some of your intentions are more appropriate in some moments, while others are more appropriate in others. And it is necessary for you to identify which intentions are most important during which moments in order to be in complete and deliberate control of your life experience. For example:

When you get into your automobile, as you are buckling your safety belt, intend safety, keen awareness, and perceptiveness of what other drivers are intending. Clearly, it is more appropriate to intend safety when getting into your automobile than when you are reading a book at home.

When you answer your telephone, take a moment, once you know who is calling, to intend that which you most want to communicate to that person. Intend clarity of thought and clarity of expression. Intend brevity if it is important. Intend to uplift the caller. It is more appropriate that you intend clarity of communication as you are speaking on the telephone than when you are swimming alone in your pool.

Most of you do not take time to think about what you generally want, let alone thinking specifically about what you want, moment by moment as you move through your day. But as you identify each new segment and intend clearly what your dominant intentions are for that segment, you will have deliberate control of your life experience.

We are aware that it would be cumbersome to stop in every moment to identify what you most want, but it is not cumbersome to divide your day into segments and to take a few seconds in the beginning of each segment to identify what you are wanting.

In a short time you will find that it is very easy for you to identify the beginning of a new segment, and the few seconds that it takes to intend what you are wanting will not only streamline your life, *providing much more time to do those things that you are wanting to do,* but you will find much more joyous contentment within each day as you are receiving that which you have deliberately intended.

# 5

## INTEND SEGMENT BY SEGMENT TO BECOME A SELECTIVE SIFTER

### December 17, 1987

The physical world in which you are currently focused has evolved to a highly technical and complicated state.

Because you have the ability to receive communication and information, literally, from all around the world, you also have the ability to be influenced by that which is happening anywhere upon the face of your earth.

While technology allows you many advantages, it also brings with it the disadvantage of confusion and overwhelment, for you are living in an age of information overload.

Your marvelous CONSCIOUS THINKING MECHANISM is eager to participate in thought, and quickly goes to work upon whatever stimulation you provide it. And, in this time of technology, you are receiving tremendous amounts of thought stimulation to be sifted and sorted.

BECAUSE MOST OF YOU ARE NOT MAKING DELIBERATE DECISIONS ABOUT WHAT IS MOST IMPORTANT TO YOU, <u>YOU ARE DEALING MORE WITH THAT</u> <u>WHICH IS IMMEDIATE THAN WITH THAT WHICH IS IMPORTANT</u>

Rather than tending to your dominant desires, you are bombarded by, and giving your thought and attention to, whatever is near you. And because of the technological society in which you live, literally everything that is happening upon your earth is "near" you. Therefore, it is more important now than ever before in the history of your earth that you take time, in every day, to identify, and state, clearly, that which is most important to you, otherwise, you may be easily influenced to give your attention to that which surrounds you.

As we observe your physical world, we see beings who are going through the motions of life, performing the physical activities that they term "life" and creating experiences through their thoughts, but not by their deliberate thought. In short, for the most part, we see people who are living by default.

It is our intent, as we write this book, to stimulate your thoughts to a new awareness. To an awareness that you are the creator of your life experience, and to a wanting to be in deliberate control.

UNTIL YOU HAVE MADE A DECISION ABOUT WHAT IS IMPORTANT TO YOU, ALL STIMULATION OF THOUGHT DRAWS YOUR ATTENTION. AND AS YOU GIVE YOUR ATTENTION TO ANYTHING, YOU BEGIN TO CREATE IN THE DIRECTION OF IT. And that is the reason that there is so much value for you to break your day into segments and to intend clearly what is most important to you within each segment.

As you begin the process of *Segment Intending*, you will be in control of your physical experience one segment at a time. The confusion that you are currently experiencing will lessen immediately, and instead of feelings of overwhelment and confusion, which are negative emotions, "warning bells", you will be filled with exuberance and forward motion.

MAKING A DECISION, OR GIVING CONSCIOUS DELIBERATE THOUGHT TO THAT WHICH YOU WANT, PUTS YOU IN A POSITION OF BEING A SELECTIVE SIFTER.

As you decide what it is that you are wanting, the entire Universe goes to work upon making that a reality within your physical experience. As you make no decisions about what is important, then you are not a Selective Sifter but a receiver of all things, and that is the reason for the confusion. Therefore, the more decisions that you make, in any day, the more selective sifting you will do, and the less confusion, and the more satisfaction, you will feel.

#### December 19, 1987

Every being who is in physical form upon your planet at this time has intended, prior to this physical birth, to be in physical form, and to deliberately create, through the power of thought, by utilizing their conscious thinking mind. As you have evolved upon the face of the earth, there has been much wondrous creation, and your creations have become more magnificent as you have achieved new perspectives with the receiving of each new creation. That is what evolvement is, wanting from a current perspective, allowing and receiving, and as you receive that which is wanted, you also receive a newer, clearer, broader perspective from which to make your next intention, and as a collective group of beings who inhabit your earth, you have evolved tremendously, even though the majority of you do not apply much conscious deliberate thought.

It is our intent, as we write this book, to stimulate more of you to want to create consciously and deliberately, so that you may understand that you are continually creating, and that you may choose deliberate creation instead of creation by default.

AS WE OBSERVE YOUR WORLD, WE SEE THE POWER OF INFLUENCE FROM OTHERS AS A TREMENDOUS HINDRANCE TO YOUR OWN INDIVIDUAL CREATIVE THINKING.

It seems that you prefer to accept the creative thoughts of others above setting forth creative thoughts of your own. This is primarily due to your effective communication systems through your televisions and radios and publications, for a very small percentage of your population makes the decisions regarding what is being offered, while a very large percentage of your population participates by viewing or hearing or reading. And the result is that many are influenced by a few.

Every being who receives anything, does so by his own choosing. The information that is offered is not being thrust upon you. You are making the decision whether to receive it, or whether not to receive it.

As most of you are not making a decision about what is important to you, you are not utilizing the value of becoming a SELECTIVE SIFTER; therefore you are receiving some of everything that is being offered. And because there is so much that is being offered, and because you are not selectively sifting by making your decisions about what is important, you are, for the most part, overwhelmed.

As we observe one hour of your television viewing, we are impressed with the amount of information and the amount of thought stimulation and the amount of influence that is offered in such a short span of time. And we are also aware of the effect that it has upon most of you. Rather than being clear and strong and exuberant in your motion forward, you are overwhelmed. Instead of making decisions about what you want, that you may selectively receive that which applies, you are bombarded with information, regarding all topics, to the point that you withdraw. While you are occasionally stimulated by something that is outstanding or more unusual, for the most part you have become numb to life experience, for it seems to be coming at you faster than you can cope with it, and so you literally close down, out of self-preservation.

We are writing this book because we are wanting to offer you a more joyous alternative:

BY MAKING MORE DECISIONS, IN EVERY DAY, ABOUT WHAT YOU WANT, YOU WILL <u>AUTOMATICALLY</u> SIFT THROUGH ALL OF THE DATA, ALL OF THE WORDS AND ALL OF THE INFORMATION THAT IS COMING TO YOU. YOU WILL RECEIVE THAT WHICH ENHANCES WHAT YOU WANT, WHILE YOU WILL NOT RECEIVE THAT WHICH DOES NOT APPLY..

Instead of feeling overwhelmed, you will feel refreshed. Instead of feeling bombarded, you will feel stimulated, and instead of being closed to life, you will be open to life.

# 6

## SEGMENT INTENDING: TO ELIMINATE NEGATIVE INFLUENCE OF OLD HABITS

#### December 19, 1987

It is our intent to help you to understand the Creative Process, that you may deliberately set into motion those things that you want, through the power of your conscious thoughts.

It is important, also, for you to understand how you are creating those things that you are not wanting, for there is a great deal more of creating by default occurring in your life experience than there is of creating by deliberate intent.

AS YOU MAKE A DECISION ABOUT WHAT YOU WANT. YOU BECOME A NATURAL SIFTER. AND THE ENTIRE UNIVERSE GOES TO WORK TO BRING ABOUT YOUR CREATION.

There are many variables about the speed with which it will come to you, for it depends upon the amount of focus that you give to it and the amount of emotion that you feel as you give the focus, and it also depends upon the other things that you are thinking about.

As you set a creation into motion, it will be, unless you set other thoughts into motion that counter the original creation.

Those other countering thoughts come to you from many sources. Some of them, you dredge up from past experience, but many of them, you receive from those who are around you.

As you are absolutely clear, in each segment of your day, about what it is that you want, you will be a Selective Sifter, and you will receive only those thoughts that enhance that which you want, while you will not receive those which do not.

It is important that you avoid the negative *influence* of those physical beings who surround you in your work place, in your home and in your social gatherings.

If you have decided what you want as you enter a segment involving another, and you enter into conversation with one who is speaking negatively regarding any of the subjects of your desire, you will have strong negative emotion, for your *Inner Being* will be signaling to let you know that in that moment the words that you are receiving are not in harmony with that which you have previously intended. However, as you have entered this segment, if you have not taken the time to identify your dominant intentions, then you will be more easily influenced by this negative conversation, for your "warning bells" will not be so specific, and you will not be as sensitive to them.

AT THE MOMENT THAT YOU "HEAR" OR FEEL THE RINGING OF THE "WARNING BELL," IT IS MOST IMPORTANT THAT YOU IMMEDIATELY TURN YOUR CONSCIOUS THOUGHT TOWARD THAT WHICH YOU WANT— for in every moment that you are experiencing the ringing of the bell, you are creating in the direction of the thought that has caused the bell to ring, and you are moving rapidly in the direction of that which you do NOT want.

And so, the reason that it is important to understand the power of the influence of others is because as they are stimulating your thoughts in the direction of that which you do not want, they are encouraging you in the creation of that which you do not want.

Of course, the easiest way to avoid the negative influence of others is to remove yourself physically, from that influence when you feel the negative "warning bells" ringing, but it is not always comfortable to do that. Therefore, it is important that you remove yourself mentally and emotionally and that you give your conscious thought to that which you want and remove your attention from the conversation regarding that which you do not want.

Others may think that you are rude or uncaring when they sense your withdrawal, but they do not understand the importance of controlling thoughts,

for if you do not withdraw, because it is more comfortable for you to remain than it is for you to disappoint your friends, you will be creating by default.

Most of the physical beings who surround you are not in deliberate control of their life experience, for they are caught up in the influence of that which surrounds them, and they are not, at this point, willing to remove themselves from that influence and to give conscious thought to that which they want.

WHEN YOU ENTER A NEW SEGMENT OF YOUR DAY, IF YOU HAVE NOT MADE A DECISION ABOUT WHAT YOU WANT, YOU ARE EASILY SWEPT UP BY THE INFLUENCE, OR EVEN BY THE CONFUSION, OF THOSE WHO SURROUND YOU.

As you get into your automobile, and as you intend safety, you will, literally, protect yourself from the ill wishes of others, or more commonly, from the undirected, unfocused confusion of those who are driving their automobiles around you. When you understand the *Law of Attraction*, then you understand, more clearly, how it is that you attract one another into your life experience. Then you understand how it is that two beings, that are neither one focused about safety, are involved in an automobile accident. Then you understand how two beings, who are not focused upon health, are drawn to one another to speak about sickness, thus creating it in their individual life experiences.

When you understand the *Law of Attraction*, then you understand how it is that every thief is drawn to a victim. It is not by chance. It is not by accident. It is the *Law of Attraction*. And one who fears, attracts that which he fears. One who wants, attracts that which he wants. One who gives thought, attracts the essence of that to which he has given thought.

And so, as you enter each new segment of your day, make more decisions about what it is that you want, so that by the Law of Attraction and the Creative Process you will draw those experiences that you want, and you will no longer attract those experiences that you do not want.

#### December 21, 1987

FOR THE MOST PART; CREATING BY DEFAULT OCCURS BECAUSE YOU DO NOT UNDERSTAND THE CREATIVE PROCESS. HOWEVER, EVEN WHEN YOU DO UNDERSTAND THE CREATIVE PROCESS, YOU MAY BE INFLUENCED BY YOUR

#### OWN HABITS, TO THINK OR SPEAK OR ACT IN THE DIRECTION OF THAT WHICH YOU ARE NOT WANTING.

It is not possible to create in the direction of your current intentions when you are acting out of habit, for your habits were developed in another time, perhaps when your intentions were different.

Many of your habits are tied to other beings that you are now participating with in this physical experience. You often begin to participate in conversation with others who are speaking in opposition to what you want, even though you now understand the power of your words, because you habitually speak with these people about these things. And rather than removing yourself, you remain, for you are not wanting to hurt anyone's feelings, or seem unusual.

As you walk into your house, out of habit you turn on your television set and sit and listen to what is offered, and as you hear words that are not in the direction of what you are wanting, and you participate in those words with your THOUGHT, you are thereby setting into motion the creation of that which you are not wanting.

There are hundreds, perhaps thousands, of opportunities in every day for creating by default, and unless you have made a very strong and deliberate decision to give your conscious attention and focus only to that which you want, you will find yourself participating in negative creation many times in the course of only one day.

The process of creating hinges upon the intentions that are held by the creator. Before any creation can move forward, the intentions that you hold must be in HARMONY, one with another, even though the intentions are different.

At any point in time, within your physical experience, there are many intentions present, and as they are harmonious, there is forward motion, and as they are not harmonious, there is slower forward motion, or no forward motion at all, depending upon the degree of disharmony.

Your thoughts are drawn to your **DOMINANT INTENTION**, within any moment, and as you are focused upon that intention, you are creating.

When you have not identified what your dominant intention is, your creative power is diffused because you create in many directions, sometimes in many conflicting directions, thus the feeling of standing still. But when you identify your dominant intentions, your focus and attention and thoughts will naturally be drawn toward them.

In short, what we are saying here is that you are drifting about; you are being drawn into negative conversations; you are responding out of habit to those old intentions, because you are not making the decisions, in this time, about what your **dominant** intentions are.

ONCE YOU IDENTIFY WHAT IS MOST IMPORTANT TO YOU AT ANY POINT IN TIME, THE NATURAL CREATIVE PROCESS WILL GO TO WORK FOR YOU. THE CONFUSION WILL BE GONE FROM YOUR LIFE EXPERIENCE.

Your *Inner Being* understands, very clearly, the *Law of Attraction* and the *Creative Process*, and it understands the process of the blending of intentions that takes place within you anytime you introduce a new decision. And while this knowing, at this point, may not be consciously recognized by you, you may trust that your *Inner Being* understands it, and therefore you may trust the emotion that comes forth regarding the thought that you are thinking. And as you begin to *deliberately* create in one area of your experience, you will have more deliberate control of all areas of your experience.

As you identify what your dominant intentions are, and as the natural process draws you toward focusing in the direction of those intentions, you will be creating deliberately. And as you are sensitive to the way that you are feeling, the Guidance System that comes forth from your Inner Being will help you to stay focused and on track.

THE GUIDANCE SYSTEM, THE "WARNING BELLS," THE EMOTIONS, THAT COME FORTH FROM YOUR INNER BEING, ASSIST YOU AS YOU ARE CONFRONTED BY INFLUENCE OF OTHERS, OR AS YOU ARE CONFRONTED BY OLD HABITS OF YOUR OWN.

# 7

### THE KEY TO DISCOVERING YOUR LIFE'S PURPOSE

There is not another creating within your life experience, and you cannot create within the life experience of another. Each being who is in physical form is an individual, independent creator.

As you begin to get a broader sense of who you are, as you sense your TOTAL being and not only your CONSCIOUS PHYSICAL BEING that you currently perceive, then you begin to understand that you have intended the life experience that you are living. Then you begin to understand how it is possible that even before your physical birth, you were making decisions about what you wanted and about your purpose for this physical life experience.

As we observe those of you who are physical in this time, we are aware that many of you are searching for your life's purpose. You are wanting to know why you are here and what meaning this physical existence holds for you, but until you are willing to seek from your broader perspective and not only from your conscious physical perspective, you will not find the answers to those questions.

You are here in this physical life experience, dominantly focused within your physical world, because you have intended to be so. And we are not suggesting that you release your physical awareness and physical contact with this earth in order to seek out some other-dimensional experience, but we **ARE** encouraging a blending. We are encouraging you to become aware of, and consciously, actively involved with, your inner world and your *Inner Being*, for the blending will enhance the physical world in which you live.

#### EXERCISE FOR OPENING THE PATHWAY BETWEEN YOUR PHYSICAL AND INNER WORLDS

In order to sense your inner world you must first quiet the physical world. You must remove your conscious focus from the physical world, that you might perceive the inner world. It is not a difficult process. It has been called many different things, some call it meditation, but regardless of what you call it, it is a time of quieting the physical, that you may sense the inner world:

Sit in a quiet place, making yourself comfortable, and close your eyes, and be. Do whatever you can to reduce the possibility of conscious physical interruption. And as you are comfortably sitting, quiet your conscious thinking mind. In the beginning, that is not an easy task, for your conscious thinking mind is very quick to respond to the stimulation of thought. You have trained it to be fast, and it is eager to participate.

As you are sitting, intending to quiet your conscious thinking mind, in time it will allow you your quiet time. We encourage a short time in every day, FIFTEEN OR TWENTY MINUTES IS ENOUGH. The time of the day is not important, and it need not be the same time in every day, but it is important that you set aside the time, in every day.

As you have quieted your conscious thinking mind, perhaps by concentrating upon your breathing, and as you are not so aware of the physical world in which you live, you will begin to perceive the inner world, and for each of you it will be a different experience.

We encourage you not to compare your experiences with those of another, for there is no value in comparison. The intent of comparison is to find one better than the other, and as you are focusing upon the one that you do not prefer, YOUR ATTENTION TO THAT WHICH YOU DO NOT WANT IS ATTRACTING THAT WHICH YOU DO NOT WANT INTO YOUR EXPERIENCE.

In time, for some of you it may be in the first sitting, you will sense a sort of numbing of your physical being, and that is an indication that you have succeeded at quieting your conscious thinking mind and your physical world, that you may sense the inner world.

What are the advantages of being sensitive to the inner world? When you understand that you are a much broader, more experienced, wiser, older being than your physical being remembers, then you will see the advantage of being in touch with that being, and, in fact, receiving communication from it. Each of you are already receiving communication from that *Inner Being* in the form of emotion, but you can receive much more detailed information if you are wanting it. The process of quieting your physical world, that you may sense the inner world, will open that path of communication between your physical dimension and the inner dimension, so that you may receive guidance that is appropriate, and that you may offer instruction in terms of what you are currently wanting.

Communication is not intended to be only from the inner world to the physical world but from the physical world to the inner world, as well. It is a pathway through which you may offer your clear intent. And once your channel, or pathway, has been established, there are many wondrous benefits.

Once you have decided that you are wanting, or intending, to open the passageway from your physical dimension to the Non-physical dimension, then you have only to allow it to be. And the setting aside of the time in which to quiet your physical world is your allowing of the opening.

As with each other segment of your day, it is also important that you identify the intent as you move into this segment of meditation. If your intent is to open the passageway between dimensions, that you may receive clear communication, then state it as you are beginning to meditate. If your intent is to quiet the physical world, for you are wanting the relaxation of being apart from that which is confusing and overwhelming and tiring, then state that.

You are the creator of that which you will experience during this time, but for our purposes here, we have offered this exercise that you may allow the opening of the passageway between your physical and inner worlds.

## 8

### YOUR CONNECTION

### TO EACH OTHER AND TO ALL-THAT-IS

#### December 22, 1987

We are continually seeking more effective ways to express our knowing to you, and as we speak of the Creative Process, it is difficult to put it into physical terms, since the process extends beyond your physical perception.

You are physical beings, rooted in a physical dimension, and you are often wanting physical evidence to support that which you believe. And as we speak of **PRINCIPLES** that cannot be seen and **PROCESSES** that cannot be seen, at times you are left without the proof that you seek. But as you accept that these words, regarding the *Creative Process*, are true, there will be much tangible evidence within your individual life experience to support it.

It is our belief that as you read the words that are written upon the pages of this book, and as you evaluate the life experience that you remember, and that you are currently living, that you will see an exact correlation between the words upon these pages and the evidence that you are producing day-by-day. FOR THE PRINCIPLES THAT WE ARE EXPRESSING ARE ETERNAL.

As you enter physical experience, you are surrounded by beings who have already arrived at many conclusions. They have created within themselves many beliefs based upon the life experiences that they have lived, or upon the stories that they have heard from those who surrounded them at the time that they were born.

As you are stimulated to think about beliefs that others offer, very often you attract life experience that "proves" to you that it is just as they have said that it *is.* FOR AS YOU BELIEVE THAT IT IS, IT IS, AND FOR THAT REASON, BELIEFS CHANGE VERY SLOWLY.

Rather than absorbing the beliefs of others, we encourage you, as you receive thought stimulation, to weigh it against the emotion that is coming forth from inside, and as the emotion that you feel is positive, continue the process of thought, and as the emotion that you feel is negative, release the thought immediately.

If you allow the "guidance" from your Inner Being to assist you, rather than listening to the varied opinions and beliefs of those who surround you, you will have a much faster, clearer growth experience.

A BEING WHO DOES NOT UNDERSTAND THE CREATIVE PROCESS, BUT WHO IS EXCITED ABOUT <u>SOMETHING</u>, WILL EFFECTIVELY CREATE TOWARD IT. IT IS NOT NECESSARY THAT YOU UNDERSTAND THE CREATIVE PROCESS IN ORDER TO BE A CREATOR, FOR ALL OF YOU ARE CREATING IN THIS TIME. BUT IT IS OF VALUE TO UNDERSTAND THE CREATIVE PROCESS, IF YOU ARE WANTING DELIBERATE CONTROL OF THAT WHICH YOU CREATE.

As you look around yourself at all of that which is involved in your life experience, understand that all of it is by your creation. Every part of it, without exception, has been invited into your experience through your powerful creative thought. And while we cannot offer you the intricate details that are involved in this *Creative Process*, we will do our best to give you a clearer picture of how your thoughts set into motion the creation of that which you are thinking about.

You are far more than the beings that you perceive through your physical senses and that you see in your physical bodies.

EACH OF YOU HAS EMERGED FORTH FROM ANOTHER DIMENSION, FROM AN INNER WORLD, FROM A BROADER, WISER INNER BEING. And that being is connected to a group of beings that emerged from another group of beings, and so on. While you are here upon the Planet Earth, in your physical body, living this physical life experience, you are, in a sense, a representative from much, much more than only one being.

AS YOU HAVE LIFE EXPERIENCE, IT IS NOT ONLY YOUR PERSONAL PHYSICAL BEING THAT IS AFFECTED BY IT, BUT ALL THOSE WHO ARE CONNECTED TO YOU. <u>ALL OF YOU. WHO ARE IN</u> PHYSICAL FORM. ARE CONNECTED TO ALL OF US. WHO ARE NOT IN PHYSICAL FORM. AND WE

<u>ARE ALL CONNECTED TO ALL-THAT-IS.</u> and as you set forth a thought, literally the entire Universe goes to work to assist you in the completion of the creation of that thought.

The Creative Mechanism, which is activated as you give birth to a thought, does not evaluate the rightness or wrongness, the positiveness or the negativeness, the goodness or the badness of any of it, but it goes to work immediately, to assist you in the creation of that which you have set into motion through your thought. It assumes that because you have set it into motion that you intend the receipt of it.

Your *Creative Mechanism* is always functioning. You cannot turn it off. Therefore it is of tremendous value to be sensitive to the way that you are feeling so that you may be guided to understand in which direction your *Creative Mechanism* is focused, for your **GUIDING INNER BEING** is not so indiscriminate. It is aware of the intentions that you hold.

And so, as your GUIDING INNER BEING recognizes that a thought has been set into motion that is contrary to what it knows you want, it will give you a signal of guidance, a "warning bell," if you will, in the form of emotion. As you are receiving positive emotion, it is a signal to you, from your Inner Being, that, in that moment, you are creating toward that which you are wanting. When you are receiving a negative emotion, or "warning bell," it is a guiding signal from your Inner Being that, in that moment, you are creating in the direction of that which you are not wanting.

As you understand the inner connectedness of **ALL-THAT-IS**, then you are not surprised when that which you want, or that which you think about, is fulfilled. And as you come to understand this process and to expect effective results from it, you will experience much more deliberate creating.

#### December 23, 1987

YOU ARE, FROM EVERY LEVEL OF YOUR BEING, JOY SEEKING BEINGS. YOU HAVE INTENDED, AS YOU HAVE COME INTO THIS PHYSICAL EXPRESSION OF LIFE, TO EXPERIENCE THAT WHICH BRINGS YOU JOY AND WHICH OFFERS JOY TO THOSE WHO SURROUND YOU. You are uplifters, participating here together because you are wanting to share with others the joyous life experience that you are creating for yourself. At the time that you made the decision to come into physical expression, you were clearly aware that you are the sole creator of your life experience and that each individual with whom you would be participating was also sole creator of their life experience, but you came to Planet Earth to participate in life experience with others because you also understood the value of being.

As you are, you influence the thoughts of others. And so you intended to be in physical form to become that which you intended, that you might stimulate others to the same upliftment. From the perspective of your *Inner Being*, you joyously chose physical life, and you anticipated a joyous life experience.

As you pay attention to the way that you feel as you are participating in this life experience, you will know whether you are moving in the direction of the joyous life experience that you anticipated or whether you are not. The joyous emotion that comes forth from within is a signal that you are in harmony with those inner intentions, and the negative emotion that you feel is a "warning bell", or signal, that you are not.

If you are wanting to know about those who surround you, if you are wondering whether they are upon the path of their intent as they have come into physical expression, pay attention to the emotion that comes forth from within them, for it is not something that is easily hidden.

When you are a joyous being, it is obvious. And the joy seeking being is always drawn to the being who is experiencing joy. The Law of Attraction sees to that.

If you find yourself surrounded with joyous beings, it is an indication that you are a joyous being, and if you are surrounded by those who are not joyous, it is an indication that you are the same as that which you have attracted.

If you are wanting to offer joy to others, then you must first be joyous. If you are wanting to offer health to others, then you must first seek health for yourself. And as you intend and receive, there will also be contentment, and as you are experiencing contentment, many will flock to your joyous example, wanting to understand how it is that you have achieved this.

It is wonderful that what you have experienced, to this point in your physical experience, need not influence that which you <u>will</u> experience, for as you are making your decisions, now, about what you are wanting, you begin creating toward those decisions.

You need not continue to experience a life of pain if you are now choosing a life of joy. But for most of you there is little change, for you usually pursue the same thoughts, the same other beings, the same life experiences that have brought you to the point that you are currently experiencing, and as you continue to pursue more of that, you continue to create more of that.

#### IT IS NOT OUR INTENT TO GUIDE YOU TOWARD. OR AWAY FROM. ANYTHING.

We are here to offer to you, from our broader perspective, from our point of knowing, the Universal Laws which affect the life experience that you are participating in. We are here to offer you our explanation of the *Creative Process*, that you might have deliberate control of that which you are experiencing, for deliberate control of that which you create was your dominant intention as you chose this physical life experience.

You are individual beings, here to create individually, and as much as you want to do for others, and as much as you feel a responsibility to create within their life experiences, **YOU ARE DOING OTHERS A DISSERVICE BY TRYING TO TAKE FROM THEM THE RESPONSIBILITY THAT THEY HAVE INTENDED FOR THEMSELVES.** 

#### December 24, 1987

What is the purpose of this physical life experience? It is a question that is often asked, and part of our reason for participating with you in this time is to guide you to an understanding of that purpose.

Your purpose, or intentions, were very clear to you as you made the decision to participate in physical life experience, and one of those decisions, or intentions, that you set forth from that Non-physical perspective was that once inside of this physical experience, that you would consciously make the decisions that would set forth the creations that you would experience.

There has not been a path, or a track, that has been pre-laid before you that you are expected to find in order to fulfill your life's purpose.

It has been your intention to come into physical life experience and through the clarity of your decisions, in this time, to create the life experience that you choose. But as you entered this physical life experience, surrounded by the beliefs and the confusion of the world into which you were born, that clear perspective of your purpose has faded, and, in most cases, it has been forgotten completely.

The very urging that prompts the questions, "Why am I here? What is my purpose in this physical life experience?" is coming forth from your *Inner Being*.

As you are existing in this physical dimension, perceiving with your physical senses, it is difficult to sense the totalness of your being, but as you begin to gain an understanding of your **BROADER BEING**, then you will more easily understand your reason for this physical life experience.

As you are understanding that you are infinitely connected to ALL-THAT-is, then you understand the value of your representation upon this Planet Earth. For that which you learn through your life experience is not contained only within your individual physical conscious knowing, but it is expressed outward to other physical beings who surround you, and who participate with you, <u>and to all</u> <u>beings from which those physical beings have emerged</u>, and because all is connected to all, ALL benefit from the life experience that YOU attract. Therefore, the evolution of your species is far broader than the physical evolution that you may be aware of.

As you chose to be a part of this physical life experience, you intended a lifetime of joy, for you were aware of the delicious nature of physical expression. And while all life experience, physical or Non-physical, is potentially joyous, there is a special and unique quality to physical life expression.

YOUR EXISTENCE IN THIS PHYSICAL LIFE EXPERIENCE IS THE MANIFESTED CREATION SET FORTH BY YOUR INTENSE DESIRE, AND YOUR EXISTENCE IN THIS PHYSICAL EXPRESSION IS A CLEAR INDICATION OF YOUR ABILITY TO CREATE THAT WHICH YOU WANT.

We are wanting you to understand that you are the creator of your physical life experience, and that your physical life experience itself is proof of that ability,

and as you come to understand that desire is the beginning of all creation, and as you identify, clearly, what it is that you desire, then you will continue your magnificent deliberate creating as you have begun it with your birth into this physical life.

As you have entered this physical life experience, you have intended a continuation of growth. You have intended interaction with others that you might learn from what you perceive and that you might uplift others by the clear expression of your very being, others who participate with you in this physical realm and all others who are connected and observing.

You have intended to be who you are. A perfect, ever changing, wanting, growing, magnificent being. A being who reaches out to the new, because you understand that in the new experience there is growth. You are a being filled with love, and in your purest form, you are love.

YOU ARE A BEING WHO UNDERSTOOD, AS YOU CAME INTO THIS PHYSICAL LIFE EXPRESSION, THE VALUE OF BEING AS YOU ARE AND OF ALLOWING ALL OTHER BEINGS TO BE AS THEY ARE, for you understand that some of them are now as you once were, and others are as you will be on this continuum of evolvement.

We express our perspective of your intentions as you have entered into this physical life experience, that we might strike some cord of remembrance within you, for as you remember the specific and deliberate and intense reasons that you have chosen this physical life experience, it will renew your zest to participate therein.

#### December 25, 1987

YOU ARE THE CREATOR OF YOUR PHYSICAL LIFE EXPERIENCE. We say that, because we are wanting you to understand that it is you who chooses, and, in fact, creates the life experiences, which come one at a time, which ultimately make up, what you would term, the physical life experience.

Many of you sense that you have great purpose in being here, and as you are searching for your life's purpose, you may misunderstand, by thinking that there is a plan that has already been decided by someone else, or even by you at another time, that you must spend this life experience groping around, trying to find your life's purpose so that you may fulfill it. IT IS TRUE; YOU DID ENTER THIS PHYSICAL LIFE EXPERIENCE WITH SOME DEFINITE INTENTIONS, BUT YOU ARE DOMINANT IN THIS TIME. THROUGH YOUR PHYSICAL CONSCIOUS THOUGHTS, YOU ARE CREATING YOUR LIFE EXPERIENCE, HERE AND NOW.

We are wanting to help you understand how those intentions that you held as you entered physical form merge, or blend, with the current creating that you are doing.

In order for you to understand that blending, you must step back a bit and try to view yourself from a broader perspective. You must see yourself as a being who has lived thousands of lifetimes, physical and Non-physical, one who has gained knowing through all of those life experiences. And as you view yourself, or attempt to, from that broader perspective, perhaps you can get a glimpse of a being who is very, very wise. A being who has been evolving through life experiences. And as you become comfortable with the existence of this broader, wiser, certainly older *Inner Being*, you will have the benefit of the wisdom and knowing that it holds.

As you monitor the way that you feel as you participate in your various physical activities, the very emotion that you feel, which is coming from your *Inner Being*, will help you to know whether you are enhancing that which you have intended from your broader *Inner Being*, or whether you are not.

As you participate in this physical life experience, intending many things, if you do not continue to make conscious deliberate decisions, your Inner Being will, nevertheless, guide you in the direction of those decisions that it knows that you held as you came to physical form. And that is the reason that many of you are sensing a sort of urging from within.

What we are encouraging, as we attempt to stimulate your thoughts with our words, is a wondrous blending of your *Inner Being* and inner world and inner knowing with your conscious thinking physical world.

AS YOU ARE SENSITIVE TO YOUR EMOTIONAL STATE OF BEING, YOU WILL EXPERIENCE SUPREME GUIDANCE FROM WITHIN.

Of course, the ultimate beneficial results will be accomplished as you are making many conscious deliberate decisions in this physical world in which you are dominantly focused, while you monitor the effectiveness of your creation by paying attention to the way that you feel, or to the communication that comes forth from within.

As you make more decisions about what you are wanting, your Inner Being will give you more specific guidance about whether you are on track.

# 9

### A TIME OF AWAKENING

#### December 27, 1987

While individually, each of you who are in physical form have the ability to create anything that you can imagine, you enhance the experience of one another, tremendously, as you participate in this physical life together.

As you are individually making decisions and as you are individually creating, you are cooperating to enhance the creations of one another.

At times we can see that it might be an advantage if you had some time alone here in this physical life experience, for in that time you would understand, more clearly, that you are the creator of your life experience.

Without a world full of people, there would be few others to blame or to give the credit for the creating that is going on around you.

But you have not chosen a life experience alone, you have chosen a life experience where there are many. And in such a life experience there is great opportunity for satisfaction.

For the most part, those of you who are in physical form at this time upon Planet Earth hold an intention of uplifting others, and you <u>receive</u> upliftment when you are aware of the upliftment of others.

As you participate in this physical life experience, a very powerful source of satisfaction and contentment comes from your observation of the joy that is being received by others. And as you are involved with an evolving group of beings where more and more are *seeking* joy, then you will also be involved with

a group of beings where more and more are *receiving* joy, for nothing is received that is not sought, and unless you are seeking, you certainly will not find it.

Each of you has specifically and excitedly chosen this particular time to be involved in what is taking place upon this planet, for you understood, prior to your coming to physical form, that this would, indeed, be a time when more beings would receive upliftment than any other time upon Planet Earth.

For the most part, man's evolvement upon Planet Earth has been rather gradual, and while there have been segments in history that have been speeded Up, <u>THERE HAS NEVER BEEN A PERIOD OF TIME UPON THE FACE OF THIS</u> <u>EARTH WHERE EVOLVEMENT HAS BEEN SO RAPID AS IT WILL BE IN THE</u> <u>TIME THAT IS TO COME.</u>

#### December 29, 1987

You have chosen to share your physical life experience with others not because you need them for you to effectively create, but because participating with others enhances your experience.

EACH OF YOU, INDIVIDUALLY, HAS THE ABILITY TO CREATE ANYTHING THAT YOU CAN IMAGINE, but as you are interacting, you benefit from the examples of one another.

You attract others, and are attracted by others, depending upon the current intentions that you hold in any point in time.

You have, undoubtedly, come into contact with others where there was immediate at-oneness experienced by both of you, and in such cases, it is very possible that you are old friends who have participated in, perhaps, many physical life experiences and have agreed, prior to this physical birth, to reunite to participate again. Many of you are finding one another now. You are coming together in this life experience because your Inner Beings have agreed that you would.

But even as you have made some decisions about others with whom you will interact in this physical lifetime, you are attracting only those beings who enhance that which you are *currently* thinking about.

*Our point, here, is that you are dominant in this physical experience.* And no matter what decisions have been made prior to this physical birth, you are attracting the others, with whom you are interacting, through your physical conscious thoughts.

You have only to intend, now, in your new awareness, that you will meet those with whom you have agreed to participate, and it will be.

This physical lifetime will be a sort of wonderful reunion for all beings who are aware of these possibilities, for as you are aware of the broadness of your being, and of the broadness of others with whom you share this earth, and as you recognize that you emanate from groups of beings who have evolved similarly, then you may deliberately attract those physical representatives into your physical experience that you may all benefit from the interaction.

As man has evolved over the centuries, there has always been some recognition, by a few, of the interconnectedness of man, but in this physical life experience, many will come to understand.

THIS IS LITERALLY A TIME OF AWAKENING. A time when more of you will be aware of the true nature of your beings. And during this process of awakening, you will experience tremendous satisfaction and joy.

We participate with you to help you to a sooner recognition of this awakening, that you may experience more of the joy and satisfaction that is to come. For as some of you become aware and speak to others who speak to others, there will be more opportunity for participation for more of you.

It is with great enthusiasm that we interact with you in this time. Not intending to do for you what you have intended to do for yourselves. Not intending to give information to you before you are ready to receive it, and not intending to discover for you, that which you have intended to discover on your own.

BUT, WE INTERACT AS FRIENDS, FROM YOUR INNER WORLD, WHO HAVE AGREED TO PARTICIPATE WITH YOU IN THIS TIME, THAT THERE MAY BE A BROADER PARTICIPATION IN THE AWAKENING OF MAN THAT IS OCCURRING UPON THE EARTH.

#### December 31, 1987

Physical man continually seeks to solve the mysteries that surround his very existence, for there is much that is not known.

But, as man explores, using the conscious physical perspective that is currently his to use, he is limited to the discovery of those things that are within that conscious physical realm. Therefore, as he searches, consciously, through physical perception, he will not discover that which he seeks, for it is not there to be found.

What is needed, for man to understand more clearly who he is, is a broader perspective. He must step outside of his conscious physical perspective in order to view that which is outside of the conscious physical realm. The simple process, described earlier in this book, of quieting, or ignoring, conscious physical perception, allows keener awareness of inner perception.

More beings are accomplishing this quieting of the physical, and as that is accomplished and practiced, there is a blending of the conscious physical being and the *Inner Being*.

Each of you, as you made your decision to be a part of this physical life, knew that this would be a time when more beings would become aware of the total nature of their being, and because you were wanting to be a part of this grand awakening, you were excited about participating upon the earth at this time.

You wanted to be part of a world where more beings would know who they are and why they are participating upon the earth at this time, and to experience the blending of the conscious physical world and the broader inner world.

Your physical perception allows you a wondrous view of life experience, but as you are blending your physical perception with your inner perception, all life experience will be enhanced.

Many of you have been sensing the approaching of this time of heightened awareness. It has been written about in many different ways by many different physical beings throughout your recorded history.

THIS IS A TIME THAT HAS NOT ONLY BEEN ANTICIPATED BY THOSE BEINGS WHO ARE PHYSICAL UPON YOUR EARTH, BUT IT IS A TIME THAT HAS BEEN EXCITEDLY ANTICIPATED BY ALL-THAT-IS.

As beings who are wanting upliftment, not only for yourselves but for those who surround you, the potential for joyous life experience is very great in this time of heightened awareness.

As more conscious physical beings allow themselves to experience that which is beyond the physical, the creative vibration that empowers your planet and empowers all-that-is, is increasing, thus altering physical life experience.

#### December 31, 1987

We have been speaking of a time of awakening, and while you are not literally asleep, you have, for a very long time, been suppressing an important part of yourselves.

In the time that is before you, many of you will awaken that important part of your awareness, to perceive from a broader perspective, and rather than seeing yourselves only as the physical conscious thinking beings that participate here upon your planet, you will see yourselves as everlasting, evergrowing beings who are only now, temporarily, focused in this brief, though important, encounter with physical life.

To those of you who are sensing that there is much more to you than you have been experiencing, these words are reaching you deeply, for there is great knowing within, and you are now, consciously, harmonizing with that knowing.

As what you are reading here is resonating with the very nature of your being, you are, in this moment, accomplishing that blending between your conscious physical thinking being and the being that is within you. And as you trust that confirmation that comes forth from within in the form of emotion, you

will be upon a swifter path of fulfilling the purpose that was intended as you have come to this physical form.

We hear from so many of you, "What is my purpose? Why am I here upon Planet Earth?" But then you close your eyes and ears when you are offered that which is different from what you have heard before. You resist answers even as you seek.

ONCE YOU ARE TRULY WANTING TO KNOW, THEN THE ANSWERS COME TO YOU FROM EVERY DIRECTION, AND YOUR MARVELOUS INNER BEING CONFIRMS.

Most beings in your physical world are not seeking. Most have adopted beliefs that were present around them on the day that they were born upon this earth. And most physical beings have done no real searching or thinking, on their own. And so, as they do not search, it is not surprising that they do not find.

# 10

### THE VALUE OF YOUR PHYSICAL PARTICIPATION WITH OTHERS

#### January 1, 1988

There are not two beings, physical or not physical, who Have precisely the same perspective.

Those of you who are currently in physical form share many different perspectives, and those of us who are in Non-physical form share many different perspectives, as well.

We do not write these words in an attempt to bring you to our perspective, for we understand that that cannot be. We are not wanting to change your perspective, but to broaden it. It is our desire that you may utilize more of the perspective <u>that is already yours</u> by no longer suppressing the part of your perspective that is not seen or heard through your physical senses.

As you allow the blending of your conscious thinking physical being and your broader *Inner Being*, you will then have the advantage of **ALL** of the knowing that has been accumulated by you through all physical and Non-physical life experiences, instead of the limited knowing that you have accumulated only in this physical lifetime. And this blending of physical and Non-physical knowing is now occurring with many of you.

You participate in your physical world with many others, for you are wanting to exercise your power of influence. Indeed, you are wanting to help others to broaden their perspective.

While your words and actions do influence to a certain degree, your greatest power of influence comes forth as you are a blended being who speaks from the knowing that comes from within. It is not so much by your physical conscious abilities that you influence one another, but by the inner persuasion that comes forth in the form of your emotions.

You are joy seeking beings, and as you experience the knowing that comes forth from within, your joy will be multiplied many times.

You are uplifters, and while you enjoy your own upliftment, you also receive joyous pleasure from observing the upliftment of others, and in this time of awakening, in this time when more beings will be blending their physical conscious worlds with their inner worlds, there will be great upliftment.

Each of you made the decision to be in physical form at this time from a part of your knowing that is not part of your conscious knowing.

You have lived many lifetimes, and from the knowing that you have accumulated through all of those life experiences, you knew the grandness of this particular physical life experience, and you eagerly made the decision to participate.

#### January 2, 1988

And so, we write this book from our Non-physical perspective with two primary intentions: The first, to assist you in understanding the Creative Process, that you might have deliberate control of your physical life experience, and the second, that you may come to a broader recognition of your own self, which will enhance all parts of this physical life experience.

Our two intentions are very well blended, for recognizing communication from your *Inner Being* is one of the keys to effective application of the *Creative Process*.

Only when you understand and are applying the *Creative Process* to your own individual creating will you be able to effectively utilize it as you are interacting with the others who share your planet.

It is not always easy for you to understand that you are individually creating your life experience, when you are involved with so many others.

As you observe others who are creating life experiences that are not in harmony with your desires, at times it seems that they are too close for comfort, and you have a feeling of fear as you are not wanting to become involved in negative situations that are happening around you.

When you understand that you will not experience that which you do not attract through the power of your thoughts, when you understand that another cannot create in your life experience, then you will not fear the intrusion of other unharmonious beings within your life experience.

WHEN MOST BEINGS WHO ARE UPON YOUR PLANET UNDERSTAND THAT THEY HAVE THE ABILITY TO CREATE ANYTHING THAT THEY DESIRE AND THAT THEY NEED NOT BE SWEPT UP BY THE DESIRES OF OTHERS, FOR EACH IS INDIVIDUALLY CREATING THROUGH THEIR THOUGHTS THEN THERE WILL BE NO MORE NEED FOR BARRICADES OR WARS OR FEAR.

You fear being swept up in negative situations that are not of your choosing, because you do not understand the *Creative Process*.

*Everything that you experience is of your choosing, for as you give your thought and attention to a thing, you have chosen it, for that time.* 

When you understand that you will not invite into your life experience that which you do not give thought to, and that the emotion that is within you will signal you about the direction of your thought, then you will know that another cannot create in your life experience, and once that is understood, your fear of what they might do in your experience is eliminated. When you understand that you have the ability to bring into your experience, or to keep away from your experience, anything that you choose, then you are not so threatened by what others who are around you are choosing.

As you understand that through your powerful thoughts you have the power to control that which you experience, then you will no longer fear others, you will no longer resent others, and you will then be more willing to ALLOW others to be as they are. It is important that you recognize their right to create that which they are choosing, just as you recognize your right to create that which you are choosing.

If you were not living in an environment where there were many others, you would not have an opportunity to come to understand this so clearly. But as you are interacting with others, understanding and applying the *Creative Process*, you will be delighted to experience your individual freedom to create whatever it is that you are wanting at the same time that you are allowing all others to do the same.

As you identify what it is that you do want as you are moving through your life, one segment at a time, and as you think upon those thoughts that bring forth positive emotion, you will not ' attract into your life experience those other beings who are not in harmony with your intentions. And the others who are intending, or thinking, in the directions that are not in harmony with you, will not attract you into *their* experience.

IT IS THROUGH THE POWER OF YOUR THOUGHTS THAT YOU ATTRACT ONE ANOTHER.

Because most of you spend very little time identifying what it is that you do want, and because your thoughts move about from subject to subject so easily, and because you do not understand the significance of your negative emotions, you are often swept up into a negative situation, or confusion, that has been created by another. But an understanding and application of the *Creative Process* will free you from all life experience that is not precisely to your liking.

You are INDIVIDUAL creators, interacting with others that you have attracted through your thoughts, <u>and you enter into agreements with each other in order</u> <u>to blend your INDIVIDUAL intentions.</u>

It is imperative that you effectively communicate to one another precisely what it is that you are wanting, or expecting, from the interaction, otherwise there is little possibility that your expectations will be met.

The beginning point of all deliberate creation is to identify what is wanted, and when you are not interacting with others, you simply make your statement of intent to yourself, but, when there are others involved, you must communicate, clearly, with one another, what you each are wanting.

As we observe your interaction, we see that, for the most part, you do not do a good job of communicating what it is that you are wanting. You seem to assume that the others know or understand or want what you want, but without

your effective and continuing communication with one another as you are making your new decisions from your ever changing vantage points, there is little possibility of continuing harmony.

Once the desire, or intention, has been identified and effectively communicated to all participants, then the *Creative Process* has begun. Once you have identified what is wanted, you have only to allow it to be, by not blocking it with negative thought, and it will be. And as with your own individual creative endeavors, when you are interacting with others, you have only to pay attention to the way that you are feeling, to know when any blocking is occurring.

An understanding of your *Guidance System* "warning bell" will serve you extremely well as you are interacting with others. The emotion that comes forth from within will guide you, in any moment, to help you know if you are, in that moment, creating in the direction of what you are wanting, or if you are creating in the direction of what you are not wanting.

As you interact with another and you find yourself filled with anger, that anger is a warning bell telling you that, in that moment, your thoughts are not in harmony with what you are wanting.

As you are interacting with another, it is most important that you communicate, segment by segment, what you each are wanting, for most of your disagreements come about not by deliberate intent to disagree but by default as it is not understood, one by the other, what is really wanted.

In most cases, there is much more agreement between you than disagreement, but when you do not effectively communicate, your attention is focused upon the few areas that are **NOT** in harmony rather than upon the many areas that **ARE** in harmony.

Utilize your system for recognizing disharmony. In the moment that you are aware that your warning bell is ringing, ask yourself, "What thought, word or action has caused my warning bell to ring?" And then state, clearly, to yourself, what it is that you want regarding the subject. And then, most importantly, discuss it with one another.

More often than not, because you do not understand that the negative emotion is a warning hell, you focus upon the negative emotion itself, thus

creating more of it, and so the anger grows, the tension grows, and the Law of Attraction assists by bringing forth more like thought, until, very quickly, you have a very large and uncomfortable argument or disagreement.

If you will recognize, at the subtle stages, that there is discomfort and then communicate one with another, each specifying what is wanted, in the majority of cases, the negative emotion will not grow. It will dissipate, and in its place will be harmony and satisfaction.

Before any of this can be adequately understood it must be lived. And so, we encourage you to move forward, in the next days, utilizing the exercises that we have offered.

We encourage you to identify the segments of your day as you are moving into them and to identify what you are wanting from each segment. And as you do that, your natural sifting process will eliminate much of the confusion that you are currently drawing into your experience, and then from your clearer, more focused perspective, you will create more of what you are wanting, and you will experience joyous harmony as you are moving through your days, one by one. As you are interacting with one another, being sensitive to the way that you are feeling, and communicating what you are wanting, you will find that all of your relationships are more satisfying.

As you apply that which we have offered here, you will no longer attract those beings who are not harmonious with your basic wants, and you will interact more joyously with the beings that you do attract. When you recognize that you, and only you, are the creator of that which you experience, and that you may attract, or repel, life situations by the power of your deliberate thought, then you are freed from all fear of how someone else might affect your life experience.

WHEN YOU RECOGNIZE THAT YOU ARE THE CREATOR OF YOUR LIFE EXPERIENCE, AND YOU TRUST THAT YOU HAVE THE ABILITY TO CREATE IN THE DIRECTION THAT IS HARMONIOUS TO YOUR VERY NATURE, THEN, AND ONLY THEN, WILL YOU BE WILLING TO ALLOW ALL OTHER BEINGS, WHO ARE UPON YOUR PLANET, TO BE AS THEY ARE.

FROM YOUR BROADER INNER PERSPECTIVE, YOU HAVE INTENDED TO BE AN ALLOWER, AND AS YOU PARTICIPATE IN YOUR PHYSICAL EXPERIENCE, AND AS YOU BECOME AN ALLOWER, YOU WILL FIND FREEDOM.

#### <u>The processes and Laws that we offer are Universal. They apply to all life</u> <u>experience, physical and Non-physical.</u>

Words do not teach. You gain that which you know through real life experience, and that is the reason that you are participating in this physical life, that you may experience that which is new from your current perspective, that you may acquire more knowing and another new perspective.

From the perspective of your Inner Being there is much that you already know, that you are not consciously remembering, and part of the reason that you are participating in this physical experience is that you may bring forth part of that inner knowing and apply it here, consciously. But you have also intended, through this physical experience that you are now living, to evolve as a TOTAL BEING beyond that which you have known before.

You are wanting to understand how to create precisely what you choose while interacting in a world where so many others are choosing so many different things. You are wanting to understand how you may participate with the others without being swept up in their creations. You are wanting to understand, clearly, that you are the sole creator of your life experience. It is wonderful that there are so many others who are willing to participate with you, for they, too, are wanting to understand how they may create independently from you.

#### <u>There are sufficient numbers of others, that all thoughts may be actualized</u> <u>as you attract and interact with one another.</u>

Of course, much of the creating that you do does not involve the others, but many of your creations do include others, and it is good that you are all here, together, interacting and participating in one another's creations.

IT IS MOST IMPORTANT THAT YOU UNDERSTAND THAT NO OTHER CAN CREATE WITHIN YOUR EXPERIENCE. IT IS ALL OF YOUR OWN DOING, for when you understand the Creative Process, you will enjoy the ecstasy that comes from absolute freedom.

You will come to understand, through this physical life experience, that another cannot bind you or control you or harm you or include you or influence you without your agreement. You are the sole creator of your life experience, and as you apply these processes and exercises that are offered here, you will come to know that. Your feeling of value will increase, tremendously, as you begin to view this physical life experience from your broader perspective.

As you recognize the value of your participation here and begin to stimulate the thinking of others because of your clear and joyous example of physical existence, not only will the beings who surround you in your physical realm benefit, but all beings will be uplifted by the knowing that you receive as you are living here.

INSTEAD OF FEELING MORE INSIGNIFICANT AS YOU DISCOVER THE VASTNESS OF THE UNIVERSE, YOU WILL FEEL MUCH MORE SIGNIFICANT AS YOU UNDERSTAND THE VITAL ROLE THAT YOU PLAY IN IT.

When you recognize that that which you live is being received by many more than only you, then the value of what you think and speak and do will be brought into proper perspective.

#### You are marvelous, creating, joy seeking beings, and you have intended to experience all of that here in this physical life.

As you arrive, as new physical beings, you are surrounded by others who have arrived before you, and they were surrounded by others who arrived before them and so on.

EACH OF YOU ARE BORN INTO A SET OF BELIEFS THAT HAVE BEEN CREATED AND RECREATED IN THE LIFE EXPERIENCES OF THOSE WHO PRECEDE YOU. THE TENDENCY IS FOR YOU TO BE STIMULATED BY THOSE BELIEFS AND TO RECREATE THEM INTO YOUR OWN LIFE EXPERIENCE. A sort of process of absorption, it seems. But that was not your intention from your broader perspective as you made the decision to be a part of this physical experience.

You intended to evaluate from your ever changing perspective and to live life experience that would bring you new knowing. You intended to assist in the evolution of the thinking of those who are inhabiting the Planet Earth, not to absorb the thoughts that had already been thought.

While we agree that there is more comfort in thinking old thoughts over and over again, we will not agree that there is more satisfaction or more joy or more creativity. As you are participating here as a being who is seeking, as a being who is reaching out to life experience and evaluating it from the feeling that comes forth from within as each new experience touches you, then you are a being who is experiencing tremendous growth.

We interact with you, enthusiastically, in your time, for we enjoy, very much, offering some stimulation of thought that may very well be the catalyst for new thought and new creation in your life experience. And although we cannot offer you a physical example, as we participate with you through this book, there is much value for those who are seeking.

YOU HAVE CHOSEN THIS TIME, PARTICULARLY, TO BE UPON THE EARTH BECAUSE YOU ARE AWARE OF THE POTENTIAL FOR GROWTH AND JOY THAT SURROUNDS THIS TIME.

From the broader perspective of your *Inner Being*, you know that growth comes from new thought and from willingness to experience new experience, and you also know that the tendency is to settle into life experience and not reach for the new.

IN CHOOSING THIS SPECIFIC TIME UPON THE EARTH, YOU KNEW THAT THERE WOULD BE DRAMATIC CHANGES, BOTH OF A PHYSICAL AND NON-PHYSICAL NATURE, THAT WOULD BE CATALYSTS FOR MORE GROWTH FOR MORE OF YOU.

And while you have lived many joyous life experiences, you knew, at the time that you chose this one, that no other would surpass the value received, the joy received and the growth received from this one.

# 11

### **REALIGNMENT OF PLANET EARTH**

#### January 4, 1988

Why are we interacting with you from our Non-physical dimension, in this time? What is the value of this interaction, and how will it enhance the life experience that you are living?

For many, there will be no enhancement, for they are not ready to receive the benefit of our experience. In fact, they are not ready to accept that we exist at all. But those who accept our purpose and existence may benefit by being stimulated to see the earth from a broader perspective.

During the time that is just before you, upon your Planet Earth, more of you will recognize that you are more than you see in your physical bodies, and more of you, through meditation, will open a pathway between your physical dimension and the Non-physical dimension in which your Inner Being dwells. And as you accomplish this blending of your conscious being and your Inner Being, all parts of your experience will be enhanced.

Much of your conscious physical training is contrary to that which allows the blending of your being, but it is a natural process, and it is known by all of you at some level of your knowing. In the time that is before you, more of you will become aware of the existence of this broader part of you, and through the power of your conscious wanting, the blending will occur. There will be less responding out of habit. Few of the established patterns for your life experience will be unchanged, and because of the radical difference in the way that you will experience physical life, you will reach within to utilize the vast reservoir of inner knowing. As you examine your earth through your physical perspective, or even through the perspective of those who have recorded, for your benefit, the activities of your changing earth, you are not able to stand back far enough, or long enough, to understand some of the longer "seasons."

Those of us who are not in physical form at this time, who are not limited to our memory of only one short physical lifetime, are aware of the history of your changing earth, and we are aware that you are moving into an era, a "season", of dramatic physical change. From your shorter, closer perspective it may be incomprehensible, but from our longer, broader perspective it is most routine. In fact, without exception, those of you who are now upon the earth were aware of the changes, both physical and Non-physical in nature, and you enthusiastically chose to participate, in physical form, during this time because you were aware of the value for all who participate.

The revolving sphere upon which you live is in the process of readjustment. It is seeking balance. Gradually, over a very long period of time, it has gotten out of balance. What that means to you, in a physical sense, is that there will be a dramatic shifting as your planet realigns itself.

From our broader perspective, we can tell you that this has occurred many times in the history of the existence of the earth. In fact, on more than one occasion, a much more dramatic shifting has occurred than what is to be experienced now. This is a partial shifting which will bring about much devastation in some areas on the surface of your earth while other areas will be relatively free of destruction.

Now, the value that we offer you is this: We are providing you an opportunity for preparation of a physical and an emotional nature, for as you are aware of what is to come into your life experience, from your broader inner perspective, you will not see it as something to worry about or to fear or to dread, but as something that has, indeed, been expected and anticipated with great enthusiasm.

At the time that you chose this physical time and place, you were very much aware of the opportunities for growth, for you understood the abilities and the potentials of your creative nature that have not been realized.

You understood, from that broader inner perspective, that in a time of change there is much reflection upon what is wanted. And when one is wanting, and allowing, there is much receiving, and when there is receiving, there is contentment. And so, if you do not compare what has been with what will be, but if, instead, you anticipate your ability to joyously move forward, in all times, then this time that is before you will, indeed, be one of joy and growth.

#### January 6, 1988

It is our intent, in this section of the book, to give you as much detail as we are able as to what you will experience physically as your earth achieves this partial shifting upon its axis. We accentuate the word "partial", for it is important that you understand that the shifting that is occurring will not mean the total destruction of your planet. Nor will it mean the destruction of all that exists upon its surface. There will be, however, areas of great devastation, where most of those who are dwelling will not survive, while there will be other areas of comparative safety.

All areas of your planet will experience tremors, and by your standards of measuring earthquakes the tremors will be significant, but not so significant that everything, everywhere will be destroyed. The land will not rupture everywhere.

Because of the tremors, many of the structures that are less secure will be damaged. Large structures such as overpasses and bridges may be affected. And certainly transportation lines will be severed all around your earth. We cannot speak with perfect accuracy as to the extent of the damage in every area, for there are many possibilities. The crust of your earth has much variation in its strength, and we are not completely certain how these areas of strength and weakness will affect one another. Even in the areas of greatest destruction, there may very well be pockets of survivors.

We encourage you to utilize the exercises that have been offered here in this book to quiet your physical awarenesses, that you may sense your inner awarenesses, for you have much access to guidance, from within, that will serve you very well during this time of conscious uncertainty.

As you are blended with your *Inner Being*, you will have a very strong sensing, not only of when the time of greatest danger is approaching, but about the safety of the area in which you are present, as well.

When you understand that by the power of the Law of Creation, that you will be able to create anything that you are wanting, including being in the areas of safety, THEN YOU UNDERSTAND THAT THE POWER IS WITHIN YOU TO BE AT THE APPROPRIATE PLACE AT THE APPROPRIATE TIME.

In other words, you are not needing a map that has been offered by someone else. You may trust the inner knowing that is within you. But many of you are not yet trusting that knowing that is coming forth. You do not trust yourselves to make the proper decisions on a physical conscious level, and even more, you do not trust yourself regarding the information from within, and for that reason we are writing these words, that we may stimulate the knowing that is already within you.

Recognize that the emotion that comes from within is a very strong guidance system, and when you are feeling extremely uncomfortable, and you cannot pinpoint a conscious reason for it, that there is a strong knowing coming forth from within.

We offer our expectation of the areas of greatest destruction, that you may make a decision, if you are living in such an area, to remove yourself from it, for once the tremors begin there will not be time to evacuate.

Throughout the world, all areas which are near large bodies of water will receive much damage, for the water will be very high and powerful as a result of the jolting as your earth is shifting upon its axis.

In the United States the greatest damage caused by water will be on the east and west coasts of the continent. Because of the low elevation and the extremely high and powerful water, much of the coastline will literally be swept away, and large portions of those areas will no longer exist. It is our belief that much of the state of Florida will be swept away, or submerged, in that fashion.

The following information pertains specifically to the United States of America:

Aside from the damage that will be caused by water, there will also be much upheaval of land as the sudden jolting of your earth will cause the crust to push together and buckle in some areas, while it pulls apart in other areas. Many of the more dangerous areas have already been pinpointed by scientists who have been recording the movement of the earth's crust. A well known earthquake activity area which will receive tremendous damage runs lengthwise down the state of California affecting major populations from San Francisco, to San Diego, and even into Mexico. Another area of greater destruction, caused by earthquake and volcanic activity, will begin near the northern border of the United States, coming through the state of Idaho, through the state of Utah, through the state of Arizona and into the state of New Mexico. Another area of greater destruction will surround the area of the Great Lakes, south to the Mississippi river and to the southern boundary of the United States. The east coast will receive earthquake damage as well as the damage that will be caused by water.

Much information has already been gathered by those who have been studying the activity of your changing earth, and that information will be of value to you as you are choosing places of safety. Areas that are near the fault lines should be avoided. Areas that are near any sign of volcanic activity should be avoided. And areas that are near large bodies of water, even lakes, should be avoided.

You may have already recognized that there are more areas of safety than there are of devastation. And so, it is a matter of intending to be in an area of safety with a clear intent for continuation of this physical experience.

We encourage those who are intending to remain in this physical dimension to begin preparing for a time of short supply, for as your transportation lines are severed, many of the sources for food, and other things that you are wanting, will not be adequate for the numbers who are seeking.

EACH OF YOU, ABSOLUTELY, HAS THE ABILITY TO CREATE WHATEVER YOU ARE WANTING, WHENEVER YOU ARE WANTING IT, AND SO WE AGREE THAT IT IS NOT NECESSARY FOR SURVIVAL, TO MAKE THIS PREPARATION, BUT WE ENCOURAGE IT, BECAUSE AS YOU ARE PREPARED PHYSICALLY, AS WELL AS EMOTIONALLY, YOU WILL BE IN A POSITION OF STRENGTH, AND YOU WILL BE MORE ABLE TO FOCUS YOUR CREATIVE ABILITY UPON THE TASK OF REBUILDING AND OF ENCOURAGING OTHERS.

We offer these words to you, that you may have an opportunity to digest the information and to make a clear decision about what you want to experience during the shifting and the realignment of your earth. You have great control over the way you participate within this experience.

LIKE THE SEASONS, OR THE SETTING OF THE SUN, THE SHIFTING OF THE EARTH UPON ITS AXIS IS OUTSIDE OF YOUR CREATIVE ALTERATION, BUT YOUR EXPERIENCE WITHIN IT IS CLEARLY NOT OUTSIDE OF YOUR CREATIVE ALTERATION.

And so, we encourage you to think about what you want: to remain in physical form, or not? Envision the life experience that you intend. Begin creating your future, now, through the power of your creative thought.

We interact with you because we have agreed that we would and because we understand your intent regarding this event. We are aware of your intentional and enthusiastic participation within this event from your broader inner perspective, and we offer these words to you, that you may bring that knowing forth from your Inner Being to your conscious awareness, so that this time will be a fulfillment of that which has been excitedly anticipated since long before your birth into this physical life.

### January 7, 1988

There is excited anticipation, from your *Inner Being*, regarding the changes that are occurring, for from that perspective, you are keenly aware of the value of change and of new experience.

Your Inner Being understands that change and new experience are valuable catalysts to receive growth, and growth is a primary intention for participating in this life experience, but your physical conscious inclination is to get things to a more stable point so that you will not need to experience change. You seek points of comfort, and we agree that there is not much comfort when there is continual change, but as you accomplish the blending that we have been speaking about, of your Inner Being and your conscious physical being, you will consciousLY begin seeking experiences that will bring forth growth, for in those growth experiences will come tremendous joy and much satisfaction.

If you are looking at the changes that will be taking place upon your planet from the perspective of one who seeks the comfort of sameness, then you will find great dissatisfaction and unpleasantness in that which is to come.

If you are viewing the events that are to come from the perspective of one who seeks growth, and understands that growth comes from new experience, then you will be filled with excited anticipation, for you know that within the new experience will come growth and joy.

It is our knowing, that once you have an opportunity to digest this information, that most of you will emerge with a healthy anticipation of this event, and while some of you are satisfied with the life experiences that you have created, more of you are experiencing unrest and dissatisfaction.

FOR THE MOST PART, YOU ARE NOT CONTENT AND JOYOUS BEINGS, FOR YOU ARE NOT DOING THAT WHICH BRINGS FORTH CONTENTMENT AND JOY.

Intending, allowing, and then receiving, is what brings forth contentment and joy. And most of you have withdrawn from the position of making decisions about what you want.

The realignment of your earth will bring more of you to a point of thinking of what you are wanting.

AS YOU FOCUS UPON WHAT IS MOST IMPORTANT TO YOU, YOU WILL RECEIVE THE SATISFYING LIFE EXPERIENCE OF CREATING IT. And much of the confusion that stifles your Deliberate Creative Process will be immediately eliminated, as only those things that are most important will have your attention.

This will be a time of clarity of purpose and of thought. A time of more deliberate creating. And while many of you will continue to create by default, more of you will be actively creating in the direction of that which you are intentionally thinking about, and more beings will come to understand the *Creative Process.* 

A planetary shift is not needed to have this knowing, and it is not something that is being thrust upon you as a punishment, or as a cleansing. It is a physical event, brought about by the characteristics of the earth in its physical dimension, just as your seasons are. And as you know, consciously, approximately when to

expect summer and winter and spring and fall, from your broader all-knowing perspective, you are also aware of this new "season."

### January 7, 1988

To assist you in your visualization of your preferred life experience, during and in the time following the shifting of the earth upon its axis, we offer the following information.

We preface this information with this statement of knowledge: The majority of your thoughts which bring forth fearful emotion have no valid basis.

Most often, when the emotion of fear is present within you, the thought that is present is pointed toward some unwanted event that you believe is lurking in your future, and once you understand that every future event is of your choosing, for you are attracting those future events with your thoughts, then you will recognize that the fearful emotion is coming forth to guide you away from thoughts of miscreation.

The emotions that you feel, are *always* responding to the *present* moment. Therefore, if fear comes forth because of your thought regarding the future, recognize that there is no basis for that fear, since you can alter the future by altering your thoughts. And recognize that as you allow fearful emotion to persist, you are also allowing creation toward that which you fear.

AND SO, WE OFFER THIS INFORMATION, NOT TO GIVE YOU SOMETHING TO FEAR, BUT SO THAT YOU MAY MAKE SPECIFIC PLANS OF PREPARATION THAT WILL ASSIST YOU IN A MORE EFFECTIVE VISUALIZATION OF A TIME OF COMFORT AND SURVIVAL.

At the time of the realignment, and for many months thereafter, the entire surface of the earth will experience significant tremors. There will be significant jolting at the beginning, and then continual, but not so significant tremors, as a sort of settling down process occurs.

In some areas, as we have noted earlier, there will be great upheaval of land. But many more areas will not experience an upheaval of land, although there will be significant tremors experienced.

We encourage you not to remain inside of any building while the tremors are occurring. Your automobile will provide safer shelter.

We advise that you locate an open area that is free from the possibility of something falling upon it. Avoid areas that are beneath trees, power poles or next to mountain sides or large buildings. Avoid any area where something may fall upon you.

We recommend that you put a supply of food and water and warm clothing in your automobile, so that in a moment's notice you can be outside of a building and moving quickly toward your designated place of safety.

Your greatest *inconvenience*, as a result of the impending earthquakes, will be a shortage of food, because your lines of supply will be severed.

We encourage you to set aside enough food and other essential supplies to last for a period of 6 to 12 months.

As you are evaluating the time and effort and dollars that are involved in that preparation, you will find that it is much less than you may think, and certainly not outside of the creative capability of anyone.

You may feel that you should make preparation for those you know who will not make preparation for themselves, and while it is a generous intention and satisfying in many ways, it is not a practical plan. As you are storing enough for yourself and for your family for 365 days, it will not be a major expense, and will not require a large amount of storage space, and you will be extremely happy that you have made that preparation.

However, if 365 of your friends or neighbors who have not made preparation join you on the first day, you will all do well for that one day, but there will be much hardship as you are all met with short supply for the rest of the year.

We encourage you to be responsible for your own life experience and to encourage those who are around you to do the same. We state, very clearly,

here, that you cannot create in the experience of another, nor do they want you to from their broader, wiser inner perspective.

TRUST THAT THOSE WHO ARE WANTING WILL RECEIVE, AND DO NOT ATTEMPT TO DO THEIR CREATING FOR THEM.

In many areas, another major inconvenience will be the loss of electricity. Since much of your comfort and convenience depends upon access to electricity, we encourage you to turn your electricity off for a day or two so that you may experience, first hand, a very clear vision of what you will be wanting. Now, while there is no short supply, you will be able to acquire that which will assist you in comfort.

There will be dramatic weather changes all around the earth and extremely cold temperatures even in areas that are usually warm. Therefore, a supply of fuel and warm clothing will be most appreciated at the time of the shift.

There will be extreme wind and much rain in the weeks following the jolting realignment.

Volcanic ash will be experienced in all parts of your world, as the volcanos around your earth are simultaneously activated. Face masks and goggles will be of great value.

We are aware that you may have difficulty accepting the reality of this physical event, but we encourage you to acknowledge our broader perspective. If our words move you to no physical action, but do stimulate you to a clear, conscious, deliberate intention to continue physical life experience, we are pleased. For we understand the power of intent, and as you intend survival and continued physical life experience, you will attract the circumstances that will provide that.

We encourage you to not only intend continuation of your physical life experience, but joyous continuation. Visualize, within your own *Creative Workshop*, that which you want to experience, for as you paint the picture in your creative mind, you will be setting into motion the creation for that which you will experience.

See this as a time when the creative talents that have been, perhaps, dormant within you will surface and bring forth great satisfaction.

IMAGINE YOURSELF LIVING HAPPILY IN A TIME OF ADVENTURE, A TIME OF CHANGE AND IN A TIME OF NEW. SEE YOURSELVES AS PIONEERS WHO WILL EXUBERANTLY SET OUT TO CREATE, FROM A NEW PERSPECTIVE, WHATEVER SORT OF WORLD YOU PREFER.

ADDENDUM: Responding to frequent requests for updates of the earth changes information, we have included the following dialogue from an Abraham-Hicks Workshop in Omaha, Nebraska in September of 1994. You will find another relevant response as an addendum toward the end of the *Questions and Answers* section of this book.

QUESTION: There is a chapter in the *A New Beginning I* book where Abraham talks about earth changes, and since that book has come out it seems like so much transformation has happened and things have evolved that I guess what I am wanting is kind of an update from Abraham so that we can apply it at this time.

ABRAHAM: Good. You have deliberately chosen this specific time to be present upon this planet because you were aware of the realignment process.

Now, as you have been listening to us, you are coming to understand the value of contrast. If you do not know what you don't want, you cannot know what you do want. And your desire to come forth into a physical environment at a time of greater realignment is part of your understanding that that contrast can be very beneficial. In other words, more clarity comes about what is wanted from your awareness of what is not wanted . And so that is the reason that teachers are flooding forth in greater numbers at this time. Because when people are asking, that is the only time that answers are ever of any value.

In the earlier part of 1988 we felt the Energy of your planet reaching a peak beyond which we had ever witnessed it without greater realignment occurring. What we mean by greater realignment is a sort of simultaneous event, a shifting, in this case a very subtle shifting of your earth on its axis. Your planet does this constantly. In other words, it is an ongoing experience as it continues to regain its balance.

If you have ever seen your clothes get out of balance in your washing machine and the washing machine walks right out into the room, then it is easy

to understand how important it is that a sphere this large stay in balance. Because a little bit of imbalance goes a long way with a sphere this size. And so, the planet is always righting itself, and every 26,000 years or so, give or take a thousand or so, there is this sort of realignment process that keeps the planet correctly moving in its orbit.

That crescendo peaked out in the fall of 1988 and then that Energy dispersed. In other words it was as if you reached a crescendo and then slipped down the other side of it.

In the early part of 1990 we felt you reach another peak and again no realignment but a releasing of the Energy through a series of earthquake and volcanic activities.

Today we do not feel that Energy anywhere near what it was on those two previous occasions. Many of you are feeling the difference, too. As you think about the way you were feeling relative to the subject, your own guidance is softening relative to it. Part of the reason that your feeling of ease is greater is because you are coming to realize that all really is well. In other words, there is not so much pushing against what is not wanted.

If we were standing in your physical shoes, we would not factor realignment into our decision making process. But we would continue to identify that we want to live a long, healthy life experience and that we want to fulfill our purpose. We would keep making our statements of intent, and we would trust that the way we feel will let us know if we are in the right place at the right time.

Your earth will continue to evolve. What we are anticipating over the next years is more earthquake and volcanic activity. In this area it is not likely that you will experience anything in the next few years. (Omaha, NE). If you are living in California, if you are living in the areas where there is known shifting, or as the tectonic plates are moving about, there will be more activity. The area of California is going to be constantly receiving greater higher frequency and closer together experiences. Colorado, we do not anticipate anything there until the greater realignment. Not anything of a significant nature. When that is, we don't know. In other words, it is in your future. You will know it as it comes closer; you will begin to sense it.

Does it need to upset your life experience? We would say not at all. First of all, it is not our message to you. Our message is, living happily ever after. The reason we talk about realignment at all is because there were so many people panicking over the subject, that we were wanting to put it in the context of the greater important knowing: Which is that you are the deliberate creator of your own experience.

In terms of preparation, the reason that we encouraged any preparation at all is to give you an opportunity to maintain some sense of stability even within the framework of something you cannot control. But truly, the greater preparation that you are wanting to offer about this is your getting your valve open because when your valve is open you will always be guided to that which is most in harmony with your greater intention.

# 12

## A NEW BEGINNING

## January 8, 1988

In the time that is before you, there is potential for tremendous evolvement, for the simultaneous experience of many beings will provide a natural environment in which the Creative Process will flourish.

When you understand that magnificent creating comes through powerful wanting, through clear and deliberate thought and with high emotion, then you may understand how all of those things will be present for many beings at the same time.

Wanting, or intending, is the beginning of the Creating Process, and without it, no deliberate creation will occur.

But most of you are suppressing your desires, to avoid disappointment. When you are children there is much that you want, but as you grow older, not understanding the *Creative Process*, you begin to suppress your wanting, to avoid the disappointment of not receiving. When you do not understand that *every* thought creates, then you do not understand how your thoughts of doubt or disbelief push what you want away from you. And in your lack of understanding of what is keeping your wants from being realized, you gradually allow yourself to want less and less.

You have become, for the most part, people who suppress your wanting, to protect yourselves from disappointment.

You do not remain focused upon those things that are most important, for it is difficult for you to discern which things are most important.

Because of your highly technological society, in which you have access to information from all around your earth, it is no wonder that you have a difficult time thinking about the life experience that you are living and that you are creating. Your thoughts are continually diverted, continually diffused and continually unfocused.

Because you are not focused, and because you do not allow yourselves to want, there is very little expression of positive emotion that comes forth from within.

Since there is very little of that powerful, driving, enthusiastic emotion, that is always present when you are excitedly thinking about those things that you want, it is not a wonder to us that more of you are not joyously participating in deliberate creating.

As you are reading this book, you are at the perfect point for beginning a new life experience, for as you receive that which we have offered here, your perspective will be forevermore altered.

The combination of your new understanding of the Creative Process, and your life experience during the physical changes that are occurring upon your earth, will provide a perfect opportunity for joyous, deliberate creating, and you knew that when you made the decision to be a part of this physical experience prior to your physical birth into this lifetime.

It is not a creation by default that brings you to this place and time. You wanted to be here. You created this physical life experience before your birth into it by being focused with powerful, excited emotion. And so, we encourage you, now, from your physical perspective, to apply what you are reading here, and to make a decision to be clearly focused upon what you want to experience in the time that is before you. Allow yourself to feel the joyous, excited emotion of anticipation as you imagine the fulfillment of your intentions.

When you understand that you control the events of your personal experience by the power of your thought, then your focused attention to that which you want will always bring forth excited emotion and the excited emotion is the indicator that your creation is being propelled forward.

IN THE HISTORY OF MAN UPON THIS PLANET, THERE HAS NEVER BEEN A TIME THAT HAS OFFERED THE POTENTIAL FOR MORE JOYOUS CREATING. AND SINCE YOU ARE JOY SEEKING BEINGS, THERE IS GREAT CONTENTMENT THAT IS BEFORE YOU.

### January 8, 1988

In this book, we have offered the key to deliberate creating within your physical life experience.

We have expressed to you the power of your thought, and we have explained that although it is difficult to control your thoughts, that it is a simple process to acknowledge the way that you feel and that being aware of your emotion at any point in time will guide you to a clear recognition of the direction of your thoughts and of your creating.

But many of you believe that experiencing negative emotion means that you are weak or out of control, and so you suppress the very *Guidance System* that would assist you in deliberate positive creation.

Some of you, rather than using the negative emotion to identify negative creativity, focus upon the negative emotion itself, and thereby create more of it.

Others of you, identify your thought, which has caused the negative warning bell to ring, but rather than removing your attention from that thought, you continue to focus upon it, believing that until you find a solution, the negative emotion will not subside.

But your attention to the problem only enhances it and brings it right into your physical experience.

As you view the many problems from around your world, there is very little that they have to do with you, or that you can do about them. You do not feel the negative emotion because the problems exist. You feel the negative emotion about them only when you give your attention to them.

CONTINUED ATTENTION TO A PROBLEM ATTRACTS IT INTO YOUR EXPERIENCE. TO REMOVE IT FROM YOUR EXPERIENCE YOU MUST REMOVE YOUR ATTENTION FROM IT.

Many of you believe that if you give more attention to a problem you will solve it. You will find solutions, however, only as you are looking for solutions. *As* 

you focus upon the problem, your emotion will be negative, letting you know that you are creating negatively. As you focus upon the solution, your emotion will be positive, letting you know that you are creating positively.

In the time that is before you, more of you will be looking for solutions and feeling positive emotion, and much less of your attention will be focused upon the problems of the world.

#### January 8, 1988

Once the Creative Process is understood, you will be filled with a sense of joyous freedom, and you will no longer fear the actions of others.

No other, no matter how powerful, or how big they seem to be, has the power to create within your life experience. And if they are within your life experience it is because you have invited them through your thoughts.

YOU WILL NOT ATTRACT THAT WHICH YOU DO NOT GIVE THOUGHT TO. THEREFORE, GIVE THOUGHT ONLY TO THAT WHICH YOU WISH TO ATTRACT AND GIVE NO THOUGHT TO THAT WHICH YOU DO NOT.

And once you understand that you control all that is attracted into your experience, then you will be free of fear of being violated by something out of your control. All arguments that are to the contrary, come forth from those who do not understand the *Creative Process*. Those who see themselves as victims of the actions of others do not understand the *Creative Process*, for nothing comes to you without your invitation.

Recognizing that you are the sole creator of that which you experience is the first step in taking deliberate control of your life.

Being in control of your life sounds wonderful to some of you, but many of you resist that thought, for you do not trust your ability. You doubt yourself.

As you recognize the broadness of your being and the vastness of your abilities and knowledge, then you will want, very much, to be the one who makes the decisions and who thinks the thoughts that bring into your life experience that which you experience and you will be most unwilling to allow others to interfere in this process that you have intended for yourself.

# 13

## MAGNIFICENT CREATING IN THIS TIME OF INCREASED ENERGY

## January 11, 1988

From your new vantage point, the decisions that you will now make will be different from the decisions that you might have made before you read this book.

We are aware that our words have stimulated the thoughts of many of you, and for some, the knowing that is within you has come forth to confirm that which you have read here in this book, and where that has occurred you now have a totally new perspective.

And so, with your new knowing it is most important that, from the beginning of this page in this book, that you begin to make some clear and definite statements about what you currently want, for as you make those statements through your thoughts, or as you voice them aloud, or as you write them with your pen upon your paper, you will set into motion the creation of those desires.

IT HAS NEVER BEEN MORE IMPORTANT FOR THOSE UPON PLANET EARTH TO UNDERSTAND THE CREATIVE PROCESS, FOR NEVER BEFORE HAS THE CREATIVE ENERGY BEEN SO POWERFUL.

Never before have your thoughts translated into actual physical manifestation so rapidly. Never before has there been so much potential for the glorious exaltation that comes with receiving that which is wanted and never before has there been the potential for so much painful experience from setting into motion that which is not wanted.

This time, from our vantage point, is a glorious time. A time of great wanting. A time of much more allowing and a time of much more receiving. And with all of that, a time of contentment, satisfaction, peace, joy, exhilaration and, indeed, ecstasy.

But each of you chooses the degree of satisfaction, contentment, peace, love, joy, or ecstasy that you will experience, for there is a broad range of that which may be experienced, and all of it hinges upon your willingness to make decisions about what you want, and your belief or knowing, that that which you think, is.

In time gone by your thoughts were not so quickly translated into their physical equivalent, but in this time that is upon you, that flexibility is not so great, and your thoughts are translated more quickly.

Begin to practice your deliberate creating abilities, and as you recognize that you have had a thought and, in fact, have received the physical manifestation of that thought, whether it is something that you wanted or something that you did not want, stop, and say to yourself, "I have done this through the power of my thoughts and through the Laws of the Creative Process and the Laws of Attraction. This is of my doing, and it is good."

As you recognize that you are the creator of all that you experience, and as you stop trying to blame others for that which makes you unhappy, you will be in control of your physical life experience, and you will be on your way to that exhilarating ecstasy that we have spoken of here.

As you read these words, the emotion that you feel is a very important key to help you understand whether you are creating toward ecstasy or toward unhappiness, for as you read these words, your response to them is a very strong indicator as to whether you are in harmony with the *Creative Process*.

The degree of joy or satisfaction that is felt at the receiving of something that you have created is not proportionately related to its monetary value or grandness. It is as satisfying to create a button as it is to create a castle, if the button is something that is really wanted.

## ALLOW YOURSELF TO FEEL SATISFACTION FROM EVERYTHING THAT YOU ARE INTENDING AND RECEIVING.

We encourage you to make more decisions, in every day, about what you are wanting, and then to expect to receive those things that you have set into motion through your thought, and as you receive them, one by one, and sometimes many at one time, you will begin to realize your creative abilities.

YOU HAVE COME TO THIS PHYSICAL PLANE INTENDING TO BE A MAGNIFICENT CREATOR, TO TRANSFORM YOUR THOUGHTS INTO PHYSICAL MANIFESTATION. IF YOU HAD NOT INTENDED PHYSICAL MANIFESTATION OF YOUR THOUGHT, YOU WOULD HAVE REMAINED IN A NON-PHYSICAL DIMENSION. From the perspective of your broader Inner Being, you have intended to translate that which you think about into physical form, that you may understand more fully your creative power.

We offer this book with the intent of stimulating you to a clearer understanding of your abilities, and to a clearer understanding of the totalness of your being, that you may be the clear, deliberate creator that you have intended to be. This is the time that you have long anticipated, even before this physical birth. We write this book to guide you from your point of inner knowing to a point of conscious recognition of that inner knowing. We are exuberant as we participate with you as you move into this wondrous time, and we rejoice with you each time there is a glimmer of recognition of your creative ability.

When you create magnificently without recognizing how you have created, we are not thrilled by your creative accomplishment. We are thrilled by your conscious recognition of the *Creative Process* as you create that button, or that castle, for that is what we are here to teach.

YOU ARE TRULY UNLIMITED CREATIVE BEINGS. IN THE DAYS THAT ARE BEFORE YOU, MAKE MORE DECISIONS ABOUT WHAT YOU WANT AND THEN EXPECT THE PHYSICAL MANIFESTATION OF THOSE DECISIONS.

#### January 11, 1988

From the broader, wiser, all-knowing perspective of your Inner Being, you CHOSE to participate upon Planet Earth during this physical and spiritual transformation, for you understood the exhilaration and benefit that comes from new experience. You also knew that these changes are the continuation of a creation that was set into motion at the time that your earth was created, and that these physical changes would not mean the end of your planet, but a readjustment.

Your earth is seeking a balance to assure its continuation for the physical experiences that are to come. And so, from your broader perspective, you are

seeing this realignment, this readjusting of your earth upon its axis, as a "healing" sort of event, for without it, eventually there would be total destruction of the planet.

From your conscious physical point of view, you may be resisting our knowledge about the shifting of your planet upon its axis, and you may be, very much, wanting this event not to take place. But from your broader perspective, you are not resisting it, but wanting it, for you understand the value of this realignment to the future existence of your planet, and you also understand the value of new experience that will be offered to every being who exists upon the planet during the time of the shifting, and in the time that follows.

As you are consciously physically focused and not wanting this event, you may feel that there is a contradiction in what we are offering, for, on the one hand, we are telling you that you are an unlimited creating being, and, on the other hand, we are telling you that you cannot stop this event from occurring. And in order to understand that there is no contradiction, you must see from your inner, broader perspective, for from that point of view, you know that this realignment is part of the creation that you have set into motion from a different creative perspective, and that as you are experiencing life within this physical experience, you have accepted, and have, in fact, eagerly agreed to participate within, the changes that would occur during the realignment.

Just as you cannot gather together and intend that the sun will not rise in the morning or that winter will not come in this year, the stopping of this realignment is also outside of your creative control. However, it is most important that you recognize that your own personal experience within that larger experience IS within your creative control. And the remainder of this book will be written in an effort to bring you to a clearer point of focusing upon what you are wanting to experience from this point forward.

The time that lies between our writing of this book and the greater shifting of your earth upon its axis will provide, for you, a time of adjusting and preparing, physically and emotionally, and, more importantly, will provide you a new perspective from which to make your new decisions about what you are wanting.

## 14

## A BLENDING OF INTENTIONS

## January 11, 1988

We encourage the gaining of your broader inner perspective, for it will afford you access to greater knowing than you have accumulated in this physical lifetime, for your Inner Being remembers all life experiences, physical and Nonphysical.

This gaining of your broader perspective, or blending of your conscious thinking being with your broader *Inner Being*, will enhance this physical life experience, tremendously. That blending is accomplished, first, by recognizing that a broader "you" exists, and next, by wanting the blending, and finally, by allowing it.

The allowing is accomplished by setting a time aside, in every day, with intent to quiet your physical conscious thinking world, that you may experience the inner world.

This process of allowing has been called "meditation," or "a quieting of the mind." It has been called many different things, and people do it for many different reasons. Some meditate to quiet the physical world, because they seek rest or freedom from physical pressures and responsibilities; others meditate to sense their broader, more expansive, inner world.

FROM OUR PERSPECTIVE, THE MOST SIGNIFICANT INTENTION FOR THE PROCESS OF MEDITATION IS TO FACILITATE THE OPENING OF A PATHWAY, OR CHANNEL, BETWEEN DIMENSIONS. ONCE A PASSAGEWAY HAS BEEN ESTABLISHED, THROUGH THE PROCESS OF MEDITATION, THEN COMMUNICATION CAN EASILY BE TRANSMITTED AND RECEIVED, FROM BOTH DIMENSIONS.

From your conscious physical perspective, the advantage in opening that pathway is that you will have greater knowing and greater guidance from a broader vantage point.

As you open that channel between dimensions, literally every decision that you make will be more appropriate, for your perspective will be broader and clearer. And as you decide what it is that you want, that decision will be transmitted through this passageway and will be more efficiently manifested into the physical equivalent, or life experience.

And while all of you are now receiving communication from your *Inner Being* in the form of your emotions, once your passageway is open, the transmitting of emotion will be even greater and the potential for continual, harmonious, joyous creation will be greater, for you will be more aware of your *Guidance System*, sensing your emotions quickly, so that you may immediately stop miscreating, and redirect your thoughts to that which you want.

It is not our intent to distract you from your physical life experience, for we understand your deliberate intent to be physically focused. We are encouraging a blending. An enhancement of this physical experience that you wanted, so much, prior to your birth within it.

For many of you, the exuberance for life, the willingness to participate, the seeking of new experience, and the recognition of joyous emotion, has been lost.

We are wanting to restimulate your zest for this physical life and in the time that is before you, if you are wanting it, it will be joyously re-stimulated.

#### January 11, 1988

As you make decisions, in this day, about what you want to experience, you set into motion the creation of that. You are the one who literally molds your future experience.

As you accomplish the blending of your *Inner Being* with your conscious physical being, you will gain an excited anticipation for that which is before you. And as you set thoughts of what you want into motion, in combination with the excited emotion that comes forth from your *Inner Being*, you will be in the perfect position to create that which you desire.

With all creation, the more specific you are about what you want, the more specifically you will receive that which you want. The more vague you are in stating what you want, the more vaguely you will receive that which you want.

## THERE ARE SOME WHO BELIEVE THAT IF THEY ARE TOO PARTICULAR, THAT IT WILL LIMIT THEIR CHANCES OF RECEIVING, BUT <u>THEY DO NOT UNDERSTAND</u> <u>THAT THE CREATIVE PROCESS ALLOWS YOU TO RECEIVE ALL THAT YOU CAN</u> <u>IMAGINE.</u>

We encourage you, as you anticipate your future, your future that is one second ahead, or your future that is one year ahead, that you be as specific and deliberate as possible. Take time, in every day, to identify your dominant intentions, for as you are living life and gaining experiences, one by one, your perspective is being altered.

Certainly, as you have read this book, your perspective has changed, and as you have an opportunity to absorb that which you have read here, and as you accomplish the blending of your *Inner Being*, your perspective will again be changed.

Recognize, in every day, that your perspective has changed, and make a new statement of what is most important to you from your current perspective.

As you state an intention, and release it to the Universe, expecting the receipt of it, it should not be necessary for you to do that again, for the *Laws of the Universe*, and the *Creative Process*, in fact, *ALL-THAT-IS*, will immediately go to work upon producing, for you, the creation of that which you have set into motion. It is Law. However, it is of value for you to continually reaffirm that which you are wanting, because your perspective is changing, and therefore, that which you want changes.

It is also important to continually restate your intentions, in order to avoid negative influence. Even though you may have intended health, and should not have to intend it again and again to continue to receive it, because of the significant stimulation toward illness that surrounds you, it is of value for you to continually counter that negative stimulation by restating your intention of perfect health.

ANY CREATION THAT YOU SET INTO MOTION, WILL BE, UNLESS YOU GIVE THOUGHT TO SOMETHING THAT COUNTERS IT.

In your multifaceted world, with your highly technological communication system, there is a tremendous amount of stimulation of thought that is received by you that is counter to that which you want. And so, conscious affirming, in every day, of what you are most wanting, is of tremendous value.

From your new vantage point that has come about because of reading this book, you will experience significant change. Most of you have not experienced much change in a very long time, and you have not received much growth. And so, as you are blending the intentions of your *Inner Being* with the intentions of your conscious being, the wanting for growth will draw many new experiences.

We write this segment of the book because we are wanting you to understand that you have the ability to create your experiences, in whatever way that you choose.

To say, "I want growth," is a good thing. However, to say, "I want growth through joyous experience," gives you more deliberate control. Recognizing that the earth is shifting upon its axis, your intent may be, "I want to survive this shifting of the earth upon its axis." But we are encouraging even more deliberate and specific creating. We encourage you to intend not only to survive, but to survive in joy. We encourage you to intend a wondrous life experience, even during the time of great transformation.

AS YOU WANT TO CONTINUE THIS PHYSICAL LIFE EXPERIENCE, YOUR CREATIVE MECHANISM, YOUR INNER BEING, THE ENTIRE UNIVERSE, LITERALLY ALL-THAT-IS WILL ASSIST YOU IN THE FULFILLMENT OF THAT INTENTION.

As you think only of surviving, never allowing thoughts of not surviving, never giving your conscious thought to that which brings forth fear or negative emotion, then you will create the experience of surviving.

As you visualize yourself safe and warm and growing and exhilarated and joyous, then that is the life experience that you will draw.

We recognize that for many of you there will be a time of adjustment, for these words regarding your planetary disruption are not easily heard, but it is our knowing that the utilization of the exercises that have been offered here will lead you to a clear understanding of the very principles of life that you are wanting to understand.

An application of the principles that you have read, here in this book, and the experience of your earth shifting upon its axis, are a wonderful combination. You anticipated that it would be a good time to be here, and, indeed, you were right.

## 15

## APPLYING THE CREATIVE PROCESS FOR HARMONIOUS INTERACTION IN THIS NEW AGE

## January 11, 1988

The time that is before you in this physical life experience promises to be a time of great satisfaction and peacefulness and contented joy, for it is a time when more of you, as you are understanding the Creative Process, and are applying it, will recognize that you have absolute freedom.

As you understand that another cannot create in your life experience and that another will not be a part of your life experience unless you invite them, through your thoughts, then you are truly free. You are not wanting to be free of experience with other beings, for if you had wanted that, you would not have chosen a physical experience where you are surrounded by others.

YOUR INTERACTION, ONE WITH ANOTHER, ENHANCES YOUR LIFE EXPERIENCE.

You will find that through the power of your thought, and through the power of your intentions, you will draw those beings to you who are harmonious, in intent, with you. And you will repel those beings who are not in harmony with your intentions.

If your intentions are not clear, then you will attract confusion, but as you are more specifically defining, in every day, what you want, then you will, more specifically, draw those individuals to you who will enhance that.

And as you attract those of like intent, you will have joyous interaction. And as you recognize that the others who are of different intent need not influence your life experience or be attracted into it, then you will no longer feel that you need armies to protect yourselves, or barricades to keep others away from you. Then you will understand that by the power of your thought you will not invite them into your experience.

Once you understand the power of thought, you will joyously experience your own freedom to express and to be as you are, while you will be willing to allow all others the same freedom. As more of you reach this state of being, it will be a time of peace and a time of contentment and a time of wondrous joy upon your Planet Earth.

Now this all sounds very wonderful, but how do you take the words that you have read here and begin to apply them to your own physical life experience?

The Law of Attraction and the Law of Creation are universal. They apply to all dimensions and to all experience, physical and Non-physical. And just as they apply to your individual creating, to that creating which does not involve others, such as the maintenance of perfect health, they also apply to that which you create, through the form of your agreements, one with another.

To have a wonderful relationship with another physical being must be wanted by both beings, or it will not be. Since you cannot create in the life experience of another, each of you must want, and therefore set forth, the creation of this fulfilling relationship. And whether it is a personal relationship or a relationship of business, the intentions of each of the beings involved enter into the satisfactory culmination of that relationship.

As with any creation, once a relationship has been established, the desire for continuation must be there, or the relationship will not continue. All creations are the same. Once you have created a thing, in order to maintain it, or to continue it, you must continue to want it, or give attention to it, otherwise it will drift out of your experience.

As you understand and apply the *Creative Process* as you are individually creating and as you become more sensitive to the "warning bells," that you may stop your miscreating in the moment that it begins, then you may apply that knowing to harmonious creating with others through your *agreements* with them.

When a negative emotion is present within you, and you recognize that your frustration, or anger, is your warning bell, signaling to let you know that, in that moment, your thoughts or words or actions are not in harmony with your

agreement, you must stop, immediately, and remind yourself what it is that you are wanting, for as you allow the anger, or frustration, to remain, you are also allowing miscreating. And since this creation not only involves you, but the others with whom you have entered into the *agreement*, it is most important that you communicate, one to another, what it is that you each are wanting.

As each of you focus upon that which you want, upon the agreement between you, then the emotion of anger, or frustration, will subside, and so will the negative creating. AND AS YOU FOCUS UPON WHAT IT IS THAT YOU ARE WANTING YOU WILL BEGIN CREATING IN THE DIRECTION OF THAT WHICH YOU WANT.

More of your agreements are not satisfactory, and more of your relationships do not remain intact, because most of you do not yet understand the *Creative Process.* 

Most of you believe that before a negative emotion will go away that you must fix what you believe has caused it. You feel that you must think about the problem and stew over the problem until you finally are able to remove the problem, and then once the problem is removed, the negative emotion will go away. But that is not the case.

AS LONG AS YOU REMAIN FOCUSED UPON THAT WHICH HAS BROUGHT FORTH NEGATIVE EMOTION, YOU WILL CREATE MORE OF IT.

#### January 12, 1988

An understanding and application of the Law of Attraction and the Law of Creation, will bring about many changes in your life experience.

You will find a new stream of people flowing into your life experience, while many of those who were already a part of your experience will begin to drift away, for as you begin to clarify that which is important to you, you will begin to attract those who are wanting more of the same things that you are wanting, while you will release those who are not. And in the process, you will experience less conflict, less confrontation and less negative emotion. And now, from your new perspective, as you begin to understand and apply the *Creative Process* with those beings that you are attracting who are of similar intent, you will begin a glorious new life experience.

And once you understand, and are applying the Creative Process in that which you create apart from any other individual, then you will be able to understand how it applies in your creating as you participate with others.

## BRIEF REVIEW OF THE CREATIVE PROCESS

 Make more decisions, in every day, of what you intend, and as you do that, know that you have become an automatic sifter who will attract those beings and circumstances that will enhance that which you want, while you will ignore, or repel, those beings or circumstances that do not enhance that which you want.

• Understand that all thought that you give toward that which you want furthers the creation of it, and that the feeling of positive emotion indicates the speed of your creation.

• As you are moving through your day, be sensitive to the way that you feel, and recognize those negative warning bells at their early subtle stages.

• Bring to your conscious mind the thought or word or action that has caused the warning bell to ring, and replace that thought with a thought of what you do want, and feel the negative emotion transformed to positive emotion, *and as you are interacting with others, the same process may be applied.* 

AS YOU ARE INTERACTING WITH OTHERS, IN PERSONAL, SOCIAL OR WORK RELATIONSHIPS, IT IS MOST IMPORTANT THAT EACH OF YOU, INDIVIDUALLY, IDENTIFY WHAT IT IS THAT YOU WANT FROM THAT RELATIONSHIP, OR PARTICIPATION, OR AGREEMENT, AND ONCE YOU HAVE DECIDED, IT IS MOST IMPORTANT THAT YOU COMMUNICATE IT TO ALL OTHERS WHO ARE INVOLVED WITHIN THE AGREEMENT.

You see, most agreements are unsuccessful because of the lack of clear communication. It is as if you expect one another to know what you know or to be as you are, but another can not see from your perspective, and you must use your power of words to bring them to an understanding of what you want.

Not only is it important that you begin your agreements with clear communication, with each stating what is wanted, but it is important that this be a continuing dialogue, FOR YOU ARE ALL CHANGING BEINGS, AND FROM DAY TO DAY EVEN FROM MOMENT TO MOMENT THAT WHICH YOU EACH WANT MAY CHANGE.

In those relationships or agreements that are most important to you, it is of value to have a brief session in every day to restate what you each want, **FOR NO CREATION IS EVER COMPLETED**. Your creations are moldable and pliable, they are not made of concrete, and that is good, for you are a changing being. Therefore, what you are wanting is a changing thing, and as you apply your new thought, from your new perspective, you literally alter the creation of those things that you want.

Communication is important because you are not changing equally. But usually you have far more things that are in harmony with those you interact with, than things that are not in harmony.

As you sit together, intending to speak about that which you harmoniously want, your attention will be drawn to that which you do want, and away from that which you do not want. You see, your disagreements come about as one or the other, or perhaps all, are focusing upon that which you do not want.

THERE ARE NOT TWO OF YOU WHO ARE IDENTICAL, AND EVEN IF YOU WERE IN ONE MOMENT, IT IS NOT LIKELY THAT YOU WOULD BE IN THE NEXT, FOR YOU ARE ALL CHANGING BEINGS.

And so, the key to harmonious relationships is not that you find others who are exactly like you, but that you focus your attention upon your points of harmony, FOR THE NEGATIVE EMOTION COMES FORTH ONLY WHEN YOU THINK OF THAT WHICH YOU DO NOT WANT.

Even as an entire body of people upon your earth, you have more points of harmony than you do disharmony. The basic nature of your beings is much more harmonious than it is unharmonious. *BUT YOUR WARS AND YOUR DISAGREEMENTS COME ABOUT BECAUSE YOU DO NOT LOOK AT THOSE THINGS THAT ARE HARMONIOUS; YOU LOOK AT THE THINGS THAT ARE NOT.* And since you are not able to change those things, for you cannot create in the life experience of another, you cause yourself great distress, and you bring much negative experience into your life as you give your attention to those things that cause you negative emotion.

As you understand that your primary intentions are harmony and growth and that the primary intentions of those who surround you are the same, and as you recognize that even in your differences you are each intending to have life experience that will bring you knowing, THEN, PERHAPS, YOU WILL BE MORE WILLING TO ALLOW THE OTHERS TO BE AS THEY ARE, AS YOU EXPECT THEM TO ALLOW YOU TO BE AS YOU ARE. And as more of you are reaching that state, then, upon your Planet Earth, there will be total harmony and peace and satisfaction and contentment and joy.

As we speak of the total world, it is difficult for you to find your place within it, so let us talk, instead, of those individual experiences in which **YOU** participate.

When you understand and trust the *Law of Attraction*, and when you are effectively making strong, clear statements of what you want, you will find yourself surrounded by those beings who enhance that wanting.

If you will trust that you will experience only that which enhances what you want, then you will not be so likely to look for flaws within those individuals that surround you. Then you will expect the relationship to be one of enhancement, and you will allow it to be that way.

You live in a society where much criticism abounds. Through your television and radio and newspapers there is much more searching for disharmony than there is searching for harmony. There is much more criticism than praise. But you need not participate within that attitude, and, in fact, you must not, because you are seeking harmony. The negative emotion that you feel as you listen to those broadcasts, or even as you listen to the negativity of a friend, is a very powerful signal to you from your *Inner Being* letting you know that, in that moment, you are miscreating.

As you learn to move through your day, seeking joyous emotion, and you begin to recognize, at the early stages, whenever you are experiencing a negative emotion, and then you deliberately change your thought, which will change the emotion, you will then be upon the path of continuous deliberate

creation. And that is the purpose of this book. To guide you to that point of understanding and to that point of being.

It may seem to be an oversimplification of life, to you, as you read these simple Laws, but as you begin to apply them to every life experience in which you participate, and as you see the complexities of life that have troubled you become clear, and as you see your desires become manifest into physical experience, and as you see yourself surrounded with those beings who are wanting harmony and growth as you do, and as you are feeling exhilaration of accomplishment, you will truly know the value of understanding and deliberately applying these Laws to each of your life experiences.

#### January 12, 1988

Since wanting is the beginning point of all creation, it is of great advantage for you to spend time, in every day, evaluating what it is that you are wanting, from your CURRENT perspective.

In light of the information that you have received in this book, this is a perfect opportunity to visualize your world exactly as you would like it to be, because in the time that is before you, you will be at a new beginning point in many areas of your life.

And many of your old habits and much of the influence of others, that now hinder you, will no longer exist, and your vantage point will be fresh. You will be closer to a purer state of wanting than you have ever been in this physical experience.

If you will look upon this time as a refreshing new beginning whereby you will utilize your own creative ability, you will find yourself filled with excited anticipatory emotion rather than the emotion of dread or fear.

As you set forth, through the power of your thought, a picture of that which you would like to experience, you will begin attracting others who are in harmony with those thoughts. You all create from your current perspective, and ordinarily that perspective changes very slowly. But the events that are taking place upon your planet will jolt you into a new perspective, and many of the beliefs, and many of the habits, that have bound you to old perspectives will no longer exist in your experience.

We encourage you to begin envisioning your life experience as you would like it to be, and we encourage you to be sensitive to the way that you feel as you set these thoughts into motion, seeking always that positive emotion that indicates deliberate and positive creation.

The *Law of Attraction* will assist you, for as you think of that which you want, other thoughts will be attracted until you have completed the picture. And since your actions always follow the path of your dominant intentions, you will find yourself very busily readying yourself for the exciting time that is before you.

If you find that you are not moved to action, if you find yourself running in circles, not knowing what to do, then you have not yet formed your picture of what you want, for when your image of what you want is clear, then the action which will enhance that always comes very easily.

But when you are not able to move yourself to action, it is because you have not clearly defined what you want, and you have not made a decision to have it.

There are not two of you who are now physical that are the same, and there is much variation in your differences. Your intentions range from one extreme to the other. And so, there are those who are participating here in this life experience with you whose intentions are actually in opposition with yours, at this current time. As you are receiving the words that are written here, and are wanting to express them to others, it is important that you understand that some of them will be receptive to these words, and others will not.

As teachers, we have learned that our work is not to convince anyone of anything, but to offer that which we know, through the power of our words, and by being who we are, and through the clarity of our being, we will stimulate the thoughts of those who are wanting something similar.

DO NOT ASSUME THE RESPONSIBILITY OF CONVINCING ANYONE OF ANYTHING. INSTEAD, MAKE YOUR DECISIONS ABOUT WHAT YOU WANT AND SET OUT TO CREATE THE LIFE EXPERIENCE THAT YOU CHOOSE AND ALLOW ALL OTHERS TO DO THE SAME. Each of us have intended, through our life experiences, physical and Nonphysical, to gain a clearer perspective of who we are and to express it, and, perhaps, influence others through the power of our example.

WE MUST BE WILLING TO ALLOW EVERY OTHER BEING THE FREEDOM TO THINK AND CREATE AND BE AS THEY CHOOSE THROUGH THE POWER OF THEIR THOUGHTS. As we understand that it is not a personal affront when another does not agree with us, but that it is their expression of their own life, then perhaps we can more easily allow the difference.

See yourselves, not overwhelmed by the decisions that are before you, but exhilarated by their potential for satisfaction and contentment. Begin now by making more decisions, in every day, about what you want, and enjoy the exhilaration that comes as you *allow* those decisions to manifest into physical creation.

We offer this book to you, feeling tremendous, excited, joyous emotion, for this is the physical manifestation of our clear and deliberate intent.

As we dictate these words, we visualize them printed and bound and in your hands as a physical book. We see you reading this book, receiving stimulation of thought and a broader, clearer perspective. We see your physical life gloriously enhanced as you achieve a blending of your conscious physical being and your broader *Inner Being.* We see you reading with the emotion that comes forth from within, and we see you consciously deciding to continue this joyous physical experience in which you are participating. We see you making decisions that will enhance your life experience, and we see you filled with thrill bumps, again and again, as you read through the pages of this book, as the confirming emotion comes forth from your *Inner Being*, letting you know that you are in harmony with these words.

And finally, we visualize you making a decision to joyously and excitedly move forward in this time of change, anticipating tremendous growth for yourself and excited about all that will be experienced by those who surround you.

As we set this creation into motion through the power of our clear and deliberate intent, we have great expectancy for the receiving of that which we desire.

## PART II

## AFTERWORD

Esther has stated to me, repeatedly, that she believes that the "Abraham experience" has come about because of my intense and continuing wanting to understand. And while Esther is also wanting to understand, she is the first to admit that she seeks joyful experiences first, and learning experiences last.

It is my belief that it is the combination of our joyous life and love together that has brought to us this glorious experience of Abraham, for we are a couple blended in love, blended in joy and blended with an intense wanting to know.

And there is not much point in trying to decide why any of us are at the point we are at. Each of us are where we are, and are having the experience that we are having, because of thoughts that have been set forth before this time.

You and I are open to new learning. That is why we are, at this moment, involved in this book, we are wanting to know more and because of our wanting, Abraham has written this book.

It has been more than 20 years since I first became aware that I could have anything that I truly wanted, and what I have truly wanted, has been to understand how to use my freedom to be, to learn and to change; and of major importance has been my desire to learn how to consciously get in line with the "power of the universe" so that I could flow in harmony with it and so that I could teach others what I was learning.

For as long as I can remember, I have expected to find answers to my steady stream of questions, and the answers have come...and the search has continued.

I was born in the "Garden of Eden," San Diego, California, and as I was learning to read, it was books that included *Aesop's Fables*, the *Bible* and *Bullfinches Mythology*, that stimulated my interest in finding answers.

From San Diego, we moved to a series of small family farms in northwest Arkansas, where my search turned to the teachings of a wide variety of religious denominations. My parents allowed me the religion of my choice and I studied all that were available in those small Ozark communities. Sitting on logs in tents, benches in churches and in pews in sanctuaries, listening to beliefs that were in conflict and beliefs that were in harmony, my search continued.

Those pre-teen years were years of extremes: illness, poverty, hard work, fear, confusion and continued searching, but also, times of intense desire. And my specific desire for confidence and for a strong healthy body, brought to me the experience of performing as an aerialist, for two adventurous seasons, with a circus in Cuba and I was *making* life work for me.

Almost 30 years ago, and soon after I had ended a stint as an actor on a television series that was being filmed in Arizona, that period of experimenting, experiencing, evaluating and *making* life work, climaxed. I abruptly realized that life was not "working" the way I was trying to *make* it be and so the deliberate search for knowing began again.

Again, I experienced a period of investigating religious philosophies, listening, reading, questioning...in the churches, cathedrals, temples, synagogues...wherever people gathered to worship, and as my search for understanding intensified, so did my new experiences for learning.

Some of the most wonderful experiences of my life have evolved from something that I had said "no" to before I fully understood it, and my first encounter with a Ouija board was a good example of that...some friends, in Spokane, Washington, that I stopped to say hello to, on my way to Canada, asked me to have a look at their new game. The game was a Ouija board, and I forcefully said "no" to having anything to do with it, but my friends persuaded, and that dramatic *chance* experience opened the doors into a different dimension of exploration, and I was directed to reading books again. And so, my new mentors became Albert Schweitzer, William James, Carl Jung, Eric Fromm, Kahil Gibran, Mark Twain, David Seabury, Thoreau, Emerson, Eddy, Fillmore, Holmes...and they all, in turn, guided me to a point of concentration around Napoleon Hill's classic book, *Think and Grow Rich*, a point that marked the beginning of another major segment of my life.

And then, twenty years ago, while enthusiastically putting into practice the principles that I had learned from Hill's book, I was doing something that I had wanted to do since my childhood, I was an operator and co-owner of a motel near El Paso, Texas. Within two years, that experience had served its purpose,

and I returned to California, excited about applying my new knowing to a business relationship with a broader range of people.

And so, another exciting, new adventure was soon underway, and by the year of 1978, two years before Esther and I were married, I was experiencing the most personally and financially fulfilling period of my lifetime, up to that point. Operating from my home in central California, applying and teaching what I had learned, I was in the eighth year of the building of a multi-national distributorship, an experience that was answering nearly every want that I had ever had and now, a new set of questions was beginning to form, questions as to how I could, more effectively, reach and teach more people the principles that I had been learning and applying, principles that were serving me so well.

Esther and I met through our association in business, and on the night that we first met, it felt as though we had been best friends forever, and four years of a successful business relationship followed.

We were married in 1980, and moved to Arizona for a new beginning, but we were rarely there that first year. We toured the northwestern states with our motorhome, took repeated trips and cruises to the Virgin, Caribbean, and Hawaiian Islands and all the while, we continued to add to our business.

From our first moment together, twelve years ago, Esther and I have been on the same "wavelength." Abraham has told us that we have even shared the same body in other lifetimes, a concept that is not easy to understand. For nearly every day, for over seven years, we have been together for 24 hours a day. It has been truly wonderful.

The *only* thing that was ever a conflict was when I would want to speak with anyone about my past *Ouija* board experiences with other-dimensional beings. Esther would even walk out of the room if I brought it up.

Esther was born into a culture, in a small mountain town, where it was taught that any conscious contact between a common earth person and a Nonphysical being was "evil." It was forbidden by their rules. And so, to prevent disturbing Esther, I stopped discussing the subject at all. It wasn't something that I understood, anyway. I had experienced about a year of the board, using a friend that it worked for (it wouldn't work for me) in order to contact many different Non-physical personalities, and nearly all of them were frivolous, fun loving, and excited about communicating with us for hundreds of hours. They were clear, concise, and entertaining but they had nothing to say that was of value to me. I was entertained mostly by learning something practical, and their games were seemingly valueless and so, I put an end to it.

However, I continued to cherish and to speak of those experiences, because I did come away from them with the *knowing* that there truly were living, willing, communicative Non-physical beings, with degrees of intelligence and perspective that seemed to rank as low as the lowest of us in physical form, but, also, higher than the highest of us. I came to the conclusion that there *was* a broader source of knowing available to us, whenever we wanted to tap into it.

And so, although I somehow knew that I would, in time, receive the answers to finding the means to receiving everything that I would ever want, there was never an indication that this knowledge would be coming to me through a group of other-dimensional beings speaking and writing through my wife!

Early in 1985, a couple, in business with us, offered a cassette tape, saying that it was a "channeled" tape. We had never heard the term "channeled" used that way, but when they described the process, we recognized it as being similar to what we had been reading about in the *Seth* books. Jane Roberts, a writer, would go into a trance-like state, and a Non-physical being, who called himself' Seth, spoke through her, dictating several extraordinary books, while her husband Robert Butts, put the words onto paper.

Seth Speaks, a book that I had discovered while browsing in a Phoenix library in 1983, was the first book to have any major meaning for me since I discovered *Think and Grow Rich,* in 1965.

Our business partners were now telling us that the lady who had made the "channeled" tape was named Sheila, and that an entity who called itself Theo, spoke through her, and that for about the price of a consultation with our attorney, we could have a half of an hour of private time to ask any questions that we had. Well, I was excited! What a thrill! I was going to get answers to questions that I had been asking since I was six years old...

At our first 30 minute session with Theo, Esther was quiet, but I had a long list of questions that I asked. We left that session in a state of...I don't have a word for it...It was a blend of love, joy and assuredness. And Esther, her fear now replaced by love, was asking to return on the next day, because she was now ready to ask some questions.

During our session on the following day, Theo suggested, at our request for a means to advance more effectively, that Esther and I begin, together, a simple, daily mediation. They told us that we both were "channels" and that the name of our "guide" would be given to us at a later time, through a "clairaudient experience."

We returned home, changed, immediately, to comfortable clothing, set our timer to ring in 15 minutes, and then sat and focused on our breathing, following Theo's instructions precisely and within a short while, something began "breathing" Esther; it was awesome and exciting, all at once. Truly a spectacular experience.

Nine more months passed, during which we quieted our minds for 15 minutes daily, but there was no repeat of that first phenomenon. There was a pleasant numbness but no more motion and then, in November of 1985, they began maneuvering Esther's head, and she soon became aware that they were spelling words in the air, using her nose as a pointer... *I AM ABRAHAM...I LOVE YOU...I AM HERE TO HELP YOU...*January of 1986, they began to type their words...and the speaking, through Esther, began while we were driving down a Phoenix freeway, boxed in by two large trucks, and their first words were: "This freeway is too dangerous...'Take the next exit."

They began their first book in May of that year. There followed, large seminars, small workshops, private consultations and radio and television talk shows, and what a thrill it has been for me to be a part of it. It is a pleasure to see others asking and learning, as Esther and I have, and to see the joy that so many are receiving as they are having new life experiences and new growth.

Esther and I enjoy one another, and we both enjoy new experiences, new friends and new learning, and we are each excited about our part in this growing phenomenon of Abraham that we have shared these past two years. Abraham gives us no mystical, magical help. Everything that they give us is something that we can give to the next person.

Esther and I are at one with the wisdom that Abraham has so willingly given, in response to our asking. We eagerly apply what we are learning as we enthusiastically move forward into our new life experiences and we are equally eager in our wanting to share the words of Abraham with you, because we are aware of the value that they can be to you and through you.

From the beginning, it has been our choice as to whether to keep the words of Abraham for our personal use or to publish them for the use of others. The material regarding the shift in the crust of the earth came to us in one of their first typewritten messages, and to me, that part seemed almost out of context with our major work together, and although we have now prepared for it, physically and emotionally, we still cannot know exactly when it is to be, or that it is to be, until it has been, and so we have found little comfort in relating that part of the message.

However, we prefer to have prepared for the shift and it then not happen, than to have not prepared for it, and then have to experience it, caught by surprise. And we can only assume that there are many others who would like to be aware of those same choices.

I recall the stories of the pioneers who loaded their wagons with their families and limited provisions, *and by their choice*, they traveled into the unknown West for a new beginning that would be under their control. There were no jobs waiting for them, there were no houses or grocery stores or even cleared land, there was only the freedom, and the promise, of a new beginning. They believed in their personal ability to succeed at creating a world that they had but dreamed of.

And so, as I consider your dreams, your wanting, your strengths, and your ability to decide for yourself, and as I acknowledge your power to create, for yourself, whatever is important to you, I then become more comfortable in your hearing what I have been hearing from Abraham.

Your joy and your growth add to All-That-Is, and so I am thrilled for you <u>and</u> for me as I imagine your continual conscious experience of your free and joyous journey to *more*.

In the remaining pages of this book, you will find a written transcription of several group sessions with Abraham. It was difficult for us to select the sessions which were most appropriate because at the ending of every session many of those who attend regularly always exclaim, "This was the best session ever!" We have included these transcriptions, that you might see, first hand, how an understanding of the principles that you have read in the first 15 chapters of this book may be applied to day-to-day living.

Perhaps some of the questions that you have will be answered here in these pages. However, we are wanting you to understand that Abraham has a way of sensing even the unasked portion of the question, and that these are answers that have been given to the specific people who were asking these questions.

In no way do we see this book as complete. For if there is one thing that we have learned, through our experience with Abraham, it is that with every answer to every question comes another question.

> From my heart, Jerry Hicks San Antonio, Texas January, 1988

## QUESTIONS AND ANSWERS FROM GROUP SESSIONS

#### January 20, 1988

ABRAHAM: We are extremely pleased that you are here.

As we are beginning, if you will bring to your conscious mind, as specifically as you are able, that which you are most wanting to understand, it will be of great value to you. (20 second pause.)

It is a good idea, always, when you are moving into any new *segment* of your life experience, and there are many in every day, are there not...that you take a moment to identify what it is that *you* are wanting, for as you do that, you become the *selective sifter* and, in fact, *Deliberate Creator* of this segment.

If you do not take the time to identify what you are wanting, then you are not as deliberate, and you may easily be *influenced* by what is happening around you or by your own old *habits* that no longer apply.

As we were beginning, here, Esther stated her intent to speak clearly the words that we are offering to you. And we will state our intent to you, which is that you will be stimulated to thought.

There is really not a specific direction that we are trying to lead you. It is not that we are believing that you believe something that you should not and that we are wanting to take your focus from that and put it somewhere else. That is not what we are about.

We are teachers, and we are here to teach you the Universal Laws that apply to all life experience, physical or Non-physical, that you may enhance this physical life experience in which you are participating. And what you are wanting, regardless of what it is, is good, for it is that which you are wanting to create. And so, what you will hear from Abraham, as you understand it and apply it, will enhance this marvelous physical experience in which you are living, for it will give you the freedom, or the control, that you know is yours at least from your broader perspective, you know it is yours.

QUESTION: How do we become blended to the point where we're working both ways? Both physically and Non-physically?

ABRAHAM: Without recognizing that the *Inner Being* exists, and without accomplishing what we are calling the blending which we will speak of more clearly before we are finished here, a physical being could magnificently create, simply by focusing upon what is wanted, simply by applying what you are terming "positive thought," never giving thought to anything that is negative and they would create magnificently.

What we are speaking of, here, is perfect and DELIBERATE CREATING. What we are offering you is absolute freedom. You see, just as important as understanding the Creative Process, so that you may create those things that you want, it is important that you understand it, so that you may STOP creating those things that you do NOT want.

Most beings have those little things (that they do not want) that are happening in their life experience, and they don't understand it. A person who focuses upon their business objectives, and associates with "positive thinking," upward moving beings, and creates magnificently in the business world, may, at the same time, find themselves in the possession of cancer, or some "deadly" disease, because they do not understand that *all* of their thoughts create and because they may have some fear that has been stimulated by some member of their family, when they were very young, and they have carried it with them. And so, all of their life, every time the word "cancer" comes up, they think about it in a fearful way, dreading it, and worrying about it. Hearing all of the advertisements from the television, you see, their thoughts are stimulated toward the creation of what they are not wanting.

And so, what we are offering is not just a way to help you get your car or your dollars. What we are offering you is a way to be in complete control of your life experience, so that you may deliberately create *all* parts of it, so that you may actually attract those drivers upon the freeway, that are *also* intending

safety, that you may repel those that are confused, or who are intending other than safety. Do you see?

# QUESTION: OK then, how does ACTION get in this? If we say, "OK I want this, and it will be," and (I) don't do anything about it?

ABRAHAM: When you are wanting something, really wanting it, and you have released it to the Universe, once you are blended, as we have discussed, you will receive promptings, opportunities, and you will take action. *Your ACTION follows your dominant intentions, always.* Hear that.

You are always doing something, and if you haven't identified your dominant intention, then your action and your words are following your habit or your influence from others. That is why there is so much miscreating. When you really want something, you find an easy alignment of thought, word, and action and that is the key.

There are those who would say, "Abraham, you can't really mean that all we have to do is think something into reality?"

What we are saying is that as you set your thought into motion, not only you, but everyone who will enhance that creation will be moved to the **ACTION** that will bring you what you want.

JERRY: It's like planting an acorn in the ground. You can't *think* it into a tree. Once you plant it in the ground, then the Life Force takes over...

ABRAHAM: That is correct. That is a good story.

JERRY: Now...you said earlier, "Everything that you want is yours." Now, I know it can be, because I make sure that what I want, I *can* get, first, but what if I wanted the same thing that she wanted, and we both want it, and there is only one of them, and so...?

ABRAHAM: Create another one.

JERRY: If I get it, she doesn't, and if she gets it, I don't?

ABRAHAM: There is not only one of anything, (pause) YOU ARE CREATOR. You are not a gleaner or a gatherer or a getter... You are not looking for a prize that has been created by someone else. You are creator of the prize, and she is

creator of her prize. If *you* want it, create it. (To her: If you want it, create it.) And both of you leave what she has created alone. It is hers, (laughter)

JERRY: OK. How about if it's that physical cup right there? (on table)

ABRAHAM: (pause) If you are wanting a cup, create it. Say, every morning, when you get up, "I am wanting a cup. I am wanting it to be that color and that size, and I want those words to be written upon it." (logo)

We are upon a very important point here...It is the first time that it has been spoken, are you aware? You are the creator of all things. You believe that you are here in this physical world and that everything that will ever be created, is already here, and you are here fighting over it. It is the reason that you have your wars, and your walls. It is because you think there is only this much wealth, or value. And so, there is this power struggle to get enough of it in *your* corner because you do not understand that **YOU ARE THE CREATOR** and that the Universe provides for you, whatever it is that you want, if you will allow it to be. And what you are speaking about is the blocking of the allowing. Your belief that there is only one such a cup, and that it is really hers, and that she wants it more, will keep you from ever having it...

JERRY: "I wouldn't want to take something that was that important to her."

ABRAHAM: Create your own. Understand that there is nothing that belongs to anyone. You cannot take what is hers, away. Create your own. (pause) She may give it to you, but it will not satisfy you, because you are only satisfied by what you create!

QUESTION: I have a question that relates to "channeling." In some instances, I've read of concerns for "channels," of "disembodied evil spirits" having access to the physical being. Can you address that?

ABRAHAM: It is a good topic, for just as you are varied in your intentions here in your physical experience, there are varied intentions in *all* dimensions.

There is not a source of "evil." In other words, as you think of your **GOD** as the source of "goodness", there is not a devil, or a demon, who represents the source of "evil."

The GOD FORCE, the ENERGY FORCE, that empowers ALL-THAT-IS, is consistent, but the variance between one extreme and the other, just like the difference between hot and cold, is the INTENT.

There *are* those whose intentions differ from yours, and it is difficult for us to say that one is "good" and one is "bad", they are *different*. And all of us believe (smiling) that we are right, do we not? And so, those who oppose us are "obviously" wrong, since they cannot be right, too, if we are right, *but what it comes down to is that <u>WE ARE NOT RIGHT OR WRONG, WE ARE DIFFERENT.</u>* 

We have evolved, as beings, to the point of knowing that we hold. And you may trust the point of knowing that you are currently at, by the way that you feel.

Now, in regards to your specific question about the "channeling of entities, or Non-physical beings."

For the most part, the connection that you make will be a being who is of your "Family of Consciousness." It is very unusual that you would attract one whose intentions were not in harmony with your own.

However, as with all things that we have talked about, here tonight, anything that you give great thought to, you will create. And so, if you have tremendous fear of that, it is possible that you may, very well, attract that which you fear most, for the Creative Process works evenly to all things.

And so, because there have been those who have had such experiences, and as they talk about them to others, they spread the fear. You see? It is an unnatural thing that they have created, but as they stimulate the thoughts in others, which brings forth fear, then the others create it as well.

And so, then someone has to do something to compensate for that, and so, then they say, "If you will say these things, and touch your face in these different ways, you will cast away all evil spirits." (Group laughter) You see? And if there is *belief* that those things work, then the "evil spirits" no longer come to you.

There is never a reason for you to create anything in your experience that you are not wanting.

And here is the most powerful line of the evening.

#### YOU INVITE ALL THROUGH YOUR THOUGHT.

And so, if you're not "knowing that evil spirits exist," you would never invite them, because you would not think about them. But as they are talked about, you think about them, and you may invite them *if you are in the process of allowing.* Now this is the tricky part, and it is what makes it so unusual for anyone to have that sort of experience. Truthfully, most of those experiences are imagined, or made up. They do not really happen, most of them, for this reason:

Everything that you experience, you must give thought to, or as we say,

"IN DELIBERATE CREATING, YOU MUST WANT IT AND THEN ALLOW IT TO BE." And so, in this process of "channeling," the "wanting" is set forth by saying, "I would like to have communication with the inner dimension." And as we have talked about, here this evening, be specific:

"I AM WANTING A JOYOUS COMMUNICATION. I AM WANTING TO SPEAK WITH THOSE BEINGS THAT ARE IN HARMONY WITH WHO I AM, BEINGS WHO WILL UPLIFT ME. I AM WANTING A HIGH LEVEL OF CONSCIOUSNESS, FOR I UNDERSTAND THAT THERE ARE MANY FRIVOLOUS BEINGS, AND I AM NOT COMMUNICATING FOR FUN, SO MUCH AS I AM FOR KNOWING."

Make your statement so that you set forth the creation in the way that you are wanting. And then, as you sit to "meditate," you will *allow* it, for your intention, as you "meditate," is to open the channel of communication. You see?

Most beings who are afraid of "evil spirits" never have the experience, for they will not allow the communication. They will never sit, intending to receive communication, for they are so afraid that they will receive something that is evil, that they do not *allow* it. And that is the reason that we say most of those stories are made up, it is not in harmony with the *Creative Process*.

Both the wanting and the allowing must be in place before the experience...You hear so many things.

We encourage you to pay very little attention to anyone who tells you anything about anything, but to MAKE YOUR DECISIONS BASED UPON YOUR OWN LIFE EXPERIENCE, and weigh it against the way that you feel AS you are having the experience, for you do not understand the INTENT of the person who attracted their experience. It may very well be that that being knew, very well, the process of communication, already knew all of the possibilities, and wanted that sort of experience and deliberately attracted it.

When we tell you that we are not aware of beings who are manifesting into the physical, instantly, we tell you that, because it is not occurring.

There are those who are manifesting, instantly, through their thought, but not in a physical, tangible form that all others can see. And if you are hearing otherwise, it is such a story as we have described.

Esther has said, "Abraham, you are wise, and you are powerful, can we not have some magic, just to stimulate the thought of those who do not believe? Could we not create something; perhaps a diamond would be nice?" (Group laughter)

And we have said, "What keeps the nonbeliever from saying that you have slipped it out of your sleeve, as all magicians do?"

And she said, "Oh yes, you are right, it must be bigger. Let us have an elephant." (Group laughter)

And then we said, "Have you not seen an elephant appear upon a stage?"

JERRY: Siegfried and Roy (an illusion act in Las Vegas, Nevada.)

ABRAHAM: Indeed. There is nothing that a nonbeliever will believe until they are *wanting* to believe.

And so, if we set about trying to turn nonbelievers into believers, then we defeat our own intent, for our intent is to interact with those who are seeking? You see? Not to attract those who want to be entertained with magic.

QUESTION: How do I keep my vision, or thoughts, under control, what is the best way...?

ABRAHAM: The best way is to make more decisions, in every day, about what you *do* want, and to be sensitive to your warning bells. We have stated that many times.

COMMENT: I know. (Laughs)

ABRAHAM: We are not beating up on you. It is that it is such a simple thing that it is hard to believe.

You are living in a complex society, and you are believing that something so important must be much more difficult, and that something that simple must have something wrong with it.

COMMENT: Maybe if we'd make all of this more complex, we'd remember.

ABRAHAM: That is precisely why we speak so many hours. (Group laughter) It is the reason that you make more out of *everything* in order to substantiate.

You see, you feel you must justify everything because you do not believe that you are worthy. You do not understand who you are, and so you have built a world around yourselves to justify your existence.

And what we are wanting you to understand, is that you don't need to justify your existence, you "are" because you wanted to be.

Love yourselves as you are, and now make up your mind what you want from here, and do it.

Now we will give you something else to chew on: Whenever you are justifying, you are miscreating. What do you think about that?

COMMENT: I believe you.

ABRAHAM: Now, we will tell you why: When you are in the mode of justification, you are trying to convince yourself that something "should be" that you do not believe *is.* The emotion that is present when you are justifying is always negative emotion and you are trying to convince yourself otherwise.

Don't justify anything. Say you want it because you want it, and that is reason enough. And if someone is putting you in a corner, badgering you, asking for justification, tell them that you want it because you want it. Give them something to chew on.

QUESTION: When you say, "I want this," and the other person says, "Well, I am just being realistic," what is a good comeback to them?

ABRAHAM: What is your intent in "coming back?" That is what you first must ask yourself to stimulate them to the knowing that you have come to?

This is what you would say:

"I have come to know that my realism holds me right here, for if I will only allow what is presently real in my experience, then I will never grow beyond it. And so, I have decided to forget about current reality and to think about future reality. And the future holds much more for me than the present, for I am getting better at creating every day."

And the one who is seeking will say, "What?"

And then you will say, "Are you wanting to know what I know about this?" "Indeed."

"Well, what I have discovered is that my thoughts create, and I know that sounds crazy. The first time I heard it I thought it was crazy, but then I started paying attention to what I was thinking and what I was getting. And I was amazed to find that they were the same.

"As I looked at my life, I had to admit that what I thought about was there, everywhere. And as I looked at other people around me, I started noticing a correlation there, too. What they talked about was in their experience.

"My mother speaks of ill health, continually, and has more of it than anyone that I know. And so, I decided that maybe there was something to it, and while I don't understand it, and in the beginning I didn't really believe it, I decided to be open to the possibility. ' What if it is true and I am missing something?'

"And so, I began projecting my thoughts, and I began receiving. I am not saying it was all easy, for in the beginning, the more I thought the more I thought. And I recognized that it was not always a happy finding and that I was doing it ALL to myself.

"It was disappointing when I found that I couldn't blame the others, for I was enjoying, very much, blaming it on everyone else, but when I really understood that I was the one, the feeling of blame was replaced with a feeling of ecstasy, for in knowing that I am the creator, I found freedom. Freedom to be who I am, but more importantly, freedom to let them be who they are, for I know that I do not invite them into my experience unless I think about them. And when I recognized that they couldn't get in without my invitation, then I stopped worrying about them. I stopped fearing the robber; I stopped fearing the rapist; I stopped fearing everything that I had feared before, because I realized that it would not come in and get me unless I invited it with my thought.

"In the beginning I felt overwhelmed because to think about my thoughts was very cumbersome, there were too many of them. To control my every thought was absolutely impossible, but then I found that there was this wonderful correlation between what I was thinking and how I was feeling. And my feelings were much more easy to discern.

"I discovered that when I am feeling good, I am creating good, and when I am feeling bad, I am creating bad. And so I decided I will feel good. And when I feel bad I will say, 'Why am I feeling bad? What am I thinking?' Identify what it is, release it, and think of what I want instead.

"I have told you the secrets that I have learned, my friend. Go forth, and experience, and see if they don't work for you."

And they will say, "What?" (Group laughter)

The first time that you are hearing this, it is not easy to hear because of the patterns that we have talked about. Because of the lifetime of blaming others. And so, out of habit, your first instinct is to say, "I have not done this. Someone else has."

As long as you are blaming somebody else you will not understand the *Creative Process.* 

### February 3, 1988

QUESTION: In this physical experience we have the opportunity to vote for things that we want, like abortion and capital punishment, and things which take another life. How...do we go? By our inner feelings?

ABRAHAM: We would encourage you to let your *inner feelings* guide you. Your *inner feelings* come forth from a broader perspective. You have intended to be allowers. You see, the only reason that you feel that you need to protect yourself from others is because you don't understand that they can't get into your experience without your invitation, through thought. When you really understand that another, no matter what their intentions and no matter how

close they are, cannot invade your experience, then you don't feel the need for those things.

It is tricky business, for you have many laws, earthly laws that we call agreements, and we are in favor of agreements. For there are many things, such as everyone understanding that the red light means stop and the green light means go, that make your coexistence more comfortable. And there are many agreements that you have entered into so that you may move about more comfortably.

But it is also our knowing that many of your laws have been created out of fear, and when you focus upon anything that has been created out of fear, then you begin to attract that very thing into your life experience and so, then you need more laws. And so, then you create more laws, which cause more thought and more focus and more attention to it and then you need more laws.

You see, the laws of this country...And many of you were part of those beginning legislations, for many of you were part of the beginning of this country. It was your last physical experience here. Your laws were much more simple than they are now...But as you have initiated laws which attract attention you attract more of that which needs more laws, and that is why your laws have gotten broader and broader and broader and broader. (Pause)

As you are intending that which you want, it makes little difference what laws are passed around you.

QUESTION: Do we ever come into a physical lifetime, and due to circumstances, stagnate? I know that we receive new experience, and from that, we receive growth and perspective which we take with us, but from a point of view, it seems like, for myself, and for many people I've talked to, there has been a very remarkable uplifting during these last few years and in our lifetime, and do we ever experience a lifetime where that does not occur?

ABRAHAM: Most of your lifetime is stagnation. More is than is not. And the reason for it is because of the influence of others.

As you are born into this physical experience, you are much more clearly focused in your inner perspective than you are your conscious physical perspective. As that infant, you are not physically focused at all. You are

remembering, very much, why you are here, and you are feeling invincible. There is nothing that you have intended that you do not believe that you will accomplish. But as you are here longer and longer, you begin to hear the words and see the life experience of those who surround you, and through a process of absorption, it is not really, for you are receiving and creating within your own life experience, the beliefs *but you begin to absorb, literally, the beliefs of those who surround you, and as you absorb their beliefs, you do not create anything that has not already been experienced.* You talk about the same things that have already been talked about. You regurgitate beliefs, over and over again, not reaching for the new. And if you should try to reach for the new, they usually grab you and drag you back, for they are not wanting you to express or experience something that is new, for they are seeking the comfort of sameness, for the most part, because, for the most part, they do not understand the *Creative Process,* or the intent or even the existence of the broader being.

There was a time when you understood, even more clearly than you do now, the vastness of your being, but over a period of many, many, many, many lifetimes, physical man has begun to suppress his *Inner Being*.

And now, you are reawakening. It is a glorious time that is before you. For as you find points of harmony with your *Inner Being*, it is your greatest point of physical pleasure, as well.

The greatest physical pleasure that you experience is always in perfect harmony with the intentions of your Inner Being and there is not an exception to that. And your greatest points of negative emotion are always your greatest points of disharmony with your inner intentions. And you may trust those feelings. There is not another that you may trust as clearly.

#### February 6, 1988

TALK SHOW HOST: Our guest is Abraham, being channeled through Esther Hicks. This is K..., talk radio, back to the phones in a moment.

(off the air) (on the air)

HOST: 9 minutes until eleven o'clock. I'm...(host of talk show) Esther Hicks is here, and here comes Abraham. Let's go to the telephones. Thanks for waiting, and you're on K... And I think Abraham is ready to talk again.

CALLER: OK, I just wanted to ask Abraham what I can do to improve my self-esteem? (very flat voice tones)

ABRAHAM: Let us give you some words first, and then we will give you some specific techniques, but hear this:

You are a perfect being, as you are. Not perfect in the sense that you are finished, for there is not an ending to growth, but perfect in the sense that as you are, is good.

It is only in this physical life experience where there is continual comparison of one to another...And always the point of comparison is to find something better than the other, and there is no value in this comparison, for there are not two who are the same...You are not the same in your physical sense, but if you could see yourself from your broader sense, from the totality of your being, then you would know how very much different you are from every other thing in the Universe. Understand that as you are is a culmination of all that you have experienced in this life experience, and that it is good. It is all right.

Now hear this: You have done the most important part of creating that which you are wanting. You have said, "How can I have this?" which is a strong indication that you are wanting it. And that is the first part, and the most important part, of setting any creation in motion: Want it. "I am wanting to have more self-esteem." And now you have only to allow it.

At the beginning of every day, take a paper and pencil and write at the top of it, "I am wanting to be more sure of myself. I am wanting to draw those life experiences that will assist me in that."

Now this is going to sound strange to you, for you may not have heard it before, but trust that the power of the Universe will give to you, life experience that will enhance that which you are asking for. Expect it, for we are expecting it for you. There will be much assistance for you. You have set it into motion with your words and with your thought, and it will be.

CALLER: Thank you very much.

HOST: Thanks for calling. Abraham, it sounds like you and Dr. Norman Vincent Peale used to work together. Do you pay attention to other people here on the old planet?

ABRAHAM: We are aware of some. Not of all. We are aware of this one that you speak of.

You see, as we are gathered together here, we are drawn by intent, and the being of whom you speak, his *Inner Being* dwells here with Abraham, and so, the physical being that he has evolved to has evolved to that point because he has responded to the urging that has come forth from his *Inner Being*. We are of the same "Family," you might say.

HOST: You all went to different schools together?

ABRAHAM: MMMMmmmmm, more or less.

CALLER: I have a couple of things to say and a question to ask.

(Pained voice)

HOST: Well give us one thing to say and one question, because we are running close to the hour.

CALLER: OK. Well, I'm only 35 years old but I've had neck surgery and discs out, and....and I realized that I had done something wrong...past life in Korea, and I developed problems and stuff in my lower back, and so I'm wondering if it's "Karma" connected. And if it's "Karma" connected, do I have to work it out and live with chronic pain, or can I set it straight?

ABRAHAM: It is a wonderful question. Know that it is not connected to anything in a past life. There is not any of that.

You are experiencing, in this life experience, only that which you have created through the thoughts that you have set forth within this life experience.

And now, let us talk about you now, for you are in great pain, are you not?

CALLER: I am, really. I have also had a lifetime in martial arts. I'm still trying...

ABRAHAM: Let us give you something that will assist you a great deal. For as you have been listening here, have you been hearing the words that we've offered so far?

CALLER: Yes, I've listened carefully.

ABRAHAM: As you are setting thoughts into motion, you will receive that which you are wanting, but there has already been some damage done to your physical apparatus, and so, it is...

When your toe is throbbing it is very difficult to think about a healthy

foot.

And so, what we are encouraging you to do, is, before you go to sleep at night, right before you go to sleep, to set a very strong statement of intent, in this way: "I am intending perfect health." Do not say, "I am wanting to be free of pain," that will draw your attention to the pain, but see yourself free of the pain, absent of the pain. See yourself in perfect health, and if you will do it right before you sleep, then there will be many hours where you will be unconscious, where you will not be doing any miscreating to counteract that. And if you will do it in every night for the next 30 or 40 or maybe even 60 days, you will find a great improvement in what you are currently experiencing.

CALLER: Can I reverse the damage done to the apparatus?

ABRAHAM: You can.

CALLER: I certainly appreciate it.

ABRAHAM: Indeed.

#### March 1, 1988

QUESTION: Should we be so concerned about being in a safe place or should we just be more concerned about going on about our lives doing what we feel like we're supposed to be doing?

ABRAHAM: That is the best thing to do, for as you focus upon that which troubles you, you attract the trouble itself, you see.

Truly, it is enough if you say, "I intend joyous survival." You see, it is the reason that we are wanting to stimulate the thoughts of those who are in areas...whether they are areas of safety or whether they are not areas of safety. For it is of value to bring to the conscious knowing that there is something that may happen. It is only a probability in the minds of most, and not a very great probability in the minds of most, for it is outside of your conscious experience, you see.

And so, as you are stimulated to the probability, if all it does for you is bring you to the conscious decision, "I intend to survive this," then that is enough. For you will be at the right place at the right time, if you are wanting to continue physical experience.

What we are not wanting to occur, is that, for some reason, a being be caught totally unaware so that they have not had an opportunity to make a conscious decision about what it is that they choose, you see.

Whenever you are surprised by something, you respond to it, (but) usually not in the direction of your dominant intention.

You see, your action always follows the course of your dominant intention, and the reason that we encourage you to intend, segment by segment, what you are wanting, is so that your dominant intention will be uppermost on your mind, so that when something occurs, no matter what it is, that you will not be caught off guard.

Your dominant intention has already been decided. But if you have not intended anything about this segment and something occurs that catches you off guard, then you are swept up by the influence of others, you see and you may create in a direction that is not really to your wanting.

And so, you are correct. To tend with the details of anything that you are setting into motion is usually where your greatest miscreating occurs, and so, we encourage all of you to step back, in the beginning, and say, "I intend joyous creation. I intend joyous creative survival. I intend harmony. I intend to eat well and be warm and be surrounded by those that I am harmonious with." And as you set those intentions in motion, you will begin attracting the circumstances and other thoughts which will bring it about and bring the detail of it into clearer focus for you.

As you try to deal with the details of that which is so vague and far away, like, "What will I do for work, or what will I do for money," those sorts of things, it is too far away for you to think about that, you see. But as you try, (To deal with the unknown details) because you don't currently have enough information, that is where your miscreating begins to occur. That is where fear comes in. That is when you start worrying. And fear or worry is a signal that you are miscreating.

And so, go about your joyous experience, intending some more of it, you see. That is what we recommend, indeed.

What more?

QUESTION: I'd like to talk about prayer. Jesus, I understand, healed people by seeing them, when they were supposedly ill, as whole and perfect. And their faith made them well?

**ABRAHAM:** Absolutely.

QUESTION: Now, can we do that same thing for other people?

ABRAHAM: Indeed. When your belief is powerful enough, and you are able to transmit, through your power of influence, your belief within another.

All healing is done by the individual. I cannot heal you, but I can convince you that there is healing for you, and if you will accept that it can be, then it can be.

And so, the more certain I am about the ability to heal, then the more influential I may be to you.

JERRY: And so, what's the best way to never have to be healed?

ABRAHAM: The best situation regarding all things, not only health, but all creation, is to create that which you are wanting, so that you don't have to go back and uncreate it, or create something that you prefer. But that is really not a very possible thing, for you are a changing being. In other words, it would be very easy for us to say, "It is better never to get sick in the first place than to have to deal with illness after you've got it," but then that would apply to everything in the Universe, would it not? It would be better never to make a mistake, then you would never have to correct it. But knowing comes forth from that. And so, there is no value in regret or no value in beating up on yourself. No value in saying, "Oh, look at this thing that I have done to myself in my miscreating, I have created illness." You see? It is much better to say, "I know now how it is that I have created it, and now what I choose, instead, is perfect health."

You can use your miscreating to your great advantage if you will allow it to be proof to you of your ability to create. The sickest of beings is the most magnificent of creators, for they have used the power of thought, more specifically than most other beings that you know, to create. And just because it is something that they do not want is not reason to not like oneself or not trust oneself. It is reason to say, "Look what powerful creator I am."

JERRY: So health is natural, and anything beyond that is something we have created, beyond what we already have?

ABRAHAM: Your natural state of being is a state of joy, and a state of health, and a state of growth. Now, that does not mean that every being coming into this physical expression is looking at it from that point of view, for as they have been evolving through lifetimes, physical and Non-physical, they have some new intentions, but the natural state of being is that.

COMMENT: Abraham, in one of your classes you really helped me a lot. Well, you've helped me an awful lot in a lot of ways, but this one way, I think about all the time: When you said... "Whatever you focus on the most is what you draw into your creation."

I had a friend walk up to me the other day...all crippled with arthritis, working in a nursing home for about 15 years. All she thinks about is the old people with arthritis. She even has her husband building a new home...making sure the doors on her bathroom will accommodate a wheelchair, in case she might need it someday.

ABRAHAM: She will.

QUESTION: Yes, and so, being an old X-ray technician, I'm so glad that I'm not working any more in that career because I'd be creating all of that.

So, I was listening to one of your tapes the other day...when you said that Esther and Jerry were creating a first aid box and then all of a sudden they began hurting themselves. Did they draw that into their existence because they were focusing on the first aid box?

ABRAHAM: Absolutely. The thought of a need, drew.

COMMENT: This, I want you to know, has really helped me a lot in my life, in knowing what I don't want to focus on, career wise, for my husband, my family, for what I'm doing. It's a wonderful thing to be able to see. Is someone that has worked in a nursing home, and focused on that, going to draw the death that much faster to them?

ABRAHAM: It does not need to be that way. It is possible to work in a nursing home, deal with beings who are sick and crippled, and say to yourself in every day, "I am assisting these in the relief of suffering of that which *they* have created. And I have no intention of creating anything within my being other than health."

COMMENT: But your average, everyday person doesn't know this.

ABRAHAM: That is correct.

QUESTION: And so, what they do is they create it by default? ABRAHAM: You are right.

QUESTION: Can you intend something for someone else?

ABRAHAM: You cannot. If you are wanting another to understand what you understand, (then) through your strong intent and your power of influence, you may stimulate their thought, and as you stimulate the thought within them, then they may begin to attract it in their experience. That is what we call good influence or bad influence.

If there is a friend who continually talks of sickness, and you willingly listen, acting as a sounding board, then you are a negative influence, for you encourage negative creating. But if, instead, you only speak of health, you only speak of prosperity, you only speak of those things that you are wanting in your experience, then you are an influence for that which you consider good, you see.

You are correct. Most beings do not understand that, and so, out of habit, and out of widespread influence, they stimulate one another to negative creating, and then they think that it is outside of self, you see, for they wouldn't have done it on purpose, and so someone else must have done it.

COMMENT: I wanted to tell this lady, "Get out of that nursing home. Look at your fingers already. You're already creating this, ten years down the line..."

ABRAHAM: There is something in what you have said that can be of value in another area that touches you in every day. And that is the area of relationships with other people.

You literally attract from life with your thought...you attract sickness, you attract health, you attract prosperity, you attract poverty, you attract good relationships, you attract bad relationships, all through your thought. Now, if you can break it down a little bit finer and recognize that in every being that you interact with, there is some of all of that. There is some of that which you want, and some of that which you do not want.

Even your greatest enemy has more points of harmony than of disharmony. And so, as you are wanting to interact with a being that you are not getting along with, with a being that rings your warning bells continually, if you will intend to see that which you approve of, if you intend to see that which you like, then you will literally begin to solicit from that being, those things.

COMMENT: Because you are attracting only what you see, right?

ABRAHAM: Esther was watching the television before you came. The subject was racial discrimination. And new understanding came to Esther.

Racial discrimination is created by the being who feels abused. By the being who believes that he is being treated unfairly. And that belief, that expectation, attracts it out of beings who otherwise would never be racialists. Most beings have never given it a thought, for it is not something that they have interacted with at all.

But because there is this belief that "Because I am a certain color I am mistreated," then as I walk the streets, I solicit that from every being with whom I interact. But I do not know that I am doing it through my thought, you see, and so I blame you. I blame you because you look at me strangely, and I think you don't like me because I am not the color that you are, you see. And it has nothing to do with you. I have solicited it from you, through my thought. Do you see? Are you understanding this? Are you understanding that in every relationship you have, whenever you are having unpleasant experiences, you are attracting the unpleasant experience because that is where you are giving your attention.

We will give you an example, and then we will hear from you. Have you ever known someone, you meet them, they are outside of the environment in which they have grown up, they are away at school, not in the town where they were raised, not near their mother or their father, or anyone that has known them, and as you meet this being, it is a perfect specimen of humanity. As far as you are concerned, it is a wondrous being. And as you look at this wondrous being with that attitude, the being becomes more wondrous every day. You just can't believe that you have met such a marvelous person. And then that person takes you home, and the mother of that person begins to tell you of all of the things that person did while they were growing up, pointing out all of the weaknesses, all of the things that have been overcome or need to be overcome, and suddenly you are looking at that person in a new light.

And suddenly you say, "Yes, I see that, I can see how you aren't as strong as I thought you were and not as smart as I thought you were." And as you look at that being with that new set of intentions, you begin to solicit from them that which you do not like, and then you say, "I don't really want to be with you. I am looking for a perfect one." *It is the reason that most relationships deteriorate:* 

When you are drawn together, you are drawn together by that which you are wanting, you see, but then as you are together, your focus is no longer on what is wanted... but upon what is not wanted.

Here is the principle, for it will apply regarding all things: You see in this being all the things that you are wanting until you are influenced by another to see the flaws. As you are influenced by another, or even by your own habit, you may always look for flaws, as you are influenced by, whatever, others or your own habits, to look for the flaws, then you begin to solicit, to summon, to literally draw from that being, the things that you don't like. Where before, before the influence, you were drawing the things that you did like. Do you understand what we are saying?

The "imperfect" or the "perfect" person has nothing to do with it. Just as all of the beings in the nation who are being accused of racialism or of racial discrimination are not the ones that are creating it. It is being created by the one who feels that he is prejudiced against.

QUESTION: OK. Now this person here, you're seeing all of these imperfections, and you are literally drawing them out of him?

ABRAHAM: Indeed. He is becoming your creation.

QUESTION: OK. The more you draw, the more you dislike. Now you are going to treat him this way. Now, is it his fault **you**'re treating him that way?

ABRAHAM: You are seeing that which you are intending. He is as he always has been. He is as everything and everyone is, a combination of all of these things, you see. But you are drawing from him, just as you draw from life, that which you focus upon.

<u>And if you focus upon that which you are wanting to see. that is what you will</u> <u>draw into your experience whether you are talking about the entire Universe, or</u> <u>one single soul.</u>

COMMENT: May I offer an analogy. Something that happened to me not very long ago. I was at a friend's house, in the front yard, and this rather aggressive dog comes trotting up, you know. I happen to like animals very much, and I said a few words to the dog, and it wagged its tail and went on. Two seconds later a lady appears across the street to go get her garbage cans, and she sees the dog and immediately reacts negatively, and the dog goes after her. Same dog.

ABRAHAM: Indeed. It is a perfect analogy.

QUESTION: These people can have these imperfections in them?

ABRAHAM: Indeed. There is not one who does not.

QUESTION: But we can either allow it or not?

ABRAHAM: Your relationship with them depends upon your ability to focus upon what you want.

(Dog barks from outside, very loud. Group laughs)

QUESTION: What I was asking is, what you draw from that person, I understand that part, now...

ABRAHAM: Let us interrupt before you go any further. *The tendency is to blame the other for his imperfection.* 

We are wanting you to assume the responsibility for his imperfection as he interacts with you, for you are soliciting it from him. The tendency is to see a flaw in another and judge and blame the other, and what we are saying to you is, only what you see is there.

And so, now where are you? Now you are in a position where you may have perfect relationships with everyone as you are clear about what you are wanting and as you are only seeing what you are wanting. And when you see that which is not in harmony with who you are, look away. When your warning bell rings because that which you are seeing is not in harmony with what you are wanting, turn your attention to something else.

What you are most wanting to understand in this life experience is this: It is the greatest intention that you have, and we speak it forcefully: <u>You are wanting</u> <u>to be ALLOWERS. And you will know when you have achieved that when you are</u> <u>willing to allow another even when the other does not allow you. When you are</u> <u>able to allow, even when the other is not allowing you, you will have absolute</u> <u>freedom.</u>

You see, the only thing that binds you is negativity. Without it you are free, joyously. And so, as you look at another and see only that which brings forth joy, you are free. As you look at another and see that which brings forth negativity, you are bound by your own decision of what you are soliciting.

We are wanting you to release the responsibility from all those you are blaming for all of the things they are doing wrong and for all of the ways they are messing up your life. They are not doing it! You are doing it!

COMMENT: That is deep stuff. (Group laughter)

ABRAHAM: It is the deepest of the stuff. (Group laughter) And it is the most meaningful words that you will hear as you are moving forward, for you are interacting with others, and it applies not only to the others, my friends. it applies to your own being.

You solicit from your very own being that which you do not want to be. As you look at yourself and you see that which is wrong, you see that which is not in harmony with your greater wanting and as you do that, you create more. See in yourselves that which you are wanting, and that is what you will draw forth. Do you see? Indeed you do. That is very good. Did you write it down? (To Jerry)

JERRY: I put, "Transcribe this. This is deep stuff." (Group laughter.)

ABRAHAM: What more?

QUESTION: How do you learn to separate, in your own mind, actual truth and knowledge from sheer perception.

ABRAHAM: There is a difference? You see, we are looking for the beginning point of this, for it is another very good question, and very broad subject. It is, perhaps, what we hear the most concern about. For you are wanting to do that which is truth. You are wanting to find that which is good. But you are not knowing where to look for it. Who to trust? Who has the truth? There is so much diversity in what is believed to be truth, that it is usually a lifelong search, and it is never certain that it has been found, you see.

Your question was very well worded, and our answer to you is that "truth" can only be that which is perceived to be true in any point in time.

If this house were on fire and the men with the fire truck and the water were to come and open the door and put the water in the house and extinguish the fire, everyone would say that is a most wondrous thing. The "truth" is, that is good. But if, in the same way, the men were to come and open the door and put their hoses in and put the water in, but there was no fire, then everyone would say, the "truth" of this is, that was not so good, you see? When it was the same thing. It was just a different time, different intentions, different reasons, different knowing, different understanding, different circumstances.

And so, if you will accept that all life experience is good. All! All! We are not wanting to shout, but, ALL LIFE EXPERIENCE IS GOOD! Then you will understand that there is TRUTH in every experience, and it is a changing thing as experiences and wanting and understanding change.

You come from a culture that has been born into a set of beliefs that say, "There are a set of rules, and these things are good and these things are bad." And it is not that way. As you are looking for your truth outside of yourself, hearing it through the words of others. you will always have that question, for you will hear many different answers, but as you are looking for your truth from that which comes from within you, then you will never question it. for your Inner Being knows the truth that is appropriate for you and you may trust it.

And so, when you are feeling positive emotion, you are moving toward that which is perfect for you, in this time. When you are feeling negative emotion, you are moving away from that which is good for you, you see?

QUESTION: Say something about "guilt"?

ABRAHAM: Guilt is negative emotion, and it comes forth, usually, when you are not doing what someone else has told you that you should do.

The rule says: "This is good, and that is bad," and so, when you do that, you get guilt. Not because it is bad, but because you think that you are doing that which is not good, and your *Inner Being* is saying, "Not so." You are not in harmony with your greater intent, which is to have experience, you see?

That is "deep stuff' too. (Group laughter) There are many that would run kicking and screaming from the room at the hearing of those words, for they are so convinced that there are sets of rules that must be followed. But if they will say, and know the meaning of it, "I am a joy seeking being," and then they will recognize the way they feel about that, perhaps they will come to understand.

QUESTION: If I'm having growth through negative experience, since I intended the joyful experience and I'm getting negativity, then I'm going against harmony?

ABRAHAM: You are. Pay attention to the way that you feel, and when you feel good, know that you are in harmony and moving toward that which you are intending. Negative emotion means you are miscreating.

Simple, is it not? *Any time you don't feel good, stop doing whatever you are doing.* Now, hear this: We are wanting to clarify this. We will state it again.

ANY TIME YOU ARE NOT FEELING GOOD, STOP DOING WHATEVER IT IS YOU ARE DOING. You must understand, it is the thought, in the moment, that brings forth the negative emotion. Now this is very important, we must take a moment here. We've been upon the topic of guilt. "My mother has told me that if I do not go to church, I will burn in hell. She believes it. I want to please her. She thinks I have gone to church, but I have not. I have gone to play. I am filled with guilt."

The guilt is coming forth, not because I am at play and not at church. The guilt is coming forth because I am thinking that I am doing that which is wrong, and the *Inner Being* is saying, "That is not in harmony."

The reason we have clarified this is because we say to you, "When you feel negative emotion, stop what you are doing," and so, you jump to the conclusion that you must stop not going to church, for that is what has brought forth this feeling. That is not what has brought forth the feeling. When you didn't go to church you were excited about it. You were happy about what you were going to do. The guilt did not come forth until you thought of your mother, and her wanting you to be at church. Do you see what we are saying? It is your thought that you are sinning that brings forth the negative emotion, so stop that thought.

Do you understand what we are saying? That is where the confusion about guilt has come forth. Before you can fully understand this topic, you must first understand that all negative emotion is communication from your *Inner Being*, telling you that the *thought* that you are thinking is not in harmony with what you are wanting. If you will accept the feeling of "guilt" as a negative emotion telling you that your *present* thought is not in harmony with who you are, then you will be closer to understanding why the guilt is coming forth.

If you can release the titles you have given to these negative emotions, such as guilt, jealousy, anger, hate, frustration, anxiety, stress, fear, and recognize that they are all negative warning bells, then it will be easier for you to understand what the warning bell is trying to tell you. In most cases, the feeling of guilt comes forward not because you are doing something "wrong,", but because your freedom is being suppressed. The warning bell is ringing, not to get you to stop the action you are involved in, not to get you to stop not going to church but to let you know that the *thought* you are involved in is not in harmony with who you are.

You feel guilty, and they tell you, you are guilty because you are sinning. You are not feeling guilty because you are sinning. You are feeling this negative

warning bell because they are trying to control you and you seek freedom. You are a being who is here to live and have life experience, that you may have joyful experiences.

Guilt does not come forth because you are sinning. Guilt comes forth because of the thought that you are setting forth about that.

Guilt abounds in your culture. It keeps you from liking yourself. And as you feel guilty, you look for more sinful things in yourself. You look for more reasons to feel guilty, you see?

JERRY: As a kid I went to a lot of different churches, and in each church, there were different things I felt guilty about. For instance, in one church, dancing was a sin, but when I went to another church that had different rules (where dancing wasn't sinful) then I didn't feel guilty about dancing in that church where dancing was allowed, and so on. The girls with makeup didn't feel guilty wearing makeup, in the churches where that wasn't considered a sin...

ABRAHAM: Perfect, that is what we were reaching for. That is perfect. So the point is, the guilt did not come forth from dancing. The guilt came forth because of the thought of all the different beings in relationship to the dancing. Good. Now that should come back to your question. (To earlier question) "Is the truth something outside of perception?" You see. It is not. Good. What more?

QUESTION: I've been doing a lot of metaphysical reading lately, and talking to different people, and I keep coming up with this quandary about how to deal with living in this plane while trying to prepare for the next, because it seems like such a conflict. I feel a big need to spend all of my time working towards the next plane and not worrying about this one, but I can't see how that's ever going to work.

ABRAHAM: We are extremely pleased that you have brought this forth, for there is some confusion, and we are wanting to put it to rest, here and now.

You are a physical being in a physical dimension, intending to live on this plane. It is dominant. That which you are thinking and doing here in this focused dimension is that which you are intending to do.

Now, we are encouraging a blending of this conscious physical being with your *Inner Being*, yes, but not a focus that is taken from here and put somewhere else.

It is most important that you understand that you are in the physical because you have intended to be. Your flesh and bone are proof of that, you see? And so, do not feel that you are focused where it is not meant to be, for you have intended to be focused here, you see.

As you are wanting to accomplish the blending, indeed the awakening that you have so long been hearing about, we encourage setting a time aside of 15 or 20 minutes in every day for the allowing of that, but not more, and the rest of your focus, indeed, keep it here, in the here and now, for this is where you are creating, you see. There are many who do not understand that, and in part it is because they are wanting to escape. They have created that which they do not like, so now they are wanting to get on to something else, and so they are literally focusing outside of their reason for being here, you see. And it does not feel right. Your emotion guides you, you see. Are you clear?

QUESTION: Yes, Would you recommend any specific reading or assignment of any sort?

ABRAHAM: Indeed. We assign you to life! Life experience is that which brings you your knowing. Words and books are of great value for they are stimulators of thought, but all that is written is stimulator of thought. One is really not so much better than the other. *Whatever makes you think, so that you will attract life experience, is of value.* We encourage you to set forth your wanting in conscious statement, and that which is appropriate will be attracted.

We will give you some specific information, for it is wanted, and it is of great value. As you are wanting to become this blended being, and indeed you are wanting it, all that is required is that you want it and allow it. *The wanting is easy, it is already done. The allowing is done by setting time aside in every day, 15 or 20 minutes, where you will allow yourself to receive a state of numbness.* Are you knowing what we are meaning by that?

QUESTION: No. Meditation? I've never accomplished it, or really tried.

ABRAHAM: Oh, it is very simple. Let us give you the simple words that will bring it about for you. As you are intending, wanting to accomplish this blending, you have done half of the equation for creation: *Want and allow and it is.* 

The allowing part is accomplished in this way: In every day, set a time aside of 15 or 20 minutes, not more, for the intent is to quiet the physical thinking mind, and if you ask it to be quiet for more than that, it will resist it. 15 or 20 minutes is quite enough. Not one, and then not the next, and then one day, and then not the next. Consistency of a number of days. 20 days will be enough. 20 days, of every day, of sitting for 15 or 20 minutes, will allow the opening of your passageway.

Now, as you are sitting, put your feet on the floor and your hands in your lap, or wherever it is comfortable. Do not lay down, you will go to sleep. Do not sit in too comfortable of a chair, you may go to sleep. And if you go to sleep, you are not doing your work, you see, and so, as you are sitting with the intent of "meditation", that is a label we are not liking very much, and so we will tell you what we mean. The intent of this process is to quiet the physical, that you may sense the inner. Which means you must not consciously think. Now, if we say, "Do not think," the first thing you do is think, for you are wanting to think. Your mechanism is trained to think.

And so, as you are sitting in a quiet room with no distraction of light or sound, with your eyes closed, focus upon your breathing, for as you focus upon that which does require thought, but not very much thought, you will quiet your mind. And so, as you breathe out and breathe in and breathe out and breathe in....Have you ever hyperventilated? Taking much oxygen in, leaves you feeling tingly, and it is not so different from that.

If you will allow yourself to breathe very deeply, you will find yourself feeling a little bit tingly, and as you are doing it, it may be in the first sitting, you will find yourself feeling a little bit disassociated with what is physical. As you are feeling a little bit numb, you may not even feel the chair beneath you, you have done your work.

Now, if it does not occur in the first or second or even the 10th sitting, do not worry about it. Let that be your objective thought.

"I am wanting to quiet my mind and I will know my mind is quiet when I have achieved numbness," you see? And as you are feeling this numbness, a sort of tingling, different from anything you have known, you will recognize that it is new. Know that you have done your part, and now, your *Inner Being* will do its part. Your *Inner Being*, once you have achieved this quieting, will begin the opening of your passageway. Now it is not really hacking a physical passageway through your being. It is not any physical distress or discomfort. It is an alignment of Energy.

You see, every being who is in physical form has the physical body that has been created, that is part of you, but there is an Energy that surges through you. That is the difference between the live ones and the dead ones, you see, (Group laughter) and you are accustomed to this Energy that surges through you. You have known it since the day you were born, and you say, "This is what it feels like to be alive," you see. But now there is a new Energy that will begin to blend with that Energy, and that is what this opening of the passageway that we are speaking of is about. And it is not your work. You do not need to consciously know how to do it. You do not need to know what colors the chakras are, and where they are and what they mean. You have many points of alignment within your being. Do not get involved with it consciously. Let your *Inner Being*, that knows far more than your conscious mind will ever know about this subject...Let your *Inner Being* do it. All you must do is quiet your physical. Your *Inner Being* will do the rest. And as your *Inner Being* is doing its work, you will be...

Let us begin again. We are putting this in order for you, upon this recording, so that you may listen to it as you are achieving each step: Your first objective is to sit quietly and achieve the numbness. Once the numbness has been achieved, in however many days it takes to accomplish that, then know that your passageway is being opened, and you will know that it is being opened; you will feel it being opened because you will feel sensations. You will feel a twitch here and a twinge there. Nothing that is painful, but you will say, "Oh, they are working on my nose! I can feel them in my toes." Just a little sensation, and all it is is the new Energy that is flowing through you, and you will notice the difference here and there. Once you are receiving movement (head rolling around on neck) your passageway is open. *And once your passageway is open,* 

then there is not a need for this meditation process any more. Many continue it because they like it.

There are many purposes for meditation. Our purpose, as it has been expressed here, is for the opening of the passageway. Now what does that mean? When the passageway is open, what does that mean? Does that mean that anything that is out there may pass through it? Indeed, it does not. It means that you are opening the passageway between you and *you*. Your *Inner Being*, the being that sends forth emotion to you already, will now be able to send, not only clearer emotion, but thought. And it also means, you will like this very much, (To Questioner: For you are very much not wanting to be a selfish being; it is very important to you that you do your part in all things), *you will be benefiting ALL- THAT-IS because once the passageway is open, not only do you benefit by the knowing that comes forth from the inner dimension, but all that is within the inner dimension benefits more clearly by the experience that you are participating within, for the passageway allows information and experience to pass both ways, you see?* 

THIS IS LITERALLY THE AWAKENING THAT HAS BEEN TALKED ABOUT. Most beings do not know that it is something for everyone to experience. They think there will be one who will be king, who will have all of the great experience, and the rest will worship, and it is not that way. It is that every being will receive this awakening, this blending of *Inner Being* and conscious physical being, and as you accomplish this, this physical experience, in which you are focused, in which you have great intent to be focused, in which you are wanting to be focused, will be enhanced beyond your conscious understanding in this time. Your physical experience will be more delicious than it has ever been before. Your joy will be ecstasy. Your love will be intense. Your feeling of peace will be beyond anything you have sensed or felt before, you see? All that you experience will be more.

Your guidance will be keener, and if you allow it, you will be manifester in a much more dramatic and faster way than ever before.

As you envision that which you want, it will be, more quickly, you see? In your physical life experience there is wondrousness to behold, and it begins with the conscious allowing of the opening of the passageway.

We are appreciative of your question, for it has brought forth, in this discussion, that which is our dominant reason for interacting with those who are physical. To lead you, if it is your wanting, to that.

QUESTION: You said that there are many different reasons for meditation. Once you open the passageway though...I meditate every day because I feel like I need to keep the passageway open.

ABRAHAM: Wanting is enough.

QUESTION: Wanting it is enough, after it's been opened?

ABRAHAM: Anything that has been created, all that is required is that you continue to want it, and it will be.

QUESTION: What would cause it to shut down? Various things?

ABRAHAM: Not wanting it. You see, there is not an ending to any creation. Most of you do not understand that. You create something within your life experience, and once you have got it, then you feel that you no longer need to want it, because now you have it, you see. And so, then you begin wanting other things. *But you must continue to want, or give attention to, that which you have created, otherwise it will go away.* Many of you experience that in relationships. You want the relationship. You attract it, and then because you have it, you don't *want* it any more, you see. And then you wonder where it went.

It is true of all things. Start not wanting your automobile, and watch it fall apart. Put your eye upon one you want more, and remove your wanting from the one that you have, and it will disintegrate before your very eyes. As you are looking around at those things that you want, feel your appreciation for them.

CONTINUE TO ATTRACT THAT WHICH YOU WANT, INTO YOUR EXPERIENCE. ANYTHING THAT YOU WANT, ATTRACT IT WITH YOUR THOUGHT, AND AS YOU GIVE THOUGHT TO THAT WHICH YOU DO NOT WANT, YOU WILL ATTRACT THAT. IT IS LAW.

COMMENT: You know, that is a good law, because you always know where you stand.

ABRAHAM: Indeed, we will keep it then.

QUESTION: I had questions about some of the things I have been reading, and I was hoping to get an opinion from you concerning... ABRAHAM: Indeed, we are full of opinions. (Group laughter)

QUESTION: I started reading a (metaphysical) book and I have just read the preface of, and I have not gotten into, another (metaphysical) book, and I was just wondering if you had anything to offer regarding those two books?

ABRAHAM: In each of those works that you have spoken of, there is that that we are absolutely in harmony with, and that which we are not in harmony with.

QUESTION: So will I know what I...

ABRAHAM: Indeed you will. That which you feel as you are reading will be your signal to let you know whether it is appropriate to who you are.

Again we must talk about that which reaches us at any point in time. Your understanding of the Non-physical dimension, as a people upon the earth, is an evolving thing. The book that you speak of, in fact both books that you speak of, are not currently in absolute harmony with where we are wanting to guide those of you who are in physical form, *but at the time that they were written, they were most appropriate, because of where you were at the time that they were written. Do you see?* 

Now, when we say "you," we are speaking of mankind, in physical form, upon Planet Earth, in general, and that is always tricky business, for you are not the same, but in general, there was a time when you did not accept the existence of anything that you could not see or smell or touch or taste. If you could not prove it through your physical senses, it did not exist as far as you were concerned. But then enough of you began having experiences, that it...was believed that there was something.

You began to call that something GOD, witches, angels. Then you began to say, "Dead ones can communicate with us," not understanding it, but knowing that there was something that was coming forth from the Non-physical dimension. It was dead Aunt Mary or dead Uncle Bill, willing to participate. No smarter than they ever were, but willing to participate. And then you began to understand that there was guidance coming forth, specific guidance, and so, you began to call them guides.

And now, what we are wanting you to understand is that the guides are not just for one or two selected; the guidance is available to all who are wanting it, and you are not needing to come here for the guidance, it is within you if you will but trust it.

And so, there will be a time when this process, with beings coming here to this woman (Esther) will be something that we will no longer agree with. We will say, "It is not our truth in this time," because what we would rather, is that each of you, individually, bring forth from your own being that which is appropriate. But in this time, most beings do not trust themselves, and so, it is good that you come here for this stimulation for this which you do trust. Do you see what we are saying?

And so, it is a process that is moving forward continually. And it will come to the point where it will not be that you say, "Here I am physical, and (over) here I am from my inner perspective; we are separate." There will come a time when you will say, "I am God. I am Creator." You see? But you are not ready for that yet. Many would cut out the tongue when they hear such a thing, and so, we don't say it very often, (whispering) for most are not ready to hear it, but there will come a time when they will be ready, you see? (Group laughter)

And so, every book, every being, every experience is adding to this evolution of knowing. Do you see? Indeed you do.

We recommend to you, that you do that which excites you. If a book stimulates you, if you find that you cannot put it down, if you are feeling excited as you are reading it, then read it. There is benefit for you within it. But as you are reading it, if it brings forth more negativity within you than it does positivity, (To Jerry, "That is another new word we have made up") then discard it, you seer

QUESTION: So as I get into a...book, if it is resistant to me, then leave it alone?

ABRAHAM: Put it away...We encourage you not to solicit opinions from others. They confuse. We encourage you to follow that which comes forth from you. If you ask for opinions, whose do you select, for they are all so very different, you see? *TRUST YOURSELF. YOU MAY.* 

QUESTION: Something that puzzles me, a little bit: It seems like most of these metaphysical writings are pretty much...Am I off course in assuming that they are all on the same level with you, Abraham?

ABRAHAM: There are not two that are the same, for there are not two beings who have achieved the same level of consciousness or the same point of knowing. Just because we are dead does not make us smart.

And so, as you are hearing that which is not in harmony with who you are, discard it. Just as when you are interacting with your physical beings, there are those whose opinions seem more appropriate, because their life experience has brought them more knowing, you see? And so it is with those who are Nonphysical. But

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QUESTION: Is it true that there is a plane beyond which you all are at this time, that you will go to?

ABRAHAM: There is no ending to growth, but there are not specific places that have been assigned. There is no ending, therefore there must be something beyond what is, you see.

QUESTION: I have an interest in what we will do after the "shift". I am interested in our personal life, our interaction with other people, and how we can be preparing for that?

ABRAHAM: It will be that which you create...It is too soon for you to begin projecting your vision of that, for there are too many unknowns for you, you see. And so, that is the reason you are asking this question. You are wanting Abraham to supply some of the unknowns, so that you may begin projecting into the future, and we are happy to do that.

We will tell you that you will be interacting with those that you are attracting, and it will be a time when you will be attracting more of those beings who are in harmony with your intent.

And so, it is a very good time for you to begin identifying what your intentions are now. In other words, if you are seeing yourself as one who is wanting to assist in healing, then you will attract those who are wanting to be healed. If you are seeing yourself as a being who is wanting to attract those who are as you are, who are teachers, or who are students and wanting to learn from teachers, then those are the beings that you will begin, even now, drawing toward you. If you see yourself as a savior, as one who will supply beans and rice for those who have not prepared, you will attract all of those who have made no preparation, you see, you will be overrun with those who are not prepared.

And so, it is our knowing that you will literally attract to you that which you are most wanting in that time, and there is not one experience that is better than the other. In other words, there is not that which is more noble or more appropriate. It all depends upon what you are wanting to experience.

We encourage you to stand back, from a broad perspective, and say, "I intend joyous creation and joyous harmony, joyous survival and joyous interaction with those who are in harmony with me."

Now, when we say, "in harmony," it means many things. *Harmony does not mean attracting someone who is exactly like you. Harmony means attracting those who will harmonize with you.* In other words, as you have talents in one area, harmony is attracting someone who has talents in another area. As you are adding what you have to offer, you will attract the others who will add the balance of that. And so, as you are seeing yourself in this environment with everyone as participating, it will be a joyous time. That does not mean that we are envisioning for you a gathering of people all in one place where you are working together as in a commune type of thing. That is not what we are meaning, unless that is what you are wanting, you see.

QUESTION: There is one thing I'm not clear on.

ABRAHAM: Oh, it is good we have narrowed it down to only one thing.

COMMENT: At this moment, anyway. When you said, "See them as...whatever...and you will draw this from them?" I don't understand that.

ABRAHAM: You attract from one, that which you see. If you see a being as unwilling, they will be unwilling just to please you. If you see them as beautiful, they will be beautiful just to please you; if you see them as fat, they will be fat just to please you. If you see them as smart, they are smart, if you see them as dumb, they are dumb; if you see them as dead, they are dead.

QUESTION: Then you are creating it. Right?

ABRAHAM: You are not. You are using your power of influence. They have choice, you see.

JERRY: I've heard, through the years, how one baby sitter will say, "I can't stand that little brat," and another will say, "I don't understand that, he is always wonderful for me."

ABRAHAM: Indeed.

QUESTION: I understand that. I just didn't understand, since the *Creative Process* says that you cannot create in another's experience.

ABRAHAM: You cannot, for they have the choice. They make the conscious decision. Have you not seen it in yourself, that there are beings that when you are around them, you are at your very best, and there are beings that when you

are around them, you are always at your very worst, and when it is over you say, "I do not know what is wrong with me." You are being swept up by the strong power of influence. And so, as you are wanting someone to be a certain way, see them in that way, and by your power of influence they *may* be that way for you.

COMMENT: So they create this, from your influence, by default.

ABRAHAM: If they are not understanding the process, and they usually are not.

It is all beginning to fit together for you. You are beginning to understand the power of thought and how you relate with one another, using it. You are beginning to understand the power of influence. You are beginning to understand your creative license, one with another. You are beginning to understand what freedom is, and very soon, you will have it all, and you will be free.

It is with great appreciation that we interact with you, for we are seeing your discovery. You are of great value to us, for without your interaction, we would not be expressing clearly. Because of your willingness to hear and absorb, and chew upon it and then reflect back to us what you have received, because of that, we are evolving in our ability to communicate with physical man, you see. And since that is our intent, there is great appreciation.

What you are witnessing here is that which we have promised to you earlier. The passageway is open, and that which you are experiencing is being received by **ALL-THAT-IS**, and **ALL-THAT-IS**, is liking it very much. Can you feel the emotion upon you? Indeed.

There is great love here for you! We are complete.

# March 2, 1988

ABRAHAM: Good evening. We are extremely pleased that you are here. And now, as we are beginning, if you will take a moment and bring to your conscious mind that which you are most wanting to experience in this segment of your life experience that we are sharing here, it will be great value to you. (pause 20 seconds approximately) While you would like a longer period of time, it is a good practice to bring that which is important to your conscious mind, very quickly, as you are moving segment by segment, for often there is not a long segment in which to intend for the segment. Is that not right? What are you wanting to talk about?

QUESTION: I'd like for you to comment on "Parallel Realities and Probable Futures," and I was thinking specifically about the earth shift. We were discussing this yesterday...I realize that what you focus upon is what you bring into your experience, and I realize that the upcoming shift is something that has been set...a long time ago, but some of my friends were saying, "Well, if you focus on all the good things that are happening in the world right now, like the (agreement)...between the Soviet Union and Us and Armenia, if you focus on all the good things, then that will bring more of that into your experience." What I'm wondering is, I sort of see it like the letter Y...If we become more aware of earthquakes that are happening and increasing, will that be the mainstay of our experience? Will we, sort of, enter into that, whole hog, or if we focus on the positive things that are happening, will we almost be unaware of the earth changes? I mean, will there be "Parallel Realities" that take place?

ABRAHAM: Indeed, there will be many realities, for there are not two of you who are anticipating precisely the same thing. And you are right. That which you are envisioning, that which you are thinking about, is that which you will attract. There are many beings who, as they are hearing about that which is to come, are stimulated to that which is fearful thought, and as they project that fearful thought forward, they begin attracting, even now, in this time, those sorts of feared experiences, you see. But as you are seeing yourself as you are wanting to be, then that is what you will begin attracting to yourself.

Let us talk about this in the broader context, for it is something that may be applied to all creating that you are doing: As you are setting forth thought, you begin attracting the experience that you are thinking about, whether you want it or not, that which you think about is that which you begin to attract, you see.

And so, as you are wanting to create a future that is in harmony with what you are wanting, then that future is that which you must think about. You must see yourself as prosperous, well fed, warm, surrounded by those beings who are in harmony with you. You must see yourself living that joyous experience that you are wanting. Particularly in this creation, where there are so many unknowns. There are so many things that you can't get your thoughts around, for it is difficult for you to anticipate what you will be doing for work. It is difficult for you to envision much of it, and as you try to get your logical thoughts around that which is unknown, that is when you begin doing your most negative creating, you see, for there is so much that you do not understand, and when you feel yourself negatively creating...and how do you know it? There is negative emotion present. That is a very good time for you to back up from it, a bit, and look at it from the broader perspective.

Now hear this: As you are intending that which you are wanting from the broader view, in other words, something that is general, "I intend health. I intend happiness. I intend harmony..." you will begin attracting those sorts of experiences without ever putting the detail into it. But as you are clearer about the details that you are wanting, then begin inserting the details so that you are, in a more finely tuned way, drawing the specific creation to yourself that you are wanting. But in that process, if you find yourself struggling because there are unknowns, and because they are unknown, you are bringing forth negative thought and negative emotion, then stop that, and back away from it again. And begin creating on a broader, more general scale.

Know that you will be in a position to make those decisions then. And trust yourself. Say to yourself, "I am creator, and I am very wise, and in every day I will be able to make the appropriate decisions for that day." You see? And anything that causes you concern, release it, and go to your broader, more general creating of that which brings forth harmony. Clear enough?

QUESTION: Yes, and so if you totally focus on creating harmony and creating your future, you know, just what we were saying, just the way you want it, would you not even be aware of the earth changes?

ABRAHAM: It is possible. Not likely. But possible. You see, you are currently experiencing on many levels. In other words, you are currently a multidimensional being, participating in many dimensions, simultaneously, as you are here. And so, as you are focused here, and this is the dimension in which the earth changes are occurring, the you that is here will experience them. The other parts of you may or may not, depending upon how connected they are to

you in this focused state, you see? And that may be what you are speaking about, but from the standpoint of those of you who sit here in this room now, in your physical, consciously focused state, you will be aware.

## What more?

QUESTION: I have a daughter in California, who is there by choice, but not by choice; she is married to a Marine. His choices, on a day to day basis, are very limited...

## ABRAHAM: Indeed they are.

QUESTION: I have been unable to come up with the words to express to them how important I feel it is that they take a look at finding a way to be somewhere else. And I need help with the words?

ABRAHAM: Know this. As you set forth thought that stimulates their thought, their intent for survival is enough to set that creation in motion. Provided you have stimulated the thought enough to get them to chew upon it, you see.

None of us, no matter how powerful we are with words, and no matter how powerful our intent, may create within the experience of another, but as you stimulate their thought, they will begin attracting that which will give them their own intent.

And so, speak from your heart. That which you have said to us, here, is most convincing, for it comes forth with love, and yet with allowing. You are not wanting to convince them to do something that is outside of their will, but it is very good for you to stimulate their thoughts so that they will identify what their will is.

You see, as you are moving about, you have many intentions that are present, and a very dominant intention, especially in this case, is to stimulate the thought that they will choose that which will bring joyous survival.

As you are interacting with others and you are very clear about your intent, the perfect words will come forth, you see, something such as, "How do you feel about the continuation of this physical experience?"

"Well, of course we are wanting to continue. That is a very silly thing..." they will say to you.

COMMENT: That will be her exact answer. "Really Mother."

ABRAHAM: "Well, I was just wanting to stimulate your thought, for it is my knowing that you are wanting joyous survival, that I can release my worry..."

What more?

QUESTION: As far as influencing people. My mother-in-law's always had terribly high blood pressure, and I had to take her to the doctor for a checkup, and we had to sit and wait in the doctor's office for a pretty good while. And as we were sitting there, she was telling me about her stiff neck, and I was telling her how to relax, and she said, "Well is that meditation?" which she resists, and I said, "No, that's just teaching you how to relax the muscles in your neck, and on down." Well, she was accepting it, and she felt really good about it, and I think she was sitting there trying to relax, and then the nurse came in and took her blood pressure, and it was lower than it had ever been. Can you explain?

ABRAHAM: It was your power of influence. It is the reason that you have chosen not to be in a dimension where you are alone. You have chosen to be surrounded by others, for you are wanting to influence others to the knowing that you are understanding, you see.

Let us talk about this interaction, for it is a very important topic. You are together with one another, involved in agreements, involved in relationships much of your life experience. And yet, most of you do not understand how it is that you do influence one another and just what this relationship is all about. What is the broader reason for it, you see? Of course, it is because it brings you joy. As you interact with one another, there is enhancement of all that is wonderful. But there is something more, for what you are wanting to understand, perhaps more than anything that you are wanting to understand in this physical life experience, is that you are meaning to become *allowers*. Now, when we are saying, *allowers*, we are meaning that you are wanting to be as you are and reach the state where you are willing to allow others to be as they are wanting to be, even if they are not wanting to allow you to be as you are.

Now, we have talked a great deal about the *Creative Process*, for we are wanting you to understand how it is that you get what you get in your life experience. Most of you do not understand it. Most beings who are physical are

doing most of their creating by default. They set forth thoughts; they attract creation; they do not understand that *they* have done it, and so they blame or credit someone else.

And so, as you understand that you are the creator of that which you receive, that nothing comes into your experience without your invitation, and that you invite through your thought, then you have total freedom, for no matter how terrible the actions of another are, and no matter how close they are to you, you do not fear them, because you understand that they will not be part of your experience unless you invite them through thought.

Now, as you are understanding that, then you are willing to allow them to be, you see, for now they are no threat to you. There is no more need for walls, or wars. No more do you need to gather together in camps for power, for you understand that you are individually strong. Individually strong enough to be or have or do whatever you are wanting, no matter what is happening around you, you see.

As you understand that as you set forth thought, you literally attract the experience from the Universe...then you understand how it is that you solicit response from your fellow beings.

Now hear this: Even your greatest enemy has more points of harmony with you than disharmony, but the reason they are your enemy is because you focus upon that which you do not like and anything that you focus upon, you attract.

And so, as you are looking at this being who you are not wanting to be with very much, you are not liking, for he is your enemy, you attract more of that which you do not want.

What we are saying to you is that you may have wonderful relationships, even with those beings that currently you cannot imagine it, if you will focus upon your points of harmony, and there are many.

Now, what are you wanting to talk about?

COMMENT: In carrying the *Creative Process* further, I have some questions about it specifically. It comes to me, that the *details* of getting where we want to be, are where we may miscreate.

#### ABRAHAM: Absolutely.

QUESTION: OK. That is really what I was wondering. Because, we say, "I want to triple my income," or something like that, and, immediately, I think, "How can I do that?" And that's what we have to do away with, the specifics on *how* to get from here to there?

ABRAHAM: We are not wanting you to do away with it. Now hear this. This is the *Creative Process:* Want it and allow it and it is. If you will want it and then allow it, it will be.

Now there are many things that you are wanting, and usually there is not a lot of suppressing of the wanting. We will talk about that, but it is the "allowing" part that is, for the most part, a hindrance for you and the allowing includes ALL of your beliefs. If you do not believe that you should, or can, then you usually will not, you see? Now, you are saying, "I am wanting a car." Until you get very specific about it, you may not get very excited about it, and when you understand that specifics bring forth excitement, then you understand the value of the specifics.

If you want something very much, it is coming to you very fast, and if you fear something very much, it is coming to you very fast.

And so, you say, "I want a new car." It is on its way. But as you get more specific, and more excited, then it is on its way to you more quickly.

Now, let us say you are driving down the street. You have already made your statement in that day, "I am wanting a new red car. I want it to be a car of this year, and the color red, and I am wanting it to have all of these things...." And as you are driving down the freeway, you look out of your window and there it is! And as you see it you feel excited. You slow down so that you can be with it longer. And the more you look at it, the happier you get. You speed up, and you look at it in your mirror, and you slow down, and you look at it from behind. (Group laughter) You say, "It is a wonderful vehicle. I have never seen it moving before. Oh, I can smell it! I can feel myself in that car! I will have it; it is on its way!" And as you are feeling this emotion, it is coming to you more quickly.

However, if you look over, and you see it, and it makes you grouchy because you have wanted it for so long and you do not have it yet, now you are pushing it away. Or if you say, "His father probably bought it for him, and I have to earn mine." (Group laughter) You are pushing it farther away. If the emotion that you feel as you see that automobile is negative rather than positive, or not feeling good instead of feeling good, you are pushing it away. The way you feel helps you to know whether you are bringing it or pushing it.

Now, if you cannot bring yourself to the point of getting excited, then it is better not to think about it at all, but go back to your broader perspective of, "I am wanting a new car." Very often, as you get caught up in the specifics of your creating, you miscreate. Now this is why:

When you are in the specifics, you are using your logical mechanism, and your logic can only give you what it knows from your experience.

And so, if you have never had this wondrous vehicle, and you are counting upon your logic, your logic will say, "You can't have it, for you have never had it." Do you understand?

QUESTION: Like if you can't afford it?

ABRAHAM: Oh, there are one hundred or more reasons: "The insurance will be more. Red cars get more tickets...." There are many reasons that you can use to uncreate this car, you see.

QUESTION: OK. Then I guess what I'm thinking about, more specifically, is (if we're wanting to use a car as an example) say that I know that I can have that car because I can see that if I earned this amount of money, I will be able to afford that car...that's the specifics that I'm talking about.

ABRAHAM: That is the bridge. That is the bridge from the negative thought and negative emotion to the positive thought and positive emotion.

QUESTION: Except, but what if you don't have enough money to have the car?

ABRAHAM: Then your negative emotion will remain, and you will continue to push the car away.

QUESTION: I see, but if I want something, so very much, like say a beautiful home, and I don't see it within my means to buy a new home, but I still want it, and can feel excited about it, am I still creating it? ABRAHAM: In the moment that you are excited about it, you are. In the moment that you are worried about it and thinking you cannot afford it, you are pushing it away. And that is the way most of your creations are. They are floating around in limbo out here somewhere. Created, just not coming into your experience, because you attract them and push them, attract them and push, attract them and push them.

The key is to monitor the way that you feel, and whenever you feel negative emotion, stop doing whatever you're doing. Stop thinking, speaking or acting) stop doing whatever it is that has brought forth that negative emotion.

Now that doesn't mean you have to fix the thought. That doesn't mean you have to convince yourself you can afford it. It means you have to stop thinking that you can't afford it, by thinking of something else.

COMMENT: Distraction.

ABRAHAM: Distraction. Now hear this: Let us begin again for the benefit of those who have not heard. We will speak very quickly this process...Want it and allow it and it is. Make a statement "I intend." *Intend* is more powerful than *want,* for intend includes the expectation *and* the wanting. "I intend," and whatever it is, "for these reasons." Write the reasons that came from you. Not the reasons that someone wants you to want it. Write the reasons that you want it. There is power in *your* wanting. There is no power in someone else's wanting for you. Until *you* are wanting it, it is not powerful for you. On the other side of your paper write all of the reasons that you know it will be. That will enhance the belief, or the allowing, part of the equation. Consider it done. Fold your paper and put it in your pocket, and say, "That was easy. What is next?" If you will not think about it in negative terms again, it will be yours. And if you will think about it in positive terms very often, it will be yours very quickly.

Now, you are moving through your day. As long as you are feeling only positive emotion, or only no emotion, it is on its way to you, but in the moment you are feeling negative emotion about that subject, you are pushing it away. Now, if you will say, "I am feeling negative emotion; what do I want?" regarding any subject, distracting yourself in any way, so that you stop that miscreating, that is very good. You will stop the miscreating. However, that thought may come up again and again and again, you see. So if you will deal with it by saying,

"What thought brought forth this feeling?" And it will take you a moment. It may take a few moments to isolate the thought, for, as you are aware, there are many thoughts that happen all at once. And so, if you are conscious of your negative emotion, it may be a few moments after it began, you see, for you may not be aware of it instantly. And so, as you recognize that you have negative emotion, and you say, "What thought has brought this forth? Well, I was thinking about that, and I was thinking about that, and I was thinking about that, and then that led to that, and that led to that ... "When you come upon the thought that is the culprit, it will be as if you have touched a sore spot, for your negative emotion will read louder and clearer for just that moment, and you will say, "Ah ha, this is the thought. I was remembering my mother's discouraging words as I expressed my desire for this beautiful car. What do I want? I want the car. Not having the car, does not necessarily mean that I will please her, for there are many things that she wants for me, or does not want for me, that I do not agree with. I am the creator of my experience. She is the creator of her experience. I want this beautiful car, and I know that I will have it soon." As you bring yourself from this negative thought and negative emotion, to this positive thought and positive emotion, once you have made that bridge, you have changed your belief.

<u>A belief is a creation, and a creation is never complete. You mold your belief</u> or your creation of thought, which is a belief, by applying new thought to it. And once you have done that, it will no longer hinder you, for now you have changed it. But if you use the route of distraction, never bothering to bridge and change the thought, then it can continue to come up to haunt you.

Now, your point is a very good one. As you are moving through your day, and you are suddenly filled with negative emotion, and you cannot identify a thought that explains it, then there is very likely something that is within your experience, some sort of wanting. For example: You are walking through a dark parking lot. And you have been thinking about the happy movie that you just saw, or about the experience you are about to have, and you are moving along, very happily, and suddenly you are filled with intense stress, negative emotion, fear...There may very well be something that your *Inner Being* is sensing, that you are not consciously aware of. Respond to the fear by moving very quickly, or at least by looking around and making sure, you see. But if you are walking through the dark parking lot, and you are finding yourself filled with fear, but you remember that you just saw "Chain Saw Massacre" at the theater, and it is what your thoughts are filled with, then understand that it is very likely that you have created the thought which has brought forth the fear, do you understand?

Your emotions are communication from your Inner Being. They are not like your nose or your toe. They are communication from the inner world in which your Inner Being, which is a very real part of you, exists. And so, as you are sensitive to those emotions, you have the advantage of much knowing that you may not consciously be aware of.

Your Inner Being is watching over you from a broader standpoint, and your Inner Being is understanding all of the intentions that you hold.

Now, as you are finding yourself filled with anxiety, there is reason for it. And it is a good thing to spend some time sorting it out to see if you cannot identify what thought is present when the anxiety comes forth. We will talk more about that. It is good.

QUESTION: Along those same lines, every time that I visit with my mother, I get all these emotions. But yet I can't, I don't want to, stop visiting my mother, you know, and I'm trying to deal with that, because, everything she says is so negative, and everything is so fatalistic, and I want to guard myself from all that negativity, but I want some words, that, maybe, will help me, at least, be able to deal with those feelings?

ABRAHAM: We've talked about this before, for it is something that you are struggling with. *You see, your action always follows your dominant intention.* 

As your dominant intention is to think only upon that which you are wanting, but you are continually visiting with this one who influences your thought in the direction of what is not wanted, you must understand that there is another intention that is dominant other than your wanting not to speak of that which is not what you are wanting. Your dominant intention is to please your mother. Your dominant intention is that of harmony, and so, you are continually following through with that, unable to distract yourself as you are interacting.

Perhaps the way we began this evening will be of value to you: As you are recognizing that your mother has many more points of harmony than disharmony, and as you insist upon focusing only upon those, you will have less pain.

Now hear this: As you are understanding that that which you are most wanting to understand is to be allower, and that being allower will bring you absolute freedom, then you will be able to allow her, even in her not allowing of you. As she is speaking of those things which you are not wanting, disregard them. That is not really the problem. The warning bells ring loudest when she is concerned about what you are doing. You are not doing that which she thinks you should do. But when you are able to say, "It is all right that you feel that way. I understand," and really mean it, then you will be free of the negative emotion that comes forth under these conditions, you see.

It is easiest to remove yourself physically, and if you did not have the intent of wanting family harmony, she would have been gone from your life long ago, you see, but as you have this other intention, you are putting yourself in a position where you must consciously make the decision that you will not participate in that which brings forth negative emotion. Now that does not mean that you can bandage her mouth shut. For that is outside of your creative license, but you can bandage your own ears shut, you see. You can stop hearing that which upsets you, even though you hear the words, when you are willing to say, "It is all right. I hear what you say, but this is what I know to be." Then those feelings will not be so intense within you and you will be free.

# FREEDOM COMES WHEN YOU ARE ABLE TO BE AS YOU ARE AND TO ALLOW OTHERS TO BE AS THEY ARE.

You are inviting her with your thought. You have invited her into your experience with your thought, indeed, but you even invite that which hurts you with your thought. Even as we are talking about it now, you are feeling the negative emotion, and she is not even here. It is the thought, you see. (She laughs)

# What more?

QUESTION: Why use a "yes" and "no" system when you can use something like a Ouija or something of that nature?

ABRAHAM: As you are blended, this conscious physical being that is sitting there, and the *Inner Being* that is within you, then you may receive many means of communication. You may speak as Esther is speaking, you see, or use a board.

The reason that we are not ordinarily recommending the use of the board is because it is known to be a game, and there are many frivolous beings in the Non-physical dimension who also understand that it is a game, you see. And so, there is a lot of fun had with it if you are not understanding clearly what you are wanting.

Your *Inner Being* will not play a game with you upon something that is serious, but there are frivolous beings, you see?

COMMENT: They do constantly lie at times.

ABRAHAM: Just because we're dead doesn't mean we're smart. And it doesn't mean we're in harmony with you, either, you see? And so it is good for you to find a direct path to that which will not tease you.

COMMENT: No practical jokes.

ABRAHAM: Indeed.

QUESTION: Are there such things...I heard this, the other day, as pixies and elves and fairies and all that, that are supposed to be channeling too, as well as animals?

ABRAHAM: You must understand that that which is "channeled," as you say, that which is received through thought through the Non-physical dimension, is created into whatever it is wanted to be, or whatever it is expected to be, by the being who is receiving.

Abraham is not something that you could describe in your physical terms. We are Energy. We are thought. Now, the way that Abraham is manifest, here, because of Esther's expectation and from what she is knowing from Abraham, is a very wise and caring, loving teacher. But, if her expectations were that it were a pixie, it is possible that you may be receiving something a bit more pixie-like. (Group laughter) *The expectation of the receiver is that which creates.* 

You see, you are part of life experience, which is literally that which you have been hearing about. It is the time of *AWAKENING*. You are physical beings upon the earth at the great time of awakening that has been written about, only it is not as many of you have expected it to be.

The awakening occurs within you, and what it is, is the blending of your conscious physical being with your *Inner Being*, you see. It is your saying, "I recognize that I am more than I see. And I am wanting the enhancement of this physical experience by the greater knowing that comes forth from within."

Now, not so very long ago, physical man upon the earth, when we say, "not so very long ago," we are meaning a few hundred thousand years, man upon the earth was not recognizing that there was anything that he could not see, touch or smell.

And so, there was no looking to the heavens for guidance. And then, in time, there were those who believed that there were gods. There was the god of this and the god of that. Not one god, many gods. And then, we are jumping very large jumps, but then, not so very long ago in your evolution, you began to recognize that there was something that was divine. There were those beings in physical form who thought that as thoughts came through, it was in the form of a dead relative, always expressing about the "rabbits foot," or something, so that you would know that it was, indeed, coming from the other side, you see. And then you began to believe that there was spiritual guidance, and you began to call them "spiritual guides." "One was assigned to each of you," you see, and if you sought long enough, you would find that one.

And now, what we are wanting you to understand, is that each of you has access to Infinite Intelligence, and that as you allow the opening of the passageway, within your very being, that this physical experience, this conscious physical experience in which you are currently focused, will be enhanced.

We are not wanting to distract you from the physical life in which you live, to put you into the clouds, or focus you in another dimension. We are wanting you to experience that which you have intended, with the enhancement of the knowing that comes forth from within. And that is accomplished by the opening of the passageway.

QUESTION: This past weekend I experienced my first channeling, with two different entities, and I would like to know if you could help me with doing some more of it, learning to release the control I maintain. Everyone seems to think that I have this control or whatever it is. Could you give me some advice?

ABRAHAM: As with anything that is new, you will become more comfortable with it as you are doing it longer.

Make no comparison about that which you have experienced here with Esther, for your experience is your own. It is very good. Do more of it, and as you sit, let your intent be, "I intend to speak clearly."

COMMENT: I don't know which one I would get, if it's either of these two, I think they were just, kind of, experimenting during that time.

ABRAHAM: Ask to speak to those who come forth from where your *Inner Being* is. That is always best. Ask to speak with those of your "Family", you see.

QUESTION: Is there some control that I need to learn, to release?

ABRAHAM: It is a matter of quieting your mind and stating your intent clearly, and as you are receiving it, you will get better and better at it.

You see, the tendency is to come here and hear this one (Esther) one who has spoken for us for thousands of hours. If you could have been here at the beginning, you would have seen something that is quite different. There would be a very long question, beautiful in words, and Abraham would say, "That is correct." And then there would be another very eloquent and long question, and then Abraham would say, "It is not exactly like that." And then there would be another very long question, you see, and it was not that Esther was not receiving, it was that she was not trusting all that she was receiving, and so she would speak that which she did trust, you see? And so, as you are speaking more and more, you will trust more and more. You will become more comfortable with that which comes forth. Are you understanding what brings this possibility?

COMMENT: Allowing.

ABRAHAM: Indeed. You are physical beings who are hot only the flesh and blood that has been created here in the physical dimension, but you have Energy surging through you that comes from the inner dimension, and that Energy

surges through you, all of you, it is what makes the difference between whether you are dead or alive, and so, as this Energy surges through you, you say, "I am alive. And everyone else must feel alive in the same way that I feel alive," although you don't really know that.

And so, what is necessary is that that Energy that you are not used to must blend with the Energy that is within you. That is the blending. That is the opening that we are speaking about, and that is why you feel movement, tingling, twitches. It is not that there is a passageway that is chopped out. It is that the Energy is aligned, you see. And so, the more that you are allowing it, the more time you are spending doing it, the more comfortable it becomes, you see.

QUESTION: Should I speak out when there is no one else to hear it. When I am just meditating by myself?

ABRAHAM: Oh, indeed. The more the better. The more you are receiving, the more you will trust.

QUESTION: Should I speak my questions out loud?

ABRAHAM: Indeed. For the benefit of those who are wanting it, let us talk about the process for the opening of this passageway. Do not worry, if you are not wanting it, you will not get it. It is not something that will be thrust upon you if it is not something that you are wanting.

Now, as with all creation, want it and *allow* it and it is. Want it and *allow* it and it is. And so, as you are wanting the opening of the passageway, you have done most of it.

The allowing is what we are offering the process of meditation for. When we use the label, "meditation," what we are meaning is this: Setting a time aside in your physical world that you may quiet the physical so you may sense the inner. And the process is one of just sitting quietly and being.

Now you say, "We are always being. How can we not be?" Well, when we say "be," we mean, don't try to make anything else happen. Sit quietly, and don't think of anything. Well, as soon as we say, "Don't think of anything," you think of not thinking of anything. But what you must do is quiet your mind and a good way is to focus upon something that does not require much conscious thought. Something such as your breathing. As you will allow the air to go out and come in, and as you will be aware of it, and as you will let your thoughts drift toward that, very soon, perhaps even in the first sitting, you will find yourself with a sort of tingling sensation. You will find yourself, perhaps, even numb. As you are feeling that sensation of numbing, know that it is a signal to you, from your *Inner Being*, that you have achieved the quieting of the physical so that you may now sense the inner. As you are upon that plateau of numbness, as you think a thought, it will go away, as you release the thought and quiet your mind, it (the numbness) will come back, and as you are able to move up and down upon this, soon you will get very good at being at that place, and once you are consistently achieving that, you are in the state of allowing.

Now, as you are in the state of allowing, your work is done. Your *Inner Being* will do the rest.

And as you are feeling some tingling here and a sensation there, those sensations are an indication to you that your *Inner Being* is working upon the opening of your passageway, or aligning your Energies. And when you receive movement, you are open.

Now, once you are open, it is not necessary that you sit in a state of meditation to receive. Once you are open, you may receive, any time you are wanting, by setting forth the intent, "I intend to receive," you see?

The meditation is a process for opening the passageway. Beyond that, we are not seeing it as important, unless you are using it for other things.

There are many intentions for the meditation. Some of you meditate, which is the process of quieting the physical so that you may sense the inner, because you are tired of the physical. You are wanting relief from it. You are wanting rest from it, and that is good. But do not assume that you must be in a state of meditation to receive. Esther is not in a state of meditation. She has opened her passageway through the state of meditation, and she receives whenever she chooses, do you see? And you may, as well.

QUESTION: What keeps another entity, other than you, from taking over Esther during that time?

ABRAHAM: Her clear intent. She is knowing that she is wanting to receive from those from which she has come. She is wanting to receive from her "Family." And once she has made contact with her "Family," the others will not bother her.

You see, until you have made contact with the one from which you have come, then you are sort of fair game to everyone. Particularly, if you have already made contact otherwise. But once you have made contact with the "Family" from which you have come, the others say, "Agreed, it is done." As Esther is moving into the segment of her day where she is intending to receive, if she is not saying, "I am wanting to speak with Abraham, or with those from whom I have come," if she says, "Universe I am here, speak to me. Anybody out there. I'll take any of you who is nearest," she may receive something that is not in harmony with who she is, you see. And so, we do not recommend that. We recommend that you say, "I am wanting, through this opening, to receive that from which I have come." And once you do that, the others will not bother you.

QUESTION: OK. You came to her as one?

ABRAHAM: We did, for that was her expectation. She did not understand who we were. She was saying, "I am wanting to know my spiritual guide." And the day we came to her we said, "I am Abraham. I am your spiritual guide."

QUESTION: What if they come to you in separate personalities? Separate beings, and thoughts. How do you bring them together?

ABRAHAM: By intending it. By understanding it.

QUESTION: And if they refuse?

ABRAHAM: Then tell them you will have no more of it. That you are the keeper of your being, that you are the creator of that which you experience, and it is done.

Those who are in harmony with you will never refuse what you are intending, you see. Those who are not in harmony, release them.

Do not worry. You see, there is great worry about "possession." It was Esther's greatest fear; it is why it took us so long to get together. QUESTION: Won't it create an imbalance if they were meant to have this assortment of people together?

ABRAHAM: <u>There is nothing that was meant to be. You are creator of your</u> <u>experience here, you see.</u> You are intending to find that blending with your *Inner Being.* 

Now hear this; it will help you a great deal; for all of you who are seeking communication with the inner dimension, this will be very important to you:

Your expectation, hear this, your allowing, your beliefs, play a very big role in that which you receive...

If you are expecting communication in some (particular) way, you will not allow it in any other way. And because your *Inner Being* is wanting the communication, it will be whatever you expect it to be, in the beginning, so that you may have the experience, you see? And then, bit by bit, you are given information that helps you to understand the broader story.

When Abraham met Esther, Esther saw Abraham as one being. One guide. One soul assigned to her. And she was so happy that there was this guide that could tell her what to do. *Then she discovered that Abraham did not intend to tell her what to do. Abraham is teacher, wanting to offer guidance, but Esther must decide what she is wanting to do, for Esther is creator of her experience, you see.* 

And so, soon she stopped saying, "Abraham should I eat this or should I not, should I go right or should I go left." Soon she understood that Abraham would give her principles by which she could make decisions, you see, and so, bit by bit, the relationship between Esther and Abraham has evolved to what you see it today and it is not finished yet. There will be much more that is understood as time goes by, you see.

What we are wanting you to do is to create the experience that you choose, and we will tell you what your *Inner Being* intended. Now hear this:

All of you who are in physical bodies upon the earth, at this time, have come forth from an *Inner Being*. An *Inner Being* who made the decision, "I want to be physical in this time." You have specifically chosen this time upon Planet Earth, for you are aware of the increase in the Creative Energy that would allow you, not only more interaction with the inner dimension, but faster creativity. You, very much, wanted to be here, and your *Inner Being*, the you of you....as we break you into parts, and as we talk about your *Inner Being* and your physical being, we fragment you, but our intent is to blend you. To help you to find harmony. To help you to see that *you* are one great and wondrous being and it is with that being that you seek this contact.

Do not see yourself as an instrument that must speak with anything that is wanting to talk. You may be the deliberate creator of that, and we encourage you to ask for your *Inner Being*, your higher self, your soul, your **GOD**, whatever you are calling it. Ask for that which you want to experience, and that is what you will receive, do you see?

Now where have we left you? Are you wanting to speak?

QUESTION: Would you allow Esther to use the board?

ABRAHAM: We are not the allowers for Esther. She is the chooser of her experience, you see.

QUESTION: Does she choose to use the board?

ABRAHAM: She has. She would not now, for she had the worst experience of her lifetime upon it. It was two weeks before she would talk to us again. What more?

QUESTION: Regarding guilt, I was thinking of guilt in reference to someone who murders someone, or something like that. Their thought would be of guilt, because they'd done that?

ABRAHAM: It depends upon the state of their being, you see. The *Inner Being*, that you come forth into this physical dimension from, has great knowing. You have had much life experience. And so, as you are experiencing life, and you are seeing things that others are doing that you are not feeling very good about, as you are seeing them kill one another and it makes you feel bad, understand that the reason that you have this keen knowing is because you have had that experience.

Everyone has killed someone in one lifetime or another, and has been killed. That is how you know how you feel about it, you see. And so, those emotions come forth from that greater knowing, and that is the reason that there are some things...that are simply not in harmony with who you are.

As someone is wanting to suppress your freedom, great negative emotion comes forth, for freedom is inherent to your very being. And so, there are cases when a feeling of negativity would come forth, that you could call guilt, as you are about to do something that your *Inner Being* is very sure you are not really wanting to participate in at this level of development. And it is responding to the thought. You will get that feeling even as you are *thinking* about that which you might want to do, you see what we are saying?

QUESTION: Are there as many different *Inner Beings* as there are physical beings on earth, or does each physical being have a unique *Inner Being*? Or is one *Inner Being* expressing in a number of physical beings simultaneously?

ABRAHAM: All of that. (Group laughter) There are some *Inner Beings* who are physically only focused in one. There are some *Inner Beings* who are focused in more. There is some of all of it. It is a different situation depending upon the intent of the *Inner Being*.

QUESTION: Then that goes on to the next idea. Are we created from one source? Are we really one?

ABRAHAM: You are.

QUESTION: All of us? Everything?

ABRAHAM: Indeed. Absolutely.

QUESTION: Separated into Families by intention? And that's why we can have Families of different intentions that are not in harmony with each other?

ABRAHAM: That is correct.

QUESTION: If Esther has the power to keep out other entities when she has the "pipe" open, if she can keep out other entities and only allow the one in that she wants, then why can't Esther, or Esther and a group of people who think along the same lines, prevent the shift from occurring by just willing it not to occur? It seems like the first thing is a very powerful happening.

ABRAHAM: It is. It is an excellent question and perhaps the first question that Esther set forth to us once she was clear in understanding that the shift was

something that was occurring. She said to us, "Abraham, you have convinced me that I am invincible, and so, Abraham, I tell you this: I will not have it. And so, you do whatever you need to do, but I want it stopped." And we said to her, "Good. Are there others who feel the same way?" "Indeed."

We said, "Gather your friends together, and while you are at it, intend that the sun will not come up in the morning, and intend that winter will not come in this year, for, you see, <u>you have set forth the creation of this earth</u>, and you are <u>part of it</u>, you are all co-creators of the creation of your earth, but you set it forth at a level of creation that is beyond that which you are currently focused within here as you are upon the earth, and it is by your agreement that you are here in this capacity."

The earth, and all that surrounds it, was set into motion by a great and powerful wanting, and part of that wanting said, "We want this earth to exist for a very long time."

It is a living earth. It is living, as everything upon it is living. And as it is living, it is growing, and just as you are growing new skin, so is this earth growing new "skin". And as it is evolving and changing, it is continually seeking its balance. Your *Inner Being* understands that if the earth does not find its balance, that it will mean absolute destruction, for as it is moving more and more out of balance, it cannot be easily compensated.

This event that you are about to experience is not to the degree that has been experienced many times upon the earth. Your earth has had this experience on many occasions. It is that your historical records did not survive, and so you do not understand it.

Your geological records have survived. Your geologists are understanding that this is not something that is new. But it is outside of your conscious awareness, and it is outside of your current creativity. However, that which you experience in terms of participation upon the earth is not outside of your creative control. You may visualize yourself surviving in joy and that will be your experience.

You have entered into many agreements as you came to Planet Earth. You have agreed to experience gravity. You have agreed to experience physicalness.

You see, in your Non-physical dimension you merge in and out with one another. Here, you bang together. There are many things that you do from the Nonphysical dimension that you do not do in the physical, and changing the shifting of the earth is just one of those, you see. And your *Inner Being* is complete with that.

Your *Inner Being* is knowing. Your *Inner Being* said, "I want to be a part of Planet Earth during this time of disruption, for I know that new brings opportunity for greater creativity. I know that when there is change, there is always stimulation of thought, and from stimulation of thought comes creation, and from creation comes joy. I am wanting to be a part of the experience of Planet Earth during this time of awakening, for I am wanting to experience the joy that will come forth as I find my blending, as well as the joy that will come forth as I experience it with others." You see?

You have lived many experiences upon this earth not so fulfilling as this one promises to be. For this is literally the time of *AWAKENING*. And the shifting of the earth is a part of it. It is a part of the reason that there will be more wanting to understand. From your inner standpoint, you have created it, and you would not stop it, for you want the survival of this earth. You understand how long it takes an earth to become inhabitable. It is a very long process, you see. You are not wanting to give it up easily and start over again. And your conscious being agreed to all of that. It is just that it is hard to reconcile now. Perhaps our words will help. Are you clear?

QUESTION: Where do animals come in?

ABRAHAM: It is a very broad subject. Your animals are wondrous, are they not? Your animals are beings, created in the way that you are, but with different agreements? They come forth as physical beings, as you do, and the Energy that is coming through them is like your Energy, but coming forth in a different way, with different intent.

To help you understand it, a little bit, we will tell you that there are animals who are actually experiencing Energy that has been set forth from, perhaps, the same source as yours, although that is not a very common thing. In other words, it is possible for you to have an experience with a dog or a horse or a cat who is filled with the Energy that has been set forth by, perhaps, your *Inner Being* who was wanting the experience of that.

Your animals are responding from their *Inner Beings*, without conscious intervention, in a way that you are not able to do it. They are not consciously evolved as you are, and they respond in this physical environment more from inner knowing. It is what you call instinct.

COMMENT: You were talking about wishing or wish thinking, or whatever.

ABRAHAM: We are talking about creating.

COMMENT: Earlier, you were talking about, "If you wish it to be, it will be. Concentrating on, or believe it..."

ABRAHAM: Set forth your thought, and it will be.

QUESTION: OK, and you were talking about, in the spirit world, you know, they go through each other. By believing and concentrating on that, can you, in your physical body, go through something like an out of body experience?

ABRAHAM: Indeed. But when you are in an out of body experience, you are out of your body.

Are you knowing how much you wanted to be in that body? Out of body experiences are interesting to us, for we are knowing how much you wanted to be in that body, and so it interests us as you are trying to get out of it all the time! What more?

QUESTION: I just wondered. Is there really a spiritual hierarchy, and can you tell me about (Proper Name)?

ABRAHAM: There is not a hierarchy in the way that you are thinking that there is. There is just constant evolvement. There is no ending to growth, you see? And there is not someone keeping score about how well you are doing. And there is no judgement or comparison. There is just joyous life experience.

And there are many beings that we are not aware of by name. We are not knowing this one. Are you?

COMMENT: I just heard that he was the "Planetary Logos" or that he was the being that had, in essence, come, and through his thought is...

ABRAHAM: He is the "greatest one of them all?"

COMMENT: Yes.

ABRAHAM: Indeed. There are many of those. What else? (Group laughter)

QUESTION: Abraham, the first part of February, I was in Colorado on business, but had some time to spend alone, and during this time of reflection it came to me that I wanted to go back to a simple life. That I was not happy the way my life was now. And when I came back, I came back with a happy intent of doing that. Is this event that's coming, going to put me in that simple life?

ABRAHAM: Indeed it is. Have any of you ever been in an environment where you went to school, and it was announced that the furnace was broken, and that there would be no school today?

COMMENT: Yay! (Group laughter)

ABRAHAM: And the reason you say "yay" is because there is not another who has planned this day for you. Your mother has released you to school. The school has released you to your mother, and you, for this day, are free. Free to be or do whatever you choose, and if you have had that experience, you remember the ecstasy that came upon you as you realized that you could, for the first time in a very long time, be the creator of your experience and that is what you are all about to experience.

You are about to experience a time when you will do that which is most important to you, instead of creating all of those experiences that please someone else, or that you have set forth at a time when your intentions were different. It is your time to decide what it is that you are wanting in this day and to have it.

It is a time when more beings, simultaneously, will be the deliberate creators of their experience, for there is very little of that occurring now.

Most of you are creating out of habit. Going through the motions of life and not receiving contentment. For contentment comes only from one place: Contentment comes only from intending and allowing and receiving. But as you are banging around, doing everything because somebody else thinks it is the thing to do, but not doing it because you want to do it, you receive very little contentment from that.

This time that is upon you is the time of greatest joy that you have ever experienced in this physical environment, or in any other. And you are right, it will be a time of simplicity, for the confusion will be severed, and you will be able to breathe and make decisions about how much of it you want to participate within again.

You are part of a rebuilding, you see. And we have a very famous statement. We are stating it enough, it is becoming famous, and that is: Sometimes it is of value to live in a house with not enough closets so that you are knowing that the next house that you are choosing will have more closets, you see. And so, as you have lived life experience, there are many parts of it that you are saying, "I am not wanting this."

What you are most wanting is freedom, and many of you are bound to the physical things that you have accumulated, for they have taken your freedom away from you.

You do your greatest creating from wanting. And most of you spend most of your time suppressing your wanting. You see? You want only a little. You don't want too much, for you are not wanting to experience the disappointment of wanting and not getting.

Because you don't understand what makes you get and what makes you not get, because you don't understand how you are getting what you are getting, you have withdrawn, and because you are not understanding that you are creator of your experience and controller of that which you will receive, you make no decisions, so that you do not become Selective Sifter, and then you receive some of everything.

And you are part of a world that has evolved to the state of overwhelment. Overwhelment because you are receiving all of this that means nothing to you, and you are stifling the decision of what *is* important to you.

And this opportunity, in fact, this chosen opportunity, this very much wanted opportunity, this insisted upon opportunity...You are not here because you sort of wanted to be here. You are not here because you were the lucky one. You are here in physical form at this time because you said, "I want it," and you wanted it enough and allowed it enough that, splat, here you are. (Group laughter) And as you are here in this physical form, you are upon the brink of the most joyous of all experiences.

And you are right, it will be more simple. *Simplicity brings you your greatest joy. Complexity brings you your greatest distress.* 

QUESTION: I would like some help bridging something. I have this thing...I had a very graphic dream last night that brought this forward, it's a belief that's blocking the creation that I'm working on. It's something that I live with every day in my life, and so, I'd like the tools to get past it. And what it is, is the belief that there's not enough.

When I sit down to pay my bills, there's never enough money. When my son asks me for his prom, or senior ring, there's never extra money, or never enough money. This is something, you know, there's never enough money, there's no extra money, it's something I deal with on a daily basis. Now, I want to bridge that and get past it.

ABRAHAM: Good. We are wanting you to know how much appreciation we have for the clarity of your expression, for you are speaking in physical words, that which you are feeling and it is most remarkable.

Now, "There is never enough."

COMMENT: It's been my experience since birth.

ABRAHAM: Indeed. Hear the power of your words.

COMMENT: I know.

ABRAHAM: You have stated it perfectly. "There is never enough." And as you set forth those words, "There is never enough..."

That is enough, we will not say it again. (Group laughter)

Now, here is the bridge: "There has not been enough. That has been my experience. But that was before I understood what I understand now. Now, I know that there is enough, for I see it in others. I see others doing things with money that I would not do. (wasting it) I know that there is an abundance of money. And I know that I will find a way to begin attracting it into my

experience. There is enough. It is just that I have not, to this point, attracted it, and I am in the process of doing that, now. I know that there is enough. I know that there is more than enough.

"I know that there is not one 'pot of gold' that everyone must dip into. But that we are the creators of abundance, and the Universe will supply all that is wanted by all of us who will allow it.

And so, I see this never-ending waterfall of abundance, and while I have gone to the waterfall, most of my life, with a very little container, I am recognizing, now, that it has only been that I have taken a very small container. There is enough for all of us. I am not depriving another if I take a larger container. It is not that it is not there; it is that I have not taken a large enough container to allow more. And so, now I am. I am opening a wider passageway for the receiving of more abundance.

"And while there has not been enough in the past, there will be more than enough in the future, for that is my current desire, and I am creator of my experience. There is more than enough. There is more than enough. THERE IS MORE THAN ENOUGH. There is more than enough! There is more than enough!" And it will be yours. You are feeling the emotion.

COMMENT: Oh yes.

ABRAHAM: And we are as well.

ANOTHER COMMENTS: So am I. (Group laughter)

ABRAHAM: There is some for you, too. And for you, and for you.

COMMENT: It was the container that was the problem. (Everyone talking at once, with much enthusiasm, about taking trucks and barrels to the waterfall...)

ABRAHAM: Do not take a truck or a barrel. Open your passageway. Open your passageway and allow it to flow in a never-ending and continuous stream. All that you are wanting.

COMMENT: Thank you.

ABRAHAM: Indeed.

QUESTION: So what would be the best and most positive expression to have or to offer to someone when they come to me? ABRAHAM: The greatest value that you can be to any other is to see them as perfect beings as they are. And to encourage them to think and speak more of what they are wanting. And as they come to you expressing that which you know they do not want, say to them, "I have come to know how powerful my words and thoughts are, and yours are very powerful, as well. And so, as you are speaking to me of that which you are not wanting, I must ask you to stop, for I am not wanting to assist you in your negative creating. Let us talk about what you want."

And they will say to you more of what they don't want, for it is habit, you see, and you say, "No, you don't understand. I am very serious about this. We must speak of what we are wanting, not of what we are not wanting."

And soon they will recognize that when they speak of what is not wanted, that your ears will be closed.

Have you ever talked to anyone, and you could tell they were not listening? They are looking over your head, or down at their fingers, they are not paying attention to what you are saying, and when that happens to you, how do you feel? You no longer want to talk to them. Now, your friends, who are drawn to you, when they recognize you are not listening, will go somewhere else, you see? They will get the point from you.

You see, your words are powerful, but your example is even more powerful. Be who you are. Express what you know.

We have promised you a process that will assist you in the deliberate creating of your life experience on a day-to-day, or even moment-by-moment, basis. When you understand that your thoughts create, then it is of great value for you to intentionally set forth your thought. Ideally, it would be good if you could do it in every moment, but that is a bit cumbersome. And so, what we encourage is that you divide your day into segments, into natural segments, and at the beginning of each of those segments, that you state clearly to yourself what it is that you are intending within it.

Segments would be such as, when you get into your automobile to go from one place to another. That is a segment. When you answer the telephone, it begins a new segment. If someone walks into the room, it begins a new

segment. As you are brushing your teeth, it begins a new segment. Do you see what we are saying? And if you will take a moment at the beginning of that segment and say, "What I am wanting now, is clear communication as I am expressing to this being on the telephone." Then that which you are wanting to express will come forth properly.

There are basically only two things that keep you from doing that which you intend: influence of others, or your own old habits.

But as you have taken a moment to intend clearly what it is that you are wanting, then you will be less likely to be swept up by the influence of others. And so, that is the point of that. Anything that you are wanting, within any segment of your day, if you will take a moment and state it clearly, then it will be. You see?

COMMENT: Yes, I understand. In other words, instead of taking what's coming toward you, you think about what *you* want?

ABRAHAM: Indeed, Now, when you get into your automobile, as you are buckling your safety belt, see yourself arriving at your destination safely, refreshed, on time, you see.

As you are intending safety, be certain that which you are intending and thinking of is *safety*. Do not envision an accident and say, "I do not want that." For your thoughts attract that which you set forth.

And so, the key in all of this creating is to see it as you want it to be. We started to say, see the ending, but there is no ending. But see it as far as you can see it.

See yourself arriving at whatever destination. See yourself with a balance in your checkbook that is more to your liking. Envision yourself going to your bank with much more than you are usually going with. See yourself balancing your checkbook and delighted with the very large balance that is there after everything else has been paid. Begin setting forth those pictures that are as you want them to be, and ask for the confirming positive emotion at the same time.

You see, when you understand the power that your emotion indicates, then you will be faster at creating that which you want. When you sort of want something, it lumbers along on its way to you. And most often you have lost interest in it long before it arrives, and so it never arrives, or when it does it is no big deal. But those things that you want very much, those things that excite you very much, come into your life experience very quickly.

And so, as you are intentionally setting forth this vision of that which you are wanting to receive, bring yourself to an emotional state of excitement about it. Envision, one after another, excluding those payments, see yourself writing "done." See it as complete, and feel the enthusiasm that comes forth as you do that. See yourself with much more accumulated. See yourself accumulating all of this, you see. Do whatever it takes to get yourself excited about it.

You have been focusing upon the lack. Therefore creating more of the lack. That is very common, particularly in regards to money. Let us tell you something about your financial situation as a people, not as individuals. For it is something that we are seeing a great deal of.

Contentment comes from allowing and then receiving... You want it; you allow it; you receive it; and the contentment that comes forth, comes only from that process.

You receive no contentment from something that someone else has created. It is only your wanting it and receiving it that brings forth contentment.

When you are intending the creation of something, and you create it by creating debt, then the Creative Process is out of balance, for that which you have wanted you have received, but now you have the giving or the repayment or the creating, still to do, with the receiving already done, do you see what we are saying?

COMMENT: How did you know? (Group laughter)

ABRAHAM: And so, there is not satisfaction. (It is because we have seen another. Quite a few others.) In this time in your nation, it has been a time of what you are all calling "easy credit." A time when the loans were offered very easily, you see, and so, without knowing, without even realizing, there was great debt that was accumulated.

And now there is not much satisfaction in repaying the debt, for the reward, or the receiving, has long come and gone. In many cases, you can't even remember what it was that you received for all of this, you see. Now, here is the key to that. You have, in effect, lived in a house with not enough closets, and now you are knowing you are wanting closets. In other words, you are wanting the freedom from that debt, you see, and so, now you must create a new wanting. You must stimulate in yourself an excitement for being free of that debt. You must see yourself excitedly accumulating more dollars than are required. And as you set this new wanting in place, there will be new satisfaction that comes forth as you are, one by one, taking care of those. They have become oppressive because you have not allowed them to be something that is wanted. They have been something that you needed to do, and you must understand that wanting and needing are opposite.

When you are creating toward your wanting, there is enthusiasm and excitement. When you are creating toward your need, it is negative creating.

And so, turn it, in your mind, into something that is very much wanted, and what you are wanting is freedom, are you not? You are wanting the freedom from that. You are wanting to have the excess dollars, and so, as you will envision freedom, and get excited about that, and envision that which excites you about it as you are tearing it up and saying, "It is done," it will be, and much more quickly than you have imagined it thus far. Good.

What more?

COMMENT: Well, I want to say thank you for being able to come here, because what I get, every time that I come here and I ask a question, is that confirming because I've been writing about the freedom, and all of that, and every single time I get the confirmation, and I really appreciate that.

ABRAHAM: It is nice to know that we are as smart as you.

COMMENT: It is nice to have you. Thank you.

COMMENT: There was a statement you made, and it was something about fulfilling an intention you made at another time...It triggered something, back as part of the evolution of us as individuals, that we still maintain the ability and, indeed, the practice of changing our intentions from moment to moment, and that, perhaps, if we don't exercise that option and we let patterns from before prevail, we, some of us, can blame it on Karma. ABRAHAM: Indeed, we call it Karma Kopout: "I'm fat in this life because I starved to death in the last. (Group laughter) Well, if I must blame myself, why not blame myself, but not this self. Let us blame one that no one can see."

# [ADDENDUM, Los Angeles, CA, 8/5&6/95

QUESTION: I started reading *A New Beginning I*, and I got to the chapter about the earthquake and I don't know what to make of that. It freaked me out. Because I live here and...

ABRAHAM: First time you've heard about it, eh? (Group laughs)

QUESTION: Well, I never take stake in what people say, like, California is going to fall in the ocean, and you know, I am really not afraid to die. I'm really not, I've been trying to get off this planet since I was five, so that's not the problem. It just kind of freaked me out.

ABRAHAM: Well, what it does, it amplifies or touches at your feelings of vulnerability. It reminds you that there are things outside of your ability to control, and it enflames your sense of guardedness. That's what that feeling is that you are feeling. It is not the message that we or you came forth to talk about or to experience. In other words, we are teachers of Well-being, and that seems contradictory to the message of Well-being. The reason that we talk about it at all is because we wanted to put that subject, which is the subject of greatest threat to all of you, the subject of death and devastation and destruction, we wanted to put it into the context of Deliberate Creating. We want you to understand that whatever you achieve vibrational harmony with becomes your experience.

And so, the *Creative Process* is really a Four Step Process: The first step is identify what it is you do not want. The second step is clarify and identify what you do want. Now those two steps are interchangeable but you never see one without the other. It doesn't matter which one comes first, but you never know what you do want without knowing what you don't want. That is that contrast that we were talking about that is so important. Because without the ability to choose, you would not have the ability to decide. And without the ability to decide, you cannot be a deliberate creator. The third step is the most important step, and that is, once you have identified what it is you do want, you must find the feeling place of that. And we think that the reason that that chapter in that book is so unsettling, the reason that it hits you in that way, is because as you focus upon these things you do not want, death and devastation and destruction to you or to others that you care about, there is a very well developed pattern that is within most of you, already.

If that chapter in the book said, we believe that around the year 2000, the people who are living in the state of California will begin to develop a sort of blue hue to their skin, and by the year 2020 they will be known as the state of blue people because they will be iridescent blue. And if you were to read something like that, your response would be less volatile because, first time you ever heard it, doesn't really register with other things you've heard, and you might say, "that's interesting" or "that's crazy," but it wouldn't have touched any of your hot buttons, you see what we are getting at?

You read a chapter that pushed all your hot buttons. In other words, it caused you to feel enormous amounts of resistance. And while we are not teachers of deliberately stirring up resistance just so that you can have the fun of talking it down, like hitting yourself with the hammer because it feels so good when you stop, we do acknowledge that since most of you have these patterns of thought that are not in vibrational harmony with your true knowing, it doesn't hurt to get them out on the table where you can feel them and get rid of them.

Most people do not do anything about releasing resistance. Most people just keep adjusting their wanting so that they can stand the resistance they already have. And that is why when you goose up your desire, any resistance that is in your vibration is always more sorely felt.

Now when you say to us, "I really don't care about death, I've been trying to get off this planet since I was five years old," we don't believe that. Because if that were true and you read that, you'd say, "Oh good! This is in perfect vibrational harmony with what I want. An excuse out of here. I'll just hang around here in this place that is surely to be devastated and it'll be my easy way out. That way I don't have to get hit by a truck. I don't have to get some deadly disease or I don't have to endure the disapproval of committing suicide." You see what we're getting at?

QUESTION: I do see. I do see that. But I mean, do you guys know for sure this is going to happen? (Group laughs.)

ABRAHAM: We have noticed it is happening. Have you? And we've noticed that the realignment of your planet is an eternal ongoing process. We have noticed that there is constant change upon the face of this planet, and we have noticed that you are surviving rather well. We have noticed that today you are pumping the oil and burning it in your engines that is from former buried civilizations. In other words, from our perspective we are able to see this broader view, this continuing ongoing process of the constant evolution and constantly rebalancing act of this planet.

We are wanting to find the most productive way of approaching this because many of you have been chewing with us for some time about this. In the early part of 1988, which was at the time that Esther was receiving this book, there was a lot of hubbub about that, especially here in California. Lots of maps being drawn and lots of people taking different takes on it. Lots of people pushing against this. And the reason that we approached the subject at all was because we wanted to put a different slant on it. We wanted to put this in the context of deliberate creation. We wanted you to realize that it is not something to push against but something to relax into. Something to accept as part of the ongoing, eternal process of physical life. In the same way that you must accept what you call physical death as part of life before you can really begin to live, you must accept that that which is not wanted is part of that which is wanted.

Every now and again someone will say to us, "Abraham these are the best of times because there are so many Nonphysical teachers now coming forth and giving us the guidance that we've been seeking for a long time," and then others will say, "These are the worst of times. Violence is greater, crime is greater, fear is greater." In other words, there is some of all of it out there.

These are times of exaggerated contrast. These are transitional times. These are the times, by the way, that you always manage to come forth into physical. You did not say, prior to your emergence into this physical experience, "Well, I would like to come forth, but get rid of all trouble, then I will come, because I am, after all, a responder to conditions. So line all the conditions up just right so that I can have good feeling responses and live happily ever after." You didn't

say anything like that. You said, "Oh! Sure, I'll go forth into this sea of contrast, because never do I know more clearly what I do want than when I'm exposed to some of what I don't want, and this contrast will help me choose. And once I choose and flow my Energy and achieve vibrational harmony with my choice, that will be my experience."

We are seeing all kinds of people scampering around trying to avoid catastrophe or realignment or earth shift or earthquake or whatever you are wanting to call it, and they are having their earth shift even before the earth is having an earth shift. They stay in a place of upheaval as they are still pushing against.

If we were standing in your physical shoes, we would not factor realignment into our goal setting process. For this reason: Most of you would say something like, "Universe I don't want to die in an earthquake" or "Universe help me be in the right place at the right time," but what you are saying is, "Guide me away from any trouble." Where, if you are saying, "I love my life," in other words, when you appreciate these beautiful days, when you appreciate the deliciousness of your life, this is the way you establish vibrational harmony with what you do want. And when you are in vibrational harmony with what you do want, anything, anything, even something as significant as a catastrophic earthquake, will not affect your experience, because you will vibrationally be in a different place from it. If you were to ask the Universe, "Am I as smart as I'm ever going to be right now?" The Universe would say to you, "Of course not, there is constant unfolding." And so, if you were to say, "As I now receive the Nonphysical Energy and as I translate it now, will I ever get better at it?" And we say, of course. The more you do it, the more intricately you will be able to decipher it.

And so, what that chapter in that book represents is the feeling of vulnerability of mass consciousness. That feeling that there is always something greater, bigger, badder and in control of me that I must be guarded about. When, in reality, there is no such thing in all of the Universe. When you get into synch with your flow, you are always guided to be at the right place at the right time.

If we were standing in your physical shoes, we would say, "I know that there are earthquakes abounding. I'm reading about them, I hearing about them." Since Esther has been in California, she has this little game she plays with the Universe, where if there is some sort of activity going on she gets an eye twitch. Her eye has been twitching the entire three weeks they have been here. She is saying to Jerry, "There is something going on, there is something going on, there is something going on, there is something going on," and then Jerry's next question is, "How close is it? (Group laughs.) Where is it?" Esther will say, "I have an awareness of something going on but it doesn't feel like something that we need to consider." You see what we are getting at?

Will there be more earthquakes in this part of the world? Absolutely. Will there be more beautiful days in this part of the world? Absolutely. Do the beautiful days outweigh the downside of the earthquakes? Absolutely. Is it a sure thing that there will be more earthquakes in this city in this decade? Absolutely. Is it a sure thing that people will die in those earthquakes? Absolutely. Is it a sure thing that people will die in traffic accidents? Absolutely.

We are not saying to you that this pocket of the Universe is different from every other pocket of the Universe and contains only what is wanted in it. It contains what is wanted and lack of it. You must find your vibrational harmony with what you are wanting and that will be your experience. You see?

GUEST: Yes. Thank you.

### End of 8/5&6/95 addendum]

QUESTION: We have set, physical laws. Are those physical laws...can we change those physical laws?

ABRAHAM: Indeed. Not all at once.

QUESTION: As we accept that we can?

ABRAHAM: Indeed. You are part of the changing of a physical law. Perhaps, the first conscious awareness will be in this physical experience, and that is this:

The Creative Energy that feeds your planet is being speeded up at a noticeable rate, and in this physical experience, you will be faster manifesters of thought, which is a good reason for you to start paying attention to the way that you feel so that you can focus your thoughts in the direction of that which is wanted.

Did you notice that we did not say, so that you should start monitoring your thoughts. For that is very difficult, even impossible, but if you will pay attention to the way that you feel, then you will always create in the direction of that which is wanted. That is a physical law that has been accepted and has been experienced through very many generations of beings, and in your lifetime you will see a change in that. And there are others.

Perhaps, one day you will not have so much gravity. Perhaps, one day you will be able to blend your physical beings as you blend your *Inner Beings*, perhaps in your lifetime, if you are wanting it, and believing it.

It is with great appreciation that we interact with you. What we are wanting you to understand is something that you may not have thought of before: You see yourselves as beings who are here in physical form, wanting to receive knowing that is not part of your experience that is why you are ready to speak with your "dead" friends (Group laughter) and what we are wanting you to understand, is that not only do *you* benefit from the knowing that comes forth from us, but there is much benefit to *ALL-THAT-IS* as you are interacting here. For as this passageway is open, through which this interaction is occurring, and as you are individually opening your passageways, through which information and communication is occurring, your *Inner Being* and the "Family" that dwells therein and all that is connected to that, which is literally all that there is, for it is all one, benefits by this experience, you see.

There is great love here for you. We are complete.

# The Value of Conscious Breathing

Deep breathing is a big part of your Well-being, because with that deep breath, there is activation on a cellular level. In other words, it is the current that carries the vitality to the extremities of the cells. And so, the more you are breathing, the more you are thriving.

Some say it is the way the Spirit moves. We would say it is the way life moves most efficiently through your physical body. And, fortunately, it is something that is not left to your conscious mind. You don't have to prompt yourself to breathe. It happens. But you can prompt yourself to breathe more.

We encourage that you deliberately take some air in. And then before you let it

out, take some more air in. And then before you let it out, take some more air in. And before you let it out... And you say, "I can't take any more in, because there's no place for it to go." And we say, yes there is, take some more in.

Expand your capacity. Your lungs, like balloons, can be all shriveled up, or expanded fully. As you move on a regular basis, they expand somewhat, but they don't expand fully. As you deliberately breathe deeper, it becomes more natural for them to get fuller — and before you know it, it will be an involuntary thing. You will naturally breathe more deeply. When you're running or moving your body, you don't have to think about it, your body demands it. But when you are sitting, as in an environment like this Workshop, it's very helpful to deliberately breathe in more, breathe in more, breathe in more, breathe in more. And

Some say that your breathing is the way the Spirit moves. We agree. Your breathing is the way life moves through your physical body. when you think that you cannot breathe in any more — breathe in more. And then experience the deliciousness of a long, easy, out, out, out, out, out. And then breathe in more, breathe in more, breathe in more.

And as you do this more deliberately, you will begin to do it more involuntarily and your bodies will thrive. It's even more important than drinking water. It's right up there with life itself.

When concentrating on your breathing, you are not concentrating on other things. And in that absence of resistance, you are also allowing an alignment of Energy. So you get a double whammy with it: You're aligning with Source Energy. You are literally feeding the cells of your body, allowing oxygen to reach the extremities of your cells. Everybody comes alive — and everything works better. Metabolism works better, elimination works better, clarity works better, blood flows better. Thriving comes from this.

(Excerpted from Abraham-Hicks Workshop, G-11/25/00— San Antonio, TX)