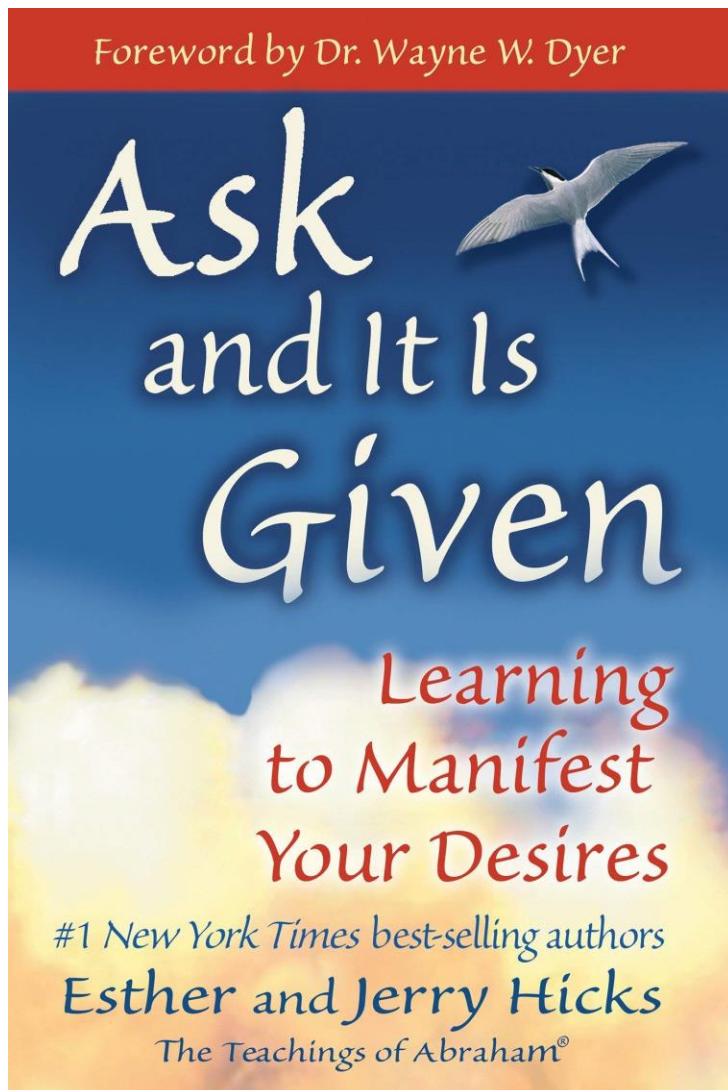


Ask and it is Given by Abraham-Hicks (Summary)



Ask and it is given, how it all got started...

Meditation: Sit in a quiet room, where comfortable clothing and focus on your breathing. As your mind wanders and it will, release the thought and focus upon your breathing. Meditate with someone, it will be more powerful.

Affirmation. "I, 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."

"Who is my spiritual guide' and count breathing. She felt numb. Something felt like was breathing her. Her teeth buzzed.

Meditated for 15min/day for 9 months. Then nose started to spell "I am Abraham ur spiritual guide. They had been offering block of thought prior, but she released and focus on breathing.

Wonderful goose bump sensations rippling through Ester ...is joy they feel.

Think Abraham, Jesus, Buddha, Tesla... the Masters of the *unlimited* Universe.

CHAPTER 1

THE POWER OF FEELING GOOD NOW

We radiate, that which we are, vibrationally and others of like intent assemble.

We are extensions of Source Energy, are blessed loved Beings, have come forth into this physical time-space-reality to Joyously *create* and feel satisfied and fulfilled.

Be pleased with where you are right now, in this moment, no matter where you are. Even if it seems far from where you wanna be.

When you understand the power of feeling good now, no matter what, you will hold the KEY to achievement of ANY STATE OF *being, health, wealth, etc.*, that you desire. Express who you truly are.

IMPORTANT. Your awareness of the potency of your powerful *now*. ALL of your power is in your NOW. Your Emotional guidance system & your Vibrational set-point. Your naturally joyful zest for life will return.

CHAPTER 2

WE ARE KEEPING OUR PROMISE TO YOU – WE ARE REMINDING YOU OF WHO YOU ARE

There is nothing that you cannot be, do or have. Joyful journey from where u are to where u want to go.

You said: “I will live in Joy!” “I will know the power and value of my personal preferences and perspective. For the ‘Non-Physical Energy’ that creates worlds will flow through my decisions, my intentions and my every thought, for the creation of that which I set into motion from my perspective.”

Knowing the Splendor of the Source you came from and that you can never lose connection to that source.

Confident, always looking for more wonderful something-else/desires to turn your attention to.

By the end of this book you will be knowing, loving and enjoying your life as we are enjoying your life.

Chapter 3

You Do Create Your Own Reality

You’re freedom and powerful right to choose.

You are eternal Consciousness (Source) for the thrill and exhilaration of specific focus pours through you. And in those in moments of inexpressible elation is when you are wide open and truly allowing your source to express through you.

By consciously choosing the direction of your thoughts, you can be in constant connection with Source Energy, God, joy and all that you consider to be good.

Absolute Well-Being Is The Basis of Your Universe and All That Is

It flows to you and through you. Like the air you breathe... open, relax and draw it into your being.

You are here to experience outrageous joy and satisfaction.

Chapter 4

How Can I Get There From Here

You are holding yourself in a vibrational holding pattern that does not match the vibration of your desire. Stop and think about it or better yet, stop and feel about it, you can identify your very discord.

Now gently and gradually, piece by piece, release your resistant thoughts (disallowing factors involved).

Your increasing relief indicates you are releasing resistance, just as your feelings of increased tension, anger, frustration, etc...your indicators that you have been adding resistance.

Well-being flows and wants you! Everything you have ever desired has been transmitted vibrationally by you and Source has answered it. You are going to feel way into allowing yourself to receive it, one feeling at a time.

Through the power of FOCUSED THOUGHT, you are creating your world.

Source is within us, therefore I am Source.

Resistance is when you offer thoughts that are different enough vibrational nature to hinder your natural connection to source. You want to consciously allow your connection, more of the time, to Source.

Through contrast you will come to conclusions and decisions. And once you align with your desire, the Non-Physical Energy that creates worlds will flow through you → Enthusiasm, passion and triumph. That is your destiny.

We all must have objects of attention, desires that are ringing our bells in order to feel FULL (fills the void), flowing through us for the continuation of All-That-Is.

Do not underestimate the value of your preferences, to fine tune your desires in a perfect environment of contrast or variety.

Put yourself in a vibrational place of receiving all that you are asking for, experiencing the exhilaration of joyously, consciously aware of your thoughts, *deliberately* offering them, deliberately creating your own reality.

Whether you desire it to happen or not to happen, you are asking... You just have to feel it in your being: I desire this, I adore this, I appreciate this, etc. is the beginning of all attraction.

With every new idea of something you would like to experience, possess or know...will come manifestation and a new perspective. Relax into the idea that you will never cease to be.

Be happy with that which you are and with that which you have, while at the same time being eager for more. (dripping from your tongue) Optimal advantage: To stand on the brink of what is coming, feeling eager, optimistic anticipation with no feeling of impatience, doubt, or unworthiness hindering the receiving of it. – *Deliberate Creation at its best.*

Chapter 5

Understand This..

Making It All Fit Together

There is a current that runs through everything, it is the basis of the universe. Everyone is affected by this energy. Look for and FEEL for this Source Energy, your emotional connection to who you really are, and understand everything about your experience and those around you.

You have absolute creative control of your life experience. Never again will you cower from the idea of unwanted things pouncing into your experience. Use your creative power to experience absolute bliss of watching all manner of things converging to assist you in the creation of your own specific desires.

Know that each of those desires can be realized. Believe, the basics are always consistent. You now shorten the time from desire to it's full manifestation. Know that all things come easily and swiftly into your experience.

Are you in FULL connection with Source? The better you feel, the more you are ALLOWING the connection. Feel bad = resisting the connection.

Your most sophisticated of vibrational interpreters by far, are your EMOTIONS. Use your emotions to orchestrate a future experience that will please you in every way.

By paying attention to the Way You Feel, you fulfill your reason/purpose for being here, and you can continue your joyful expansion. You will understand from a very deep level, from your broader, Non-Physical perspective and through your own physical experience—everything about who you are, who you have been and who you are becoming.

Chapter 6

The Law of Attraction

Every thought vibrates and attracts a matching signal back. Like a radio vibrational frequencies must match, the law of attraction agrees with your asking. You must find ways of consistently holding yourself in vibrational harmony with your launched desires, to receive manifestation.

To What Are You Giving Your Attention?

Whatever you are giving your attention to causes you to emit a VIBRATION = your asking = your point of attraction.

Put your attention on that very thing or experience and it will come to you. However if you put your attention on not having it, you will continue to not have it. It is LAW.

Easiest way to achieve vibrational harmony with it is to Imagine Having It, pretend that it is already in your experience, flow your thoughts toward the enjoyment of the experience, as you begin to consistently offer that vibration, you will then be allowing that into your experience.

****wayne dryer – don't talk to people about what's missing in your life; talk to them about what you want to create in your life! Practicing your thoughts to "Whatever it is that you want to attract into your life, know that ...it's on it's way, not what is missing." "With my luck, it'll probably show up faster than it always does.***

By paying attention to the way you feel, you can easily know if you are giving your attention to what you desire or the absence of it—Allowing or not.

Feel good from contentment to expectation to eagerness to joy. Lack or absence from feelings of pessimism to worry to discouragement to anger to insecurity to depression.

Become aware of your emotions and always know how you are doing with ALLOWING part of your creative process, you will always know why things are turning out the way they are. A wonderful guidance system, pay attention to your emotions, you will be able to guide yourself to anything you desire.

You Get What You Think About Predominantly

If you are thinking about your desires or what you don't want, your life experience reflects those things.

Thinking is planning a future event. When you are appreciating or worrying, you are planning. Using your imagination to create something you want or do not want.

You Are Summoner of Vibrational Energy

You are most active utilizer of the Energy that creates worlds, that exists in this always evolving, eternally becoming Universe.

You are creative genius expressing here for the purpose of taking thought beyond which it has ever been before.

Accept yourself as a Vibrational Being, the Laws that govern this vibrational Universe are Vibrationally based and you may return to the experience certainty and joy.

When Your Desires and Beliefs are a Vibrational Match

When you Ask, it is ALWAYS Given.

Art of Allowing Your Natural Well-Being

You have an innate ability to *allow* the Well-Being of this Universe to flow steadily and unrestricted into your experience, we call this discipline The Art of Allowing or The Art of no longer resisting the Well-Being that you deserve, that is natural, that is your Legacy, that is Source, and your very being which makes up every particle of it, flowing through you.

CHAPTER 7

YOU ARE STANDING ON THE LEADING EDGE OF THOUGHT

When you consciously become aligned with the Stream of Well-Being, your creative endeavors become so much more satisfying because, for then you discover that there is absolutely nothing you desire that you cannot achieve.

Go with the flow! You can allow or resist the Stream of Well-Being, but it flows just the same.

In the absence of light there is darkness. There is not a Source of evil but there could be a resistance of that which you believe to be good, just as there is not a Source of sickness, but there could be a resisting of the natural Well-Being.

The asking, the Summoning of your ancestors and also from you. If you can find a way to allow it, there is an avalanche of Well-Being at your fingertips, ripe for the plucking—provided you are in vibrational alignment with it. (There is never a crowd on the leading edge, you are not going to have a lot of people to talk to about this.)

These days there are people experiencing intense hardships or traumas, and because of how they are living right now, their asking is in a heightened and intense place. Source is responding in kind. Although the person doing the asking is usually so involved in the trauma they may not receive the benefit of their own asking, future or even current generations who are not right now disallowing, are receiving the benefit of that asking.

There is an Unlimited Stream of Well-Being and an abundance of all manner of things available to you at all times—but you must be in alignment with the receiving of those things. You cannot stand in resistance of them and receive them at the same time.

Open the Floodgates and Let Your Well-Being Flow In

See yourself, right where you are now, as the beneficiary of the powerful Stream of Well-Being. Try to imagine that you are basking in the flow of this powerful Stream. Feel yourself as the Leading-Edge beneficiary of this unlimited Stream, smile and accept that you are worthy of it.

Your ability to feel your worthiness of the powerful stream of Well-Being will depend on what is happening in your life right now. Under some conditions you will feel utterly blessed, and under others, you feel not so blessed. **To the degree you feel blessed and expect good things to flow to you**, this indicates your *level* of your **state of allowing**; and to the degree that you do not feel blessed, where you do not expect good things to come to you indicates your degree of **resistance**. You will feel able to release any habits of thought that have resulted in your disallowing of the Stream.

If it were not for resistant thoughts you have picked up along your physical trail that are not in vibrational alignment with the Stream of Well-Being, you would be right now, a full receiver of that Stream—for you are a literal extension of it.

You, and how you feel, is all that is responsible for whether you let in your inheritance of Well-Being or not. And while those around you may influence you, more or less, to allow or not allow that Stream, it is ultimately all up to you. Open the floodgates or choose thoughts that keep you pinched off from what is yours. Allow it or resist it, Stream is constantly flowing to you, never ending, never tiring, always there for when you are ready.

You are in the Perfect Position to get There from Here (begin now)

Nothing has to change in your environment or in the circumstances that surround you for you to begin to deliberately allow your connection to the Stream of Well-Being. All it takes is a determination to move toward a state of allowing.

Just like when you drive your vehicle on a journey, you know there is a starting place and an awareness of where you are going. You know in time, you continue to move in the direction of your destination will arrive at destination. This applies to your journey in life on all subjects.

CHAPTER 8

YOU ARE A VIBRATIONAL TRANSMITTER AND RECEIVER

You are a VIBRATIONAL being. You are a VIBRATIONAL transmitter and you are broadcasting your signal in every moment of your existence.

Your guidance system with indicators that helps you understand the power of your signal, as well as the direction of your focus and helps you understand the alignment of your chosen thought with the energy Stream itself.

The way you feel is indicator of your alignment with your Source, and of alignment with your own intentions—both per-birth and currently.

The longer you ponder a thought and the more frequently you return to the thought, the stronger your vibrational alignment becomes. You then begin to feel emotions that indicate your increased or decreased alignment with your own Source. In other words, as you give more of your attention to any subject, your emotional reading of harmony or disharmony of who you really are becomes stronger.

Attraction based Universe, everything is about inclusion, so when you see something you would like to experience and you focus upon it, shouting yes, you include it in your experience. Same holds true for shouting no. Your focus and attention to it, is the invitation.

And so, those who are **mostly observers thrive in good times but suffer in bad. Universe accepts that as their point of attraction—and gives them more of the essence of it.** For an observer the better it gets, the better it gets or the worse it gets, the worse it gets. But a **VISIONARY thrives in ALL TIMES.**

With your **practiced attention to any subject, LOA delivers circumstances, conditions, experiences, other people, and all manner of things that match your habitual dominant vibration.**

And as things begin to manifest around you, you now develop stronger and stronger vibrational habits or proclivities. So now your once small insignificant thought has now evolved into a powerful belief—and your beliefs will always be played out in your experience.

Chapter 9

The Hidden Value Behind

Your Emotional Reactions

Your emotions are your indicators of the vibrational content of your being, in every moment. When you become aware of the *feeling* of your emotions, you also become aware of your vibrational offering.

Once you combine your understanding of **LOA** and with your in-this-moment awareness of what your **vibrational offering** is, then you have full control of your own powerful point of attraction. You can now guide your life experience in any way you choose.

Your emotions are about your *relationship* with Source. We refer to them as your *Emotional Guidance System*. Knowing this you came forth you felt no sense of risk, no confusion—only a sense of adventure and true exhilaration.

The thoughts that you choose to give your attention to do give you a substantial range in alignment or misalignment with Source Energy, that is truly *who you really are*. In time and practice you will come to know, in every moment, your degree of alignment, for when you are in full allowance of the Energy of your Source, you thrive and to the degree you do not allow, you do not thrive.

You are empowered Beings; you are utterly free to create, when you focus upon things you want in your life (already done, already happened), you feel absolute joy! Look at everything from the already done, you're there, you have arrived, you are the millionaire... this is your new perspective. Now that you are a millionaire, where do you live? What house do you live in? What does the house look like? Does it have tile, laminate, or carpet flooring? What people are you spending time with? What does your day look like? What food do you eat? Get specific, make it real. But when you think

thoughts to the contrary of that truth, you feel opposite emotions of disempowerment and bondage. From joy to disempowerment.

Use Your Emotions to Feel Your Way Back To Well-Being

When you think a thought that rings true (with who you really are) you feel harmony coursing through your physical body. Joy, love and a sense of freedom are examples of that alignment. The opposite disharmony you may feel, Depression, fear and bondage are examples of misalignment.

You, like a sculptor, create by molding energy. You mold it through your power of focus—by thinking about things, remembering things and imagining things. You focus the energy when you speak, write, listen, are silent, remember, imagine—through the projection of thought.

You can learn to mold the *Energy that creates worlds through the focus of your mind*. You will use your emotions to feel your way to Well-Being.

Chapter 10

The Three Steps to Whatever

You Want To Be Do or Have

1. Desire is asking. This comes naturally.
2. God force answers every request, no matter how small or subtle. Every prayer is answered, without exception.
3. You Allow It In

Step 3 You tune the vibrational frequency of your being to match the vibrational frequency of your desire. Art of Allowing—allowing what you are asking for. Being in the receiving mode.

Every Subject Is Two Subjects:

Wanted and Not Wanted

Which you desire and the lack of it. Often, *even when you believe you are thinking about something you desire, you are actually thinking of the exact opposite of what you desire*. I.e. “I want to be well; I don’t want to be sick.” “I want to have financial security; I don’t want to experience a shortage of money.” “I want the perfect relationship to come to me; I don’t want to be alone.”

What you think and what you get is always a perfect vibrational match, just look at what is manifesting in your life. You can tell what your vibrational offering is before it manifests, by the way you feel, exactly where you are headed.

Your Attention Must Be On It Not On The Lack Of It

In the moment you BROADCAST a preference, Source Energy receives your vibrational request and LOA offers immediate responses, which you must then align to vibrationally.

You often, rather than giving your attention purely to the desire itself, focus back on the contrasting situation that gave birth to the desire. You want your vibration to be about the desire itself.

A new desire has a fresh exhilarating feeling. Immediately turn your attention toward your fresh new desire and continue to ponder the idea of this delicious new vehicle (achieving vibrational harmony

with your new idea). If you turn your attention back on the old car, pointing out reasons you desire the new car “This old car no longer pleases me”—in looking at the unpleasing car you are vibrating back to it. “I really need a new car,” you explain, pointing out the dents and undependable performance of the old one.

With each statement of need and justification for a new car, you unwittingly reinforce wrong vibration. As long as you are more aware of what you do not want, what you do want cannot come to you. If you are predominantly thinking about your new car it is steadily making it's way toward you. Making the distinction of thinking about your new car v.s beating the drum of your old car is as simple as being aware of your Emotional Guidance System.

Key to Creating Your Every Desire

Your thoughts equal your point of attraction and the way you feel indicates your level of allowing or resisting, you now hold the KEY to creating anything you desire.

If you constantly feel positive emotion about something—the way you feel will tell you if you are allowing your natural Well-Being or not.

There is no source of sickness, but you may offer thoughts that disallow the natural flow of your wellness, as you may disallow natural flow of abundance, there is no source of poverty. Well-Being is constantly making it's way to you, and if you have not learned thoughts that slow it or restrict it, you are experiencing it in all areas of your life.

Wherever you are now in relationship to your desire, Pay attention to the way you feel, and by directing your thoughts to better-feeling thoughts, you can achieve vibrational harmony with the Well-Being that is natural to you.

As extensions of pure, positive, Non-Physical Energy, the more in vibrational harmony you are with You, the better you feel. I.e When you are appreciating something; When you love someone or yourself... you are a match to who You really are.

But if you are finding fault...the negative emotion you feel is your indicator that you have introduced a vibration of resistance and you are no longer in a state of allowing your pure connection between physical you and You.

Your Inner Being, your Source, whatever you call that Source of Energy or Life Force. Important: Be aware of when you are allowing a full connection to it and when you are restricting it, your emotions are constant indicators of your degree of allowing or resisting that connection.

Chapter 11

With Practice You Will Become

A Joyous, Deliberate Creator

As you focus Creative Energy there are 2 things to consider; 1st the intensity and speed of the Energy; and 2nd your allowing or resisting it.

First factor has to deal with the amount of time you have spent considering your desire, and to what degree you have become specific.

Second factor is quite easier to feel based on the first factor. Once your desire has achieved that sort of speed or power.

If you are thinking about something you have wanted for a long time and you are imagining that it is happening, then your emotion will be one of anticipation or eagerness. (helping/allowing your desire)

It is Not About Controlling Thoughts,

It is About Guiding Thoughts

It's not even so much about guiding your thoughts as it is about reaching for a *feeling*. Is an easier way to hold your thoughts in vibrational alignment with that which you believe is good.

LOA joins other thoughts making your thought more pronounced, powerful and more attractive thought.

When your Practiced Thought Becomes a Dominant Thought

Consistently focus on a subject it becomes a Dominant thought and things that match it will begin to manifest around your dominant thought; magazine articles, conversations with friends, personal observations... the attraction process will become VERY apparent. It is Law.

How to Effectively Become

A Deliberate Creator

Accept: Well-Being is the only Stream that flows. Now you may effectively benefit from paying attention to your emotions. Allow or disallow, but when you allow it, you are well, disallow and you are sick. Allow or resist, You can tell which you are doing by the way you Feel.

You are supposed to thrive and feel good, you are good. You are loved, if you will allow Well-Being, it will manifest in all manner of ways in your experience.

LOA accepts that belief as your point of attraction, and brings you things that match that vibration.

Although it may be appropriate to call it 'truth', we prefer to call it attraction or creation.

Your life is a reflection of the predominance of your thoughts. There is no exception to this.

Have You Made a Decision

To Direct Your Thoughts?

Yes, then you can deliberately affect your own point of attraction.

Every emotion that you feel is about the alignment or misalignment with the Energy of your own Source.

Chapter 12

Your Emotional Set-Points

Are Within Your Control

The only reason that anyone ever experiences anything is because of their attention to the subject.

If a grandma says to you , you are great, I love you , you have so much to offer to the world. These words felt good because they were vibrational match to your core.

If someone say to you are bad, you should be ashamed, these words feel awful, because your attention to them has caused you to become vibrational different from who you really are and what you really know.

The way you feel is a clear and accurate indication of your alignment or misalignment, with your Source Energy. I.e Your emotions let you know if you are *allowing*, or are in a current state of resistance to, your connection with Source.

Moods

When you were a child, did your parents ever tell you that you had to learn to go without, that money don't grow on trees? You may have developed a low expectation for financial success. So whenever you thought about money or abundance, your mood or attitude would immediately shift to disappointment, worry or anger.

You may have developed a habit of worry about your family. Your emotional set-point became that of insecurity.

Your Emotional Set-Points Can Be Changed.

Because once you expect something, it will come.

CHAPTER 13 ALLOW YOUR FEELINGS TO BE YOUR GUIDE

Eternal Source Energy flows to you, through you and IS you. You are eternal Consciousness.

Your emotions let you know how much Source Energy you are summoning by virtue of the desire you hold in this moment. They also let you know if your preponderance of thought on the subject matches your desire or the absence of your desire. I.e Passion or Enthusiasm, also rage or revenge = strong desire; however a feeling of lethargy or boredom = little focused desire in the moment.

When you really, really want something, and you are thinking about your desire and feeling pleasure from the thought, your vibration is now in *alignment* with your desire—and the current from your Source is flowing through you toward your intended desire with no restriction or resistance: *Allowing*.

But when you really, really want something and are feeling anger or disappointment, means you are focused upon the opposite of your desire, and in doing so you are introducing another non-matching vibration to the mix, and the degree of negative emotion you are now experiencing indicates the degree of resistance to your *receiving* of your desire.

PAY ATTENTION TO YOUR FEELINGS (HOW YOU FEEL)

When emotions are strong, whether they feel good or bad—your desire is strong. When emotions are weak, your desire is not so strong. When emotions feel good, strong or weak, you are *allowing* the fulfillment of your desire.

A negative feeling is your indication to *Replenish your connection by choosing better-feeling thoughts*.

“Follow your bliss”, for in the steady reaching for bliss, you must surely *align* with the Energy of your Source. Unless you are in negative, then you must slowly adjust upwards toward bliss, can’t make the vibrational jump.

YOU HAVE THE ABILITY TO DIRECT YOUR OWN THOUGHTS

You may observe things as they are, or of imagining them as you want them to be, both are equally powerful. You have option of remembering something as it actually occurred or imagining it as you would prefer. Remember something that pleased you. Anticipate something you want. Your thoughts produce a vibration within you, and then circumstances and events line up to match your offered vibrations.

Place your attention on something wanted. Although your set-point is habitual, it’s easy to change your pattern, you can do it a little bit at a time. Now you know how vibrations work, how they affect your experience, and what your emotions are telling you about your vibrations, now you can make steady, fast progress toward the achievement of anything you desire.

Let go of what you are painfully aware of what you do not want, believe what you do want is possible, feel happy (imagine) that you do have it now, when you see someone has what you want, appreciate and respect that they have it and model after them. Feel your way into alignment with your desires and preferences.

CREATION

Question: How can I bring myself into vibrational alignment with my desires?

Answer: Pay attention to the way you feel, and deliberately choose thoughts—about everything—that feel good to you when you think them.

CHAPTER 14 SOMETHINGS YOU KNEW BEFORE YOU ARRIVED.

You are Creators that have come to experience joy of directing Source Energy into the specifics of your life experience.

You were thrilled at the prospect of being inspired to attain your own specific desires, understanding that Source would FLOW through you to achieve the completion of those desires.

You also knew:

By always reaching for feeling of JOY or Well-Being, you would always be moving toward that which you desire.

In the process of moving toward your desires, you would experience Joy.

You have sufficient leeway to mold your vibration into a pleasing position for the attraction of a wonderful life experience.

Well-Being is basis of this wonderful universe, continual offering of thought—mold into pleasing life experiences.

Well-Being abounds, so no feel of risk or concern about the contrasting environment into which you were moving.

Your work was to direct your own thoughts, so that your life would unfold.

Your emotions would immediately help you to understand the direction of your thought, and would instantly tell you if you're moving toward or away from what you desire.

You would know by the way you are feeling, moment by moment, how much you are allowing your connection to your Stream of Well-Being. And so you came forth into this Earth experience with eager anticipation of a wonderful life.

You knew, manifestation takes time, giving you ample opportunity to mold, evaluate, decide and enjoy the Creative Process.

Buffer of Time: Wonderful time of offering thought, noticing how it feels, adjusting thought to achieve and even better feeling, and then in an attitude of absolute expectation, enjoying the gentle, steady unfolding of anything and everything that you have concluded as your desires.

HOW COME I'M NOT SUCCESSFUL

Never a reason for you to be without, nor is there a reason for you to experience unwanted—for you hold absolute control of your experiences. You always hold the power and control of your own life experience. The ONLY reason you could ever experience something other than what you desire is because you are giving the majority of your attention to something other than what you desire.

CAN I REALLY COUNT ON LOA?

LOA always yields to you the essence of the balance of your thoughts. No exceptions. You get what you think about, whether you want it or not. LOA is always consistent and responds precisely to the vibration that you are offering.

The confusion for many is because they are offering vibrations that they do not realize, offering the majority of their thoughts in opposition to their own desire.

In time you will develop a keen awareness of your valuable emotions. You will know in every moment, if the thought you are currently focusing on is taking you *toward or away from* THE thing that you desire. You will FEEL your way to things that you desire.

The basis of your world is Well-Being, you can allow it or not. LOA says: That which is like unto itself, is drawn. And so, the essence of whatever you give your attention to is unfolding in your experience. Therefore, there is nothing i cannot be, do or have. This is Law.

BUT I CAN'T GET TO SAN DIEGO FROM PHOENIX

How is it so many are experiencing so much of what they DO NOT want?

Financial insolvency to financial abundance is easier if you know *which direction you are going in*. Be aware of the power of your thoughts and words and are taking you in the right direction? A fulfilling, rewarding relationship; From sickness into fabulous health.

Once you have the knowledge that you are moving in the direction of your desires, you may begin to relax a little bit and enjoy the fantastic journey.

CHAPTER 15 YOU ARE A PERFECT YET EXPANDING BEING,

IN A PERFECT YET EXPANDING WORLD, IN A PERFECT YET EXPANDING UNIVERSE.

Ask and it is immediately and always answered.

Everything expands, it is just much more satisfying for you to consciously and deliberately participate in your own expansion.

CHAPTER 16 YOU ARE CO-CREATING WITHIN A MAGNIFICENTLY DIVERSE UNIVERSE

Within every particle of this Universe, there is what is wanted and the lack of it. This perspective of abundance or the lack of it is an environment of focus which activates the law of attraction.

As you pay attention to the way you feel and continue to choose good-feeling thoughts regarding your newly born preference, you stay vibrationally *aligned* with it, and now it gently and easily appears in your experience. New perspective and desire...always flowing pure positive Energy expansion.

When you realize that you can never get it done and you can never get it right, you may then relax into the eternal nature of your own being and you will begin to enjoy your journey. Expansion is potential for unspeakable joy.

Every state of consciousness, even a cell in your body can request an improved state of being—and get it.

There is no competition, because there is unlimited abundance, and every request is answered by unlimited resources of the universe. Disallowance of receiving is the only reason someone experiences shortage. They are out of alignment with their own request. There is only allowing or disallowing of that which you are asking for.

CHAPTER 17 WHERE ARE YOU, AND WHERE DO YOU WANT TO BE?

Your *emotional guidance system's* (similar to the GPS in a vehicle) primary function is to help guide you from where you are to wherever you want to be.

Knowing where you are in relation to where you want to be is essential if you are to make any deliberate decisions about your journey.

You are surrounded by so many influences in your physical environment and often others ask or insist that you behave differently in order to positively affect their experience. You are deluged with laws, rules, and expectations that are imposed by others, and almost everyone seems to have an opinion about how you should behave. But it's not possible for you to stay on track if you are using those influences to guide you.

Often you are pulled this way and that, not pleasing them or yourself and your path to where you want to be usually gets lost in the process.

THE GREATEST GIFT TO GIVE IS YOUR HAPPINESS

When you are in a state of joy, happiness or appreciation you are fully connected to the Stream of pure, positive Source Energy that is truly who you are. And then anything or anyone that you are holding as your object of attention benefits.

We all have access to the Stream of Well-Being. We all have the ability to hold ourselves in a place of feeling good.

Everything good or that you could ever want is dependent on: The way you feel, which is your indicator of whether you are allowing your connection to Source or not. And on the relationship that that feeling-vibration has to the vibration of who you really are and what you really desire.

EACH THOUGHT MOVES YOU CLOSER OR FURTHER TOWARD YOUR DESTINATION

It will be easy for you to contemplate a successful trip from financial insecurity to financial security, from sickness to wellness, from confusion to clarity. Once you understand your Emotion Guidance System, you will never again be confused about where you are in relationship to where you want to be. Also you will feel, with each thought that you offer, whether you are moving closer to, or further from, your desired outcome.

Only when you pay attention to the way you feel can you guide yourself steadily toward your own goals.

WHY DOES SAYING NO TO IT MEAN SAYING YES TO IT?

Because your attention to it includes it in your vibration, every time, without exception.

CHAPTER 18 GRADUALLY CHANGING YOUR VIBRATIONAL FREQUENCY

LOA will not allow you to find a vibrational frequency that is far from the frequency that you usually sustain.

“I will choose a thought that does feel good.” – So i can feel good.

The key to moving up the vibrational scale is to be consciously aware of how you feel, even sensitive to the way you feel. This way you can know which way you are moving on the scale. Improvement in your feeling mean you are making progress toward your goal, while any intensifying in negative emotion is wrong direction.

Always be reaching for a feeling of relief that comes when you release a more resistant thought and replace it with a more allowing thought. The Stream of Well-Being is always flowing through you, and the more you allow it the better you feel. More you resist it, worse you feel.

CHAPTER 19 ONLY YOU CAN KNOW HOW YOU FEEL ABOUT YOU

When you expect something, it's on the way. Your attitude or mood is always pointing toward what is coming.

If there are things in your experience you no longer wish to experience, **your belief must change**, just like if there are things not in your experience.

No one else knows what is appropriate for you—but you do. You always know in the moment what is best for you.

CHAPTER 20

TRYING TO HINDER ANOTHER'S FREEDOM ALWAYS COSTS YOU YOUR FREEDOM

You must be in vibrational harmony with what you are asking for before you can let it in to your experience. Feel your way through your thoughts.

Do not face reality unless it is a reality you want to create—for any 'reality' only exists because someone has focused it into being.

You make whatever you give your attention to... 'your Truth'. It is extremely beneficial for you to focus primarily on the way you feel while giving only scant attention to the manifestations as they are unfolding. This will speed-up the expansion of what is.

Some people compare experiences categorizing them as appropriate or inappropriate, right or wrong. They weigh the pros and cons, the pluses and minuses of topic after topic, but they seldom realize that their vibrational offerings are not serving them. They have no sense of their own power because they are flowing their Energy in opposing directions. Their lives become more about labeling behavior and experiences of others than about their own creating.

They find their selves very uncomfortable as they believe their happiness or Well-Being depends upon the behavior of others. They point to people calling them inappropriate, saying no and including into their experience the vibration of the very thing they do not want. As those unwanted things are making their way into their experience, they become increasingly guarded and fearful.

Unwanted Things Cannot Jump Into Your Experience Uninvited

Freedom from the fear of unwanted experiences can only be allowed by adjusting your own vibrational point of attraction.

Once you learn about the *Law of Attraction*, and once you are aware of the way your thoughts feel, you will never again fear about unwanted, unless you invite them. Wanted or unwanted, cannot come to you unless you *do* achieve vibrational harmony with it.

We are all born with an Emotional Guidance System to help find our way. Emotions tell you how much Source Energy we are summoning in response to your focused desire; they are also telling you if you are, in this moment of thought and emotion, in vibrational alignment with your desire.

Was It Your Speed, or Was It the Tree?

The speed of your vehicle (5-100mph) is like the power of your desire. I.e The more you want something or the longer you have been focusing on your desire, the faster the Energy moves. The tree represents resistance or the contradictory thoughts that may be present.

It's not pleasant to hold powerful desires in the mist of great resistance. Some try to remedy the imbalance by ... they deny their desire or they try to release it or to diffuse it to some degree. *Best way* is to reduce your level of resistance.

You have come forth into this wonderful contrasting environment with the clear intent of focusing the Energy that creates worlds through the powerfully focused lens of *your* perspective.

Behind Every Desire Is The Desire to Feel Good

Feel better in the achieving of it: material object, a physical state of being, a relationship, a condition, or a circumstance. Success is the *Amount of Joy you Feel*.

The basis of life is Freedom, the result of life is Expansion, but the purpose of your life is Joy. That's why "The Main Event" is always *The Way You Feel* in the moment, not manifestation.

In Your Appreciation You Offer No Resistance

In Allowing your full connection to Source, you Feel Good. To the degree you disallow your connection, you feel less good. You are pure positive Energy, Love. You expect good things. You respect and love (yourself and others) — You are a natural born Appreciator.

Appreciation of others and self-love/appreciation of yourself are the most important aspects you could ever nurture and are vibrational match to Source.

Appreciate and you are offering no resistance to who you are (extension of Source), so your resulting emotional indication is one of love, joy or appreciation. You feel *Very Good. i.e Grandma who adores and appreciates you, tells you how wonderful you are, feels good because causes you to focus in a way that connects you with who you really are. But if someone chastises you—you feel bad because influences you to a thought that does not match who you really are.*

If you criticize or find fault with someone or yourself, your resulting feeling would not feel good. You can feel the discord of your choice through your emotions.

Your emotions let you know, in every moment, whether you are allowing your connection to who you really are or not. Allow your connection and Thrive.

You Must Be Selfish Enough to Align with Well-Being

Take a piece of the pie, because the pie expands in proportion to the vibrational requests of all of you. Abundance of good health and wellness.

You experience your own emotions because of relationship between your desire and your current state of thought about the subject.

People may lash out in their defensiveness or their disconnectedness, but never from their state of connection.

Selfishness is to connect with Self—pure positive energy focused in your body. If everyone was connected there would be no assaults, jealousy, insecurity, or uncomfortable feeling of competition.

If everyone understood the Power of their own Being, they would not seek to control others. Any feeling of insecurity and hatred are born from your disconnection with who you really are. Your (selfish) connection with Well-Being would bring only Well-Being.

Remember who you are and deliberately reach for thoughts that hold you in vibrational alignment with who you are, your world will also fall into alignment—and Well-Being will show up in all areas of your life.

Expect It-Allow It

If you are feeling strong emotion (positive or negative), your desire is powerfully focused, and you are summoning a great deal of Source Energy toward your desire.

When strong emotions feel bad—depression, fear or anger—you are offering resistance to your desire. Strong emotions feel good—passion, enthusiasm, expectation or love—you are offering no resistance to your desire, so the summoned Source Energy through your desire is not challenged vibrationally by you and you are currently allowing the unfolding of your desire.

The perfect creative situation is to really, really want something that you truly believe is possible and that you expect to happen. (although a strong enough desire can override a weaker belief) it does not unfold easily, for you are not *allowing* it into your current experience.

The Feeling of a Pure Desire Feels Good to You

That fresh, eager, feeling of expectancy...faith like a child. The feeling is always delicious, as it represents the vibrations that are stretched out before you into your unseen future, preparing the way for LOA to match things up on your behalf.

Deliberate Creation/Art of Allowing: *Recognize your emotions and then consciously working to offer thoughts that will produce better feeling emotions.*

Talk about what is believed to be over there and to try to find the feeling place of what's "over there". (that's how it's possible to get over there)

You wanna feel better? Change the subject and gradually find other thoughts with better feeling vibrations.

CHAPTER 21 YOU ARE ONLY 17 SECONDS AWAY FROM 68 SECONDS TO FULFILLMENT

Staying focused on a thought for 68 seconds, LOA starts the manifestation process.

As soon as you are aware of any negative feeling, you can begin to choose less resistant/*better feeling thoughts*, and thereby choose a more desired outcome.

...feel the improvement in the way you feel (utilizing your guidance system), now be on your way to freedom (that you desire and deserve), nothing you cannot be, do or have.

Although your thoughts are magnetic and expand with your attention, when you become aware of negative thoughts, choose less-resistant thoughts and thereby choose a more desired outcome.

CHAPTER 22 THE DIFFERENT DEGREES OF YOUR EMOTIONAL GUIDANCE SCALE

Your emotions are *indicators* of your vibrational frequency. Degree of Source Energy Alignment: The better you feel, the more you are allowing your alignment with the things you desire.

Emotional Scale

Joy/Knowledge/Empowerment/Freedom/Love/Appreciation

It shall be given you,— Kelly Potter

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