



# How To Change Your Life Around In 30 Days

**Implementing Law Of Attraction  
To Deliberately Create  
Health, Wealth and Love**



**Find something to be happy about.**

**With each moment of bliss, more of that which you've identified as your desire flows to you, until another moment of bliss comes and another, and another, and it seems as if the entire Universe revolves around you — and it does.**

**So, a very short seminar would serve you, if you could hear it. And it would go something like this: Find something to be happy about. Goodbye!**

**Excerpted from Abraham-Hicks Workshops  
G—8/18/01— San Francisco,, CA  
G-10/1/01 — Albany, N**

**We would say anybody who is diligent within 30 days can shift the dominant vibration within them on EVERY topic that is significant to one that allows the Well-being in the way you want it to be.**

**Boulder workshop 6/15/02 tape 3**



**Put together as a workbook by Ulrike Haupt  
December 2002  
rica@mweb.com.na**

# The Purpose

We want you to feel ease where you stand.

We want you to feel unlimited where you stand.

We want you to know that anything that you desire can be yours.

We want you to adore yourselves and love yourselves, and know your deservability—to understand your worthiness.

We want you to stand in your now and allow the source that is you to flow through you.

We want you to define yourself as someone who is eager and full of life and free and fun and easy.

We want life to be good for you.

We want you to live the lives that you promised yourself you would live.

And if it were not for this cloud of belief that mutes that and hinders that you'd be there right now. And that's what virtual reality will do for you. It will, YOU will, use it to decide what vibration within you is dominant— about everything.

So that, when some smart-alec dead guy like Abraham says to you, later on, “So what's dominant in your vibration about your body?”

You will say, “I feel good. I feel surefooted. I feel clear-minded. I feel eager. I feel adventure. I love my body. It serves me so well. I feel steady, and confident and beautiful and adventurous and eager. I feel ready.”

”Well, how do you feel about your dollars?”

”I feel fantastic. I feel sure. I feel full. I feel unlimited.”

And we say, “Well how's your life?”

And you'll say, “My life is fantastic— never finished—always unfolding.”

We'll say, “Well, how are the people around you?”

”They are adorable. They are a variety of such a mix—they give me so much pleasure as I pick from among them the aspects that I use to serve me in my now to feel good.”

”Well, what's your family life now?”

”Oh, it is divine! My family is world-wide. My family comes from all races and all nature of people. My family comes to be by law of attraction.”

”Well, what is your circle of friends like?”

”Oh, they are as unlimited as I am. They are eager and full.”

”Well, what's life on planet earth like?”

”It is fantastic. It has never been better.”

”Well, what's the state of your economy?”

”It is growing and fabulous—anything that I want at my fingertips at any time.”

”Well, how does your mind work?”

”Oh, it is amazing! Anything that I want to know, I just focus and the information comes.”

”Well, how do you feel?”

”Well, I'm intuitive and eager. I'm free...”

”Well, what is your personality like?”

”I am a funny, funny person. Life strikes me as so full of fun and fancy.”

”Well, how does your imagination work?”

”It works endlessly. As I stand in my now, I can entertain myself neverendedly with ideas and things to think about.”

”Well, what's television like for you?”

”What?”

”You know television, that thing that people watch?”

”What? I don’t need outside stimulation. My own life experience brings me all that I need. And I’m in such a perfect vibrational connection that every now and again I do get the impulse to turn on the television and what I see enhances the thought that I’ve been thinking. But I don’t sit there endlessly hour after hour just hoping that something will go by that will be of value. I’m inspired to turn it on. I pluck from it the beneficial things just like I pluck from life the beneficial things.”

Ahh. You are in the most glorious position of any creator we have ever known—on a platform of such exaggerated contrast with so much potential for pleasing experience. It’s just as you knew it would be. And so, here you are, making deliberate decision to offer your vibration purposefully. And it is our absolute promise to you that you will live eternally happily ever after.

Abe—Portland, OR 7-13-02

### **[Snips from Abraham’s 5/11/02 Silver Spring, MD:]**

“Practice scenarios that feel good... scenarios that feel good... scenarios that feel good. And never mind reality, reality is only a brief moment in time that you keep repeating.”

~~~~~

“We never cease to be and we never cease to expand, that’s not in question, the only thing in question is, in THIS moment of expansion, is THIS consciousness having a joyful moment or not. Because you ARE having an expansive moment, that never stops, but are you having a joyful moment, that’s the only thing in question. And that is the goal... in other words, that’s what it’s all about.”

~~~~~

“Everything about all life that exists is about minding the details for a joyful moment. In other words, all existence is about that. Even the cells in your body are finding preferences... Everything exists for the purpose of finding preference.”

~~~~~

# Introduction to Deliberate Creation and Virtual Realities

From Intro Indianapolis, IN, 5-28-02

Good morning. We are extremely pleased that you are here. It is good to come together for the purpose of co-creating, do you agree? You are knowing what you are wanting? It changes ... eternally evolving. You are enjoying the evolution of your desire? You like that feeling of a fresh new awareness, a new desire coming into your consciousness? That feeling of adventure and wonder, delight with a new idea? Yes? Not so much?

If the new idea or desire breathes life into you, then we suspect that you have reconnected with your inner knowing. But if the new desire tortures you a little, antagonizes you, if when you have a desire that isn't fulfilled you feel uncomfortable in its not-yet manifestation, then you still have not remembered that you are leading-edge creators and that you will never get it done, that there will always be a fresh new desire. When you realize that you are leading-edge creators and that the new desire that is born within you is literally what summons life to you, then you no longer feel frustration about what is not yet manifested. Instead you feel appreciation for the life-giving desire that still summons through you.

But we understand how when you have not consciously addressed the subject of resistance within your own vibration how new desires could sometimes not feel so good. Because when you really want something and you cannot for the life of you figure out how to bring it about, if you've got something that is plaguing you, something that you'd dearly love to get rid of and just can't seem to rid yourself of, we understand how you might be out of balance with the idea of desire, so much so that you might even begin to condemn it, begin to say that desire is inappropriate — which is odd since the entire Universe is based upon this attraction-based effect where desire is born and it has the summoning capability that literally summon life force forward which keeps us all moving forward. It is so much more comfortable when you get in synch with the laws of the Universe. It doesn't work too well when you jump off the cliff determined to defy gravity, and it doesn't work too well when you go against the stream, or flow, of Source.

That's what resistance is. ***Resistance is not going with the flow of your own well-being.*** Most clear statement we've ever made. Resistance is not going with the flow of your own natural well-being. Well-being flows, and when you are in alignment with it you feel wonderful. And when you are not in alignment with it, you don't feel so good. So anger is you not going with the flow of well-being. Frustration is you not going with the flow of well-being. Fear is you not going with the flow of well-being.

So you say "How can I stand in this condition, knowing what I know and observing what I observe, and not feel these negative emotions?" And we say ***you have to practice.*** You have to decide that \*you're\* going to be in charge of how you vibrate, \*you're\* going to be in charge of how you feel. You're not going to be buffeted about like a cork on a raging sea. You're going to practice your vibration so that \*you\* can determine how you vibrate, how you flow, how you attract.

Through time, as you've been interacting with one another, as you've been responding to the circumstances that surround you, you have developed some vibrational patterns. And many of them serve you. Many of your vibrational patterns are vibrational patterns of positive expectation. We look at those of you who are in this environment and we notice how magnificently you expect.

Your standard of living is superb. You expect life to go well, to a certain extent. And what we're wanting to assist you in doing is expecting it to go well in all regards. We want you to get so good at thinking thoughts deliberately, at setting your own tone, that \*you\* get to decide what your dominant vibration is about the subjects that are important to you, rather than having let something when you were three set the tone and you just keep doing it or something that mass consciousness is thinking about set the tone. We want you to get so good at choosing what your dominant vibration is that under all conditions you offer it.

That's a key word that we are offering you here - *dominant vibration* - because you all have dominant vibrations relative to major subjects in your experience, and some of your dominant vibrations are serving you and some of your dominant vibrations are not serving you.

For example, when you think about the subject of dollars or financial abundance, do you feel adventurous and eager and unlimited or do you feel worried and uncertain and limited? You know! Some of you may say 'well I feel some of all of that' and we say yes, you do, but you know which is dominant. You can tell which way that leans. You know.

When you think about your major relationship, the most significant relationship, the one that you think about the most or the one you interact with the most, does that relationship feel like fun and life-giving, or does it feel like struggle and hard work. You know.

When you think about your physical body, does it feel flexible and strong, and sure-footed, or do you feel tentative and uncertain. You know.

Relative to every subject that you ponder, and especially those major subjects, you have little by little by little by little developed vibrational patterns - you could call them 'beliefs' - we don't want to give them too much weight - habits of thought that you keep thinking. And the reason that you keep thinking them is because you haven't decided to think otherwise and so the thought that you think you think which attracts to it so you think it some more which attracts to it so you think it some more which attracts to it so you think it some more.

IOW, when you have an expectation, you've got a dominant thought going on and LOA is going to deliver that to you again and again and again.

And you say "The reason that I believe this is because it is true!"

And we say the reason that you believe it is because you've practiced the thought, because all that a belief is is a thought that you keep practicing.

And you say "But the reason I believe it is because it is true!"

And we say "And why is it true?" It is because you think it. It is because somewhere you got the thought, you held the thought, you let it become dominant in your vibration, LOA responded to that vibration and made it evidential in your experience.

And so you say "It's true!"

And what we are wanting you to come to realize is you can make well-being "true".

Or you can make not-well-being true. Cancer is "true". It's just not usually wanted. Violence is "true", it's just not usually wanted.

And we want you to begin to realize that "facing the facts" because they are "true" only per-

petuates the “truth” you would not choose for yourself.

So when you begin to think about the dominant thoughts that you have, and more importantly, you begin to think about \*choosing\* thoughts that you want to make dominant, we have a process for you that will work if you will work it. And we call it “***the process of Virtual Reality***”. You’ve played this game under other titles. We’ve called it “creative visualization”. We’ve called it “using your imagination”.

Virtual Reality is a game where, like a director of a movie, you set the scene - you know what you want your audience to feel, and so you set them up for it.

You make it winter or you make it summer. You put it in the mountains or you put it on the ocean or you put it on the beach. You put it outdoors or you put it indoors. You make it daytime. You make it nighttime. IOW, you set the scene. ***It has one intent only, and that is the intent of your practicing a vibration with the singular purpose of making it a dominant vibration.***

Sometimes people will use visualization to try to fix something that is broken.

And we want you to use Virtual Reality for one reason only - to make the vibration that \*you\* choose dominant. Let’s say that your nation is really worried about something, and it’s hard for you not to give it thought because when you turn on the television it is there, you hear others talking about it, your teachers are talking about it in the classrooms of your children, people are having discussions about it all around you. But when you think about it, you know its not a thought that you want to make dominant within you because you feel fear when it crosses your mind, or anger, or frustration, or worry. So you say “OK. I will choose another thought and make it dominant.” The feeling is I need to deactivate the thought that already \*is\* dominant.

But the trouble with that is when you decide that you’re going to deactivate a thought, you don’t deactivate it, you activate it. When you say “I’m not going to think about that”, you’re thinking about that which you’re not going to think about. Even when you say “I don’t want to be sick, I’m going to think about wellness”, when you approach the subject of your physical body when your dominant thought about it has been sickness, even though you try to do a Virtual Reality about wellness, you usually activate the thought of illness because that’s the dominant thought relative to that subject. You see how it works?

So there’s a temptation when you apply these processes to say “Oh Abraham is giving me a process where I can fix this thing that’s broken”, and all it does is activate the thing that’s broken. So, without meaning to, you just practice making the dominant thought that isn’t serving you remain dominant.

This process of Virtual Reality will change that for you if you will understand this one very important thing. The process of Virtual Reality is where you practice your dominant thought. It’s where you practice the thought that you want to be dominant until it is dominant. Virtual Reality is the place where you practice the thought that you want to be dominant and make it dominant.

Virtual Reality is the place where you practice the thought that you want to be dominant and you make it dominant. And the reason that we’re repeating this into the ridiculous is because at first you’re not going to want to do that.

Even Esther as she’s been practicing this for a few weeks now finds herself sometimes right in the middle of a delicious Virtual Reality and all of a sudden she realizes she’s trying to reform some-

one, either herself or someone else.

IOW, she'll be going along swimmingly doing very very well and then she'll stumble into something and without even meaning to she'll active something that is broken so to speak.

**So, Virtual Reality really works best if its short. Get in, feel good, get out.**

Get in, feel good, get out. So, you set the scene. What time of year is it? What time of day is it? Where is it, outside, inside? You get to choose.

There is no right and wrong in that. What you're reaching for are good-feeling moments. You know those moments when your heart is just singing so strong and you just think "I wish I could stay here forever!?" Does that usually happen to you when you're outdoors or indoors? If it's more often outdoors, then pick a scene that's outside. If it's more often indoors, then pick a scene that's indoors. Esther, quite often in her Virtual Reality, she's walking into a new place that is very beautiful and often it's indoors. Sometimes she finds herself discovering a magnificent vista, and that moment of exhilaration is there. That's what you're reaching for.

So you set the place and the time of year and the time of day, and then you talk to yourself about how it smells and looks and feels. You're sort of bring yourself along little by little into this higher higher better better good good feeling place. And then you decide who else is with you. Sometimes, in the beginning, better to be alone, but not always. You get to decide that. Who else is there? And what's their mood? And, of course, you get to choose it so don't bring someone who's in a bad mood and then work them into a good mood.

Bring good mood people. And then exchange a few words — and off you go.

And what will happen is, as you do this for 30 seconds, you set a tone in your vibration. Does it immediately become your dominant tone or your dominant vibration? No. But it begins to dilute what is. So then you do it again and you do it again and you do it again and you do it again, and you \*don't\* do it because there's something broken that you want to fix because if you do it because there's something broken that you want to fix, you just practice the one that's already dominant. This is \*only\* to feel good, \*only\* to feel good. And with a few weeks of dabbling at this, you will readjust what is dominant within your vibration.

You see, the creative process is three steps.

The first step is you have to identify what is wanted and you can't help but do that. Preferences are born within you all day every day. Contrast helps you to conclude. When you know what you don't want, what you do want shoots out of you like a rocket. Whenever you know what you do not want, clarity about what you do want comes forth in very vivid terms. So, Step 1 is happening all over the place.

Step 2's not your work. Source Energy will answer. Step 2 is the answering of what is being asked and that is not you work.

Step 3 \*is\* your work. You \*must\* be in the receiving mode, you \*must\* be a vibrational match, you \*must\* be vibrationally equivalent, you must \*not\* be vibrationally different, you must \*not\* be vibrationally resistant, you \*must\* be vibrationally harmonious with that which you are asking for. That's what "being in the receiving mode" is. You've got to line up with your own desire.

So, when you realize that Step 1 and Step 3 are not the same step, and you realize that you can't help but offer Step 1 - it's happening all over the place - then we think it would be a good idea for

\*you\* to make your dominant priority be being in Step 3, which means nothing is more important to you than to be in the receiving mode of well-being. And that's where this Virtual Reality comes in. It will help you train \*you\* back into vibrational harmony with allowing the well-being that is natural to you.

You see a confusing point that so many human friends have is that there is this source of bad and this source of good and that I've got to really focus hard upon everything that I want and I have to keep talking about what I want and if I want something that I don't have I have to be focused upon it really really really really steadily in order to bring it about. IOW, I've got to set a goal and I've got to keep fixated on that goal or I won't bring it about. And that's just not true. You launched those goals. Source Energy is answering those goals or those desires, and what you've got to do is just be in a place where you're not in the way, where you're not vibrationally in the way. You hear in your physical environment "Let go and let God". And what they are talking about is relaxing that resistance and allowing the well-being that is natural to flow into your experience. And so this Virtual Reality game is a really good game to help you deliberately change your vibration.

Now, do you need to do something like a Virtual Reality game in order to do that? No. You could get into modes of appreciation. You could be someone who is always looking for positive aspects. IOW, there are lots of tools that we and others have offered that help you become a vibrational match to well-being, that allow the well-being flow into your experience.

We've just noticed that so many of you have these things that you really really really really really want and you can't figure out why you're not getting them.

And we want you to know that it only can be that you are offering a vibration that is different from what you're asking for. And the reason that that must be happening is that at an unconscious level you've got some patterns of thought going on that you don't even know you've got going on. And so by deliberately offering thought, two things will happen. It will get easier for you to discover the thoughts that \*allow\* what you want and you will be \*more\* aware of when you are doing opposite.

The other day Esther said to Jerry "You know, what I'm worried about is....", and Jerry said "That's a whopper of a Virtual Reality!" Because when you say "You know, I really worry about something", think about it. You've set the scene, you've identified your mood, you've decided who else will be there, you've exchanged words .... IOW, you're practicing a Virtual Reality that is not serving you every time you say "I worry about this".

Or "I remember". When you remember you're doing a Virtual Reality because you are reactivating everything that happened in that memory and making it a vibrational part of now. So what \*are\* you remembering? The thing about trying to change memories or trying to sift through memories is that they are what they are, and when you tap back into one of them it activates! IOW, when you think about some of those memories, your mood comes over you all at once, doesn't it?

Have you ever had something unpleasant happen while a particular song was playing? And now if you ever hear that song, you almost without knowing it immediately go back to that mood that you felt there. Fragrances do that to you too. There are a lot of different things that happen in your day to day experience that activate vibrations within you that do not serve you.

Well, no longer are you a 'victim' to the circumstances or to what somebody else can activate



around you, because now you have a tool where you can practice activating vibrations that serve you and with thirty days of practicing activating vibrations, you will be \*free\* of all vibrations that have not been serving you. It is our absolute promise to you.

So we're not going to deactivate anything. Why? Because it is not possible.  
Because *when you look at that thing that you want to deactivate, it activates.*

Instead we're going to *practice activating on purpose.* And when you activate vibrations on purpose, you change your point of attraction. And when you change your point of attraction, you change what happens to you. So the reason that this is a very easy, comfortable, joyful, really good process to begin getting good at is because as you practice the Virtual Reality, you win, win, win, win, win, because you feel good while you're doing it, your vibration shifts which means your point of attraction shifts, which means the things that start coming to you change which is fun as they come, and it gets easier and easier and easier, because as you practice something that feels good more good things come and before you know it now you can practice a little and observe a lot and practice a little and observe a lot. You find yourself just saying things like "Ooh, that's beautiful" and "Isn't this fun" and "Wasn't that a nice comment\*" and "Don't you just love this" and "Don't I have a good life" and "Aren't I doing good" and "Aren't we having a glorious time" and "Isn't this a wonderful thing". IOW, it just gets better and better and better and better and better.

And easier and easier and easier and easier and easier.

# Breathing

Deep breathing is a big part of your Well-being, because with that deep breath, there is activation on a cellular level. In other words, it is the current that carries the vitality to the extremities of the cells. And so, the more you are breathing, the more you are thriving.

Some say it is the way the Spirit moves. We would say it is the way life moves most efficiently through your physical body. And, fortunately, it is something that is not left to your conscious mind. You don't have to prompt yourself to breathe. It happens. But, you can prompt yourself to breathe more.

We encourage that you deliberately take some air in. And then before you let it out, take some more air in. And before you let it out....And you say, "I can't take any more in, because there's no place for it to go." And we say, yes there is, take some more in.

Expand your capacity. Your lungs, like balloons, can be all shriveled up, or expanded fully. As you move on a regular basis, they expand somewhat, but they don't expand fully. As you deliberately breathe deeper, it becomes more natural for them to get fuller—and before you know it, it will be an involuntary thing. You will naturally breathe more deeply.

.....and you bodies will thrive. It's even more important than drinking water. It's right up there with life itself.

When concentrating on your breathing, you are not concentrating on other things. And in that absence of resistance, you are also allowing an alignment of Energy. So you get a double whammy with it: You're aligning with Source Energy. You are literally feeding the cells of your body, allowing oxygen to reach the extremities of your cells. Everybody comes alive—and everything works better. Metabolism works better, elimination works better, clarity works better, blood flows better. Thriving comes from this.

Excerpted from Abe workshop....11/25/00

ps...This "Value of Conscious Breathing" is on the last page of "Sara, Book 3"

# Have a nice day

Abe.....In the attitude of appreciation, right before you slumber, you will get tomorrow off on the best possible foot, so that when you awaken you will be in that Energy of connection.

We would awaken and do whatever you need to do first thing in the morning in terms of brushing your teeth and tending to your comfort — even eating.

And then we would go to a comfortable quiet spot and we would sit with a piece of paper before us and we would draw a line down the center of the page and we would write as the heading on the left side “Things I Really Intend To Do Today”. We would just sit there and write the things that first come to mind. “What is it I most need to do today? What do I plan to do today?” They will come easily if you are in that framework of Well-being.

And then we would sit there for another three or four minutes and just ponder the things that we would like the Universe to work on. things that we want, like a baby or like a family that is more in harmony with self, or like world peace....Anything that you want that you are not ready to take action on, we would write it on the Universe’s side of the Place Mat. In other words, we would turn the Universe loose on those things, while we would assign ourselves to these things on the left side of our page.

And then we would go about our day.

Now, throughout this day, we would be intimately aware of the way that we feel — and we would do our very best to guide our thoughts to the things that are vibrational matches with what feels good. So through the day, our intent would be to be sensitive to the way we feel. And if we found ourselves feeling ornery or aggravated or irritable or disappointed about something, we would stop right in the middle of that feeling, as soon as we identified it, and we would say, “Hum, what is it that I am making a vibrational match with right now? This ornery feeling is a match with things going wrong. It’s a match with not getting what I want. It’s a match...” And within about thirty seconds, you would be laughing about the silliness of this vibrational match.

Now, sometime during the day, maybe on a segment of refreshment that you call lunch or maybe when you get home from work or maybe even while you’re sitting at your desk at work — two or three times during the day, we would take some time to actually doodle some things in the Creation Box — and at all times during the day we would be observing things that we would like to put in the Creation Box. In other words, the day would be a day...and one of you said it beautifully in your earlier statement when you said “I’ve been collecting a lot of data.” That really is the function of your day. It’s the collection of data. Now friends, you all thought that it was the work that you did that equaled your life’s success. You all thought that it was the asking of the people to join you in relationships that was the action of your success. What we’re wanting you to hear from us — and we’re wanting to put it in a framework that you can really hear — the whole point of your day-to-day action experience is one singular thing: To collect data for your Box. Your Box represents your point of vibrational attraction. So the whole point of the day is to just look for good stuff to bring to the Box. That’s the whole point of the day. That’s the point of work. That’s the point of relationships. That’s the point of television. That’s the point of everything that exists upon your planet. It is there for your data collection. Look for the good stuff and bring it to your Box.

Extract from Abraham-Hicks Jul/Aug/Sep 1996 newsletter

# About this book and how to use it

We are vibrational interpreters of a vibrational based Universe filled with unlimited Energy which we mould into experiences by our focus of attention and then call it reality.

Law of Attraction is the Primary Law upon which all creation is based. It says: Like attracts like.

As moulders of energy we can either create by default when we observe what is and react in preset learned ways.

Deliberate creators set their own tone unconditionally.

There are three steps to creation.

- 1) From available contrast we formulate a desire
- 2) The Universe answers
- 3) According to our vibrational set up manifestation occurs.

Creation by default:

- 1) We observe conditions and formulate a desire often in terms of exclusion - I do not want ...
- 2) The Universe answers
- 3) According to our vibrational set up of fear, worry, anxiety, doubt or other form of resistance and limiting beliefs we experience unwanted manifestations

Deliberate Creation:

- 1) We observe conditions and formulate desires of inclusion - I want ...
- 2) The Universe answers
- 3) According to our vibrational set up of appreciation, joy, eager anticipation, acceptance and love we experience wanted manifestations.

About step 2 we need to remember that the Universe has unlimited ways and means to orchestrate the answers. How the desire is answered is not our work. Our work is to formulate positive desires and to get out of our own way to open up for life force to flow through us and manifestations to occur.

During the next 30 days we are going to use whatever tools and techniques we can apply to reduce our resistances to and increase our allowing of the flow of universal live giving energy through us.

Each day there is a morning ritual, some day time exercises and an evening ritual. All together the time spend on these rituals and exercises should not exceed one hour. 15 Minutes for the morning ritual, 15 minutes for the evening ritual and about 30 minutes throughout the day for daytime exercises.

The basic plan comes from Abraham's teachings on how to have a perfect day.

Since Health, Wealth and Love are the three main themes of our lives the exercises and quotes each day will have one of these themes as basis.

I'm printing these pages and putting them into a ring binder with lots of extra paper for lists and notes and doodles and scribbles added.

The structure of each day is as follows:

**Morning Ritual:**

As you wake up you should read the **quote for the day** and ponder how this applies to you while you do your first things - bathroom, breakfast etc. As you ponder the quote ask yourself "What does this mean about me?"



**Smile** for one Minute - this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate** for 5 Minutes- various techniques will be offered

For Health: In awareness of your breathing in and breathing out count off 60 breaths.

For Wealth: Repeat for five minutes: "The sun is shining and the grass is green." or something similar.

For Love: Pet a cat or listen to your favourite music - be aware of all sensations while you do this.

Do the **Placemat** Exercise for 5 minutes in the space provided

Do **Segment Intending** for 4 minutes, 4 segments will be provided. You can intend different segments each day.

Remember your daily **prosperity virtual spending amount**. This amount is based on the **Prosperity Game** and will increase by 1000 units of your currency each day for you to virtually spend each day.



**During the Day:**

According to the theme of the day implement the tools and techniques

- 1) Become aware of your vibrational meter
- 2) Doodle Dreams for your Creation Box
- 3) Do Virtual Realities - 30 seconds scenes of joy
- 4) Spend your daily virtual prosperity allowance



**Evening ritual:**

Read and ponder the Quote for the night also asking yourself, “What does this mean about me?”



Remember the good things of the day, space for your list of success is provided

Do BOPA for yourself and other people and things

Segment intend the sleep and dream period.

Have fun and don't try too hard.

All quotes are copyright Abraham-Hicks Publications.

Visit the official Abraham site at: [www.abraham-hicks.com/](http://www.abraham-hicks.com/)

Abraham-Hicks Publications P.O. Box 690070 San Antonio, TX 78269

# Day One - Health

## Morning Ritual:

Quote for the day:

*.....every one of you who stands in your body, continues to enhance the experience of the physical body. This is an evolution of a species that is extraordinary. Your bodies are not to be feared. Your bodies are to be revered. Your bodies are to be applauded. Your bodies are to be maybe even amazed at. But they are never to be feared. Your bodies are not vulnerable. They're not fragile. They are resilient. They are flexible. You have the ability to come into alignment again and again and again, and if anyone in the Universe understands that, it's the cells of your body. Befriending your body is the only way we know of coming to understand that your body is resilient and that it knows what to do, and that it will be whatever you ask it to be. But you have to ask it to be that in a place of nonresistance. It's the most significant information that we have ever expressed relative to your physical body and food. You must love your body, and then lovingly give it the food. And when you love your body and lovingly give it the food, it matters not what food you give it.*

From Abraham-Hicks Workshop Asheville, NC — 10/29/00



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant. - smile while counting to 60

**Meditate for 5 Minutes**

today's technique: In awareness of your breathing in and breathing out count off 60 breaths.

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 1000 units of your currency.**





## During the Day:

According to the theme of the day of Health implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: On any symptoms you may experience ask yourself, "What is bothering me?" This brings you to the heart of your resistance. Then ask yourself, "How do I want to feel?" and ponder that.

### 2) Doodle Dreams for your Creation Box

On your answer to "How do I want to feel?" put your answer to "What do I want to have?" into your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

Quote for the night:

*Abe: ...What we want to assist you in doing is coming in vibration to ALLOW the energy to flow. And YES when you allow the energy to flow the manifestations are going to happen and thats wonderful. But the reason we want to teach you to allow the energy to flow is because it feels SO GOOD when the energy is flowing. And we dont know of anything that you want or ever wanted, whether its a relationship, or a material object, or a state of being, we have never seen any of you want anything for any other reason that you thought in the experiencing of it you feel good.*

*Some would say “Well if I could just get over there I would feel better.” And we say well we know that but you have to feel better before you get over there. And you say “But I cant feel better because Im over here! I need to be over there to feel better.” And we say well talk about whats over there and you will feel better right away. But many of you are SO STUBBORN, you say “No! When i get over there i will talk about over there, while i am over HERE i want to talk about over HERE!” And we say well tell us something good about whats over here. And they say “Theres nothing good about over here. I want to be over there.” (laughter) And we say well you cant get over there until you feel good about being over there. And they say “I cant feel good about over there until im over there. I have to talk about HERE. And ive been here a really long time and I dont mind telling you I dont like being over here, its not pleasent here. Im not finding things i want here, they are mean to me here or they are disrespectful to me here or I dont like what I weigh here or how i look here or how i feel here, I dont have enough money here! (laughter) Ive been here a really long time. I would like to be over there. BUT here is where I am, Im over here, Im over here, and Im not the only one over here either! (laughter) There are lots of us over here and none of us like it over here. We have many clubs that we have joined (laughter) about not liking being over here and of all the time it took us to get here. I think I was born here! I think its my mother fault that I am here!” (laughter)*

*And we say in the moment that you get it that if you can let whats here produce the desire about being over there and then you can turn your attention to over there- the UNIVERSE DOES NOT KNOW IF THE WAY YOU ARE OFFERING YOUR VIBRATION IS BECAUSE OF WHAT YOU ARE LIVING OR BECAUSE OF WHAT YOU ARE IMAGINING IN EITHER CASE THE UNIVERSE MATCHES IT!*

Abraham-Hicks G - 2/15/00



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*‘I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’*

*Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Two - Wealth

## Morning Ritual:

Quote for the day:

*Questioner has just graduated from college and says she doesn't know what to do with her life.*

*Abraham: When we hear someone say they don't know what they want... which is a little different... or "I don't know what I want to do", we want to argue with you just a little bit and say: well we think you know what you want. We think that you know that you want it to be stimulating. You want to be fascinated. You want to be of value. You want to contribute, you want to make a difference. You want to move forward. You want financial remuneration. You want to be interested in what you're doing... we're repeating but that's a big part of it. You want it to be something that is satisfying.*

*So what we're really hearing from you is: "I must surely know what I want, but I don't know where to get it. I don't know how to go about it. I don't know how to orchestrate it. And we say that's not your job. Remember step one is the asking, step two is the answering, and step three is the letting it in.*

*So, you are far better off... sort of chilling out, reminding yourself that everything's all right, that you're on schedule, that you'll know it when you see it, that everything's gonna be all right, that perfect things are coming to you.. than if you were out clambering around in a state of frustration trying to bang something into place or trying to make something happen.*

*Questioner: So I shouldn't like go apply for jobs and do action oriented things?*

*Abraham: Well you can if you want to because that can be fun also. In other words, sometimes by beginning something even though it's not your dream job, in the process your desire is stimulated further. Our friend was talking about being in a 7 year law suit that she can actually acknowledge has left her in a better place because the experience itself has helped to clarify. So, we do not mean that you should do absolutely nothing. But one thing we would really clearly advise.. and that is that you try your best to follow your bliss. That you don't do something because you 'should', or you don't do something because somebody else thinks you should. You do it because it feels like it might be fun, or it feels like it might be a good idea.*

*Questioner: Well when I do something like that.. .. for example, I was taking voice lessons and in the beginning it was fun and now it isn't fun any more. And I don't know if it's not fun because I'm afraid that I'm not any good or it's because....*

*Abraham: Well from what we can feel from you about that.... in the beginning your vibration was pure because you were hopeful, you were anticipating fun things, you were anticipating wonderful things, and in the pro... always, when we're watching someone... whether they're building an empire or a relationship or anything really... the majority of the energy flows while it's still in the dreaming stages. Because there's a tendency once you get in the action stages to get bogged down in the parts of it that you do not like. And so we would say that all that's happened*

*with your new music is that you've got thought focused upon where you are, instead of on where you're going.*

*Questioner: So where I'm going on me getting better or where I'm going with my music in the future?*

*Abraham: Either one. In other words, what you're wanting to do is keep reminding yourself of \*why\* you're doing it... not the nitty gritty of \*what\* you're doing.*

*We've noticed as we've watched all of you that your energy is always pure when you're thinking about what you want and WHY you want it than it is when you're thinking about what you want and how you're gonna get it and where it's gonna come from or whose gonna help you because you don't have answers to those questions. And so all it does is activate the vibration of doubt and worry. Where if you're thinking about what you want and WHY you want it, it's usually a vibration of allowing that allows the Universe to open more doors for you.*

Transcribed from Salt Lake City 6/29/02



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique: Repeat for five minutes: "The sun is shining and the grass is green."

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 2000 units of your currency.**



## During the Day:

According to the theme of the day of Wealth implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: Relative to the conditions around you how do you feel? If the reality you observe is not to your liking ponder a few moments "How do I want to feel" and then "What do I want to have?"

### 2) Doodle Dreams for your Creation Box

How do I want to feel? What do I want to have? - If you have the time to spare do a little script on any subject for your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

Quote for the night:

*Setting goals.*

*As we've watched so many people who are really practicing deliberate creation what we notice is: when they really get tenacious and start hitting things really head on they, almost without exception, begin falling into the category of 'trying too hard.' <snip> So as you are thinking in terms of goals, that's more like step one and there's not anything wrong with it. But, we would put more emphasis on step three. <snip> And so, what you're wanting to do is deliberately look for things that allow the well-being. And we think it is a more productive utilization of your time, than setting goals or focusing on goals ALTHOUGH - focusing on things that you want, and watching your progress toward them is a very satisfying experience.*

*So what are we saying here? It sounds like we are saying focus - don't focus. It sounds like we are saying set goals - but don't set goals, instead allow. It sounds like Abraham is all over the place. And what we're saying to you is.. feel your way through it. Set a goal and as long as it feels good, focus on the goal. But if you start noticing you're worried about the goal then don't think about the goal. Think about something else and trust that the goal has already been established, the universal forces are working on it, and you work to get yourself into the receiving mode.*

*Physical humans are so accustomed to paying a price for your receiving, that it's hard for you to hear, that for the most part, paying a price is what puts it off longer. Because in your struggle, you're not in the receiving mode, you see.*

*So. Would we set goals? Yes, we would. Would we talk about them a lot after we've set them? No. We would sort of release them to the universe. Direct your thought and let it be. You get to choose. But you have a staff... an endless staff.. other humans, others who are willing to assist you. But you've gotta be in the place of letting it in.*

7/6/02





**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*’I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’*

*Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Three - Love

## Morning Ritual:

Quote for the day:

*“What we’re getting at is, the more connected to Source you become, the more stable you are, the more able you’re able to roll with things and the more what others are doing or thinking or feeling becomes a non-issue to you. And then you are able to be the uplifter that you have come here to be.*

*“That’s what bugs most of you about not feeling good — you know at the very core of your being that you are an uplifter, and when somebody has made you not feel good it is doubly terrible to you because not only were you not intending to come forth and be dependent on them to make you feel good, you planned on making them feel better. But it is so hard to make somebody feel better when they have just made you feel bad. (Laughter.) In other words, when you’re out of that stability the last thing you want to do is uplift who’s making you feel bad. So we say don’t work too hard at this — we make too much of all of this. In other words, we have to justify all the money you’ve spent and all the miles you’ve driven to be here. We talk on and on and on where really all you ever needed to know is: ‘If I would look for something to appreciate and make that my dominant vibration, I would live happily ever after and fulfill my reason for being.’*

*“We should have one minute seminars from now on. (Laughter.) Everyone can gather from far and wide — double the price, it will make them appreciate it more (more laughter) — and everyone will gather, and we will say, ‘The secret to life is this: look for something to appreciate and practice it until it becomes easy and you will live happily ever after. There is great love here for you we are complete.’”*

*(Laughter.)*

— Abe — Fort Collins, CO , 6/22/02



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique: Pet a cat or listen to your favourite music - be aware of all sensations while you do this.

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 3000 units of your currency.**



## During the Day:

According to the theme of the day of Love and Relationships implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: As you meet people or have experiences during the day ask yourself, "What do I like about this?" "What is good about this?"

### 2) Doodle Dreams for your Creation Box

How do I want to feel? What do I want to have? - Add some notes on what you want to experience in relationships to your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

### 4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

Quote for the night:

*“So you’re interacting with someone and you cannot help but observe how they be. And as you observe how they be, you offer a vibration within yourself that causes that to be a stronger and stronger part of your relationship.*

*It’s why you come up with the expression that first impressions are lasting impressions. Because as you come together, you offer a vibration. And, that vibration is usually reactivated every time you come together. It’s why we encourage the process we call Segment Intending.*

*Which is, as you recognize that you are moving into a new segment, that you stop and think about who you are, what you want to accomplish, how you want to feel. **YOU SET YOUR OWN TONE SO THAT YOU GET TO CHOOSE THE TONE OF WHAT HAPPENS IN THE INTERACTION** — rather than observing someone else’s and becoming a part of that.”*

Abraham — San Antonio, TX 4/20/02



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*‘I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’*

*Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Four - Health

## Morning Ritual:

Quote for the day:

*We want to help you today to realize what beliefs are most activated within you. And we want to help you to realize that you have SO much choice in what's activated. But you have to make the choice and that's the thing that we see with so many of our physical friends. They don't make the choice. Whatever has been activated just sort of stays activated. It's like "Well I believed this before so I guess I should believe it now." Or, "I thought this way before, and I haven't thought about thinking about it differently so I guess I'll just keep thinking about it this way." And we say, some of the things that you think don't serve you like physical decline, like shortage or lack of things, like - it's just the way I am or it's just the way things are. In other words, there are many thoughts that you've picked up along your physical trail, that are 'truthful' thoughts because there are many who think them often enough to manifest them and so then the statisticians record the data and then they say "This is a truth". But we say it's only a truth because people have been thinking them, people have been activating them. You can make any truths you choose, your truths.*

Portland, OR 7/13/02



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique: In awareness of your breathing in and breathing out count off 60 breaths..

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel:

**Your virtual daily prosperity spending amount is 4000 units of your currency.**





## During the Day:

According to the theme of the day of Health implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: On any symptoms you may experience ask yourself, "What is bothering me?" This brings you to the heart of your resistance. Then ask yourself, "How do I want to feel?" and ponder that.

### 2) Doodle Dreams for your Creation Box

On your answer to "How do I want to feel?" put your answer to "What do I want to have?" into your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

Quote for the night:

*Oh bless your hearts, you live in this - such connected world where you have access to so many other things. You turn on the television and they have an agenda! They have an agenda that they want to activate within you. So when you turn it on and you just watch it, they make your virtual reality. They play the music, they show you the scenes. In other words, they conclude how you will feel. They make you feel vulnerable so you will want their service or product. They make you feel in need of what they have to offer - whether it's the newscast, or somebody that is selling something. And we are not saying that some of that does not serve you and some does not enhance your physical experience. But what we will say is, you're letting them program the vibrational nature of your being. So much so that if you do a poll across your nation and you say "Is it natural to decline as you move through time?", almost everyone says "yes" and it is NOT natural! So much so that if you do a poll across your nation and said "Will you need financial assistance in taking care of your poor decrepit and broken body in the last days of your life?", almost everybody says "Yes." They are horrified if they don't have some plan to deal with the inevitable siege of disgusting decline. And we say "WHERE DO YOU GET THIS STUFF?" You get it from those who want to sell you remedies for disgusting decline. You don't get it from your source. Your source doesn't believe it. You don't get it from your beasts. Your beasts don't believe it. You get it from each other but you get it from those who've discovered that THEY can set the tone of your vibration. And you say "Go ahead, I'm too lazy to do it myself. It's easier for me to go to a movie and evoke mood within me, than it is for me to gaze off into never-never land for 30 seconds and choose a vibration of my own.*

*As you are an observer of life, whatever you are observing dictates the vibration that you practice. As you are a creator of life, you deliberately choose what you observe in order to affect the vibration. You deliberately choose what you think in order to deliberately affect the vibration.*

7/13/02



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*’I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’*

*Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Five - Wealth

## Morning Ritual:

Quote for the day:

*If you could focus upon what you are wanting to do, for all of the other reasons, the money would flow more easily than when you focus upon it for the reason of money.*

*We think it would be nice if you could take money out of the equation, because “money” is a word that for most of you smacks of vibrational resistance. So if you could just avoid the concept, then you could avoid the resistance and you would allow more of the abundance that is natural.*

*Any time you focus on anything, you vibrate with it. And what we’ve noticed is that most people who focus upon the word “money” or the word “abundance” or the word “finances”, most of them are vibrationally lackful when they are focused there.*

*We tease that someday we think your Webster’s Dictionary will define “money” as “not enough”, because that is the usual feeling that we feel from most of you when you use the word. And so, if you are wanting to change that, what you are wanting to do is replace the word with a word that is less resistant in nature. Replace it with a word like “Energy” or make up a new word. Begin calling money “nachos” or something like that. “If I can gather enough nachos, I’ll go to the ball game this weekend.” Because usually there is not so much resistance. Make up some word that you have fun with. Some word that is fulfilling to you, you see. And as you are finding a new vibration that is less resistant, the money will flow to you.*

*Most of you are not short on wanting money, you are just tall on resisting it, and so, goosing up wanting only amplifies resistance. Sometimes we teach: “Well, just talk about what you’ll do with the money. Imagine spending it. Imagine all of things that you’ll do with it.” But if you’ve already developed quite a bit of resistance about money, that can be a quite an aggravating, annoying game, and most of you don’t stick with it very long.*

*Deliberately try to reduce your resistance around the word “money”, and one way of doing it is to recognize that everything is flowing to you on this Energy Stream. We’ve watched Jerry and Esther who are, and have been for many years, very comfortable with dollars. The dollars that flow to them are abundant and flow easily, and what Esther is beginning to notice is that there are many things that are of a wonderful nature that are happening in their life that don’t have anything to do with dollars.*

*The abundance flows in many more avenues than dollars. And so, if you could focus upon the gifts that the Universe gives you: When you say “abundance”, think about it in the abundance of health, the abundance of vitality, the abundance of clarity, the abundance of enthusiasm, the abundance of delicious people in your life, the abundance of loving letters in your life. The abundance of free-flowing traffic in your life. The abundance of wonderful experiences in your life... As you start thinking in terms of this abundance that doesn’t have anything to do with dollars — the abundance relative to the dollars starts flowing, too.*

*Most people think that good flows to them only through the avenue of dollars. Someone will say,*

***“Well, she lives a very good life,” and someone else will say, “Well, of course she does, she’s rich.” as if the answer to a good life is just having more money. And we say, the answer to a good life is in not resisting a good life, because a good life is natural to you. It’s your legacy. It is your inheritance. It is flowing to all of you.***

***And so, you just have to play those mind games with yourself, getting yourself more and more in the place of allowing the extreme abundance that is natural to you, so that you start rendezvousing with more of the good things.***

Quarterly Journal, April/May/June 1996



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique: Repeat for five minutes: "The sun is shining and the grass is green."

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 5000 units of your currency.**



## During the Day:

According to the theme of the day of Wealth implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: Relative to the conditions around you how do you feel? If the reality you observe is not to your liking ponder a few moments "How do I want to feel" and then "What do I want to have?"

### 2) Doodle Dreams for your Creation Box

How do I want to feel? What do I want to have? - If you have the time to spare do a little script on any subject for your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

### Quote for the night:

*...Imagine that you are the owner of a huge corporation. There are a hundred thousand people who work at various stages and places in this corporation, and you are the one who created it. You imagined it. You saw the need for it. You dreamed it. You found vibrational harmony with your dream. And now it's yours.*

*And there are a thousands who don't know how to use their computers, they don't know how to file very well, they are learning at different stages, it's a constant turnover of people, they're in and out, they're squabbling over parking places, some have windows, some don't. It's an immense organization.*

*And you have a manager that is just incredible. Because this manager takes care of all of this, you don't have to deal with anything. You get an idea, and you express it softly. And the manager says, "Consider it done." You get another idea and you envision it, and your manager says, "Consider it done." You have such an extraordinary manager that you are free. You're not dealing with the nitty gritty in the parking lot, not dealing with raises or vacations, you're not worried about any of this stuff. You are the visionary. And you have a manager that deals with it effectively and perfectly. And you count your lucky stars, every day, that you found this manager.*

*And now, we're saying to you, you have such a manager — and it's called Law of Attraction. But most of you do not know that you have that manager. And so, you keep thinking that you need to step into those many roles, and be the facilitator. And then you get bogged down in all that nitpicking, nitty gritty stuff that doesn't have anything to do with who you really are or with your vision.*

*Our message to you is: You are a visionary. And of course it is lovely to be an actionary too. But if you will let your vision be real and full and you find full alignment with it before you take action — then the effort that you offer is always joyful, fulfilling, satisfying effort.*

*And so, keep telling the "manager" what you want. Not because the manager (called Law of Attraction) needs to hear it, but because every time you talk about it, and every time you come into vibrational harmony with your own desire — you open your vortex of allowing so that the Universe can yield to you a little bit more of what it already knows you want.*

*You are all working much too hard at all of this. It goes like this: You are wonderful beings. You are blessed beings. You are deserving of Well-being. Well-being is on its way to you. Chill out and let it in.*

Extracted from Abraham-Hicks Jan/Feb/Mar 2001 newsletter





**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*‘I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’*

*Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Six - Love

## Morning Ritual:

Quote for the day:

*Let's say you have a friend. Whether it is a mate, a former mate, a son a friend, doesn't matter. Somebody in your experience, and they have 10 predominant characteristics. 7 of the characteristics are delightful, and 3 of these characteristics are abhorrent. And being an observer, like most humans are. You are observing all 10 of them so you are experiencing some of all 10 of them. But you for the most part appreciate the relationship, because 7 of them are wonderful, and only 3 of them are abhorrent. And so you would call it basically a good relationship. So then you decide that rather than just be an observer. You are going to be a more selective sifter of data, and you are going to use your power of imagination. And so the 3 things that are sort of abhorrent to you, you notice and you feel the negative response to them. And little by little, as we have demonstrated a bit here today, you feel the negative emotion, you identify what you would like to exclude. Then you identify what you want to include. Now, earlier we said to you that the formulae for creating anything that you want is simple.....Identify the desire and then vibrationally match it.*

*If you can't match it through what you are observing.....and often you can't.....as in these 3 abhorrent qualities they don't match your desire. No problem! Match your desire through your imagination.*

*So now here you are. A person who has identified desire really keenly because you have observed things you don't want which helps you to identify what you do want. So your desires out here pulsing sort of loud and very real. And much of your desire you can match just through observation. Those 7 qualities, you observed those 7 qualities .....you match your desire. Three of them you can't match through observation.*

*No problem. You don't observe those, you just imagine the other 3. So now you are vibrating purely in harmony with your desire. When that happens, you evoke from those around you that which matches your desire. And if they are really vibrationally opposed to you, they vibrate right out of your experience.*

*Now your son is not going to do that. In other words your child will join you in that vibration. But the question pointedly put to you is..... Why do you think you are getting some of those 3 things?? It is because of your attention to them we promise you.*

*You all keep thinking that if somebody's got a characteristic, and they are thrusting it at you. You are just a victim that has to take it, and that's what makes you want to make them stop it. That's what makes you want to say "Clean up those 3 abhorrent characteristics, so that we can have a better relationship" And the thing that we really want you to hear is.....If you are having it in your experience, it is because you are vibrating it! And you are usually vibrating it through observation, but it doesn't matter. As long as you are vibrating it, it's going to stay in your experience. As soon as you clean up your vibration, your relationships will all take on that new framework too. Guest So in other words I just need to imagine what it is that I want?*

*Abe Yes*

Extracted from Abraham-Hicks tape G -4/27/96.



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique:

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 6000 units of your currency.**



## During the Day:

According to the theme of the day of Love and Relationships implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: As you meet people or have experiences during the day ask yourself, "What do I like about this?" "What is good about this?"

### 2) Doodle Dreams for your Creation Box

How do I want to feel? What do I want to have? - Add some notes on what you want to experience in relationships to your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

### 4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

Quote for the night:

*Subject: Self-love Key to Allowing*

*"There is no limit to the nonphysical energy. So there are 2 factors: How much are you summoning through your desire to know? And how much are you allowing?"*

*And the allowing factor, mostly, not entirely, has to do with you own self-love.*

*In other words, when you are really liking you it feels like there are no limitations to what you can receive!"*

Houston, TX 1/13/01 B



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*‘I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’ Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Seven - Health

## Morning Ritual:

Quote for the day:

*Sometimes we see you translating the feeling of discouragement about the incompleteness of a project across the board as if you are discouraged about you not being complete, as if this unfulfilled desire somehow reflects poorly on you. And all we would say about that is that it just indicates that you're not yet — for whatever reason, there are many of them — a vibrational match to your own desire.*

*Usually the reason you are not a vibrational match to your own desire is because you've practiced thoughts that don't match it for so long that you can't seem to easily offer a thought that does match it. You might say things like, "Well, I can hardly believe that," or, "I've thought this as long as I can remember," or, "That's the way my mother thinks," or, "That's just the way it is." And we are wanting so much for you to realize that nothing is just the way it is because that's the way it is, because everything that is the way it is, is the way it is because somebody thinks that's the way that it is!*

*(Laughter from audience.)*

*There is no fact apart from somebody's belief. None. So you say, "Oh, well, there are all these facts." And we say they're just beliefs that have been practiced.*

— Abe — Portland, OR, 7/13/02A



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique: In awareness of your breathing in and breathing out count off 60 breaths..

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 7000 units of your currency.**





## During the Day:

According to the theme of the day of Health implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: On any symptoms you may experience ask yourself, "What is bothering me?" This brings you to the heart of your resistance. Then ask yourself, "How do I want to feel?" and ponder that.

### 2) Doodle Dreams for your Creation Box

On your answer to "How do I want to feel?" put your answer to "What do I want to have?" into your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

Quote for the night:

*The cause of specific illnesses: (re: doctors who diagnose)*

*Well you see, they are all handicapped because they do not know about the energy flowing. They're having to take your face value as their facts and so.. and the way medicine usually works is: they find an end result and then they extrapolate backwards to try to figure out what caused it. And they are flying blind. They are basing it on all kinds of other studies in which you don't fit in. In other words, you've got results that others have got but you've got some missing that others have. And so, they're just trying to piece it together to make some sense of what you're living and most of them don't have very much time to spend in trying to figure it out, you see.*

*That's why we said to our friend who is visiting with people who have different things happening in their body... if he can say to them under all conditions, no matter what their symptoms are, "What's been bothering you?", he is faster to get to the root of what's happening to them than any tests will ever give you. Because what's bothering you is always at the heart of your resistance and your resistance is always at the heart of your short-circuiting. EVERY SINGLE TIME, NO MATTER WHAT the diagnosis is. Every single time.*

Atlanta, GA 5/4/02



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*‘I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’ Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Eight - Wealth

## Morning Ritual:

Quote for the day:

*If you understand that as you set forth thought in advance, with emotion, that you have launched your creation, and then you walk through space and time toward that time in the future expecting that it will be there, then we say to you from that joyful creation that you've launched into the future, you will be inspired to the action which is action in joy. And that is our point. When you are taking action in your now and it is not action in joy it is our absolute promise to you that it will not lead to a happy ending. It cannot. It defies law.*

*And so we say rather than being so ready to jump into action to do, to go and get, the things that you are wanting, we say 'think them into being, see them, visualize them and expect them and they will be'. And you will be guided, or inspired or led to the perfect action that will bring about the process that will lead you to that which you seek.*

*And there is a great difference between that which we have spoken and the way most of the world is going about it.*

from - Introduction to Abraham -



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique: Repeat for five minutes: "The sun is shining and the grass is green."

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 8000 units of your currency.**



## During the Day:

According to the theme of the day of Wealth implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: Relative to the conditions around you how do you feel? If the reality you observe is not to your liking ponder a few moments "How do I want to feel" and then "What do I want to have?"

### 2) Doodle Dreams for your Creation Box

How do I want to feel? What do I want to have? - If you have the time to spare do a little script on any subject for your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

Quote for the night:

*So what we are wanting you to realize is that the only thing, the only thing that ever keeps you from soaring with the angels that are within you — is your own attention to lack. Lack is really a physical thing. It doesn't exist anywhere else in the Universe. It's only in the physical.*

*In the same way that air flows easily and always to all physical beings, unless it is artificially disrupted or prevented, abundance flows to all.*

*Abundance of wellness, abundance of Energy, abundance of enthusiasm, abundance of joy, abundance of all that is desired flows to you at all times—unless it is artificially disrupted or prevented.*

*When I am focused upon Well-being there can be no disruption or prevention. When I am focused upon joy, or love, or money or vitality, it can not be prevented.*

*The prevention or disruption of this dynamic, eternally offered Stream of Well-Being, can be humanly prevented or artificially disrupted in only one way. By choosing thoughts of the absence of love, or Well-being, or abundance. By choosing thoughts of lack.*

*\*By the powerful Law of Attraction, it is not possible to think of abundance and disallow it at the same time.*

*\*By the powerful Law of Attraction, it is not possible to notice the lack of abundance and allow it at the same time.*

*Allowing abundance is really a very simple thing. Since it flows to me at all times—all I have to do is let it in.*

Abraham—10/6/96 Calendar pg. 219



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*‘I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’*

*Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02



# Day Nine - Love

## Morning Ritual:

Quote for the day:

*What goes wrong with humans is they say, “I want WORLD peace.” And we say world peace is none of your business. Personal peace is. You can’t orchestrate world peace. The only way you could ever orchestrate world peace is if you could convince everyone to want exactly the same thing. And you don’t have a prayer of doing that. There is no possibility of getting everyone to agree with you, you see. So then you say, “Yes, but what if I ignore him and so I disengage him [the enemy] from my vibration.” Good word, isn’t it? I’ve deactivated so I’ve disengaged him from my vibration. “But what about the others that he’s trampling? What about those that don’t know as much as I do?” And we say, now you’re back involved. In other words, you get to choose. And we’re not for a moment suggesting that getting involved is wrong. What we’re getting at here is—there are a lot of people that want purpose in life; they want reason; they want something to focus upon. In other words, the war or the cause—at what point does anyone get to decide that it’s gone past nobility and patriotism and into terrorism and overtaking other countries. In other words, It’s really a fine line who gets to decide who the bad guy is and who the good guy is. And always the good guy is you and the bad guy is them—and you all think that. So finally when you say, “I don’t have to figure it out for any of them. And I’m going to align with the energy of well-being and follow that path.” Then it gets easier for you to watch everyone else play out their games. Every now and again, Esther will find herself straddling the line. She can’t decide if she’s happy that the government is making effort to protect all of you or if she is worried that the government in all of its efforts are part of the cause of the problem. And then Esther discovers that there’s no right answer to that. But the answer for her is: withdraw from the thought and live happily ever after. And it is our promise to her and generations that follow—**YOU DO NOT NEED TO WORRY ABOUT WHAT ANYONE ELSE IS DOING IF YOU ARE TAKING CARE OF YOUR OWN VIBRATION.** We would say that to an individual, but we could never say it to a nation. A nation is made up of too many different vibrational beings, you see. <snip> As an uplifter we hear the basis of these questions because you are a teacher to the very core of your being. And it’s not any easy thing to know what you know and to live a life that is stable and good-feeling and see others around you that have not figured it out or who cannot find their way. **KNOWING YOUR WAY IS THE BEST POSSIBILITY OF THEM FINDING THEIR WAY.***

Abraham—Boise, ID 7-3-02



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique:

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 9000 units of your currency.**



## During the Day:

According to the theme of the day of Love and Relationships implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: As you meet people or have experiences during the day ask yourself, "What do I like about this?" "What is good about this?"

### 2) Doodle Dreams for your Creation Box

How do I want to feel? What do I want to have? - Add some notes on what you want to experience in relationships to your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

### 4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

Quote for the night:

*\*As you understand that through your powerful thoughts you have the power to control that which you experience, then you will no longer fear others, you will no longer resent others, and you will then be more willing to ALLOW others to be as they are.\**

*\*\*It is important that you recognize their right to create that which they are choosing, just as you recognize your right to create that which you are choosing.\*\**

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

[Emphasis Abraham's]

Calendar, p607



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*‘I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’ Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Ten - Health

## Morning Ritual:

Quote for the day:

*When No and Yes mean the same*

*Abe no means yes .....hold in your mind two words, the first word is INCLUSION meaning things I would like to include in my experience. I would like to include abundance, I would like to include wellness, I would like to include vitality, I would like to include oriental rug. Anything that you are wanting to include in your experience INCLUSION . The other word is EXCLUSION meaning things not wanted. I would like to exclude death, I'd like to exclude sickness I'd like to exclude violence. Exclusion, things NOT wanted. The thing that we so much want you to hear is that there is no such thing as exclusion, and every time you attempt it all you really do is include in your vibration something you don't want! You get it don't you. So what happens is you see because you've been trained to exclude, you've been trained to say" Watch out for that" "I don't want that" and all along your including that thing that you don't want. So when you say "I want more money I don't want debt" your actually including two contradictory vibrations within your vibration. You get the sense of this?*

Abraham tape G 6.6.96



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique: In awareness of your breathing in and breathing out count off 60 breaths..

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 10 000 units of your currency.**



## During the Day:

According to the theme of the day of Health implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: On any symptoms you may experience ask yourself, "What is bothering me?" This brings you to the heart of your resistance. Then ask yourself, "How do I want to feel?" and ponder that.

### 2) Doodle Dreams for your Creation Box

On your answer to "How do I want to feel?" put your answer to "What do I want to have?" into your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

4) Spend your daily virtual prosperity allowance on: .....

.....







**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*‘I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’ Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Eleven - Wealth

## Morning Ritual:

Quote for the day:

*Abraham on action:*

~~~~~  
*We were watching our friend Esther. She came home from a trip and she was feeling very much overwhelmed. Too much to do she thought. Mailbox was overflowing, voice mail box was overflowing, and suitcases and bags were all around. Then as she sat in the muddle, she said Abraham what should I do? And we said "there you are acting like a physical being always trying to figure out what to do!!" "How do you want to feel?" She said "I want to feel free and happy, and I don't feel free and happy when I have too much to do" And we said "There you are acting like a physical being telling us what you don't want when we ask you what you DO want!!" She laughed and said "I want to feel free and happy" We said ponder that for a moment. So she closed her eyes and envisioned sitting on the front porch, sipping some tea, talking to her mate, watching the squirrels and right away she felt free and happy.*

*She said "Now what?" We said "Now what do you want to have?" She said, "I want to have a clean and efficient organized home and office." And we said - ponder that friend, do not jump right into action, wait until you are inspired. From your place of feeling good you will reach out to the inspiration that will lead you to that which you seek. And so within a couple of days, the thoughts began to come. "I can move this over here, I can delegate this, I can eliminate this ". Her mate noticed that she was not acting out of drudgery as she sometimes had done. But she was bounding from place to place inspired by these ideas that were coming you see... rather than trying to fix it from negative perspective which never works because Law of Attraction just attracts more negatives. She was now being inspired because she had achieved her place of balance before. You are getting it?*

*And so the way you get away from a negative feeling is by acknowledging that it is a good thing that you have it. Don't beat up on yourself.. "Oh I shouldn't be feeling this way". Instead acknowledge how valuable it is that you have been alerted to the fact that there is something that is out of harmony. Then you CONSCIOUSLY give thought to what it is you think you would like to feel, which will inspire your ideas of what you are wanting to have which will then lead you to action. And we encourage you never to take action without that inspiration, because that action will be futile. It is action that is usually contradictory to what you are really wanting. Some say "Abraham you teach laziness!! You teach us to lay around and wait to be inspired, what if I am never inspired?" And we say.. you can not avoid being inspired when you are in that place of positive emotion . When you get in that place of positive all good things come to you. Just as you remain in that place of negative, all bad things come to you.*

G 7/8/90

\*\*\*\*\*

*Trying too hard IS resisting... for this reason — think about this — if you decide that you want to go to the grocery store and buy a quart of milk, do you ever find yourself trying too hard? Or do you just go get it?*

*And the reason you just go get it is because you have absolute knowledge - you KNOW. You know*

*you have the ability to go, you know you have the money in your purse, you know the milk will be there when you get there. In other words, there is no doubt and so there is no trying against anything. And so whenever you're trying too hard, what is happening is there is a part of you that is not believing that it can be and so in your wanting to compensate with action, you offer more action. And what we are wanting you to understand is that you cannot act enough. There is not enough action in the world to compensate for your taking part of the energy and sending it in the other direction in the form of negative emotion. If you've got negative emotion about something, you're stuck there and no action is going to change it.*

*The only thing that's going to change it is by releasing the thought which is bringing forth the negative emotion, replacing it with a thought that brings positive emotion and then the action will come JOYFULLY you see.*

G-8/22/90

\*\*\*\*\*

*That's what the "Masters" do. Everyone who has a great idea about anything — they have focused upon what they wanted long enough, and by the Law of Attraction their thought got big enough and broad enough and bold enough that they made connection with their Inner Being. And then their Inner Being transmitted their desire to the boundaries of the Universe — and you have no limitation under those conditions.*

7/4/91

\*\*\*\*\*

*Jerry: How do we get the things we want to be perfect. Do we have to just keep at everything all the time?*

*Abe: You do not. Once you reach the place that you are accepting it, as it is. In other words it is your attention to lack that causes the negative creation. And so in the moment that you are no longer giving your attention to lack, you have it made! That is all. In other words, once you acknowledge wellness as the natural state, and you release your guardedness of illness. Wellness will be your experience. Once you accept abundance as you natural state of being, and you stop resisting not having enough money Abundance is your natural state of being. Once you have accepted harmony within a relationship as the natural state of being and you stop focussing on the lack, harmony will be your natural state of being. And so the answer is "No", you do not have to continually keep hammering away at what you do want. But it is important for you to no longer think about what you are not wanting.*

G-9/22/91

\*\*\*\*\*

*Your Inner Being is aware of where you stand and what you want and where you stand relative to what you want. Your Inner Being knows how close or how far you are, vibrationally and time wise from all things. Your Inner Being is also knowing what is in your heart and what is in your mind and what is in your vibration. At any point in time, your Inner Being knows exactly the action or thought or word that would be appropriate for you.*

G 4/11/92 B



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique: Repeat for five minutes: "The sun is shining and the grass is green."

**Do the Placemat Exercise for 5 minutes**

What I intend to Do .....	For the Universe to handle .....
.....	.....
.....	.....
.....	.....
.....	.....

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 11 000 units of your currency.**



## During the Day:

According to the theme of the day of Wealth implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: Relative to the conditions around you how do you feel? If the reality you observe is not to your liking ponder a few moments "How do I want to feel" and then "What do I want to have?"

### 2) Doodle Dreams for your Creation Box

How do I want to feel? What do I want to have? - If you have the time to spare do a little script on any subject for your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

Quote for the night:

*Q: Can you give me any insight on attracting a right work?*

*Abraham:*

*Well, there are endless possibilities for you. And you have been through your work and through your awareness of downsizing and through the work that you have not liked and through the work you HAVE liked...you've set off a very powerful vibrational resume. In other words, the Universe really knows who you are and what you like to do and what you're good at and where your desires are.*

*And as you are in a place that is vibrationally neutral...in other words, not pushing against the things you didn't like, then the Universe - IS yielding yielding to you - but you will allow the receiving of what the Universe is yielding. In other words, we want to say to you, it's not your job to figure out how, where, when, who. It's your job to know what you want to and to know how you want to feel and to trust that the Universe knows in detail everything that will please you and is yielding it to you and you'll know it when you see it.*

*Our encouragement to you is to trust that it is coming...it ABSOLUTELY is coming. You cannot be as clear as you are in your desire and have the Universe not having ALREADY achieved and lined up circumstances and events. You just have to chill out and let it come and trust that you'll know it when you see it.*

*And it won't be a "Yeah, maybe mmm mmm mmm mmm, yes, no, yes, no", sort of thing. It'll be a "Yes!!" It'll be a "Yes! This is what I'm wanting to do. Yes! Yes! This is it."*

Sacramento workshop 7/27/02 tape 4



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*’I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’ Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02



# Day Twelve - Love

## Morning Ritual:

Quote for the day:

*EVOKING THE PERFECT MATE by Abraham Tape AB-17 Mating*

*The perfect mate is one that makes you feel good. To be the perfect mate, you make your partner feel good. You do this by looking for the positive aspects in each other. You think you want to be loved, but what you want is the feeling of love coming out of you. When the other evokes that from you, that is why you feel loved.*

*You are wanting to interact with someone because you are wanting the feeling of love to be evoked from you, and you are wanting a subject, or a target upon which to direct your love. You are wanting the glorious deliciousness of the physical experience. You are wanting someone who is a friend, someone to respond, someone who seeks adventure, someone who wants to laugh at the things you are wanting to laugh at. You have launched long before today a very powerful creation. Keep your eyes open for it, and stop being so guarded about it. Exaggerate, add emphasis, talk to yourself everyday about what you are wanting. As you get up in the morning and beat on your chest, say to yourself "Today I am going to see evidence of the coming of my perfect mate. Today I am going to look under every rock, around every corner, I am going to keep my eyes open for that perfect mate. Today I am going to find, or at least get closer to that perfect mate." Then you have awakened your guidance system! You have stated what you want. Your guidance system is aware.*

*You walk into a room full of people, you feel yourself inspired to go and talk to that one, and you say "Not that one, that one doesn't look the way I want." And now you are right back into the arena of lack. That one may lead you to one who will lead you to one who will lead you to one who will lead you to one. You cannot see the path that is before you. If you will follow the positive emotion, you will very swiftly be drawn to them. You see, that other one is out there looking for you! He is saying where is she, and you are saying where is he, and we are saying we will not play cupid. Law of attraction does a very good job of that. As each of you focuses on what you are wanting, the connection must be.*

*Mating is the same as co-creating. Co-creating is the same as soul creating. Identify what you want, pay attention to what you feel, and you will be guided to that which you seek. Look for the positive aspects in every one you see. As you see in another a quality that you don't want, and you say "Not that one, not that one." You are closing a door that is keeping all from coming because a critical attitude about them is keeping all of them away from you. As you begin to say "Positive aspect there, positive aspect there" you attract to you the one that has all of those positive aspects. In your pickiness, be a selective sifter, look for what you are wanting, don't guard yourself against what you are not wanting. Never make the statement "I don't want that one, I don't like that one." Make statements such as "Ooh, that is a nice one, ooh, I like the attitude there, that one is very beautiful." As you focus on positive aspects of others, even if they are already connected to another, look for the positive aspects, and by doing that you attract that into your experience. Your mate is very near you. We are talking in terms of time. Be expectant.*



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique:

**Do the Placemat Exercise for 5 minutes**

What I intend to Do .....	For the Universe to handle .....
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 12 000 units of your currency.**



## During the Day:

According to the theme of the day of Love and Relationships implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: As you meet people or have experiences during the day ask yourself, "What do I like about this?" "What is good about this?"

### 2) Doodle Dreams for your Creation Box

How do I want to feel? What do I want to have? - Add some notes on what you want to experience in relationships to your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

### 4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

Quote for the night:

*Subject: Be who you are*

*You just have to be who you are. The best you can do is be certain that you are connected to your Source Energy, and let everybody else figure it out for themselves. Some of them will adore you, some of them will hate you — and none of it has anything to do with you.*

*Choose what feels good to you and leave everybody else to choose what they want. Don't spend any time saying, "They should choose differently and they'd feel better." Instead say, "They're choosing whatever they're choosing; I'm choosing what I'm choosing, and I'm feeling good while I'm choosing it." And let that be the end of it.*

Portland, OR — 5/8/01B



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*‘I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’ Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Thirteen - Health

## Morning Ritual:

Quote for the day:

*Abe*

*.....every one of you who stands in your body, continues to enhance the experience of the physical body. This is an evolution of a species that is extraordinary. Your bodies are not to be feared. Your bodies are to be revered. Your bodies are to be applauded. Your bodies are to be maybe even amazed at. But they are never to be feared. Your bodies are not vulnerable. They're not fragile. They are resilient. They are flexible. You have the ability to come into alignment again and again and again, and if anyone in the Universe understands that, it's the cells of your body. Befriending your body is the only way we know of coming to understand that your body is resilient and that it knows what to do, and that it will be whatever you ask it to be. But you have to ask it to be that in a place of nonresistance. It's the most significant information that we have ever expressed relative to your physical body and food. You must love your body, and then lovingly give it the food. And when you love your body and lovingly give it the food, it matters not what food you give it.*

From Abraham-Hicks Workshop Asheville, NC — 10/29/00



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique: In awareness of your breathing in and breathing out count off 60 breaths..

**Do the Placemat Exercise for 5 minutes**

What I intend to Do .....	For the Universe to handle .....
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 13 000 units of your currency.**



## During the Day:

According to the theme of the day of Health implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: On any symptoms you may experience ask yourself, "What is bothering me?" This brings you to the heart of your resistance. Then ask yourself, "How do I want to feel?" and ponder that.

### 2) Doodle Dreams for your Creation Box

On your answer to "How do I want to feel?" put your answer to "What do I want to have?" into your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

4) Spend your daily virtual prosperity allowance on: .....

.....





## Evening ritual:

### Quote for the night:

***Subject: The opposite of Allowing.....Resistance***

***Abe on Resistance***

***Are you aware that the only thing that ever keeps any of you from living precisely as you are wanting to live is your own level of resistance***

***Extract from Abraham-Hicks Jan/Feb/Mar 1996 newsletter ——— We were saying to some friends recently, “We don’t know why you are having trouble with this Deliberate Creating stuff. After all, we are only giving you a whole new orientation for life.” And what that whole new orientation is “feel your way through it, don’t think your way through it. Think and feel, think and feel, think and feel, think and feel, but be guided by the way you feel.” If it doesn’t feel good, it isn’t good. If it doesn’t feel good, it’s full of resistance. Resistance is what’s killing you. Resistance is what is making you sick. Resistance is what is slowing you down. Resistance is the only culprit in your physical experience.***

Extract from Abraham-Hicks Jan/Feb/Mar 1996 newsletter ———

***There is one constant steady Stream of pure positive Energy flowing to you at all times, and in any moment, you, as an individual, are allowing or resisting that Stream. When you’re allowing the Stream, you feel wonderful, you feel clarity, you feel vitality, you feel health, you feel abundance. You feel good. But if you are not allowing the Stream, you don’t feel so good. That’s what blame or doubt or fear is about.***

Extract from Abraham\_Hicks Apr/May/June 1996 newsletter ———

***These three things are always true of resistance: Resistance is the only thing that keeps you from your natural Well-being. Negative emotion is always present as your indicator of resistance. And resistance always, always, always means you are pushing against something.***

Extract from Abraham\_Hicks Apr/May/June 1996 newsletter

***A man said to us, “Abraham, I have cancer and they tell me I have only a few weeks, maybe a few days, to live. But I’m going to beat it.” And we said, “Well, you see, you cannot. As long as it is the object of your attention, as long as you are looking at cancer and saying, ‘I’m going to beat it,’ you are achieving a stance of resistance. You are achieving vibrational harmony with the cancer — and, therefore, you are resisting the Stream.”***

Extract from Abraham\_Hicks Apr/May/June 1996 newsletter

***There are thoughts that feel perfectly normal to you that are full of resistance, and you keep getting entrapped in them, because they feel so normal, because you and everybody else has been thinking them for so long. Thoughts like, the economy is struggling, or thoughts like, there isn’t enough to go around, or thoughts like, you have to work hard to succeed, or thoughts like, I’m inappropriate in some way or I am not capable in some way, or thoughts like, I shouldn’t do that. There are all kinds of thoughts that you wrestle with that are vibrationally not in harmony with your broader knowing.***

Extract from Abraham\_Hicks Apr/May/June 1996 newsletter

***.....really, by all physical standards, she was right. Wasn’t she? In other words, it is inappropriate***

*to say you are going to be there and not be there, isn't it? She wasn't wrong, was she? She was "right" in her resistance. You see. The big question is, is this "rightness" worth cutting myself off from Life Force? Because that's what it amounts to. The very Source of life, the Source that keeps my blood pumping, the Source that keeps my cells working, the Source of Well-being, the Source that keeps the planet spinning in its orbit... I've got myself cut off because the gardener did not show up. And we think that if you stop in the midst of any negative emotion and ask yourself, "Is this worth giving up Life Force?" that in every case the answer would be no.*

*Extract from Abraham\_Hicks Apr/May/Jun 1996 newsletter ————— ...why aren't more people utilizing their Guidance System to hold themselves more often in a state of allowing the things that they want? Because you have become accustomed to the feeling of resistance, so much so that your Guidance System is sort of numb. It feels normal for many of you to feel a little ornery, or a little aggravated. In other words, you have become so accustomed to the feeling of resistance that you don't understand the Guidance System when it is there within you.*

Extract from Abraham-Hicks Oct/Nov/Dec 2000 newsletter

*We want to make 3 powerful statements to you, and if these are the only 3 things you ever hear. They will be enough Number One The ONLY problem, the ONLY thing that causes you any trouble. The only thing that slows you down. The only thing that keeps you from what you want. The only thing that makes you sick is RESISTANCE*

*Number Two Resistance is always accompanied by negative emotion. Negative emotion and/or pain. In other words pain is an extension of the same thing. Physical discomfort.*

*Number Three Resistance is always...pushing against something.*

Extract from Abraham-Hicks tape G 12/6/95



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*‘I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’ Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Fourteen - Wealth

## Morning Ritual:

Quote for the day:

*Abraham on action/creating:*

~~~~~

*Nothing is more exhilarating than to get your action in harmony with your thought and desire. That is the flow that you're talking about. That is life of ecstasy; that is a life that flows; that is a life of doors opening everywhere; that is a life of being able to do what you could not otherwise have done if you were ten people, one hundred people, one thousand people.*

G 10/3/92

\*\*\*\*\*

*You see, the day that Esther laid in her bed and launched the intention to be in the first class seats, there were MANY 'co-creators' involved. The people at the airport, the people on the airplane, the flight attendant, the person in the other city who took an earlier flight and left another seat open. In other words, there were 100s of other co-creators involved in that scenario that Jerry and Esther never did see. In other words, they could not physically, in an action sense, see it. So, when you are talking about co-creating, realize that this co-creation is not just you and your co-creating partner. It is you and a whole host of physical and nonphysical beings.*

11/1/92

\*\*\*\*\*

*When you believe that it is through your effort that you make it happen, and you apply effort and you get tired, then you disconnect from what really makes it happen.*

G 2/28/93

\*\*\*\*\*

*When we talk about molding Energy, what we're really talking about is getting out there and thinking. Think, and feel how that thought feels. Think. Use your Guidance System. Don't come to a seminar and try to get somebody to tell you what to do, don't go to books or dig up books that have been buried 2,000 years ago and try to figure out how to live your life. Get out there and live, and any moment that you're off the track you'll feel it. Every moment that you have stepped away from the Energy, you'll feel it.*

*So what you begin to notice is that there is a pattern: When you are appreciating, you're full of this Energy; when you're blaming, it's not there. When you are applauding and finding value and seeing positive aspects, it is pouring through you. If you're finding lack and finding fault and seeing criticism, it's not there. So, as you begin to just think and feel, think and feel, you can teach yourself, in a matter of a few days, how to get back into connection with that Energy. Everybody's running around trying to find somebody to love them, when what all of you really want, is an object of attention that pulls pure Energy through you.*

1/23/94

\*\*\*\*\*

*Unless you are able to bring yourself to a place of feeling good about it, don't take action. So what are we concluding here? Your work is to first find the feeling place, then take the inspired action. So are we trying to guide you away from action? Not at all. Action is delicious. Act as much as you have physical time, energy, and inclination to act. But always take your point of action from a place of feeling good.*

3/12/94



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique: Repeat for five minutes: "The sun is shining and the grass is green."

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....
- In this segment I am: .....
- I want to accomplish: .....
- I want to feel: .....
  
2. Segment: .....
- In this segment I am: .....
- I want to accomplish: .....
- I want to feel: .....
  
3. Segment: .....
- In this segment I am: .....
- I want to accomplish: .....
- I want to feel: .....
  
4. Segment: .....
- In this segment I am: .....
- I want to accomplish: .....
- I want to feel: .....
  
5. Segment: .....
- In this segment I am: .....
- I want to accomplish: .....
- I want to feel: .....

**Your virtual daily prosperity spending amount is 14 000 units of your currency.**



## During the Day:

According to the theme of the day of Wealth implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: Relative to the conditions around you how do you feel? If the reality you observe is not to your liking ponder a few moments "How do I want to feel" and then "What do I want to have?"

### 2) Doodle Dreams for your Creation Box

How do I want to feel? What do I want to have? - If you have the time to spare do a little script on any subject for your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

Quote for the night:

*Subject: Telling it like it 'is?*

*We practice the Art of Allowing. Which means reaching for the thought that feels best, not the thought that is the real thought, not the thought that is telling it like it is. Telling it like it is only holds you where it is: "Damn it, I'm going to tell it like it is. I'm going to tell it like it is, because everybody wants me to tell it like it is."*

*Tell it like it is if you like it like it is. But if you don't like it like it is, then don't tell it like it is—tell it like you want it to be. If you tell it like you want it to be, long enough, you will begin to feel it like you want it to be, and when you feel it like you want it to be, it be's like you want it to be.*

Syracuse, NY — 9/30/00



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*‘I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’ Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02



# Day Fifteen - Love

## Morning Ritual:

Quote for the day:

*[questioner is having difficult interactions with his stepdaughter]*

*Abraham:*

*... and you gather up this new resolve that it is going to be different in your experience and then you walk right into the face of that. We want you to understand what it is that you're bumping up against that's making you so nuts.*

*It isn't her choosing things that disagree with your choices. That's not what's making you so uncomfortable. It is her own personal discord that you are bumping up against that is making you uncomfortable. We know the trap. It's like, "Well I'm only responding to what she's taught me." And this is the thing that we want so much for you all to hear from us here today:*

*You teach each other your respective responsive vibrations. In other words, you don't feel any way about anyone without their helping you to feel that way. It's really co-creation. We'll even go further, and bolder, and louder, and blunter. If there's somebody you don't like, they don't like you either!*

*We have never seen it otherwise. We have never one time, ever, known someone to adore someone... that the one that they were adoring, didn't adore them back!*

*Now, some are thinking.. "Oh wait a minute. There was that man that I loved with all my heart, and he didn't love me back." And we say, you were offering him insecurity. You were offering him worry. It wasn't that pure vibration of love.*

*When you are tuned in, tapped in, turned on — when you are connected to your Source and holding someone as your object of attention and you are genuinely offering that feeling of love and appreciation — they can't offer you anything else! The law of attraction, that manager called law of attraction would not put you together... even when you live in the same house. You would rendezvous differently. You would come home when she's not there; she'd come home when you're not there. Or she would be unavailable or she'd be doing something else. You would really have to work hard to seek out those incompatible moments, when you are in that place of pure positive energy. It just could not happen, you see.*

*So. What we're suggesting to you - and we are certainly understanding how it came about - your dominate vibration about this girl - is bringing you nothing but grief. And somebody should do something about it — and it's not her.*

Sacramento, CA 7/27/02



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique:

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 15 000 units of your currency.**



## During the Day:

According to the theme of the day of Love and Relationships implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: As you meet people or have experiences during the day ask yourself, "What do I like about this?" "What is good about this?"

### 2) Doodle Dreams for your Creation Box

How do I want to feel? What do I want to have? - Add some notes on what you want to experience in relationships to your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

### 4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

Quote for the night:

*Subject: Allowing Others*

*Your Wars and Disagreements*

*Even as an entire body of people upon your earth, you have more points of harmony than you do disharmony. The basic nature of your beings is much more harmonious than it is unharmonious.*

*Your wars and your disagreements come about because you do not look at those things that are harmonious; you look at the things that are not. And since you are not able to change those things, for you cannot create in the life experience of another, you cause yourself great distress, and you bring much negative experience into your life as you give your attention to those things that cause you negative emotion.*

Abraham Calendar

*Allow Others To Be As They Are*

*As you understand that your primary intentions are harmony and growth and that the primary intentions of those who surround you are the same, and as you recognize that even in your differences you are each intending to have life experience that will bring you knowing, then, perhaps, you will be more willing to allow the others to be as they are, as you expect them to allow you to be as you are. And as more of you are reaching that state, then upon you Planet Earth, there will be total harmony and peace and satisfaction and contentment and joy.*

Abraham Calendar



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*‘I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’ Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Sixteen - Health

## Morning Ritual:

Quote for the day:

*You just have to be who you are. The best you can do is be certain that you are connected to your Source Energy, and let everybody else figure it out for themselves. Some of them will adore you, some of them will hate you — and none of it has anything to do with you.*

*Choose what feels good to you and leave everybody else to choose what they want. Don't spend any time saying, "They should choose differently and they'd feel better." Instead say, "They're choosing whatever they're choosing; I'm choosing what I'm choosing, and I'm feeling good while I'm choosing it." And let that be the end of it.*

Portland, OR — 5/8/01B



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique: In awareness of your breathing in and breathing out count off 60 breaths..

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 16 000 units of your currency.**



## During the Day:

According to the theme of the day of Health implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: On any symptoms you may experience ask yourself, "What is bothering me?" This brings you to the heart of your resistance. Then ask yourself, "How do I want to feel?" and ponder that.

### 2) Doodle Dreams for your Creation Box

On your answer to "How do I want to feel?" put your answer to "What do I want to have?" into your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

4) Spend your daily virtual prosperity allowance on: .....





## Evening ritual:

Quote for the night:

*Subject: basking/allowing*

*You can feel good about the flower you are looking at, or the ocean that you are looking across, or about the smile upon the face of the child. You can be focused upon something like that and be feeling utter well-being. And in that moment of that basking, you are attracting the dollars that you want, you are attracting the abundance that you want, you are attracting the mate that you want — you are attracting whatever it is that you want.*

*It is about vibrating and allowing, you see?*

Abe — G-2/1/92 (from the Abe calendar)



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*‘I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’ Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Seventeen - Wealth

## Morning Ritual:

Quote for the day:

*The premise that you must begin with is this. There is one constant of wellbeing flowing to you AT ALL TIMES and in any moment you are allowing or resisting that stream. Period!!!*

*Physical beings seem to think that there are two streams, a good one and a bad one They spend their life pushing against the bad one, and that's what resistance is. That's what causes you to disallow the wellbeing that is flowing to you always you see.*

Extract from Abraham—Hicks tape G-4.8.95

*...”The Energy that created your planet, to begin with, flows forth constantly. Some call it God force. We call it Creative Life Force. It is the stuff that all things come from. It flows forth to you in one constant, steady Stream. There are not two streams, one of wellness and one of illness. Or one of abundance and one of poverty. There is one Stream. In the same way that there is not a stream of light and a stream of dark the darkness is just the absence of the light the illness is the absence of the wellness, The poverty is the absence of the abundance. This Stream of Well-being comes to you. Now you can let it in or not. But there's one Stream and it's coming to you. So if you are living something less than a vital, exuberant, abundant life it is not because you have chosen a different path, it is because you are resisting the path you have chosen.*

(Excerpted from a Dialogues With Abraham, Sacramento, 11/20/94)



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique: Repeat for five minutes: "The sun is shining and the grass is green."

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 17 000 units of your currency.**



## During the Day:

According to the theme of the day of Wealth implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: Relative to the conditions around you how do you feel? If the reality you observe is not to your liking ponder a few moments "How do I want to feel" and then "What do I want to have?"

### 2) Doodle Dreams for your Creation Box

How do I want to feel? What do I want to have? - If you have the time to spare do a little script on any subject for your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

### Quote for the night:

*...Most of you have a very difficult time understanding the power of the way you flow energy. So we are going to give you a sort of rough sketchy but very valid picture of how this works.*

*Have you ever played with an electrical train set, where there were lots of components to it? As you pushed your switches it sent an electrical current through the tracks which allowed the train to run. As you flipped your switches, the current would go from track to track, so that the train would follow the direction of your guidance. This is similar ....it is rough and sketchy..... but as you flow your energy towards something you literally send energy to the tracks upon which circumstances and events will run in order to help you achieve your outcome*

*The other night when Esther's luggage had not arrived and she is lying in her bed stewing!! For a little while she was offering blame to the airline. They had only allowed a 45 minute connection in Newark, to transfer from one airline to another airline, and the airlines were not even in the same terminal building. So Jerry and Esther barely made it running from one plane to the other, and their baggage did not make it. When AirCanada did not have their baggage and they looked at their ticket they said, "Well there was not enough time for this baggage to be transferred. We need at least 1 hour and 15 minutes to do that"*

*So now Esther is feeling blame towards the booking agent for not knowing that. She is blaming the airline, she is blaming the booking agent, she is blaming the people for not being efficient.*

*But what is really happening is. In all Esther's blaming, she has got her circuits turned to a place where nothing is aligned. So if you were watching an arial view, you would see one truck arrive with Jerry and Esther's baggage just as the truck that needed it was leaving. You would see one man coming to look for the baggage tags and leaving right out the door just as the luggage came back into the room !! In other words millions of near misses happening because Esther was flowing her energy in a way that was not aligning circumstances and events.*

*In the moment that Esther started feeling appreciation for all of those people that were out there in the middle of the night working to find ..... It was like all of the energy went back into sequence, and instead of near misses, now things were starting to fall into place. A person received a call who had just seen the bags. And he was able to call and stop the .....you see what we are getting at? The entire Universe is responding to you based upon the way you are flowing your energy. And NOTHING is affecting your experience other than the way you are spewing your energy. It is not someone else, it is not outside circumstances, it is nothing but the way you are flowing your energy.*

Extract from Abraham-Hicks tape G-7/24/93.



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*‘I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’*

*Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# DayEighteen - Love

## Morning Ritual:

Quote for the day:

*Life is now. It's all right now. Everything is now. Now is where who you are is perceiving in this time-space reality. Oh, do you know how much has been lined up for this moment. <snip> How are you using it? How are you using your now? How are you joining the juncture? How much of you is open? How much of all of that are you up and ready for? How much of the energy are you allowing to flow through you? Or what inconsequential thing are you using to pinch it off. Yes. If someone said, "Terrorists", we'd say, "Pssst". If someone says, "World War", we'd say, "Pssst." If someone says, "Collapse of the economy", we'd say, "Pssst." Inconsequential. Inconsequential in the scheme of WHO WE ALL ARE. Don't you get who we all are? And don't you feel the power of this moment? Your inner being feels it and is up and ready every single moment. Up and ready. Up and ready. Up and ready. Always on. Always on. Always on. Infinite intelligence ready to pour through you. All the resources of clarity and stamina and well-being than you could ever begin to imagine. All right here, right here, right here, right here, right here, right here. No reason, no reason ever, for you not to be experiencing the full, the wholeness of all of that.*





**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique:

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 18 000 units of your currency.**



## During the Day:

According to the theme of the day of Love and Relationships implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: As you meet people or have experiences during the day ask yourself, "What do I like about this?" "What is good about this?"

### 2) Doodle Dreams for your Creation Box

How do I want to feel? What do I want to have? - Add some notes on what you want to experience in relationships to your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

### 4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

Quote for the night:

*“Love is an emotion of the moment. All emotions come forth in the moment. Hear this: they come forth in the moment in response to what you are thinking or what you are speaking or what you are doing, you see. As you focus upon what you are wanting, by Law of Attraction you will see more and more and more. And so those relationships where you feel most love are those relationships where you have the ability to see.*

*So often, as physical beings, you are looking for love from others and when you do not find it you think it is your deficiency. It is not your deficiency, my friends, it is the deficiency of the other, for it is their ability to see what they like which brings forth the feeling of love within them. And if they do not see it in you it is not your flaw, it is not your lack, it is theirs, you see!”*

Abraham - Special Subjects Tape AB-7 - Relationships and Agreements



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*‘I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’*

*Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Nineteen - Health

## Morning Ritual:

Quote for the day:

*You Could Release any Deadly Disease, Now*

*You could have every deadly disease known to man, and some they haven't even figured out yet, you could have them all in your body right now — and tomorrow they could all be gone, if from one day to the next you learned how to allow the Energy to flow. We really are not encouraging those kinds of quantum leaps, they are a little uncomfortable. What we really are encouraging is every day being selfish enough to say: "Nothing is more important than that I feel good. And I'm going to find ways today. I'm going to begin my day by meditating and bringing myself into alignment with my Source Energy. And as I move through the day, I'm going to look for opportunities to appreciate, so that all day long I'll bring myself back into Source Energy.*

*"If there's an opportunity to praise, I'm going to praise. If there's an opportunity to criticize, I'm going to keep my mouth shut and try to meditate. If I feel like criticizing I'll say, here Kitty, Kitty, and I'll pet my cat til that feeling goes away." Within 30 days of mild effort, you can go from one of the most resistant people on the planet, to one of the least resistant people on the planet. And then those who are watching you will be amazed at the amount of manifestations that begin to occur in your physical experience.*



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique: In awareness of your breathing in and breathing out count off 60 breaths..

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 19 000 units of your currency.**



## During the Day:

According to the theme of the day of Health implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: On any symptoms you may experience ask yourself, "What is bothering me?" This brings you to the heart of your resistance. Then ask yourself, "How do I want to feel?" and ponder that.

### 2) Doodle Dreams for your Creation Box

On your answer to "How do I want to feel?" put your answer to "What do I want to have?" into your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

Quote for the night:

*“Let’s say that you are eating food and feeling guilty about it, and most of you if you are eating food you are feeling guilty about it. [Audience laughs.] In other words, most of you are having a difficult time finding anything to eat, there’s something wrong with all of it, according to some book somewhere. And so you have this desire for this physical [countenance], and the reality is something different than your desire. And your reality is so obvious to you... it’s obvious to you when you pass a mirror, it’s obvious to you when someone that you care about looks at you, it’s obvious to you by the way your cloths feel. How you are is obvious to you. In fact, how you are is dominant in your vibration.*

*”So you envision a brief run on a beach, dressed in something very scanty and revealing, whether you are male or female, jogging down the beach, knowing you look good, feeling great that you look good, knowing that they know you look good. Scene is over.*

*”In other words, you must go that long . . . or you remember being dressed in something that you felt really good in, and you remember somebody else who you didn’t even know, meeting you in an elevator and saying, “you are really beautiful in that.” Scene is over.*

*”You get a sense of it? In other words, you must find a little snatch... revel in it for a moment and leave. And what happens is you begin to activate that part of you so much, that now even though a reality is different from what you are living, you have different things activated within you, so everything starts responding to you according to your different activation.*

*”When you feel fat your food makes you fatter – it does! When you feel slender your food keeps you slender – it does! You must understand that because you see people eating similarly with very different results, and you say, “oh yeah, it’s their metabolism,” and we say, what do you think metabolism is?! Metabolism is vibrational response to your moment in time. Metabolism is the way the energy is moving through your body, you see. And so \*everything\* is in response to the way that you feel. Everything is. Everything is mind over matter.”*

~ Abraham – 5/11/02 MD





**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*‘I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’ Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Twenty - Wealth

## Morning Ritual:

Quote for the day:

*So how would one go about expanding time? By acknowledging leverage. Imagine a big heavy box. You want to pick it up. So instead of trying to pick it up, you take a pole and a fulcrum and you stick it under and then you push on the other end of the pole. Leverage. Use the leverage of the Energy that creates worlds... When you get into the flow with the Energy that creates worlds, you will have leverage beyond your wildest dreams. Seventeen seconds of focus that is not contradicted is equivalent to over 2,000 action hours. Only twice that — 34 seconds of non contradicted thought — is equivalent to 20,000 action hours. Add another 17 seconds to it and you can multiply by ten again. 68 seconds of non contradicted thought is equivalent to more action hours than you could work in ten life times. Esther said, “Why don’t I know that? If I have access to this kind of leverage, why don’t I know that?” And we said: You rarely hold yourselves on a subject for 17 seconds, long enough to allow that thought to combust into a more specific, and therefore more powerful, thought. “You are like most people,” we said to Esther. “You are so caught up in the reality of what you are living, that the vibration that you offer is mostly only about what you are living.”*

*So whenever you say, “I don’t have enough time,” that’s the vibration that you offer, and you don’t have access to exercises or thoughts or ideas or people that you could delegate to. You don’t have access to the way the world works without so much action.*

*Haven’t you been mystified when you see people who seem to not work very hard at all that have so much wonderful stuff coming to them? And then, you see those that are working the hardest — and they seem to be getting the least. Haven’t you ever wondered what was wrong with that? They just haven’t learned the leverage of aligning Energy. They are going about it the hard way. They are trying to use their action to create — rather than their alignment of Energy.*

- Abraham, Excerpted from Workshop at Tarrytown, NY — G-10/18/98



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique: Repeat for five minutes: "The sun is shining and the grass is green."

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 20 000 units of your currency.**



## During the Day:

According to the theme of the day of Wealth implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: Relative to the conditions around you how do you feel? If the reality you observe is not to your liking ponder a few moments "How do I want to feel" and then "What do I want to have?"

### 2) Doodle Dreams for your Creation Box

How do I want to feel? What do I want to have? - If you have the time to spare do a little script on any subject for your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

Quote for the night:

*....But action does not create. Your vibrational offering of thought Energy produces the results that you live.*

*If you will take the time to line up your Energy, meaning create a vibrational match between your desire and your belief, the Universe will deliver to you amazing circumstances and events toward your physical conclusions. However, if you proceed with action before you have aligned your Energies of belief and desire, there is not enough action in the world to make any real difference.*

*Once you learn to align with the Energy of your Source you will discover that action is not a key ingredient to the fulfillment of your desires for abundance, success, joy or any other physical fulfillment. Line up your Energy and then follow the inspired action — and you will live happily ever after.*

Abraham — 10/27/96



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*’I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’ Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Twenty One - Love

## Morning Ritual:

Quote for the day:

*Abe...*

*When you decide that you want to feel good, and you reach for the vibration that feels good to you and you establish that as your Tone, either the people around you will be uplifted to join you in that vibration or, if their vibration is already very well chosen otherwise, they will clatter right out of your experience. But what happens to most of you is, while they are clattering out of your experience, you notice they're clattering. You begin to clatter too, and then they clatter right back into your experience, and you clatter together miserably and continually.*

Extract from Abraham-Hicks Apr/May/Jun 1999 newsletter



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique:

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 21 000 units of your currency.**





## During the Day:

According to the theme of the day of Love and Relationships implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: As you meet people or have experiences during the day ask yourself, "What do I like about this?" "What is good about this?"

### 2) Doodle Dreams for your Creation Box

How do I want to feel? What do I want to have? - Add some notes on what you want to experience in relationships to your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

### 4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

Quote for the night:

*Abe.....*

*.. you cannot want the wellbeing of another without the wellbeing coming right back to you. And you cannot feel the anger toward another without the anger coming right back to you . You cannot feel the upliftment without uplifting, you cannot feel the anger without deflating.*

Extract from Abraham-Hicks tape G 10/31/02



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*‘I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’*

*Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Twenty Two - Health

## Morning Ritual:

Quote for the day:

*Someone asked us recently, "Is there any limitation to the body's ability to heal?" And we said, "None, other than the belief you hold." And he said, "Then why aren't people growing new limbs?" And we said, "Because no one believes that they can."*

G-2/27/99- San Rafael, CA

*"Is this pill really an effective pill? Is this process really an effective process?"  
Anything that causes you to do what you desire is the process of coming into alignment. And so, we're not, in any way, validating or invalidating anything.  
Many offer their 'dog and pony show' as being the one that works. And good for all of them. We applaud anything that assists someone in allowing the Well-being, that they so much want and deserve, to flow.*

Salt Lake City, UT - 9/9/00



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique: In awareness of your breathing in and breathing out count off 60 breaths..

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 22 000 units of your currency.**



## During the Day:

According to the theme of the day of Health implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: On any symptoms you may experience ask yourself, "What is bothering me?" This brings you to the heart of your resistance. Then ask yourself, "How do I want to feel?" and ponder that.

### 2) Doodle Dreams for your Creation Box

On your answer to "How do I want to feel?" put your answer to "What do I want to have?" into your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

### Quote for the night:

*You could stand here sick with ten illnesses today, and tomorrow have no evidence of any of them. Your body has the ability to replenish itself that fast. But most of you do not have the ability to change your thoughts that fast. So the amount of time it takes between sickness and wellness is only the amount of time it takes for me to figure out how to let it in - for me to figure out how to feel good, when I'm looking at something that makes me feel bad.*

Atlanta, GA-G-11/400



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*‘I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’*

*Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02



# Day Twenty Three - Wealth

## Morning Ritual:

Quote for the day:

*“In the morning when you wake up, none of you stand out on your porch frantically breathing in because you are afraid that later in the day there will be a scarcity of air. You breathe in and you breathe out and think nothing of it. What we want to get you to understand is that it is the same thing with dollars (or anything else), there is no need to go out and hold your breath in an attempt to hold on to the air in case there is a later lack. You are all MUCH closer to a financial fortune right now than you are even willing to dream about for fear that you will be disappointed if it does not come.”*

— Abraham



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique: Repeat for five minutes: "The sun is shining and the grass is green."

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 23 000 units of your currency.**



## During the Day:

According to the theme of the day of Wealth implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: Relative to the conditions around you how do you feel? If the reality you observe is not to your liking ponder a few moments "How do I want to feel" and then "What do I want to have?"

### 2) Doodle Dreams for your Creation Box

How do I want to feel? What do I want to have? - If you have the time to spare do a little script on any subject for your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

### Quote for the night:

*Abe: . So as you are moving through your day and you notice that you have more desire or need for money then you actually have money and a big bill has come so you have this conflicting feeling where you want to spend it for this but you should spend it for this and even if you do pay it where it belongs there is not enough to really go around in the way you are wanting to. And in this frustrating moment of weighing the pros and cons of your experience, you fire off a rocket of desire big time. You've asked in a very powerful way but the answer, even though its given, is not received because you are more aware of not having enough money then you are of having enough money. In your anxiety you are not in the receiving mode, in your anger or blame or guilt you are not in the receiving mode. In your awareness of not enough money you are not in the receiving mode for enough money so more money cannot come, not right now, nothing can change. Now, you've asked, Source Energy hears you clearly, adores you fully, understands your worthiness entirely, and answers swiftly. So the answer is not just on the way, it is given. In other words, everything is lined up; the money SHOULD be there NOW. Why isn't! Because you're ornery. (laughter) You're worried, you're frustrated. You've got your receiver set to a whole different channel. And so even though the circumstances are lined up, everything is there for you, you're zigging while your stuff is zagging, and you say "nobody ever answers my request." And we say oh yes, your request is fully answered but you have just been confused about step 1 (asking) and step 3 (allowing).. So the key is, once you become consciously aware that you want something different than what is, you have to through the power of your mind practice until you achieve a different vibration about that subject.*



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*’I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’*

*Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Twenty Four - Love

## Morning Ritual:

Quote for the day:

*G: ...it's simple to say that he (birth father) abandoned me, but now*

*A: Or freed you*

*G: I hadn't thought about it that way because*

*A: freed you to be the chooser of your life without the influence of someone already undecided and unsure*

*G: And troubled, he had*

*A: someone who wants more than anything to be of value. Who recognizes that he cannot guide his own life, what possibility does he have of guiding another.*

*G: Oh Abraham, this is wonderful*

*A: and wisely said, "You'll do alright".*

*G: he used to spend a lot of his time in a fishing boat. He didn't, he was very much a loaner...*

*A: He was much more a connected being than you have ever been allowed to believe that he was. Because those who wanted to justify to you his absence, had to make his being gone, wrong.*

*G: Ahhhh, exactly.*

*A: They couldn't let his absence be a noble thing, or a virtuous thing, or a guided thing, or a connected thing. It had to be a wrong thing. So you were spoon fed misinformation.*

*G: Because he got a lot of this ying, ying, yang from his family.*

*A: Of course he did. He did not stay put. And he did not allow them to pigeonhole him. And he refused to suffer in the ways that they chosen to suffer.*

*G: Well now, because of the vibrational match, now Abraham, I did the very same thing. I fathered a child in another part of the world*

*A: And then that child is blessed as you have been blessed.*

*G: Ahhhaaa. When I think of all the cheap melodrama I've gone through in my own head about all this. I don't have any guilt anymore...I freed him too. Didn't I?*

*A: You did what so many of you intend to do. You come forth and provide an avenue for focused consciousness to have physical experience. Understanding that while guidance can be beneficial, that guidance is always coming from broader perspective. And that Well Being is the order of things...*

*And so we're just using your example to sort of balance things out just a little bit. There's no right or wrong behavior. We're not saying it's wrong for a father to leave, or it's wrong for a father to stay. Or it's right to live in this way - wrong to live in that way.*

*What we are saying is, you can't get it wrong. And your father didn't get it wrong. And you didn't get it wrong.*

*And anybody who's decided to make that wrong, is just using that as their temporary excuse to not allow themselves to have all of the riches that this environment is offering to them otherwise, you see.*

*You can use anything you want as your excuse to not allow Well Being in. And it is amazing how flimsy some of these excuses are. And, on your world stage, many would say, "Abraham, this is far from a flimsy excuse." ...*

*We would focus in the more poignant now. We would make our relationship with our source*

*G: Oh. All right. A: about things that you understand fully*

*G: Yes, yes.*

*A: and not nebulous things you are perceiving together. Since your father is not unhappy or unhealthy; since there is nothing that can be gained by going back and re-tracing it, then we just do not encourage it.*

*We encourage you instead to find something that is tangible in your NOW. And use that, to activate your vibration and connect to your Source Energy as a result of something that is more current. Something that is pure. Something that has the potential of giving you more.*

*It is exactly the reason that we think these virtual realities are so lovely, and delicious, and life giving, and helpful. In other words, we would rather you get into a pure fantasy - than face any kind of factual reality, if the factual reality has the potential of taking you into a place that does not feel good...*

Abraham - San Francisco, CA 8/10/02



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique:

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 24 000 units of your currency.**





## During the Day:

According to the theme of the day of Love and Relationships implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: As you meet people or have experiences during the day ask yourself, "What do I like about this?" "What is good about this?"

### 2) Doodle Dreams for your Creation Box

How do I want to feel? What do I want to have? - Add some notes on what you want to experience in relationships to your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

### 4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

Quote for the night:

*Your greatest value to others is when you are joyful. Your greatest value to others is when you are connected. Your greatest value to others is to be radiantly healthy. Your greatest value to others is when you are happy. Your greatest value to others is to have and to be and do all the things that are very important to you. And as you are living that and vibrating that and oozing that and radiating that—then you are a catalyst that is inspiring others to an awareness of that.*

Abraham G 2/1/92

*Our strongest wanting for you is that you lighten up. In other words, spend more time looking for things to laugh about and play with. Play your way through this. It really is the key. When you follow your bliss—it is always an easy journey.*

Abraham G 9/4/93

Calendar pg. 427



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*‘I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’*

*Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Twenty Five - Health

## Morning Ritual:

Quote for the day:

*Q: I have a personal question about developing the ability to let go of things from the past. I can see that my now is colored by all of these things. And it's difficult for me not to constantly remind myself that I missed out on this or that.*

*Abe: Well, that is logical, isn't it? Because that's where your vibration is, it's logical that you would be reminded of things like that.*

*We have a fun way of looking at it: Let's say you have a piece of very fine sandpaper, and you rub it with your fingers. It is so fine that at first it feels almost like velvet. So you rub it a little more, and a little more, and a little more.*

*In the beginning, there is no detriment to this experience. But the longer you rub it, the more unpleasant it becomes. Your skin is beginning to feel some sensitivity — and after an hour or two, maybe even some beginnings of blisters. Yet sometimes that sandpaper is really the only thing visible in the room. And even though the experience is not very pleasant, you've got this habit going.*

*Then, all of a sudden, you realize "Hey, I don't have to do this!" And you simply lift your fingers up off the sandpaper!*

*This is a deliberate intent to remove yourself from this irritation. The sensation of lifting up is wonderful. As you lift off, it almost feels like spider webs pulling from your fingers. We want you to begin reaching for that ensuing sense of relief.*

*You've had your eye on this sandpaper. It seemed justified, it seemed important. People talked to you about it, there's evidence of it in your life, and everything seems to be somehow about sandpaper. But in reality, there is it and there is the absence of it, and you do have a choice of whether or not to lift your fingers — your thoughts, that is — off of what is evoking this unpleasant experience.*

*Begin to take pleasure in feeling relief from it.*

*Have you ever been in the middle of a negative conversation when someone tried to change the subject to something that felt positive? You didn't necessarily want them to change the subject — you had some good juices flowing about that topic. But they persevered, because they had decided they were going to lift away from it.*

*And so you went with them in the different conversation, and stayed there for a moment. Then you, too, began to feel relief. We want you to get hooked on asking, "Which thought feels better?" Let the feeling of relief become what is most important to you.*

*We want you to say, "I am practicing the art of letting in Well-being. The art of keeping out, or the art of resistance — that may be the art of 'reality' that I've always practiced. That may be the way*

*my mother does it and my sister does it, and the way that everybody that I know does it. Keeping it out may be the art they're all practicing — but I'm practicing the art of letting it in. I'm lifting off of my discomfort and, in so doing, letting fresh energy flow into my experience."*

*When we talk about Deliberate Creation, we can feel some of you thinking, "I must constantly hold my thoughts rigidly in better places." And we hear you dictating to one another, chastising one another:*

*"Now, you know that's not what Abraham teaches." And we say, "And \*that's\* not what Abraham teaches, either!" (Abraham smiles)*

*We encourage the art of Allowing — the art of letting it in. The tricky thing is that sometimes, even though this sandpaper is not pleasant and can get really unpleasant, the key is in developing a more sensitive awareness.*

*We don't know many of you who would rub your hand until it is bloody. Yet that's the way you tend to handle some not-good-feeling subjects. You rub yourself all over them until you have so severely disallowed Well-being that negativity begins showing up in your life experience in different ways.*

*We want to get your attention by saying that no matter how bad that reality was and no matter how justified it may seem to be, none of it needs to have anything to do with your now. The only question we want to ask — and the only question we ever want you to try to answer, ever again — is,*

*"Am I letting in Well-being right now?*

*Does this thought let it in?*

*Does this memory let it in?*

*Does this statement let it in?*

*Does this discussion let it in?*

*Does this fantasy let it in? Am I letting it in?"*

*When you begin to focus upon this "lifting off," you discover a whole lot of things you habitually think about, that are not letting it in. And as you start playing with this, you'll start having fun with it.*

*Perhaps you'll make a button or a bumper sticker: "Are you letting it in?"*

*Are you letting what in? Are you letting in the Well-being that would be there if you weren't letting it in? Are you letting it in? "Well," you ask, "how do I know if I'm letting Well-being in?" If you are letting it in, then right now you feel great — you feel appreciation or love. If you're letting it in you will feel good — but if you're not letting it in, you won't feel good. Nothing else has any bearing.*

*Well-being has to be important enough that you let it in. So you say, "Abraham, when I reflect back, 99% of my life doesn't let it in." Well, we say, then don't think about that. How can you not think about 99% of your life? Selectively sift your way through it. If you look back with enough intent, you can find something — within every aspect of every part of it — that would let it in.*

*— Abe from the April-June 2001 Abe-Hicks newsletter*



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique: In awareness of your breathing in and breathing out count off 60 breaths..

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 25 000 units of your currency.**



## During the Day:

According to the theme of the day of Health implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: On any symptoms you may experience ask yourself, "What is bothering me?" This brings you to the heart of your resistance. Then ask yourself, "How do I want to feel?" and ponder that.

### 2) Doodle Dreams for your Creation Box

On your answer to "How do I want to feel?" put your answer to "What do I want to have?" into your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

Quote for the night:

*Take your Inner Being everywhere you go. If you take your Inner Being to the party, it's going to be a good party! If you take your Inner Being, the food that you eat will be received by the cells of your body. Every word that comes out of your mouth will be beneficial to everyone who hears them with their ears, or with their vibration. Don't go anywhere without your Inner Being. That's what "allowing" is. Always having your Inner Being present. And then, anything else that happens is always orchestrated perfectly by Law of Attraction.*

El Paso, TX-2/17/01





**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*‘I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’*

*Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Twenty Six - Wealth

## Morning Ritual:

Quote for the day:

*Abe .....*

*Don't beat up on yourself about procrastination, for this reason. When you are focussed upon what you want and you are in a place of really expecting .....in other words pure creation.....you will be inspired to action and the action comes easily. But if you are not really clear about what you want. Or if your expectation is not quite yet in alignment then it takes more action. But even in offering the action it is counter productive because you are working against yourself. In other words you are splitting the energy. You are following? So procrastination is nothing more than your physical realisation that you are acting too soon., that some mental alignment is in order. Or that the fire isn't there yet so don't spray the hose in the house!*

*It is interesting that you ask us to reinforce your memory of the Book of Positive Aspects for it is the key of the final statement or question that you have asked. It is the way to bring your self from a place of procrastination .....which isn't a bad thing!!. Procrastination is not a bad thing!! It is the realisation that the Universe has not sufficiently aligned.*

*It is the same thing as saying "Abraham, I went out to the garden. I looked at the bush. I saw that great big green hard tomato and I just didn't feel like plucking it and eating it"*

*We would say "Of course you didn't feel like plucking it and eating it!! You'd rather wait a few days until it becomes soft and delicious and ripe and ready for you" And in the same way we say don't try so hard to bang your way forward. Allow, or trust that the laws of the Universe will brings things into the perfect alignment. And you be one who is at the right place at the right time and you will be when you are looking for reasons to feel good*

Extract from Abraham-Hicks tape G- 2/8/91



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique: Repeat for five minutes: "The sun is shining and the grass is green."

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 26 000 units of your currency.**



## During the Day:

According to the theme of the day of Wealth implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: Relative to the conditions around you how do you feel? If the reality you observe is not to your liking ponder a few moments "How do I want to feel" and then "What do I want to have?"

### 2) Doodle Dreams for your Creation Box

How do I want to feel? What do I want to have? - If you have the time to spare do a little script on any subject for your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

Quote for the night:

*Subject: Find something to be happy about*

*All day long, every day, you are launching vibrational desires. And Universal Forces are receiving that and answering that. And Law of Attraction is managing all of that. You are being answered, steadily.*

*As Jerry and Esther drove across the Golden Gate Bridge, the city was so beautiful. The sun was beginning to set, and the light was shining on the buildings in the city, and there was a fog muting everything; and the combination of the grays of the background of the city with the lights in the windows, that the sun was reflecting, and the pink in the sky... Esther nearly stopped the car on the bridge to savor it. She said, "Have you ever seen anything so beautiful?" She said, "I'm going to remember this always, always, always."*

*In that moment, as she found something to appreciate, she was in the utter state of allowing, so that every desire that she had ever uttered, vibrationally or verbally, was being allowed fully, in this moment. She did not have to think about the building projects. She did not have to think about the computer projects. She did not have to think about the CD projects. She did not have to think about the book projects. She did not have to think about the water garden project. She did not have to think about the new grandbaby on the way. She did not have to specifically think about any of these things that she wants to be perfect in every way. All she had to do was admire the beauty of a moment and hold herself not in resistance to what she's been asking for.*

**YOU DO NOT HAVE TO HAMMER ANYTHING INTO PLACE. UNIVERSAL FORCES KNOW HOW TO MAKE IT HAPPEN.** *Universal Forces know how and where and who — and when. All you have to do is NOT be in the place of disallowance. All you have to do is NOT be in the place of doing that thing you do that doesn't allow yourself to receive all that you've been asking for.*

*With each moment of bliss, more of that which you've identified as your desire flows to you, until another moment of bliss comes and another, and another, and it seems as if the entire Universe revolves around you — and it does.*

*So, a very short seminar would serve you, if you could hear it. And it would go something like this: FIND SOMETHING TO BE HAPPY ABOUT. GOODBYE!*

Abraham — The Science of Deliberate Creation Journal — Apr, May, June, 2002 pg 48



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*’I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’ Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Twenty Seven - Love

## Morning Ritual:

Quote for the day:

*“Only by seeing examples of others who do appreciate and approve of and like themselves, can anyone be inspired to self-appreciation. Unfortunately, there are few such examples around.*

*”You would recognize another who truly appreciates him[her]self by noting these characteristics:*

*”They are genuinely happy. Not offering insincere smiles but the warm and genuine smile that comes from the eyes as well as the heart. They are one who appreciates you, seeing things in you that you would like to see in you, pointing out to you things that you, perhaps, have never seen about yourself....*

***”SELF-APPRECIATION IS ESSENTIAL TO JOYFUL LIFE EXPERIENCE.”***

A New Beginning II, page 70



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique:

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 27 000 units of your currency.**





## During the Day:

According to the theme of the day of Love and Relationships implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: As you meet people or have experiences during the day ask yourself, "What do I like about this?" "What is good about this?"

### 2) Doodle Dreams for your Creation Box

How do I want to feel? What do I want to have? - Add some notes on what you want to experience in relationships to your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

### 4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

Quote for the night:

*Subject: Allowing Others The Same Freedom*

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

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

Abraham Calendar



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*‘I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’ Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Twenty Eight - Health

## Morning Ritual:

Quote for the day:

*As we visit with you here, with all of you here, with all that is human and deliberately creating in your physical environment, we do not worry about your contribution because you cannot help but make it. We do not worry [whether or not you] fulfill because you cannot avoid that. Your deciphering of data and the preference that is born within you makes you the leading edge attractor that you intended to be. And we are not concerned that eternalness will not continue — it must. And we are not concerned about the salvation of your soul because it is assured. And we are not worried about your dying because when you die, you re-emerge into pure, positive energy. And we are not worried about your placement when you die because we know the worthiness and true nature of your being. The only reason that we visit with you in this format at all is because in this powerful now you deserve to feel good. And since your life is now, we want you to feel good now. Not toward some world-peace end, not toward some ‘getting the house I want’ end, not toward bringing someone who is out of balance back into balance — because you are a pure energy who intended to use your powerful now to feel good now. We want you in on the expansion that you are so much a part of, you see.*

*Your value is not in question. Your worthiness is not in question. Your future is not even in question.*

*The only thing that is ever in question is your now —  
How do you feel now? How do you feel now?*

*So you can acknowledge the value before you in this world and feel good now or you can find pockets of things to worry and fuss about and not feel good now — it’s your choice. But we wish for you fulfilling, satisfying, life-giving now.*

— Abe — Boise, ID, 7/3/02



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique: In awareness of your breathing in and breathing out count off 60 breaths..

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 28 000 units of your currency.**



## During the Day:

According to the theme of the day of Health implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: On any symptoms you may experience ask yourself, "What is bothering me?" This brings you to the heart of your resistance. Then ask yourself, "How do I want to feel?" and ponder that.

### 2) Doodle Dreams for your Creation Box

On your answer to "How do I want to feel?" put your answer to "What do I want to have?" into your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

Quote for the night:

*If you get a diagnosis that is not what you want to hear, the tendency is to say, "Oh, my god! how did I get so far away from something I want so much?" And we say, it isn't big like that at all - it's just a series of little things. It is the, "I could choose this thought which feels good, or this thought which doesn't feel good. But I've developed a pattern for what doesn't feel good. And os, it is the daily dose of not being in the receiveing mdoder that keeps me not in the receiving mode." And that's all that it is!*

San Rafael, CA - 3/24/01



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....  
I like about .....: .....

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*’I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’*

*Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02



# Day Twenty Nine - Wealth

## Morning Ritual:

Quote for the day:

*Subject: Abe: ALL desires are answered*

*Every particle of the universe is choosing... but we would say instead of saying “choice” or “decide” or “decision”, we would say “discovering personal individual preference”. So much so that, even the fish in the ocean feels preference. Even a cell in your body feels preference. In other words, “this feels better than this.” I prefer this to this, prefer this to this. And this extraordinary universe that we are all a part of says that when the preference of the individual preferrer or the individual consciousness is discovered, Source Energy answers it. So every preference is... how wonderful is that!?*

*That would be like saying to you, in a much more bulky version: So here are all of these people here in this room and Source Energy is responding to every single one of you at all times. And you say “Well that sounds pretty good. But what if one wants it to be 80 degrees in this room and another wants it to be 65 degrees in this room? How does Source Energy answer both preferences?” And we say, both preferences are answered; the individual must be in the place of allowing it. And you say “Well how can we share the same space and time, and have two different experiences?” And we say it has to do with your willingness to allow. The reason that one wants 80 degrees and the other wants 65 degrees is because both want to be comfortable. If this one is wanting to be comfortable and not disallowing it and this (one) is wanting to be comfortable and not disallowing it, both are comfort(able)....but if this one says “I don’t like what this one is asking for”, then this one is not a match to what they want and if this one says “I don’t like what that one is asking for.”, then this one is not a match to what he wants.... so now you have two beings neither one in vibrational harmony with their own desire both blaming each other for things going wrong, you see.*

*So, is it possible for every consciousness in all of the universe to conclude their own individual preference and all be answered? YES! EVERY asking is answered. The question is, “Are you letting it in or not?”*

Abraham-Hicks workshop, Cincinnati, OH - 7/7/0



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique: Repeat for five minutes: "The sun is shining and the grass is green."

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 29 000 units of your currency.**



## During the Day:

According to the theme of the day of Wealth implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: Relative to the conditions around you how do you feel? If the reality you observe is not to your liking ponder a few moments "How do I want to feel" and then "What do I want to have?"

### 2) Doodle Dreams for your Creation Box

How do I want to feel? What do I want to have? - If you have the time to spare do a little script on any subject for your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

4) Spend your daily virtual prosperity allowance on: .....

.....



## Evening ritual:

Quote for the night:

*Once you start deliberately offering thought, then you can never offer enough action to keep up with the thought, Once you access the Energy that creates worlds, a huge vortex comes into place, and there's just not enough action for you to keep up with that. And so, what you have to do do is visualize every step of the way, envision you happy in the proces. Envision things in place, envision people catching on. Just envision it working. Skip over the how and where and the when and the who - and just stay focussed upon the waht and the why.*

Monterey, CA - G-3/14/00



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....  
I like about ..... : .....

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*’I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’*

*Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# Day Thirty - Love

## Morning Ritual:

Quote for the day:

*As you move through your experience, sometimes (when you were very young or... it could have happened yesterday) you were exposed to an experience — and we have to say Law of Attraction is part of what causes you to be exposed; you could not be exposed to anything that you were not a vibrational match to — but sometimes you were exposed to something that seemed small and insignificant, and as you gave it a good dose of attention and you began to reverberate within it, then LOA brought you more. So... you notice it, you offer a vibration about it, LOA matches your vibration, so now you notice it more. And as you notice it more, you offer even more vibration about it and LOA brings you even more to match it, and then you offer more vibration. And so what happens is you attract by virtue of your vibration, not knowing that you are doing it, and then you say, “See, that’s why I believe this — there is evidence all around me to support it. There is fact” or “There is history” or “There is my own experience.” And we say that is true, but every bit of fact or history or... experience is without exception coming in response to your vibrational offering.*

*So you say, “Well, Abraham, this doesn’t seem right.*

*I come innocently into this environment and just because I observe stuff, it gets in my vibration and then I’m sort of stuck there forever more?” And we say you’re stuck there forever more if you just observe and offer a vibration, but you are not stuck anywhere if you are being deliberate in your choice of thoughts. And if you care at all how you feel and are willing to let the only thing that matters be that it feels good while you’re giving your attention to it, you can easily guide yourself from any place in a very short period of time just by diligently choosing the thought — \*you\* choosing the thought that \*you\* want to make active in your vibration.*

*Now, why would you want to choose? Well, because it’s your life. It’s your connection. It’s your moment. It’s your moment of feeling good or bad. It’s your moment of attraction. Your future experience is based upon it. In other words, everything that you are depends upon your allowing of your connection to Source or your disallowing of connection to Source. Everything that you are living — your vitality, your clarity, your health, your abundance, your relationships, your environment — everything about your life is about the way you manage this juncture between your Source you and the physically-conscious, physically-focused, human, powerful-creator you.*

— Abe — Chicago, IL, 9/7/02



**Smile for one Minute**

- this increases the serotonin levels in your system and is a powerful antidepressant.

**Meditate for 5 Minutes**

today's technique:

**Do the Placemat Exercise for 5 minutes**

|                           |                                  |
|---------------------------|----------------------------------|
| What I intend to Do ..... | For the Universe to handle ..... |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |
| .....                     | .....                            |

**Do Segment intending for 4 minutes:**

1. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

2. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

3. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

4. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

5. Segment: .....

In this segment I am: .....

I want to accomplish: .....

I want to feel: .....

**Your virtual daily prosperity spending amount is 30 000 units of your currency.**



## During the Day:

According to the theme of the day of Love and Relationships implement the tools and techniques

### 1) Become aware of your vibrational meter

today's technique: As you meet people or have experiences during the day ask yourself, "What do I like about this?" "What is good about this?"

### 2) Doodle Dreams for your Creation Box

How do I want to feel? What do I want to have? - Add some notes on what you want to experience in relationships to your Creation box.

### 3) Do Virtual Realities - 30 seconds scenes of joy

What time of year? What time of day? Where? (inside or outside) Which good mood people are present? What do you see, hear, smell, taste, feel, do? Get in. Get to feel good. Get out.

### 4) Spend your daily virtual prosperity allowance on: .....

.....





## Evening ritual:

Quote for the night:

*Appreciation, self-love*

*You see us, we don't try too hard to please you. We don't try to all to please you. We never tell you what we think you want to hear, we always tell you what we know, and you can like it or not, that's the way it is. We please ourselves, we align with what we know to be and you may join us or not, but you will not keep us from being in concert with that which we are about, you see. We are aligned with Source and that's what you're reaching for too.*

*Our favorite thought is that of you allowing the well-being that you are identifying to flow into your experience. But whether you do or not, we are eternally appreciative of your chewing on the data and giving birth to the new idea, which takes us and all that we know forward into the new eternal arena of everlasting life.*

*Be kind to yourselves. We want you to love you as we love you. We want you to know your value as we know your value... but that's something you will have to find on your own. Because while we know it and while we express it and while we want it for you, we cannot vibrate for you. We can hold you as the object of our attention and we can know your power and your value, but that is really your work, to come to know your own power and value. And the way you come to know it is through SELF-APPRECIATION — through acknowledging the well-being that is for you and by looking for the evidence of it that is flowing to you eternally, and by looking for the evidence that is flowing to others, and by no longer keeping score about the physical comparisons, and by feeling the exhilaration of the new idea born within you, and by feeling the zest and exhilaration of life pouring through you toward the new idea and by reaching for the idea of visualization to find the feeling place, to find the new idea and to make it feel familiar — or not.*

*You cannot get it wrong and you never get it done and there is no possible way you could ever displease that which is nonphysically rooting and acknowledging the value of that which you are.*

*There is great love here for you.*

— Abe — Sedona, AZ, 8/5/00



**Remember the good things of the day, list of success**

About today I liked and enjoyed: .....  
.....  
.....  
.....  
.....  
.....

**BOPA for yourself and other people and things**

I like about myself: .....  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:  
I like about .....:

**Segment intend the sleep and dream period.**

*“Here is the way we would utilize our dreams most effectively. Before we go to sleep we would say:*

*‘I believe I will dream tonight. I will manifest while I sleep’ - so to speak. ‘And if there is anything significant, I intend to recall it when I awaken.’*

*And then in the morning, the first thing that you do as soon as you are aware that you are back into physical consciousness, ask yourself: ‘Did I dream?’*

*And if you did dream, then ask yourself even if it’s vague: ‘Well, how did the dream feel?’ Because there’s much more information coming to you in the way the dream feels than in the way it plays out.”*

Abraham - San Antonio, TX 4/20/02

# 9-Minute Guide to Ecstasy

Something we've been observing in you as you've been deliberately applying the law of attraction and deliberately applying your desire to be deliberate creators, and deliberately wanting to allow—what we've noticed, almost without exception among you, is that, when you feel negative emotion, usually you beat up on yourself. Usually, when you feel negative emotion, you feel wrongdoing in that moment. And we've never wanted to imply that to you. In other words, we didn't, really. You just picked it up because you're used to beating up on yourself. And because your physical training teaches you more clearly to know what you don't want than what you do want.

What we are wanting you to realize is that negative emotion is a wonderful thing, because negative emotion is part of that guidance system that shows you how you are flowing energy. So, next time you feel negative emotion, rather than saying, "Agh, shame on me. Here I'm doing it again. I keep doing it. I keep doing this dumb thing." Instead of beating up on yourself, instead feel appreciation for your AWARENESS that you are feeling negative emotion. "Ah, my guidance system is working. I can feel that I'm flowing my energy in the opposite direction of something I want."

Whether it is a flurry or a ruckus you're having with your child; or whether it is an animal that you don't understand; or whether it is boys that don't behave; or whether it is a mate that doesn't appreciate you; whether it's not having enough money; or whether it's having a body that doesn't cooperate; or whether it's having a dog that is biting you. It doesn't matter what the negative experience that you are having in the moment IS. The only thing that matters is that out of it is coming a keener awareness of what you are wanting.

And as you let that negative experience serve as a catalyst to help you identify what you DO want, and then you gently talk about why you want it, and envision that it has already happened, or talk about, describe what it would be like to be there, or tell others how wonderful it would be, or remember a time when you were more there, you will feel the negative emotion go away in that moment. And the negative emotions go away—in that moment your energy has shifted. And your new point of attraction has begun. Everything is about the way you are flowing energy. Everything is about what you are attracting. And you now know where you are in every moment.

So, if we were standing in your physical shoes, this is the way we would approach our physical life from this point forward. We would make more decisions in every day about what we are wanting. Because, as you make more decisions, you alert all of the universe to you. The entire universe becomes aware that you want this thing. And every resource that you have which includes everyone and every thing in the universe begins to focus upon you relative to that desire. You don't have to tell them—just let it be known yourself. And as you are then now knowing what you are wanting, your guidance system kicks in in a supreme manner. Your guidance

system is now letting you know in every moment where you stand vibrationally relative to this new decision that you have made.

So that if you begin to diverge in terms of thought, word, or action, from this new decision that you have just made you will receive a negative warning bell that lets you know—you said you want this but you're vibrating this. Wanna make a new decision? You said you wanted this, just this morning in your affirmation. We heard you say you want this, but right now you're thinking, vibrating, feeling this way. Wanna make a new decision? Yeah, I think I will. I can feel that I'm flowing my energy in opposition to what I'm wanting. What is it that I'm wanting? Then make your statement of desire again. Speak it again. Talk about why you want it. FEEL the energy come right back into place with you.

Oh, friends, it is so exciting once you begin to feel the deliberateness of flowing energy. You think it's fun to be strong enough that you can pick a lot of things up and move them around. WAIT UNTIL YOU CAN FEEL THE ENTIRE UNIVERSE FLOWING WITH YOUR DESIRE.

There is nothing more exhilarating than to be physically focused in an environment with so many other participants. There is so much data, so much information, so much movement, so much stuff, so much mass that you have ability to move with the power of your thought and energy flow—there is not an arena anywhere in the universe that a creator takes greater delight in than right here and now where you are. It is like a playshop beyond description.

SO when you feel negative emotion, it doesn't mean anything other than right now I've just picked up the wrong tool. In other words, it's sort of like picking up the screwdriver that has the little straight edge instead of the little star edge. In other words, it doesn't mean anything! Don't be so hard on yourself. This is not a big thing. This is a process of sort of see sawing yourself forward into ecstasy and into joy and into contentment and into growth. There is no right answer, there is no ONE right answer. There are MILLIONS of right answers. And the fun is in putting the answers together that work best, you see.

You're getting the sense of all of this? You can't do it wrong, you can't mess it up. You can disconnect from clarity, but SO WHAT? It's only momentary. It's only as long as it takes you to realize you've done it, and recognize you don't want it—and then re-identify what you do want.

You might trip and fall. When you see your little babies learning to walk—remember that? When he fell down, did you say, "Get up, you little dummy!" Or did you say, "That's all right." Did you worry about him not ever being able to get up, or did you know that he would? You see he had within him a wanting. He didn't need you. He had a wanting and one way or another he was going to figure out how to do it, you see. And one way or another you'll figure out how to do it too. You don't need us.

The advantage that we bring to you is that we remind you of things you already know. And the advantage that you bring to the Universe is that you remind others in even more physical graphic terms of what they already know.

We have enjoyed very much this interaction. We have moved beyond, on a number of topics, beyond that which has been in this arena or any other. We feel tremendous appreciation for your willingness to participate, not only in this room, not only in this forum, but in this physical experience. You brought to this room today with you all of the experience that you have gathered along your physical trail. And without that physical experience that you have gathered, whether you liked it or not, you would not be who you are contributing in this magnificent way in the here and now.

There will come a time when you will be like your inner being is now—you will look back on even those most miserable of experiences that you have lived, and you will be able to see only the value in them.

There will be a time when you won't be wanting to talk about any of the things that hurt you at the time they were happening, because as you regurgitate them in the here and now you will feel them hurting you again. But instead, from those memories, that little twinge of something that hurt, you will remember something much greater, you will remember the conclusion that you drew out of it. You will remember the new decision that you made from it, and you will remember the stronger effort that you made to flow your energy toward that new decision. You will remember your successes.

Do you know that when you die, when you re-emerge into nonphysical (there is not death, you know that) but when you re-emerge into nonphysical, and you look back on your experience, it's only the parties, it's only the ecstasies, it's only the high times that you remember? Those are the only times you will have access to. You only are able to acknowledge the triumphs of your physical experience. So we cannot imagine why, as you are physically focused, that you would spend any time doing anything other than that. Have fun with all of this. There is great love here for you. We are complete.

Abraham 6-5-93