

The Astonishing Power of Emotions

This Leading Edge book by **Esther and Jerry Hicks**, who present the teachings of the Non-Physical consciousness **Abraham**, will help you understand the emotions that you've been experiencing all of your life. Instead of the out-of-control, knee-jerk reactions that most people have to their ever-changing life experience, you will learn to put those responses into a broader context. You'll come to understand what emotions are, what each of them means, and how to effectively utilize your new awareness of them.

As you read, you'll start to appreciate, and make peace with, where you are right now, even though there is so much more that you may desire. Every thought you absorb will bring you to a greater understanding of your own personal value and will show you how to open your own doors to whatever you may wish to be, do, or have. And as you turn the last page of this book, you will very likely find yourself thinking, *I have always known this, but now, I know this!*



New York Times best-selling authors **Esther and Jerry Hicks** produce the Leading Edge Abraham-Hicks teachings on the art of allowing our natural Well-Being to come forth. Open workshops held in up to 60 cities per year inspire a regular flow of Abraham books, CDs, and DVDs.

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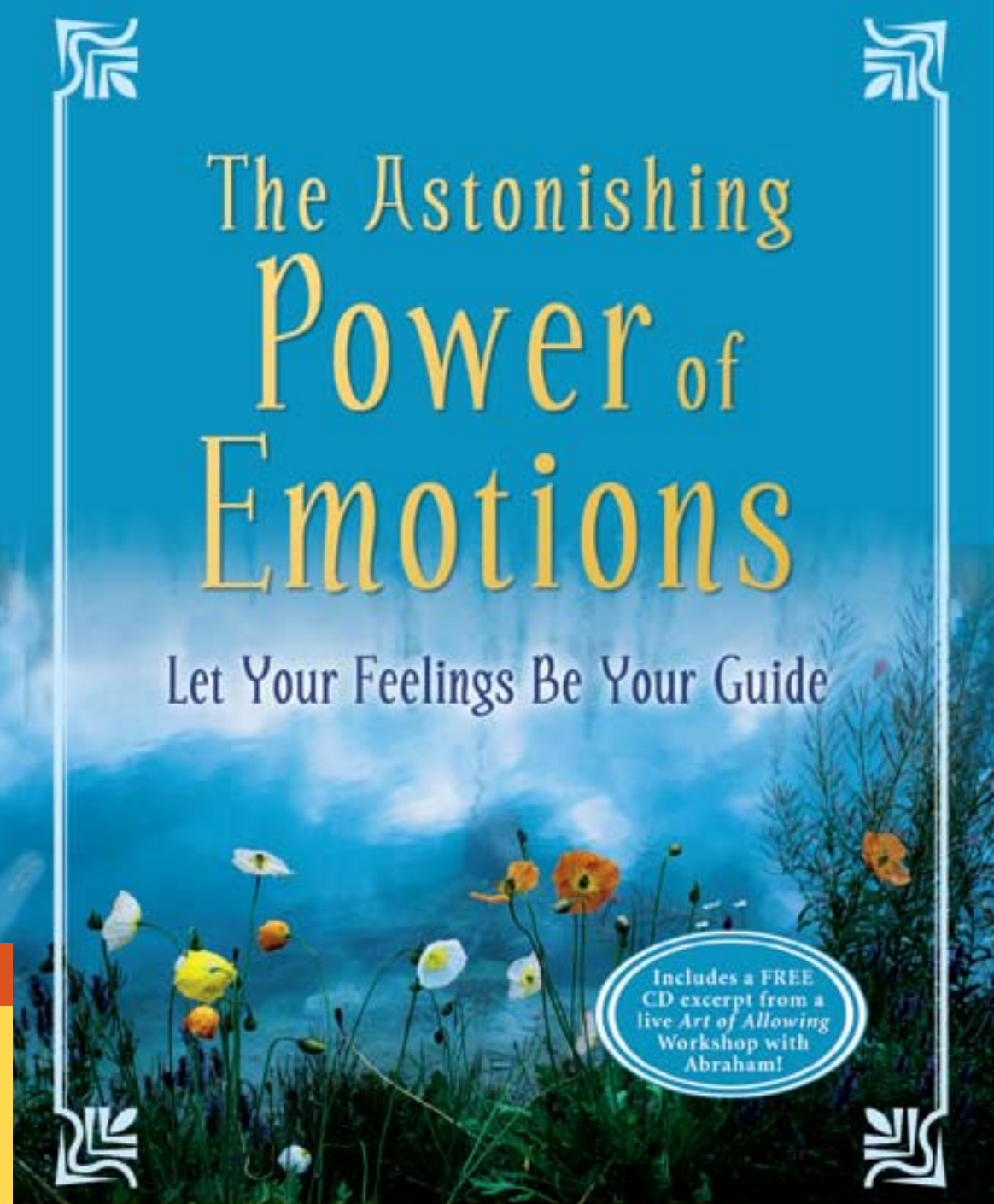


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The Astonishing Power of Emotions

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ESTHER AND JERRY HICKS
(The Teachings of Abraham™)



By the *New York Times* best-selling authors of *The Law of Attraction*

ESTHER AND JERRY HICKS

(The Teachings of Abraham™)



The Astonishing
Power of
Emotions



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The Astonishing Power of Emotions

Let Your Feelings Be Your Guide

ESTHER AND JERRY HICKS

(The Teachings of Abraham™)



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We have had the pleasure of meeting with some of the most influential people of our time, and we know of no one person who is more of a fountainhead for the outpouring of positive upliftment than Louise Hay (Lulu), the founder of Hay House—for guided by Lulu's vision, Hay House, Inc., has now become the world's largest disseminator of spiritual and self-improvement materials.

And so, to Louise Hay—and to each person she has attracted to her vision—we lovingly, and with much appreciation, dedicate this book.



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Preface



by Jerry Hicks

“**T**his is a great book! . . . For anyone who wants to know how to make their life work better—this is a great book!” That was Esther’s exclamation a moment ago while she was evaluating the finishing touches on this, our latest Abraham book, *The Astonishing Power of Emotions*. Esther and I have been writing and publishing books as a husband-and-wife team for two decades, and this is the first time she has *told* me that “this is a great book!” instead of *asking* me, “What do you think of it?”

In my opinion, this is the most innovative and powerful of the series of Abraham books that we have published up to this date. And so, perhaps there will be some readers who will feel that this work is overly complicated, or too Leading Edge for them to grasp. But on the other hand, there will likely be those who will feel that the information is overly simplified or maybe even inappropriate.

My intent in writing this Preface is to guide you around any feeling of *It’s too complicated* or *It’s too simple* to an awareness that *This is practical, Leading Edge information that you can immediately put to use in order to create more of what you want, or in order for you to be of more value to others.*

Now, what if someone told you that you *do* have a purpose in this life, and that your purpose is that of allowing more joy? And

what if someone told you that the true measure of your success in life is your joy?

What if you were told that the inherent basis of your life is freedom, and that not only were you *born* free, but because you have the freedom to choose your own thoughts, you always *are* free?

What if it was explained to you that every time you reach for a thought that makes you feel better, you are, in that moment, achieving your purpose? You are adding to the improvement, to the evolution, of the Well-Being of *All-That-Is*.

What if you were informed that your seemingly solid beliefs are merely the coagulation of a series of individual thoughts that you had at one time thought and then continued to think? What if you were told that from the moment of your birth (and even before), your thoughts, and therefore the formation of your beliefs, were largely influenced by those who came before you?

And what if you were also told that the experiences of your life are, in essence, the result of your dominant thoughts, and that the essence of the thoughts that you focus your attention on long enough becomes manifested into your reality? In other words, "That which I feared has befallen me"; "It is done unto you as you believe"; "Think and grow rich"; "Birds of a feather flock together"; "As ye sow, so shall ye reap. . . ."

So now, consider this: If you had somehow been made aware of the preceding concepts, wouldn't you now want to personally test their validity? Wouldn't there be some points that you would want to clarify for yourself? Would you not, perhaps, feel inspired to take some form of practical action?

Some of you, as you just now read those words, felt them reach back into a place within you where you, at one time, remembered all of this. And if that was the case for you, you may be one who is ready to immediately begin to use this book to refresh your mind regarding not only *who-you-really-are*, but also regarding the value and purpose of your life experience in this current time and place.

That which you call your *conscience* is your imbued belief (fostered upon you by those who came before you) in that which is *right* versus that which is *wrong* for you to be, do, or have. And because this belief system has been imposed upon you from the outside, it can also be modified by the decree of whoever is currently influencing your thoughts.

In other words, our diverse and flexible consciences have been molded by the fears, praise, admonitions, and promised rewards or threatened punishments to be administered (either now or later) by those generations who have come before us. And so, in order to attempt to soothe the consciences of those who, in their fear, seek to control others, each new generation is instructed (even by the famous cartoon character Jiminy Cricket) to “let your conscience be your guide.”

Because millions of previous cultures, societies, religions, rulers, leaders, and teachers (and parents, too) have been attempting to pass most of their belief systems on to each newest generation, we find ourselves sharing a world in which there is a wide range of conflicting opinions—as well as violent warfare—relative to *whose* conscience we should allow ourselves to be guided by. In other words, which thoughts, beliefs, or conscience should be your guide as to that which is right or wrong for you?

So, would this not be an appropriate question to ask yourself: *Whose thoughts, beliefs, or ingrained conscience should be my guide as to what is right for me?* Well, this book—with its subtitle, *Let Your Feelings Be Your Guide*—is being given to you in answer to that specific question. *If my purpose is to discover ways to improve the way I feel . . . and if my thoughts equal my beliefs, equal my feelings, and thereby equal my experience . . . and if I can, by the Law of Attraction (the essence of that which is like unto itself, is drawn) change my experience by changing my thoughts . . . then how can I ascertain which of my thoughts/beliefs will ultimately attract that which will ultimately please me?*

This book is unique in many respects, but mainly in that it was written to answer that very question. And the answer, in brief, is: *I'll let my feelings be my guide.*

This work has been written in answer to *your* asking for more. It's not about trying to fix or save a world that doesn't want or need to be fixed or saved (it isn't broken). *These Teachings of Abraham are simply about you continuing to create the joyous, fulfilling life that you have intended to create, while allowing all others to create as they intend.*

You, no matter how wonderful you now feel, you want more. Regardless of how good you feel, you want to feel better. That's the mantra of the ever-expanding Universe: *More! More! More! More expansion. More expression. More exposure. More desire. More life!*

Our planet Earth is populated by billions of us, each asking for an improved life, each asking for a way to feel better than we are now feeling. You and I, individually, have the option in every moment to *allow* ourselves to receive the Well-Being that is natural to us—or to *resist* it. And, in like manner, the billions of others who are also asking for more have that same option. And while there is nothing that we can desire that our abundant, unlimited Universe doesn't have the capacity to give, we cannot receive that which we do not allow.

This book is meant to stand on its own as another comprehensive volume of the Teachings of Abraham. However, it does rest firmly on the shoulders of the accumulated answers to the thousands of questions that so many of us have been asking of Abraham since they began communication with us in 1985.

So, who *is* Abraham? I would describe them as an ineffable Non-Physical phenomenon. I experience them as a “group” of extremely wise and unconditionally loving teachers of practical uses of the natural *Laws of the Universe*. . . . I have described them as the purest form of love I have ever encountered.

Abraham, in some manner, projects blocks of thought (not words) that Esther, my wife, somehow receives (similar to a radio receiver) in answer to our questions. (They never impose themselves on us—they only come when asked for.)

Much as an interpreter might translate a Spanish conversation into English (thought for thought, but not word for word), Esther instantly converts the nonverbal thoughts projected by Abraham into English, Esther's native language. And while I don't understand precisely how Esther is able to do that, I do know that for more than 20 years, I have loved every minute of it . . . because not only has it been personally fulfilling, but I have also had the ongoing pleasure of witnessing Abraham's value to the thousands of you who have been asking the questions that they have been answering.

At the heart of these teachings, from the beginning of our interaction with them, was Abraham's discussion of the Universal *Law of Attraction*. (If you would like a wealth of free information regarding the *Law of Attraction* or the Teachings of Abraham, visit our interactive Website at www.abraham-hicks.com.)

In 1985, as this phenomenon began, I asked Abraham for the *Laws of the Universe* by which we could most naturally live our lives (as opposed to the unnatural laws that have been invented by humans as a means to control or inhibit other humans). The first *Law* that Abraham gave us was the *Law of Attraction* (*the essence of that which is like unto itself, is drawn*). I don't recall having been aware of the term before Abraham (although as I write this today, there seem to be very few in the English-speaking world who have not recently heard of the *Law of Attraction*). But with the clarity that Abraham focused on it back then, it was new and exciting to me. And so, in 1985, I began to create a series of 20 *Special Subjects* cassette recordings of me asking questions of Abraham regarding ways to improve various aspects of our lives.

Our first recording was entitled *The Law of Attraction*, and that information has now been available for about 20 years—initially in the form of a free introductory recording, and then, also, as a free download on our Website. (Recently we transcribed the first 5 of those 20 recordings and converted them into the first [Hay House, 2006] of what is to be a series of four *Law of Attraction* books): *The Law of Attraction: The Basics of the Teachings of Abraham; Relationships, and the Law of Attraction; Money, and the Law of Attraction; and Spirituality, and the Law of Attraction*.

During the subsequent two decades, many authors, screenwriters, and filmmakers (often they belonged to our *Weekly Subscription Program*), sensing the uniqueness, power, and value of Abraham's perspective of life and of the natural *Laws of the Universe*—especially the term *Law of Attraction*—began utilizing the Abraham materials in their many projects. They changed the words slightly and published this information under their own names (occasionally with a reference to where they found the information), until today, the term *Law of Attraction* is in the minds and on the tongues of millions of people around the world. And yet, because Abraham's words were always changed (probably to avoid infringement of intellectual-property-rights laws), although many millions have now heard some version of the *Law of Attraction*, most have not received sufficient clear information from those abbreviated versions to truly understand this innovative concept well enough to deliberately utilize it. However, many authors *do* credit the Teachings of Abraham for their inspiration, and Esther and I are

most appreciative of those creative individuals who do point others back to the source where *they* first learned the depth and power of these principles, as they have been presented to us through Esther by Abraham.

You may find this of interest: In 1965, I discovered Napoleon Hill's classic book *Think and Grow Rich* (and I utilized it deliberately, and it worked for me gloriously!). Hill's principles worked so well for me that, using *Think and Grow Rich* as a textbook, and in conjunction with my business, I began teaching the principles I had been learning to others.

My mission statement was at that time the same as it is today: *It is my intention that the lives of all people I interact with will either be elevated as a result of our interaction, or they will be left where they are, but that no one will be diminished as a result of their association with me.*

After a few years of teaching Hill's principles of success, I came to realize that only a handful of those who were studying with me had achieved the magnitude of success that I was anticipating for *all* of them. And although there were many who did experience significant growth, there were also those who appeared to have no significant financial growth no matter how many success courses they attended.

In the first nine pages of Hill's book, he instructs the readers to look for the *secret*. (He mentions "the hidden secret" 24 times.) Well, I probably read that book over a thousand times between 1965 and 1982, but I was never certain that I never really knew what "the secret" actually was. I sensed that something was missing. Somehow I sensed that there was another factor in the financial-success equation . . . and so I began to search for the missing link.

During my continued search, even though I read through many books regarding many philosophies, *Think and Grow Rich* was still as close to what I had been asking for as I had been able to find, but much of what Hill knew he didn't include in the book (because it wouldn't have been accepted by the mass market). And much of the *secret* that he *did* put in the book was edited out!

About three years ago, I discovered an unabridged *Think and Grow Rich* manuscript. It had been republished by Melvin Powers's Wilshire Book Company; and as I compared it, word for word, with

the version that I had been using for over 40 years, I was amazed to discover that the “secret” had actually been skillfully edited out.

It’s no wonder that I was not able to discover Hill’s secret: It wasn’t there! I won’t use the space here to go into much further detail, except to tell you that among many other potent omissions, the word *vibration* was edited out of the book 37 times. (Remember that point—I’ll be referring to it later.) And so it turned out that many of the “secrets to success” Napoleon Hill had discovered he didn’t even try to publish, and much of the “truth” he *did* try to publish in his first edition was edited out.

And now, let’s move forward 70 years to where Esther and I find ourselves amusingly enlightened regarding *our* experience of a publication of a “truth.”

A television producer asked Esther and me to allow her to build a television show around our work. She brought her film crew onboard one of our Well-Being Adventure Cruises and filmed the heart of her production around our workshop there on the ship. However, because of a series of fortuitous events, the movie evolved into a DVD format before its Australian network-television airing, and as a result, the project became an enormous success. Millions of people around the world have viewed it. And although the show was named *The Secret* and its advertised intention was to reveal to the world the previously hidden “secret to success,” little did the enthusiastic viewers know that the real “secret” that they had been seeking had, once again, been suppressed. . . . In other words, before the show was allowed to be aired, we were informed that The Powers That Be had demanded that, among other things, Abraham’s use of the key word *vibration* be edited out of the project.

Esther and I were astonished! Here, seven decades later, the public is again being “protected” from the word *vibration*! And so, it turned out that the real secret behind *The Secret* was that “the secret” was still being kept a secret.

When you’re on the inside of an event like this, doesn’t it make you wonder how much “truth” *ever* gets past the censors? However, I’ve come to believe that the reason why most of those innovative philosophical concepts are edited out by the media is not to try to hide the “truth” from the masses, but rather to be able to sell what the marketers believe the people will buy. Also, well-meaning people, in their desire to make innovative ideas more acceptable,

often water down or reword new ideas to weaken or buffer the impact of their purity. Abraham has informed us that there is never a crowd on the Leading Edge of thought. However, in this new age of instant Internet connection, we have learned that there are always, among the crowd, Leading Edge thinkers.

Esther and I received the delightful news from our publisher this past week (in March 2007) that our book *The Law of Attraction* (transcribed from our 1985 recordings) has moved up the charts to arrive at the number-two position on the *New York Times* bestseller list. Also, of the millions of books listed on **Amazon.com**, our first Hay House book, *Ask and It Is Given*, has remained among the top 100 books purchased for nearly every day since it came out three years ago. We were told last week that our CD audio book *The Law of Attraction* is at the number-three position of all those available on iTunes; and that beginning this month, the Teachings of Abraham are now on display in Wal-Mart, Sam's Club, Target, and Costco—in other words, they are now available at each of more than 10,000 mass retail outlets and regular bookstores—and the list goes on. (We even had the pleasure and honor, this month, of creating three radio shows with the brilliant—and fun-loving—television host Oprah Winfrey.)

Why am I pointing this out here? Well, now that this information is so readily accessible to mainstream audiences, we're beginning to hear a wide variety of mainstream responses—via various book reviews—and now I've begun reading the online reviews. And, oh, how sweet it is to read of how much pleasure these books are bringing to so many of those who now have the opportunity to learn from them. But *ouch!* The sting of one bee in a bouquet of fragrant flowers! For instance, there are critics who denounce the message because they believe Esther is profiting by “faking” her means of reception of these teachings—in other words, “she says she's channeling” so that readers will buy the books. And then there are those opposite critics who would denounce the information because they *do* believe that Esther is receiving these teachings directly from Abraham, but they have been told by the programmers of *their* conscience that there is something wrong with allowing a book to be written in that manner. . . . How would you please them all?

Well, we learned long ago that no one can please everyone, so

we decided early in 1985 to self-publish our material so that we could make available whatever practical information we would receive from Abraham (uncensored) in its purity to those who are asking the questions that are being answered by Abraham.

When Louise Hay requested that we ask Abraham to write a comprehensive book and allow Hay House to publish it (*Ask and It Is Given*, 2004), she stated to her executives: “We will inform our entire staff that Abraham’s words are not to be changed during the editing process. We are going to *allow* Abraham’s teachings to reach out, in their purity, into the entire world.”

Esther and I are indescribably pleased that Louise and her publishing company are in the process of fulfilling that intention of providing this magnificent material, in its pure form, to those people of the world who are asking for it—and we also appreciate those people of the world who are asking for it. We do adore facilitating the publication of yet another magnificent book that will continue the dissemination of the Teachings of Abraham, but our greatest joy is in the translation—the creation—of the information.

There is nothing that pleases Esther or me more than providing a forum where people from diverse environments can gather, lending their unique perspectives, asking Abraham their important questions. To actually feel the evolution and expansion of this message—as it is honed and finely tuned by the never-ending questions of those like you—must surely be what Esther and I have been born to do. And the reason we know that is because *it feels so very, very good to do it.*

— From my heart, Jerry Hicks





(Editor’s Note: Please note that since there aren’t always physical English words to perfectly express the Non-Physical thoughts 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 wouldn’t be—in order to express new ways of looking at old ways of looking at life.)



PART II

Demonstrating
the Astonishing
Power of
Emotions





Some Examples to Help You Let Go of the Oars

In the pages that follow, we will offer examples on a variety of subjects in which people often find themselves out of alignment with their own desires. We will discuss desires relating to your physical body, your relationships, your life purpose, your financial employment, and even world events. We have gathered these examples from the vibration of Mass Consciousness as you have been living your lives and, in doing so, have been continually asking for improvement and expansion.

Some of these examples will dovetail with things that are important to you right now, and some of them you may not relate to in any personal way, but it will be helpful for you to read them, even if they are not about “your” issue, because within these examples you will find a complete understanding of the *Science of Deliberate Creation*.

It is likely that as you read these examples, you will take issue with some of them, for you may not believe that some of the desires are appropriate. Depending upon what you are currently experiencing and how you are feeling, you may find some of these examples to be frivolous. For example, if you are frightened about a physical condition and you are reading a section regarding how to improve your relationship with someone at work, you may feel annoyed that we are giving so much attention to something that seems insignificant

to you, given *your* circumstances. But even though you may not be able to personally relate to some of the examples that are offered here, we encourage you to read through them anyway, for it is our knowing that in the process of reading these examples, you will come to more profoundly understand vibrational alignment.

We do not seek to guide your desires, for your own life has already accomplished that. It is our desire that the following examples serve as a tool that causes you to allow your own alignment with your own desires.





Example 2

I Cannot Lose Weight

Example: “I’ve been overweight for as long as I can remember. There were a few brief times in my life when I was able to force my weight under control through uncomfortable dieting and what felt like deprivation, and through arduous exercise. But none of it was easy, and I wasn’t able to maintain the regimen for long, and so the unwanted weight always came back.

“I don’t feel comfortable in my clothes and dread shopping for new ones. I stand in front of my closet looking for something to wear, and even though I have some nice things, nothing appeals to me because I don’t like the way I look no matter what I’m wearing.

“My body doesn’t move well, and I know that I’d feel so much better all around if I could just lose a few pounds, but I feel powerless to do anything about this excess weight, so I’m very discouraged.”

Now we want to begin this discussion by reminding you of the most important part of *Deliberate Creation*: Creating is not about making things happen through action. In fact, creating is not about *making* things happen at all. Creating is about *allowing* the thing that you desire to happen, and the *allowing* happens through Energy alignment, not through action.

Sometimes this is a hard thing for you to hear because you know, from your personal experience in life, that action *does* get results. You know that you have been able to shed unwanted pounds by decreasing your food consumption, and there is no question in your mind that the exercise helped, too. And we are not disagreeing with any of that, for it is obvious that action does have a place in the creating of many things. In fact, without action, your society would be without a great many of its things. But when you make action the cornerstone of your Creative Process without considering the vibrational basis of your Being as you are taking the action, you are working under a distinct handicap, for there simply is not enough power in the action itself to compensate for the competing Energies of your misaligned thought.

You may recall a successful experience where someone offered you an idea regarding losing weight, and you felt an immediate enthusiasm toward the idea. Your enthusiasm could be attributed to the power of the belief of the person who offered the idea to you, or it could be that the idea dovetailed precisely with beliefs of your own . . . but it is your *enthusiasm* that we want to call your attention toward.

Your enthusiasm was the evidence that the vibration of your Being was in alignment. And then, remember what happened next: You were eager to take the action—and in taking it, positive results occurred. . . . It is possible to take action because someone suggests it or encourages it or even demands it; and once involved in the action, your attitude can begin to improve. But the deliberate alignment of your vibration, first—which then inspires successful action—is a much more powerful approach to whatever it is you want to create.

During your discouraged moments as you acknowledged that your body was not as you would like it to be, you were launching rockets of desire about what you preferred, and within all of that processing of life—and without realizing it—you have been adding to your Vibrational Escrow. You have created a vibrational version of the new-and-improved physical version of yourself.

We want to help you understand that this is not a flimsy dream floating somewhere in your imagination. This is not a delusional departure from reality. This is a creation in the making, and it is being created in precisely the same way that everything you see around you has been created: The living of life gave birth to the

idea or thought—which, in time, with focus, became what you call your “reality.”

So the discouragement that you have been feeling is indicating the discord between the continually evolving creation of your beautiful body and the thoughts that you continue to think regarding your body. Your body has been vibrationally evolving, but your old patterns of thoughts, your beliefs (which are only thoughts that you continue to think), are causing a vibrational discord. And under those conditions, successful action cannot be inspired or performed. Under those conditions, all action is harder, yielding little or no results, causing more discouragement still.

The key to bringing your body to a new place is to see it differently from the way it is. It is necessary that you focus upon the body that is coming and distract yourself from the negative aspects of your current physical body, for as long as you are seeing your body as it is, you are contradicting the vibration of the idea of a slender body. You cannot create a new reality while looking at your current reality.

So now that you understand why it has been so difficult to find the inspiration to act and why the action, even when you did offer it, netted you very little results, let us show you some very simple things that you can do that will begin the process of aligning your Energies immediately, for by understanding the *Laws of the Universe*, and by understanding the basis of your creation (which is the simple alignment of vibration), you will now be on your way to the outcome that you desire:

- Your choices, right now, do not include whether you are at your perfect body weight or not.
- You have no choice other than to be at the body weight you are at right now.
- You are going to weigh about the same thing tomorrow as you do today, and the next day, too . . . and so on.
- Changing your body weight right now is not an option.
- Changing your vibrational alignment right now is an option—a powerful one.

- Also, you are not, right now, choosing between feeling fabulous or terrible.
- You are not choosing between feeling enthusiasm or discouragement.
- Your choices, right now, are more subtle and more fine-tuned than that.
- You are making the simple choice of feeling a little better or a little worse.
- You can choose an *upstream* thought or a better-feeling, *downstream* thought.
- Those are your only choices: *upstream* or *downstream*.
- But those choices are enough.

For example, imagine you are at an outdoor shopping center. You are moving in and out of many beautiful shops, and there are hundreds of people moving in and out of them with you. These individuals vary in size and shape and wardrobe, but you are predominantly noticing nicely dressed, nicely shaped, beautiful people all around you; and as you see them, you feel self-conscious.

You are now awkwardly aware of what you are wearing, and you are unhappy with the way you look today. You turn to see your reflection in the window as you are walking, and you are extremely unhappy about the way you look. You feel agitated, discouraged, and unhappy, and you are not having a good time on this shopping outing at all.

You have now lost interest in the reason why you came to the mall. You do not feel like shopping anymore. In fact, the only thing that is appealing to you right now is the idea of getting something to eat. There are good-smelling things in the air, and you realize that you are hungry and that you do want a snack. There are several choices within view, and from the fragrances in the air, you know there are more choices nearby. Any one of several things sounds good to you: ice cream, candy, maybe something more substantial such as a sandwich. Actually, all of that sounds pretty good to you right now.

Your urge to find a quiet place to sit while you eat something is

becoming quite strong, and while you are trying to fight the urge to follow through on your impulse, it is much easier to just give in to it and get something to eat. As you are standing in line at the ice-cream counter, you notice the slender people waiting in line with you. They are annoying, and as you are annoyed, your urge for the ice cream grows stronger still. . . .

Before we continue with the details of this example, and before we offer guidance to assist you in improving your situation, we want to explain something that most people do not understand and, in fact, have a hard time believing: Whether you gird up your willpower and walk out of the ice-cream parlor or whether you go ahead and select—and eat—a large tub of ice cream, there is absolutely no difference in the effect of one of those actions over the other! Even if we are talking about 1,000 days of walking out as compared to 1,000 days of eating a tub of ice cream, the *action* choice of one or the other makes no difference. *It is not your action that matters; it is your vibration. It is not your action that makes you fat; it is your vibration. It is not what you are doing that makes the difference; it is how you are feeling about what you are doing.*

In the beginning of your vibrational alignment regarding your body weight, you may begin to feel enthusiasm for some changes in your diet, and many would say, “Well, then, I don’t see how this approach differs that much from just going on a diet as I’ve done so many times before.” But we would ask you to notice how much easier it is this time in the feeling of enthusiasm rather than the discouragement that you have been acting from before. You will also notice that in this state of improved emotion, you will find an appealing idea, and then another. You will begin to find a sort of rolling out of a continuous path of good-feeling new ideas. You will begin to feel carried along by those new ideas rather than struggling to find them, and, before long, you will begin to see physical results. Of course, upon seeing the physical results, your feeling of enthusiasm will be even greater, and then you are really off and running toward the outcome that you have been seeking.

And as you achieve your desired body weight (and you will), you will say to yourself after the fact, *This time it wasn’t difficult, and this time I’ll keep it off. And, in any case, I now know what to do, whenever I decide to, about achieving whatever physical bodily condition I choose.*

CONSIDER THIS:

If being slender matches the emotion of happiness . . .
and you were to consistently eat ice cream while feeling
happy . . .

you would be a slender person who eats large quantities
of ice cream.

If your desire to be slender while you are currently not
slender matches the emotion of discouragement . . .

and you were to consistently eat ice cream while feeling
discouraged . . .

you would be a fat person who eats ice cream.

If your desire to be slender while you are currently not
slender matches the emotion of discouragement . . .

and you were to consistently use your willpower to keep
yourself from eating ice cream . . .

you would be a fat person who *does not* eat ice cream.

Some would ask, “Abraham, if being unhappy makes you fat, why are there no fat people in an environment where food is scarce? They are unhappy, and *they* are not fat. They are often starving to death.” And we would answer, if you are focused upon the current situation of food scarcity, and you feel fear for yourself and your loved ones, you are a match to what you do *not* want. It makes no difference if not wanting to be fat is the issue that turns your thoughts *upstream* or if the idea of starving to death is the issue that turns your thoughts *upstream*: Your thoughts are still *upstream*—which is resistance to what you desire, whether your desire is *slenderness* or *enough food for your family*.

Being slender matches the emotion of happiness.
(downstream)

Being fat matches the emotion of unhappiness. (upstream)

Having enough to eat matches the emotion of happiness.
(downstream)

Not having enough to eat matches the emotion of un-happiness. (upstream)

The key to creating everything that you desire is to find a way to turn to the better-feeling, *downstream* thoughts, even when the current situation does not evoke it from you, and to use your willpower to focus your thoughts in the direction of your desire and *who-you-really-are*, rather than using your willpower to try to produce action against the Current.

So, in the beginning, your thoughts may be something like the following:

I am fat. (upstream)

I don't want to be fat. (upstream)

I'm so tired of being overweight. (upstream)

I don't like how I look. (upstream)

I don't like my clothes. (upstream)

I don't want to shop for clothes. (upstream)

I've tried so many things. (upstream)

Nothing works for me. (upstream)

Remember, you do not have to fix everything. Just try to find a thought that feels a little bit better:

I wish I could find a way. (downstream)

My feet would feel better for sure. (downstream)

Again, these are not earth-shattering statements, but they do feel better, and therefore they are *downstream*—so your work, for now, is done.



Whenever you find yourself beating the same old drum about your body weight, if you would make an effort to turn your thoughts *downstream* and stay focused upon the subject until you feel a slight turn, in a very short period of time you will improve the vibrational relationship between where you are and what you want, and you will be amazed at the leverage this improved vibration will give to your process. Everything about this will get easier and easier until, in time, your desired body weight will have been achieved.

So now, let us say that you are at work. You have not been focused on your body or your weight because you had things to accomplish and you've been busy at those things. But now it is lunchtime, and as you are walking past the vending machine, you feel an urge to buy a cookie. You put in your money, the cookie drops through the chute, and while you are unwrapping it, the feeling of discomfort comes over you.

"Here I go again," you say, feeling the discomfort washing over you.

But the urge is strong, and you take a big bite of the cookie.

You feel worse still as a strong feeling of disappointment now rises within you.

But this time things are slightly different from ever before because you have some positive momentum going from those statements you have been making about the subject of your weight.

You remember, *It isn't about what I'm doing. It's about how I'm feeling while I'm doing it.* So you pause and look at the cookie, and you make the following statements:

I shouldn't be eating you. (upstream)

You'll only make me fatter. (upstream)

You are delicious, though. (downstream)

And you're not all that big. (downstream)

I could eat some of you now and save some for later.
(downstream)

I like having choices. (downstream)

I like making deliberate choices. (downstream)

I like being in charge of my actions. (downstream)

If I had stopped to think, I may not have been so quick to put my money in this machine. (downstream)

I'm really making quite a big to-do over eating a little cookie. (downstream)

You're a tasty little cookie. (downstream)

Well, I'm enjoying you, cookie. (downstream)

I'm deliberately enjoying you. (downstream)

And sometimes I'll choose to eat you, and sometimes I'll pass. (downstream)

Right now I'm going to eat you. (downstream)

And I'm going to enjoy you. (downstream)

You have just accomplished something that is rather unusual for you. You are eating a cookie, and you have talked yourself into alignment with yourself and therefore with your desire to be slender at the same time. You are in alignment with You, which is much more significant than anything you are doing—or not doing—with the cookie. And now, a very slender person walks up to the machine, pulls out a cookie, and begins to eat it. And as you watch, you can tell that this person is truly savoring this cookie.

In the past as you watched a slender person eating a cookie, your thoughts would be:

It's not fair. (upstream)

Her metabolism allows her to eat tasty things and still be slender. (upstream)

She's probably unhealthy, and that's the only thing she will eat today. (upstream)

But this time, because of the vibrational work you have been doing, you think instead:

Ah, there is evidence of someone who's in alignment with her desire of eating a cookie. (downstream)

It is all about vibrational alignment. Do not look for immediate measurable physical results. Instead, look for improvement in your mood, your attitude, and your emotions. When you feel better, you are more in alignment—and everything else will follow. It is *Law*.





About the Authors

Excited about the clarity and practicality of the translated word from the Beings who call themselves *Abraham*, **Esther** and **Jerry Hicks** began disclosing their amazing Abraham experience to a handful of close business associates in 1986.

Recognizing the practical results being received by them and by those people who were asking meaningful questions regarding finances, bodily conditions, and relationships—and then successfully applying Abraham’s answers to their own situations—Jerry and Esther made a deliberate decision to allow the Teachings of Abraham to become available to an ever-widening circle of seekers of answers to how to live a better life.

Using their San Antonio, Texas, conference center as their base, Esther and Jerry have traveled to approximately 50 cities a year since 1989, presenting interactive *Art of Allowing* Workshops to those leaders who gather to participate in this progressive stream of thought. And although worldwide attention has been given to this philosophy of Well-Being by Leading Edge thinkers and teachers who have, in turn, incorporated many of Abraham’s concepts into their best-selling books, scripts, lectures, and so forth, the primary spread of this material has been from person to person, as individuals began to discover the value of this form of spiritual practicality in their personal life experiences.

Abraham—a group of obviously evolved Non-Physical teachers—present their Broader Perspective through Esther. And as they speak to our level of comprehension through a series of loving, allowing, brilliant, yet comprehensively simple essays in print and in sound, they guide us to a clear Connection with our loving *Inner Being* and to an uplifting self-empowerment from our *Total Self*.

The Hickses have now published more than 700 Abraham-Hicks books, cassettes, CDs, videos, and DVDs. They may be contacted through their extensive interactive Website at: **www.abraham-hicks.com**; or by mail at Abraham-Hicks Publications, P.O. Box 690070, San Antonio, TX 78269.



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