

Ask and It is Given

Esther and Jerry Hicks

(The Teachings of Abraham)

Contents

Foreword by Dr. Wayne W. Dyer

Preface by ferry Hicks

An Introduction to Abraham by Esther Hicks

PART I: Things That We Know, That You May Have Forgotten, Which Are Important for You to Remember

Chapter 1: The Power of Feeling Good Now

- You Only Hear What You Are Ready to Hear

Chapter 2: We Are Keeping Our Promise to You - We Are Reminding You of Who You Are

- You Said, “I Will Live in Joy!”
- We Know Who You Are
- There Is Nothing That You Cannot Be, Do, or Have

Chapter 3: You Do Create Your Own Reality

- The Basis of Your Life Is Absolute Freedom
- No One Else Can Create in Your Experience
- You Are Eternal Beings in Physical Form

Chapter 4: How Can I Get There from Here?

- Well-Being Is Lined Up Outside Your Door
- You Are a Physical Extension of Source Energy
- The Evolutionary Value of Your Personal Preferences

Chapter 5: This Simple Basis of Understanding Makes It All Fit Together

- A Consistent Formula Gives You Consistent Results
- You Are a Vibrational Being in a Vibrational Environment
- Your Emotions As Vibrational Interpreters

Chapter 6: The Law of Attraction, the Most Powerful Law in the Universe

- You Get What You Think About, Whether You Want It or Not
- When Your Desires and Beliefs Are a Vibrational Match
- Rediscover the Art of Allowing Your Natural Well-Being

Chapter 7: You Are Standing on the Leading Edge of Thought

- If You Can Desire It, the Universe Can Produce It
- Without Asking, You Will Receive No Answer
- You Are in the Perfect Position to Get There from Here

Chapter 8: You Are a Vibrational Transmitter and Receiver

- Your Powerful Beliefs Were Once Gentle Thoughts
- The Longer You Think Thoughts, the Stronger They Become
- Your Attention to It Invites It In

Chapter 9: The Hidden Value Behind Your Emotional Reactions

- Emotions Are Indicators of Your Point of Attraction
- Emotions Are Indicators of Your Alignment with Source Energy
- Use Your Emotions to Feel Your Way Back to Well-Being

Chapter 10: The Three Steps to Whatever You Want to Be, Do, or Have

- Every Subject Is Two Subjects: Wanted and Not Wanted
- Your Attention Must Be on It, Not on the Lack of It
- Now You Hold the Key to Creating Your Every Desire

Chapter 11: With Practice, You Will Become a Joyous, Deliberate Creator

- It Is Not about Controlling Thoughts, It Is about Guiding Thoughts
- When Your Practiced Thought Becomes a Dominant Thought
- How to Effectively Become a Deliberate Creator

Chapter 12: Your Emotional Set-Points Are Within Your Control

- It Is Impossible to Control Conditions That Others Have Created
- “But Whose ‘Truth’ Is the True TRUTH?”
- Moods As Indicators of Your Emotional Set-Points

Chapter 13: Allow Your Feelings to Be Your Guide

- An Empty Feeling Is Telling You Something Important
- You Have the Ability to Direct Your Own Thoughts
- Your Natural Desires Cannot Be Held Back

Chapter 14: Some Things You Knew Before You Arrived

- “If I Know So Much, How Come I’m Not Successful?”
- “Can I Really Count on the Law of Attraction?”
- “But I Can’t Get to San Diego from Phoenix!”

Chapter 15: You Are a Perfect Yet Expanding Being, in a Perfect Yet Expanding World, in a Perfect Yet Expanding Universe

- Consciously Participate in Your Own Delicious Expansion

Chapter 16: You Are Co-creating Within a Magnificently Diverse Universe

- Unwanted Must Be Allowed, for Wanted to Be Received
- Do Not Put Those Unwanted Ingredients in Your Pie
- Since Every Request Is Granted, There Is No Competition

Chapter 17: Where Are You, and Where Do You Want to Be?

- Your Greatest Gift to Give Is Your Happiness
- Each Thought Moves You Closer to, or Farther from, San Diego
- Why Does Saying No to It Mean Saying Yes to It?

Chapter 18: You Can Gradually Change Your Vibrational Frequency

- Reach for the Best-Feeling Thought You Have Access To

Chapter 19: Only You Can Know How You Feel about You

- Life Is Always in Motion, So You Cannot Be “Stuck”
- Others Cannot Understand Your Desires or Feelings
- No One Else Knows What Is Appropriate for You

Chapter 20: Trying to Hinder Another’s Freedom Always Costs You Your Freedom

- Unwanted Things Cannot Jump into Your Experience Uninvited
- Behind Every Desire Is the Desire to Feel Good
- You Must Be Selfish Enough to Align with Well-Being

Chapter 21: You Are Only 17 Seconds Away from 68 Seconds to Fulfillment

- Your Uncontrolled Thoughts Are Not to Be Feared

Chapter 22: The Different Degrees of Your Emotional Guidance Scale

- Only You Know If Choosing Anger Is Appropriate for You
- “But What about Those Who Desire Not to Desire?”
- Once You Feel in Control, You Will Enjoy It All

PART II: Processes to Help You Achieve What You Now Remember

- Introducing 22 Proven Processes That Will

Improve Your Point of Attraction

- Have You Put a Happy Face on It?

Process #1: The Rampage of Appreciation

Process #2: The Magical Creation Box

Process #3: The Creative Workshop

Process #4: Virtual Reality

Process #5: The Prosperity Game

Process #6: The Process of Meditation

Process #7: Evaluating Dreams

Process #8: The Book of Positive Aspects

Process #9: Scripting

Process #10: The Place Mat Process

Process #11:Segment Intending

Process #12:Wouldn't It Be Nice If...?

Process #13:Which Thought Feels Better?

Process #14:The Process of Clearing Clutter for Clarity

Process #15:The Wallet Process

Process #16:Pivoting

Process #17:The Focus Wheel Process

Process #18:Finding the Feeling-Place

Process #19:Releasing Resistance to Become Free of Debt

Process #20:Turning It Over to the Manager

Process #21:Reclaiming One's Natural State of Health

Process #22:Moving Up the Emotional Scale

One Last Thing

Glossary

About the Authors

Foreword

by Dr. Wayne W. Dyer

The book you're holding in your hands at this moment contains some of the most powerful teachings

available to you on our planet today. I've been profoundly touched and influenced by the messages that

Abraham , offers here in this book, and through the tapes that Esther and Jerry have been providing over the past 18 years. In fact, I'm deeply honored that Abraham has asked me to provide a brief Foreword to

this book, which I consider to be a publishing milestone. It is unique in all of publishing—you'll be

fortunate to tap in to the thinking of those who are permanently connected to Source Energy. Moreover,

these voices of Spirit speak in a language you'll understand and be able to instantly translate into action.

They offer you no less than a blueprint for understanding and implementing your own destiny.

My first thought is that if you're not yet ready to read and apply this great wisdom, then I urge you to simply carry this book with you for a few weeks. Allow the energy that it contains to permeate through

any resistance that your body/mind might offer, and let it resonate with that inner place that is formless and boundaryless— this is what is often called your soul, but Abraham would call it your vibrational

connection to your Source.

This is a universe of vibration. As Einstein once observed, "Nothing happens until something moves"—that is, everything vibrates to a particular measurable frequency. Break the solid world down to smaller and

tinier components and you see that what appears to be solid is a dance—a dance of particles and empty

spaces. Go to the tiniest of these quantum particles, and you discover that it emanated from a source

that vibrates so fast that it defies the world of beginnings and endings. This highest/fastest energy is called Source Energy. You and everyone and everything originated in this vibration and then moved into

the world of things, bodies, minds, and egos. It was in the leaving of this Source Energy in our body/minds that we took on our entire world of problems, illnesses, scarcities, and fears.

The teachings of Abraham, essentially, are focused on helping you to return, in all respects, to that

Source from which all things originate and all return to as well. This Source Energy has a look and a feel to it that I've touched upon in my book *The Power of Intention*. Abraham, however, can offer this

enlightening wisdom to you by having the benefit of being 100 percent connected to that Source and

never ever doubting that connection—it's evident in every paragraph of this book. That's why I call this a publishing milestone.

You're in direct, conscious contact with a cadre of honest, no-nonsense beings who have only your well-

being in mind. They'll remind you that you came from a Source of well-being and that you can either

summon that higher vibrational energy to yourself and allow it to flow unimpeded in every aspect of your life, or you can resist it, and by doing so stay disconnected from that which is all-providing and all-loving.

The message here is quite startling and yet oh-so-simple—you came from a Source of love and well-being.

When you're matched up to that energy of peace and love, you then regain the power of your Source—

that being the power to manifest your desires, to summon well-being, to attract abundance where

scarcity previously resided, and to access Divine guidance in the form of the right people and the

precisely correct circumstances. This is what your Source does, and since you emanated from that Source, you can and will do the same.

I've spent a full day with Abraham in person, I've dined with Esther and Jerry, and I've listened to

hundreds of Abraham's recordings, so you can take it from me firsthand—you're about to embark on a

life-changing journey offered to you by two of the most authentic and spiritually pure people I've ever

encountered. Jerry and Esther Hicks are as much in awe of their role in bringing these teachings to you as I am in writing this Foreword for Abraham.

I encourage you to read these words carefully and apply them instantly. They summarize an observation

I've offered for many years now: "When you change the way you look at things, the things you look at

change." You're about to see and experience a whole new world changing right before your eyes. This is

the world created by a Source Energy that wants you to reconnect to it and live a life of joyful well-being.

Thank you, Abraham, for allowing me to say a few words in this precious, precious book.

I love you—ALL OF YOU.

— Wayne

Preface

by Jerry Hicks

Sunlight is beginning to spill across the Malibu coastline as I begin this Preface. And the deep indigo tint of the Pacific Ocean at this time of the morning seems to match the depth of pleasure I'm feeling as I'm

imagining the value you're about to receive from the revelations within this book. Ask and It Is Given is certainly a book about our "asking" being answered by All-That-Is. But it's primarily about how whatever we're asking for is being given to us—and it's also the first book to ever, in such clear terminology, give us the simple practical formula for how to ask for, and then how to receive, whatever we want to be, do, or have.

Decades ago, while searching for plausible answers to my never-ending quest to know what "It" is all

about, I discovered the word ineffable (meaning "incapable of being expressed in words"). Ineffable

coincided with a conclusion I'd formed relative to It. I had decided that the closer we get to knowing the

"Non-Physical," the fewer words we have for clearly expressing It. And so, any state of complete knowing would also, therefore, be a state of ineffability. In other words, at this point in our time-space reality the Non-Physical cannot be clearly expressed with physical words.

Throughout physical history, we've evolved to, through, and into billions of philosophies, religions,

opinions, and beliefs. Yet, with the billions upon billions of thinkers thinking, concluding, and passing their beliefs on to the next generations, we have not—at least not in any words we can agree on—found

physical words to express the Non-Physical.

Recorded history has retained some form of documentation of but a few of the many Beings who have

consciously communicated with Non-Physical Intelligence. Some were revered, while some were damned

by others. Most, however, who have been conscious of personal communication with the Non-Physical

(perhaps in fear of being damned or even institutionalized) have decided to go and tell no one about their revelations.

Moses, Jesus, Muhammad, Joan of Arc, Joseph Smith... to name but a few of those better known to the

English-speaking world... were each outspoken recipients of Non-Physical Intelligence, most of whom met

with quite untimely and horrible physical ends. And so, although each of us is directly receiving some form of Non-Physical guidance, only a few receive blocks of Non-Physical thought that are clear enough to be translated into our physical words—and of those few, fewer still are willing to disclose their experience to others.

I remind you of this information as a preface to what you're about to read, for my wife, Esther, is one of those rare persons who can, at will, relax her conscious mind enough to allow the reception of Non-Physical answers to whatever is asked. Somehow Esther receives blocks of thought (not words) and, just

as a Spanish-English translator would hear a thought projected in Spanish words and then translate the

thought (not the actual words) into English words, Esther instantly translates the Non-Physical thought

into its closest physical (English) word equivalent.

Please note that since there aren't always physical English words to perfectly express the Non-Physical

thought that Esther receives, she sometimes forms new combinations of words, as well as using standard

words in new ways (for example, capitalizing them when normally they would not be) in order to express

new ways of looking at life. And for that reason, we've created a brief Glossary at the back of this book in order to clarify our uncommon usage of some common words. In other words, there is the common term,

well-being, meaning the state of being happy, healthy, or prosperous. But the basis of Abraham's

uncommon philosophy is translated into English as Well-Being. It's about the broader Universal, Non-

Physical Well-Being that flows naturally to all of us unless we do something to pinch it off. (Also, within the text, we will initially put in quotation marks any coined words that you wouldn't find in any dictionary but whose meanings are obvious—such as “overwhelment” or “endedness.”)

Since 1986, Esther and I have traveled to about 50 cities a year presenting workshops, and any of the

attendees can discuss or pose questions on whatever subject they want to talk about; no subjects are off-limits. People have come by the thousands: from different ethnic groups, from different walks of life,

from different philosophical backgrounds... all wanting to improve life in some way, either directly for themselves, or indirectly by assisting others. And to those thousands who have asked for more, the

answers have been given—through Esther Hicks, from Non-Physical Intelligence.

And so, in response to the asking by those, like you, who want to know more, this philosophy of Well-Being has evolved into the creation of this

book.

At the heart of these teachings is the most powerful Law of the Universe, the Law of Attraction. Over the past decade, we've published much of Abraham's teachings in our quarterly journal, *The Science of*

Deliberate Creation, which has highlighted the newest perspectives gleaned from questions posed by the

attendees of our Art of Allowing Workshops. As such, this philosophy is continually evolving as more of you bring to our attention your newest questions and perspectives.

This book offers you a hands-on course in spiritual practicality. It's a how-to book in the broadest sense of the term—that is, how to be, do, or have anything that pleases you. This book also teaches you how not to be, do, or have anything that displeases you.

— Jerry

An Introduction to Abraham

by Esther Hicks

She speaks with spirits!" our friends said. "She'll be here next week, and you can make an appointment

with her and ask her anything you like!" That's about the last thing on this earth that I would ever want to do, I thought, but at the same time I heard Jerry, my husband, saying, "We really would like to make

an appointment. How do we go about doing that?"

That was 1984, and in the four years that we'd been married, we'd never had an argument or even

exchanged cross words. We were two joyous people, living happily ever after with each other, and

compatible on nearly every subject that came up. The only discomfort that I ever felt was when Jerry

would entertain friends with one of his stories from 20 years earlier, relating his experiences with the Ouija board. If we were at a restaurant or some other public place when I sensed one of those stories

coming on, I would politely (or sometimes not so politely), excuse myself and retreat to the ladies' room, sit in the bar, or take a walk to the car until I believed that sufficient time had passed and the account would be over. Happily, Jerry eventually stopped telling those stories when I was around.

I wasn't what you'd call a religious girl, but I'd attended enough Sunday-School classes to develop a very strong fear of evil and the devil. Thinking back, I'm not really sure if our Sunday-School teachers had

actually devoted a greater proportion of our classes to teaching us to fear the devil or if that's simply what stood out in my mind. But that is, for the most part, what I remember from those years.

So, as I'd been taught, I carefully avoided anything that could possibly have any connection to the devil.

One time when I was a young woman, I was sitting in a drive-in theater and happened to look out the back window of the car at the other movie screen and saw a horrible scene from *The Exorcist* (a movie that I'd purposely avoided seeing), and what I saw, without hearing the sound, affected me so strongly that I had nightmares for weeks.

"Her name is Sheila," our friend told Jerry. "I'll make the appointment for you and let you know."

Jerry spent the next few days writing down his questions. He said he had some that he'd saved up since

he was a small child. I didn't make a list. Instead, I struggled with the idea of going at all.

As we pulled into the driveway of a beautiful house in the heart of Phoenix, Arizona, I remember thinking, What am I getting myself into? We walked up to the front door, and a very nice woman greeted us and

showed us into a lovely living room where we could wait for our scheduled appointment.

The house was large, simply but beautifully furnished, and very quiet. I remember feeling a sort of

reverence, like being in a church.

Then a big door opened, and two pretty women dressed in fresh, brightly colored cotton blouses and

skirts entered the room. Apparently we were the first appointment after lunch; both women looked happy

and refreshed. I felt myself relax a little bit. Maybe this wasn't going to be so weird after all.

Soon we were invited into a lovely bedroom where three chairs were situated near the foot of the bed.

Sheila was sitting on the edge of the bed, and her assistant sat in one of the chairs with a small tape

recorder on the table beside her. Jerry and I sat in the other two chairs, and I braced myself for whatever was about to happen.

The assistant explained that Sheila was going to relax and release her consciousness, and then Theo, a

Non-Physical entity, would address us. When that happened, we'd be free to talk about anything we

desired.

Sheila lay across the end of the bed, only a few feet from where we were seated, and breathed deeply.

Soon, an unusual-sounding voice abruptly said, “It is the beginning, is it not? You have questions?”

I looked at Jerry, hoping that he was ready to start, because I knew that I was not ready to talk with

whoever was now speaking to us. Jerry leaned forward; he was eager to ask his first question.

I relaxed as Theo’s words slowly came out of Sheila’s mouth. And while I knew that it was Sheila’s voice we were hearing, I somehow also knew that something far different from Sheila was the source of these

marvelous answers.

Jerry said he’d been saving his questions up since he was five years old, and he asked them as rapidly as he could. Our 30 minutes passed so quickly, but during that time, somehow, without my speaking a word,

my fear of this strange experience lifted, and I was filled with a feeling of well-being that surpassed

anything that I’d ever felt before.

Once back inside our car, I told Jerry, “I’d really like to come back tomorrow. There are some things I

would now like to ask.” Jerry was delighted to make another appointment because he had more questions

on his list as well.

About halfway through our allotted time on the following day, Jerry reluctantly relinquished the

remaining minutes to me, and I asked Theo, “How can we more effectively achieve our goals?”

The answer came back: “Meditation and affirmations.”

The idea of meditation didn’t appeal to me at all, and I wasn’t aware of anyone who practiced it. In fact, when I thought of the word, it brought to mind people lying on beds of nails, walking on hot coals,

standing on one foot for years, or begging for donations at the airport. So I asked, “What do you mean by meditation?”

The answer was short, and the words felt good as I heard them: “Sit in a quiet room. Wear comfortable

clothing, and focus on your breathing. As your mind wanders, and it will, release the thought and focus

upon your breathing. It would be good for you to do it together. It will be more powerful.”

“Could you give us an affirmation that would be of value for us to use?” we asked.

“I [say your name] see and draw to me, through divine love, those Beings who seek enlightenment

through my process. The sharing will elevate us both now.”

As the words flowed from Sheila/Theo, I felt them penetrate to the core of my being. A feeling of love

flowed to me and through me like nothing I’d ever felt before. My fear was gone. Jerry and I both felt

wonderful.

“Should we bring my daughter, Tracy, to meet you?” I asked.

“If it is her asking, but it is not necessary, for you, too (Jerry and Esther), are channels.”

That statement made no sense to me at all. I couldn't believe that I could be this old (in my 30s), and not already know something like that, if it were true.

The tape recorder clicked off, and we both felt mild disappointment that our extraordinary experience

was finished. Sheila's assistant asked us if we had one last question. “Would you like to know the name of your spiritual guide?” she asked.

I would have never asked that, for I had never heard the term spiritual guide, but it sounded like a good question. I liked the idea of guardian angels. So I said, “Yes, please, could you tell me the name of my spiritual guide?”

Theo said, “We are told it will be given to you directly. You will have a clairaudient experience, and you will know.”

What is a clairaudient experience? I wondered, but before I could ask my question, Theo said with a tone of finality, “God's love unto you!” and Sheila opened her eyes and sat up. Our extraordinary conversation with Theo had ended.

After Jerry and I left the house, we drove to a lookout point on the side of one of the Phoenix mountains and leaned against the

car, staring off into the distance watching the sunset. We had no idea of the transformation that had

taken place within us that day. We only knew that we felt wonderful.

When we returned home, I had two powerful new intentions: I was going to meditate, whatever in the

world that meant, and I was going to find out the name of my spiritual guide.

So, we changed into our robes, closed the curtains in the living room, and sat in two large wingback

chairs, with an etagere between us. We'd been encouraged to do this together, but it felt odd, and the

etagere helped to mask the strangeness for some reason.

I remembered Theo's instructions: Sit in a quiet room, wear comfortable clothing, and focus on your

breathing. So we set a timer for 15 minutes, and I closed my eyes and began to breathe consciously. In my mind, I asked the question: Who is my spiritual guide? and then I counted my breath, in and out, in and

out. Right away, my entire body felt numb. I couldn't distinguish my nose from my toes. It was a strange but comforting sensation, and I enjoyed it. It felt as if my body was slowly spinning even though I knew that I was sitting in a chair. The timer rang and startled us, and I said, "Let's do it again."

Once more, I closed my eyes, counted my breaths, and felt numb from head to toe. Again, the timer rang

and startled us. "Let's do it again," I said.

So we set the timer for another 15 minutes, and again I felt numbness overtake my entire body. But this

time, something, or someone, began to "breathe my body." From my vantage point, it felt like rapturous

love, moving from deep inside my body outward. What a glorious sensation! Jerry heard my soft sounds of

pleasure and later said that, to him, I appeared to be writhing in ecstasy.

When the timer went off and I came out of the meditation, my teeth chattered like never before. Buzzed

would be a better word for the experience. For nearly an hour, my teeth buzzed as I tried to relax back

into my normal state of awareness.

At that time, I didn't realize what had happened, but I know now that I'd experienced my first contact

with Abraham. While I didn't know what had happened, I did know that whatever it was—it was good! And

I wanted it to happen again.

So Jerry and I made the decision to meditate every day for 15 minutes. I don't think we missed a day in

the next nine months. I felt the numbness, or feeling of detachment, each time, but nothing else

extraordinary happened during our meditations. And then, right before Thanksgiving of 1985, while

meditating, my head began to move gently from side to side. For the next few days, during meditation,

my head would move in that gentle flowing motion. It was a lovely sensation that sort of felt like flying.

And then, on about the third day of this new movement, during meditation, I realized that my head was not randomly moving about, but it was as if my nose was spelling letters in the air. "M-N-O-P" is what I realized it was.

"Jerry," I shouted, "I'm spelling letters with my nose!" And with those words, the rapturous feelings

returned. Goose bumps covered my body from head to toe as this Non-Physical Energy rippled through my

body.

Jerry quickly took out his notebook and began writing down the letters, as my nose wrote them in the air:

“I AM ABRAHAM. I AM YOUR SPIRITUAL GUIDE.”

Abraham has since explained to us that there are many gathered there with “them.” They refer to

themselves in the plural because they’re a Collective Consciousness. They’ve explained that, in the

beginning, the words “I am Abraham” were spoken through me only because my expectation for my

spiritual guide was singular, but that there are many there with them, speaking, in a sense of the word, with one voice, or a consensus of thought.

To quote Abraham: Abraham is not a singular consciousness as you feel that you are in your singular

bodies. Abraham is a Collective Consciousness. There is a Non-Physical Stream of Consciousness, and as

one of you asks a question, there are many, many points of consciousness that are funneling through what feels to be the one perspective (because there is, in this case, one human, Esther, who is interpreting or articulating it), so it appears singular to you. We are multidimensional and multifaceted and certainly

multi-consciousness.

Abraham has since explained that they’re not whispering words into my ears, which I am then repeating

for others, but instead they’re offering blocks of thoughts, like radio signals, which I’m receiving at some unconscious level. I then translate those blocks of thoughts into the physical word equivalent. I “hear”

the words as they're spoken through me, but during the translation process itself, I have no awareness of what is coming, or time for recollection of what has already come.

Abraham explained that they had been offering these blocks of thoughts to me for quite some time, but I

was so strictly trying to follow Theo's instructions—which said, “When your mind wanders, and it will,

release the thoughts and focus on your breathing”—that whenever one of these thoughts would begin, I

would release it as quickly as possible and focus back upon my breathing. I guess the only way they could get through to me was to spell letters in the air with my nose. Abraham says that those wonderful

sensations that rippled through my body when I realized that I was spelling words was the joy they felt

upon my recognition of our conscious connection.

Our communication process evolved rapidly over the next few weeks. The spelling of letters in the air

with my nose was a very slow process, but Jerry was so excited about this clear and viable source of

information that he would often wake me up in the middle of the night to ask Abraham questions.

But then, one night I felt a very strong sensation moving through my arms, hands, and fingers, and my

hand began thumping on Jerry's chest as we lay in bed together watching television. As my hand

continued to thump, I felt a very strong impulse to go to my IBM Selectric typewriter, and as I put my

fingers on the keyboard, my hands began moving quickly up and down the keys as if someone was quickly

discovering what this typewriter was all about and where the specific letters were placed. And then my

hands began to type: Every letter, every number, again and again. And then the words began to take form

on the paper: I am Abraham. I am your spiritual guide. I am here to work with you. I love you. We will

write a book together.

We discovered that I could put my hands on the keyboard and then relax, much in the same way that I did

during meditation, and that Abraham (whom we will now refer to as “they” from here on in) would then

answer questions about anything that Jerry would ask. It was an amazing experience. They were so

intelligent, so loving, and so available! Anytime, day or night, they were there to talk to us about anything that we wanted to discuss.

Then, one afternoon, while driving on a Phoenix freeway, I felt a sensation in my mouth, chin, and neck, similar to the familiar feeling of getting ready to yawn. It was a very strong impulse, so strong I couldn’t stifle it. We were rounding a corner between two big trucks, and both of them seemed to be crossing the

line into our lane at the same time, and I thought for a moment that they were going to drive right over the top of us. And in that very moment, the first words that Abraham spoke through my mouth burst out,

“Take the next exit!”.

We exited the freeway and parked in a lot underneath an overpass, and Jerry and Abraham visited for

hours. My eyes were closed tightly, and my head moved up and down rhythmically as Abraham answered

Jerry's stream of questions.

How is it that this wonderful thing has happened to me? At times, as I think about it, I can hardly believe that it's true. It seems like the kind of thing that fairy tales are made of—almost like making a wish as you rub the magic lantern. At other times, it seems like the most natural, logical experience in the world.

Sometimes I can barely remember what life was like before Abraham came into our lives. I have, with few exceptions, always been what most would call a happy person. I had a wonderful childhood, with no

major traumas, and along with two other sisters, I was born to kind and loving parents. As I mentioned,

Jerry and I had been blissfully married for about four years, and I was, in every sense, living happily ever after. I wouldn't have described myself as someone filled with unanswered questions. In fact, I really

wasn't asking many questions at all, and I hadn't formulated any strong opinions about much of anything.

Jerry, on the other hand, was filled with passionate questions. He was a voracious reader, always looking for tools and techniques that he could pass along to others to help them live more joyous lives. To this day, I've never known anyone who wants more to help others live successful lives.

Abraham has explained that the reason why Jerry and I are the perfect combination for doing this work

together is because Jerry's powerful desire summoned Abraham, while my absence of opinions or angst

made me a good receiver for the information that Jerry was summoning.

Jerry was so enthusiastic, even in his first interactions with Abraham, because he understood the depth of their wisdom and the clarity of their offering. And throughout all these years, his enthusiasm for

Abraham's message hasn't waned in the least. No one in the room ever enjoys what Abraham has to say

more than Jerry.

In the beginning of our interactions with Abraham, we didn't really understand what was happening, and

we had no real way of knowing whom Jerry was talking with, but it was still thrilling and amazing and

wonderful—and weird. It seemed so strange that I was certain that most people I knew wouldn't

understand; they probably wouldn't even want to understand. As a result, I made Jerry promise that he

would tell no one about our amazing secret.

I guess it's now obvious that Jerry didn't keep that promise, but I'm not sorry about that. There's nothing that either of us would rather do than be in a room filled with people who have things they'd like to

discuss with Abraham. What we hear most often, from people who meet Abraham through our books,

videos, audio series, workshops, or Website, is: "Thank you for helping me remember what I've somehow

always known," and "This has helped me tie together all the pieces of truth that I've found along the

way. This has helped me make sense of everything!"

Abraham doesn't seem interested in forecasting our future, as a fortune-teller might, although I believe that they always know what our future holds, but instead they're teachers who guide us from wherever

we are to wherever we want to be. They've explained to us that it's not their work to decide what we

should want, but it is their work to assist us in achieving whatever we desire. In Abraham's words:

Abraham is not about guiding anyone toward or away from anything. We want you to make all your

decisions about your desires. Our only desire for you is that you discover the way to achieve your desires.

My favorite thing that I've ever heard spoken about Abraham came to us from a teenage boy who had just

listened to a recording in which Abraham was addressing some questions that teens had been asking. The

boy said, "At first, I didn't believe that Esther was really speaking for Abraham. But when I heard the

tape, and heard Abraham's answers to these questions, I then knew that Abraham was real, because there

was no judgment. I don't believe that any person could be so wise, so fair, and without judgment."

For me, this journey with Abraham has been more wonderful than I can find words to explain. I adore the

sense of Well-Being I've achieved from what I've learned from them. I love how their gentle guidance

always leaves me with a feeling of self-empowerment. I love seeing the lives of so many of our dear

friends (and new friends), improving through the application of what Abraham has taught them. I love

having these brilliant and loving Beings pop into my head whenever I ask, always ready and willing to

assist in our understanding of something.

(As an aside, several years after our meeting with Sheila and Theo, Jerry looked up the name Theo in our dictionary. “The meaning of Theo,” he joyously announced to me, “is God”\ How perfect that is! I smile

as I reflect back on that wonderful day, which was such an extraordinary turning point for us. There I was, worried about interacting with evil, when I was, in fact, on my way to having a conversation with God!)

In the early days of our work with Abraham, our audiences wanted us to explain our relationship with

Abraham. “How did your meeting occur? How do you maintain your relationship? Why did they choose you?

What is it like to be the speaker of such profound wisdom?” So, Jerry and I would spend a few minutes at the beginning of every speaking engagement or radio or television interview trying our best to satisfy

those questions. But I always felt impatient with that part of our presentation. I just wanted to relax and allow Abraham’s Consciousness to begin flowing, and to get on with what Jerry and I felt was the true

reason we were standing there to begin with.

Eventually, we created a free Introduction to Abraham recording that people could listen to at their

leisure, which explains the details of how our Abraham experience began and evolved. (We’ve now posted

that 74-minute Introduction as a free download at www.abraham-hicks.com, our interactive Website to

explain who we are and what we were doing before meeting Abraham.) We both very much enjoy our part

in the process of getting Abraham's message into a format that can be heard and utilized by others, but to us, Abraham's message has always felt like the main event.

This morning, Abraham said to me, Esther, we are aware of the questions that are radiating from the

mass consciousness of your planet, and here, through you, we will joyously offer the answers. Relax and

enjoy the delicious unfolding of this book.

So I'm going to relax here, and allow Abraham to immediately begin writing this book to you. I imagine

that they will explain to you, from their perspective, who they are, but more important, I believe that

they will help you come to understand who you are. It is my desire that your meeting with Abraham will

be as meaningful for you as it continues to be for us.

— With love, Esther

PART I

Things That We Know, That You May Have Forgotten, Which Are Important for You to Remember

Chapter 1

The Power of Feeling Good Now

They are called Abraham, and we are speaking to you from the Non-Physical dimension. Of course, you

must understand that you also have come forth from the Non-Physical dimension, so we are not so

different from one another. Your physical world has come forth from the projection of the Non-Physical.

In fact, you and your physical world are extensions of the Non-Physical Source Energy.

In this Non-Physical realm, we do not use words, for we do not require language. We also do not have

tongues with which to speak or ears with which to hear, although we do communicate perfectly with one

another. Our Non-Physical language is one of vibration, and our Non-Physical communities, or families,

are those of intention. In other words, we radiate that which we are, vibrationally, and others of like

intent assemble. That is also true of your physical world, although most of you have forgotten that this is so.

Abraham is a family of Non-Physical Beings naturally assembled by our powerful intention to remind you,

our physical extensions, of the Laws of the Universe that govern all things. It is our intention to help you remember that you are extensions of Source Energy; that you are blessed, loved Beings; and that you