

The Amazing Power of Deliberate Intent

Esther and Jerry Hicks
(The Teachings of Abraham)

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Foreword by Louise L. Hay: When the Students Are Ready, the Teacher Appears!

In this mystery called Life we're continually searching for answer. We've always wanted to take control of our lives, but we haven't known how. We've always wanted to alleviate our fears from the smallest most intimate fears we have about our bodies and close relationships, to the larger fears we have about death, our government and the world. And even those fears we may have about life on the other planets. This most comforting book takes care of all of that. No matter what our fear or concern may be, Abraham not only has an answer for us, but also an easy process that we can do that will take us beyond the fear or the problem to a new level of enjoying life. I believe that the teachers known as Abraham are some of the best on the planet today. Their words have certainly expanded my own outlook on life. And I'm most grateful to Jerry and Esther Hicks for their time and devotion to bringing these teachings to us at this point in time and space.

There is a time and the season to expand our knowledge, and this time is now. And you are being blessed and prospered by having this book coming to your hands. I've been aware of Abraham and of Jerry and Esther Hicks for several years. The moment I heard Abraham's words, I felt a deep connection. This is a teacher who is doing very good work, I thought. And the more I was exposed to the teachings, the more praise I had for the teacher. In time I came to know Jerry and Esther. I was most impressed by how well they lived the teachings. Here were two joyous people manifesting good experiences at every turn. They loved each other and loved life more than most people I know. I enjoyed seeing how they always seemed to communicate with each other with joy and laughter. It does my heart so much good to see people really enjoying life all the time.

We at Hayhouse are very proud to be the publisher of this series of this books. And to have the opportunity to now take this work to a larger worldwide audience. Ask and it is given, the first book in this series, was called by best selling author Wayne Dyer, a publishing milestone that offers you a blueprint for understanding and implementing your own destiny. This book, the second in this series, takes you further into your Self. It builds self-confidence as you will find that you now have a numerable tools to help you take care of any situation that may come along. As this self-confidence builds, you'll learn that you can accomplish anything. You'll learn to release struggle and instead begin practising the art of allowing. You'll also be delighted to find out how easy it is to live life as joyously as you have always wanted it to be. I suggest you do as I do, and keep both books by your bedside for morning and evening reading. You'll sleep better, you'll begin your days by allowing only good to enter your life, and you'll feel good as you do so.

- Louise L. Hay

Preface by Jerry Hicks

Have you ever considered your personal evolution in a light of those events that were a major catalyst to your subsequent feeling of fulfillment? In your album of pleasing memories, have you stored mental pictures of those moments during which you seemed to have been influenced toward becoming, achieving or manifesting what you really wanted to be, do or have? Do you sometimes recall with surging waves of appreciation those persons, books, and seemingly chance circumstances that offered you words or experiences that afforded you a fresh spark of philosophical clarity? Call those brief experiences turning points, call them crossroads, call them sign posts on your path, or even touchstones to a moment of a particular feeling of Well-Being perhaps. But have you not been aware of their lasting positive effects on your life?

I began writing this preface while parked on our dirt trail that runs between the French Broad River and the duck pond. My wife Esther and I have been presenting workshops here in Asheville, NC for fifteen years now. This spot by the river is one of our favourite places to visit as we participate with the spring goslings, and then later the fall migration of thousands of Canadian geese as they knowingly wing their way across the skies, while we too intersect with a changing seasons here as we loop back and forth across this nation. So, here I sit at the most joyous period of my life, during what brings me so much pleasure. I'm writing this with the deliberate intention of offering you some practical reasons to put into practice, so you can deliberately experience more of who you really are, the teachings of Abraham.

We've been reminded: words don't teach – life experience teaches. And although this is a book of words, the powerful ones you're about to read here, are going to reveal some uplifting new perspectives to you which you can now allow to become good feeling new beliefs. Your new beliefs can, by the natural Laws of the Universe, in turn generate new and joyous life experiences. And from your elevated experiences of joy you'll discover more of the life enhancing knowledge that you've been asking for. I expect that you will find this book to be one of those treasures that you will forever cherish as a clarifying guide to all that you will ever want to be, do or have. If the only awareness that I received from this book was the life changing, for me at least, in-depth understanding that you create your own truth, this book would have served me extremely well. Reading the truths are but beliefs that had been held for a time, and beliefs are but thoughts that had been held over a period of time, has truly emphasized my awareness of the amazing power of thought. Recently I overheard a highly successful anti-panewer stating, when asked how he was capable of achieving such a stupendous degree of success, „I think big. Since I'm gonna be thinking anyway, I decided long ago - why not think big?“ This is a demonstration of the amazing power of thought.

Many years ago I recall reading something written by one of the world's most highly regarded geniuses of the 20th century. He said, in effect, „Most humans are only utilizing less than one percent of their true potential. 99 percent of their potential to be, do or have remains forever untapped during their complete lifetime.“ This book, *The Amazing Power of Deliberate Intent*, will reveal the dynamic processes for using more of your untapped potential in this lifetime.

Have you ever wondered how much potential for joy lies yet untapped within you? At some level of your consciousness, have you ever been aware that even during your most joyous moments in this life, there's so much more joy that you could experience? As magnificent as your body has ever felt for you or performed for you, haven't you somehow known that it could be even better? And when you relive those delicious relationship experiences that you shared with those whose lives you've touched as you've grown into the being that is now you, aren't you aware that there must be many more delightful relationships with so many more inspiring persons, who are out there waiting for you to attract them into your life experience?

In just a few minutes you're going to meet Abraham. Teachers of teachers they've called themselves. For those of you who may be new to these teachings, Abraham is referred to in a plural tense, because they are a collective consciousness.

Abraham has been described of some of the most eminent authors and philosophers in the world, as the greatest teachers on our planet today. And when I first met Abraham two decades ago, I too was drawn to their ability to teach. And what I wanted to learn more about was, how can I help others to achieve greater financial success. I recall, while living in a Volkswagen camper, reading Napoleon Hill's classic book *Think And Grow Rich*, where he said, „When riches begin to come, they come so quickly, and in such great abundance, that one wonders where they've been hiding during all those years before.“ *Think And Grow Rich* certainly gave me what I've been asking for. After discovering that book on a coffee table in a small motel in Montana, and then faithfully utilizing the principles put forth within, my life evolved from earning just enough in the entertaining industry to not have to go to work, to, in a very few years, building and enjoying a multimillion dollar distribution business. To anyone who would listen, I constantly gave the credit for my success to the principals I had learned in Hill's book. The principals worked so well for me, that I soon began using *Think And Grow Rich* as a textbook to teach my business associates what I've been learning. However, after a few years of doing so, I became aware that only a few of my students had developed multimillion dollar business. Although there were many who did achieve more than modern success, there were some who seemed to achieve almost no financial growth at all. No matter how many financial seminars they attended. About ten years after that, and after reaching all of my original business goals, I began searching for answers as to how I could more effectively help more people achieve their desires. And from that asking Esther and I were giving the avenue to these teachings of Abraham.

There isn't space in this brief preface to explain in any great detail who or what Abraham is, nor how we came to meet them, but if that information is of interest to you, you can experience a free download of a 74 min recording of an Introduction to Abraham by going to our website at www.abraham-hicks.com, or you can order this CD or cassette from our office at Abraham Hicks Publications at P.O. Box 690070, San Antonio, TX 78269, or you can call: Phone: +1 830-755-2299

Here, however, is an overview of our Abraham experience. Esther and I have been told that by quieting our minds, meditating for 15 minutes a day, we could receive the answers to what we were asking for. And although Esther did experience some extremely strong physical sensations the first time we meditated together, it wasn't until after nine months of daily meditation that we experienced any meaningful form of intellectual communication. Intellectual in that as Esther's head had begun moving methodically, we discovered that her nose was writing out letters, sort of like spelling out words on an invisible chalkboard in the air: I-A-M-A-B-R-A-H-A-M. To quote Abraham's definition of themselves, „Abraham is not a singular consciousness as you feel that you are in your singular bodies. Abraham is a collective consciousness. There is a Nonphysical stream of consciousness, and as one of you ask a question, there are many many points of consciousness that are funneling through what feels to be the one perspective, because there is in this case one human, Esther, who is interpreting, or articulating it. So, it appears singular to you. We are multidimensional and multi-faceted, and certainly multi-consciousness. I began immediately asking questions. And Abraham began answering. At first, by spelling out words, using Esther's nose. It later evolved to Esther's translating Abraham's Nonphysical blocks of thought into our language through her typewriter. And a few months later Esther began speaking words for the thoughts she was receiving from Abraham.

A couple of years earlier I had discovered the Seth material. Jane Roberts and Robert Butts had received in a similar manner these wildly published books. As such, I understood somewhat what was happening to us. But as far as we knew, neither of us were asking for nor expecting to receive the experience for ourselves. I was expecting and asking for ways to more effectively teach others how to achieve more successful lives. But not through this avenue. Both Esther and I wanted the wisdom that Abraham was so willing to offer us, but we were both apprehensive as to how something as seemingly strange as this phenomenon would fit into our already well established

business procedures and perspectives. For me my business principals had to be learnable, teachable. My often stated intent was that each person whom I touched would be either elevated or would remain basically where they were when I met them. And it was my intention, and it still is, that no one would ever be diminished as a result of coming into contact with me. For Esther, the principal simply had to prove to feel good when put into practice. Esther at first experienced a more or less natural physical resistance to allowing the Abraham experience. For instance, when this speaking for Abraham began, she would sit in a chair, eyes tightly closed, hands clenched on the arms of the chair with their voice projecting from that taut physical posture in a seemingly strident tone. As the years passed, and as the asking of thousands upon thousands of people continued to evoke Abraham's answers through Esther, her body began to physically relax. First, her eyes opened. Then her hands and arms began to gesture. And then, a few years later, her body progressed from sitting to standing, braced by a chair or a lectern, to moving gracefully from place to place. Concurrently with the relaxing of Esther's body came the relaxing of her voice. If you were to hear one of our earlier recordings, you would distinguish what you might describe as a foreign accent of some unknown origin. But today, after nearly 20 years of relaxing into speaking for Abraham, the voice you would hear would not sound very different than Esther's. What you would notice as different would be what I would term Abraham's intellectual and attitudinal stances.

One more point before I conclude this preface. If you've read our previous book *Ask And It Is Given*, you've already learned that Abraham teaches that we're here having this physical Earth experience for the creative joy of the journey. And that we are not here to try to fix anything or get anything done. Abraham teaches that everything that anyone of us ever wants or does is only because we believe that in achieving of it we will feel better than we do now. And Abraham tells us that there is nothing more important than that we feel good. So, if we're not here to fix something or to get something done, how can we know if our life on Earth has been a success? Abraham teaches us, that success is not measured by the physical things we accomplish or the stuff we gather. They tell us that our success is measured by the degree of joy we're experiencing during our journey through this life. And so, if you're looking for evidence of someone's success in utilizing the teachings of Abraham, simply pay attention to the amount of joy they are experiencing in the moment. For all that anyone of us ever says, does, or attempts to be, whatever it is, is only because we want to reach a state of feeling better. You may have already discovered that wealth, health, relationships or physical accomplishments aren't what bring you happiness. But you may be amazed to learn that by deliberately finding and maintaining your vibrational balance on your intended pathway of joy, you'll also be attracting whatever you want to be, do or have. And you can have the happiness too.

Esther and I have for two decades now used the teachings of Abraham to maintain our fun filled relationship with one another. We've attracted a staff of brilliant delightful extremely capable employees and independent contractors, who allow the business aspects of the evolution of this philosophy to smoothly flow and grow. We've also attracted spectacular friends and business associates while not forgoing the joy of the memories of those with whom we no longer personally interact. Our health is perfect. No doctors, except as friends. No medical examinations and no medical insurance. Yes, physical glitches sometimes occur, but they very shortly resolve themselves as we return to energy balance. Financially we paid more taxes last year than the total profits received from all of our years before we learned the principals of deliberate intentions. In other words, it works. And, above all, I know of no two happier people, with the exception maybe of our grandchildren Laurel, Kevin and Kate. Esther and I travel this nation presenting art of allowing workshops to thousands of people in up to 60 cities a year. We drive our Monster Bus - it's a marathon conversion of a 45 foot long tour bus - and printed across the back in very large friendly letters is LIFE IS SUPPOSED TO BE FUN. Perhaps you felt it too. But from the time I was five years old, I can remember having desires to somehow help others live happier lives. And so, as my life evolved, I found many varied avenues of expression to perform many versions of that. As I write this for you, I'm feeling such appreciation for those persons, far too many to even consider mentioning here, who have been an influence in my joyous life experience. And although I

probably can credit the teachings of Abraham for actually attracting Abraham, I do credit them for the massive physical evolution of this message. I also credit them for the degree of joy that Esther and I experience as we're blessed with this opportunity to create different means of projecting their joy-based philosophy of practical spirituality to you.

- From my heart, Jerry

An Introduction to Abraham by Esther Hicks

Hello, my name is Esther, and I'm the translator of the vibration of Abraham. Abraham has explained to me that I'm able to receive, at an unconscious level of my human Being, their vibrational intent. They tell me that I'm receiving these signals, like those emitted by a radio, at an unconscious level, and then translating them into the word equivalent. They've explained to me that I'm bridging the physical world, in which I am focused, with the Non-Physical world in which they are focused.

They told me, in the beginning of my receiving of them, that I was a particularly good translator for them because I didn't have strong biases or opinions that would make it difficult for me to receive them clearly. They said that it wasn't so much that I hadn't made up my mind about anything, as it was that I wasn't pushing hard against anything. I was, for the most part, just taking life as it came, and I was in a particularly good vibrational place when I made my first contact with Abraham.

Abraham has explained that everyone has the ability to receive information from the Non-Physical, as I'm doing with Abraham. Just as we all have access to writing beautiful music or painting beautiful pictures, it's all there for all of us to tap in to at any time from any physical vantage point. And just as there's enormous variety in the way people translate music or art-there's enormous variety in the way people interpret Non-Physical Energy. Understanding that, we always document what I translate from Abraham as Abraham-Hicks in an effort to distinguish my unique translation from anyone else's.

Abraham suggested to me, in the beginning of my translating for them, that I not read what others have written or what others are writing, for they wanted my interpretation of them (Abraham) to be uncluttered by opinions of others. They didn't want me to worry that I was unconsciously picking up information from other books or people. They wanted me to feel assured that I was, in fact, a pure translator of what they were offering.

Now, all these years later, from time to time I've picked up something or other that someone has sent us, and I can always feel the vibrational compatibility, or lack of it, when I read. Abraham has assured me that at this point I'm in no danger of hindering my ability to hear them accurately when I read, but I can feel that it often takes some time to get myself really tuned in to their pure thought. So, while many people lovingly send us books, manuscripts, or information in a variety of formats, I prefer not to read any of it, for it's my intention to translate as clearly as possible what Abraham is projecting through me.

Abraham has explained to me that thought-by-thought, sentence-by-sentence, discussion-by-discussion, we (Abraham and Esther) have found accurate and unique ways of explaining their teachings that continue to expand and clarify. As they offer a block of thought, I do the best job I can (unconsciously) of finding physical words that most accurately depict their meaning. And when my words and Abraham's meanings match, off we go on some powerful, interesting, and clarifying rampage. And every time that subject is approached, the clarification increases.

What fun this has been for me! I can sense the love, power, and joy that Abraham feels in their process of speaking through me. Nearly every day we receive yet another request from somewhere in the world to present another Abraham-Hicks seminar, and our schedule of events grows a little more every year. However, at this point, it isn't possible to do something more unless we stop doing something we're already doing.

Jerry and I see our work as meeting with as many people as we can (in a question-and-answer format) so that Abraham's message can continue to expand, and there's nothing that we enjoy more than being in a room full of eager Art of Allowing workshop attendees who've come to us with their newly refined questions for Abraham.

The questions that people bring to Abraham, as well as those that erupt from our personal lives, are what cause Abraham's message to continue to clarify and expand. And whenever Abraham offers a suggestion of any kind, Jerry and I always do our best to understand it and apply it to our own lives. Over the years, Abraham has offered many processes-they lovingly tell us that they're eternal

spewers of processes. So whenever they offer one, I always watch for an opportunity in my own life to apply it-and I always receive immediate and satisfying results from my efforts. When I look at the wonderful way we're living, see the amazing results we're experiencing in every area of our lives, feel the security that comes from understanding that we do create our own reality, and feel the satisfaction of having created such a wonderful reality, I want everyone to come to know what we've already discovered.

We hold approximately 60 workshops every year, and we drive from city to city in our amazing motor coach that Abraham lovingly refers to as the "monster bus." We continue to find lovely places to park, take our walks, and write our books. For finding a place where we feel wonderful is an important key to relaxing, and to receiving from Abraham. When we're at home in Texas, I have many quiet, private, and beautiful places to choose from where I can sit and receive Abraham's message. But my favorite, always, is our amazing tree house. I always feel happy anticipation of what Abraham will have to say as I climb up into the treetops with my laptop computer and settle into the delicious Energy of Abraham.

As I closed my eyes and relaxed, waiting to begin receiving what I knew would be another wonderful book, Abraham said to me: Esther, these words will flow easily. So many readers are reading Ask and It Is Given, and their questions for clarifications are already reaching us. Therefore, writing this book, which is a different book, yet a continuation of the first one, will flow easily for you. Enjoy this process. We are enjoying your enjoyment of your tree house. Now, let us begin..

And so, off we go..

- Esther

Chapter 1. A new way of looking at life

Contrary to what many of our physical friends believe, life on planet Earth is at its all time best and getting better. This powerful and accurate statement is not only based on our observation of the intricate details of life on Earth, but also on our knowledge of the powerful laws of the universe, and our understanding that all things are eternally expanding and improving. People often complain about modern life, stating that it lacks something they remember enjoying in earlier times, and they long to return to those eras or conditions. But we never look to the past for better times, for we understand that what's happening now and what is coming next will always contain the best that life has to offer. People often misunderstand their role in this magnificent process of eternal expansion, humbly seeing themselves as insignificant in the larger scheme of things. Some believe that God or some Higher Power has created all things, including them, and that now they are here on planet Earth working to achieve a more godly state or to achieve God's approval. Others have decided that the world is Godless, and so they therefore strive to please no-one. From our broader non-physical vantage point we understand the power, purpose and value of the human being, the human mind and the human thought, for we know that you are the leading edge of thought. We understand the value of the variety in which you are living and the purpose of the contrast that you observe. We feel the clarity that arises from your focus in your environment, and we revel in the expansion of thought that results from your exposure to your life experiences. We understand creation and we understand the power of thought. You're not here in your physical body striving to achieve the non-physical, for you're not separate from non-physical. You are an extension, a leading edge extension of that non-physical energy. You're not here on planet Earth trying to get back to what is non-physical, but instead you're summoning the non-physical outward to where you are. And in that summoning All-that-is expands, and your summoning is the reason for the expansion.

Your every preference is heard and answered

As you live your life aware of your environment and all its contrasting components, a natural process of clarifying your personal preferences occurs. Sometimes these preferences are so fully conscious, that you speak of them in terms of your desires, and sometimes they are more subtle and no words are spoken, for these preferences happen at many levels of your being. Even the cells of your body are points of consciousness who are experiencing contrast and clarifying their preferences. In fact, everything around you – your animals, your trees, even your rocks, dirt and dust – are actually pulsing living consciousnesses, who are experiencing contrast and who have preferences. And these living pulsing preferences have summoning power. In simpler terms we like to say, when you ask it is given. It is always given. It is given every time, no exceptions. When you, or anyone, or anything asks, it is given. And this simple process of exposure to experience, which causes consciousness to clarify personal preferences, sets a vibrational summoning into motion that causes the eternal expansion of the universe. When you realize that everything you see around you in your time-space reality is consciousness, and that every point of consciousness is having an experience in which its own preferences are born, and that every preference is heard and answered, then you must understand, as we do, that all is very well. You are a powerful leading edge creator. You're on the leading edge of thought, experience and expansion. You're certainly not alone in this, for all that has come before you is aware of where you are, what you're doing and what you're asking for. The non-physical aspect of this leading edge you is experiencing expansion also, reveling in the new ideas and joyously joining you as you continue to move into your powerful future. It is our desire that you remember all that you are so that you can enjoy this leading edge vantage point in the way you intended as you decided to come forth into this physical body. You are not inferior beings in need of enlightenment, you are not insignificant particles in a vast unending

universe, you are not misguided or forgotten children trying to find your way home. You are powerful leading edge creators, riding the most significant wave of expansion that has ever occurred. And it is our desire that you return to your conscious awareness of this so that your time in this physical body can be one of deliberate conscious joy.

Chapter 2. Life on planet Earth continues to get better

Each generation living on your planet benefits from the life experiences of previous generations. We suppose that this statement seems obvious to most who would read it, however, it's a much more powerful statement than most would understand at first glance. When you contemplate this statement from your awareness of the Law of Attraction – that which is like unto itself is drawn, - and when you remember that everything that exists in your physical time-space reality exists because of a focussed asking from this time-space reality, you begin to get a sense of the importance of all who have been focussed, all who have lived contrast and of all who have been asking, asking for answers to questions, resolutions to problems, improvements to situations and fulfilment of desires. This living of the contrast, which causes a focusing of desire, calls forth a creative energy of the universe and is, in fact, what causes all life to evolve. It would be accurate to say that this living of contrast equals the asking, or desire, that summons the energy that is life.

There is great satisfaction in deliberate creation

We have been speaking often about the creative process and we've been explaining that you are the creator of your own experience. And many are beginning to make the absolute correlation between what they're thinking and how that thought feels and what then manifests in response to that focus. And as many around the world are becoming students of deliberate creation, focusing intentionally towards specific personal creations, they're finding great satisfaction in doing that. We enjoy seeing our physical friends deliberately focusing their thoughts, while considering the emotional response to those thoughts, thereby guiding their creation of their own life experiences into more and more pleasing outcomes. There's great satisfaction in doing that. We enjoy seeing our physical friends living situations not wanted, then deliberately modifying their focus, thereby shifting the way they feel, thereby changing their point of attraction, and thereby receiving different more satisfying results. There's great satisfaction in doing that. So, focusing intentionally is deliberate creation. And there's great satisfaction in deliberately creating pleasing outcomes. It's satisfying to change the condition of one's body from sickness to health. It's satisfying to attract and allow more money for the purchase of many satisfying things. It is satisfying to change relationships, to live in new houses, and to drive new vehicles. It is satisfying to have control over all the physical trappings of one's own life experience.

The art of allowing – your deliberate intent

Not so long ago we encouraged Jerry and Esther to change the name of the Abraham-Hicks seminars from „The science of deliberate creation“ to „The art of allowing“. Because deliberate creating is about much more than happy outcomes or improved conditions. Deliberate creating really is about allowing your own personal connection with the stream of Well-Being and with all that you consider to be good. While creation is certainly about outcomes or the manifestation of wanted things, experiences and conditions, it's really more about the process of creation. In other words, it's wonderful to attract and therefore to possess a beautiful new vehicle, but life is really about the process of doing so. Life is really about beginning to feel the slight tugging of dissatisfaction with your current vehicle and then feeling the gentle process of clarifying personal preferences regarding something different, and then aligning with the idea and details of the desired vehicle, and then consciously witnessing the movement of forces and situations to accommodate the acquisition. Life is really about the ongoing, neverending refocusing from each new vantage point. Life is always flowing to you and through you, but for you to have conscious deliberate awareness

of it is the ultimate and trully living. Accomplishing an end result is manifestation. Consciously managing and maintaining your vibrational balance is deliberate living, and it is really what we call living the art of allowing.

Your amazing power of deliberate intent

So, this leading-edge book is really about understanding the importance of having a deliberate intent for an end result, while at the same time tending to the balance of your energy along the way. But it's much more about an awareness of the balance of your energy than it is about goal setting or focusing on end results. And it's from this very important distinction that this book „The amazing power of deliberate intent“ has come forth. As you come to understand and effectively practise the processes offered here, you will not only achieve your desired goals and outcomes more rapidly, but you will enjoy every single step along the path, even before the manifestation of your desires. Living your life will be an ongoing journey of joy rather than one of experiencing long dry spells between occasional moments of temporary satisfaction in achieving of something wanted.

Chapter 3. Death, as another new beginning

Most people do not have an accurate sense of who they really are. They're not really sure where they've come from or where they're going. And, most important, they do not have a sense of why they are here on planet Earth or the reason for being here. We offer you our awareness of who you are and how you fit into the larger picture of All-That-Is because we understand how important that perspective can be for you. Once you remember who you are and regain your sense of total continuity of where you've come from, and where you're going, your powerful Now will become infinitely more satisfying. Perhaps the easiest route to your understanding of the fullness of your being is for us to begin with the discussion of your physical death. That may seem a bit odd to you if you're one of our physical friends who sees death as the end of your life experience. However, we do not see what you call your death experience as the end of anything, for you are an eternal being who has no end. Just as what you call death is not the end of your life experience, what you call birth was not the beginning. You are eternal consciousness expressing yourself in an endless glorious dance of consciousness. You will never cease to be. When you experience what you call physical death – we clarify those words carefully, since there is no such thing as death, - you withdraw your consciousness from the powerful point of focus that you know as your physical personality and focus fully into the non-physical realm. And in the moment of that change of focus you leave behind all feelings of inferiority, all doubt, all worry, all hate, all anger and in a moment in time, too short to measure, you'll re-emerge back into the joyous, pure, positive energy perspective that is really who you are. When you make a decision to come forth into a physical body, only a part of the consciousness that is you is temporarily focused into that body. When you experience physical death, that pointed consciousness is withdrawn from the physical and refocused into the non-physical.

You are here with deliberate intent

Focusing consciousness into a physical body is not something that's taken lightly from the non-physical point of view. It's with clear and deliberate intent that you decide to project consciousness into this time-space reality. And it is with great enthusiasm that you come forth into these bodies. You are filled with eager anticipation for a number of reasons: you know that you're an eternal being, you understand the value of your being, you're fully cognizant of who you are, you do not doubt your value or your worthiness, you understand that life in this time-space reality is the leading-edge of thought, you know that you're coming into an environment that is stable, you know that Well-Being is the dominant order in this environment, you know that this is an environment with a tremendous variety of interesting components, you understand the laws of the universe and the basis of creation. You are master creator and you know it. You like the experience of creating. You know that you are good at it. You understand and appreciate the law of attraction, you know its fairness and you appreciate its consistency. You are eager to dawn your new perspective so that the environment that surrounds you can inspire your new personal preferences and desires. You enjoy the sensation of a fresh new desire. You understand the universal response to your fresh new desire. You relish the feeling of desire summoning to you and through you. You understand that this feeling of desire is the feeling of life. You do not worry about contrast, for you understand its purpose. You know that its through your interaction with contrast and variety that your own desires will be formulated. With no reservations whatsoever you eagerly anticipate the new awareness of desire that is the inevitable result of this leading-edge participation in life. You come forth not in anticipation of the completion of anything, for you wisely remember the eternal nature of yourself and of All-That-Is. You know that life will eternally expand and that it's not your purpose or the purpose of anyone to complete it or finish it. You understand that expansion is the natural result of your focusing to contrast, because you know that the contrast will cause you to ask. You know that

when you ask, it's always given. Therefore you have no desire to avoid contrast because you understand the focusing power of contrast. You know that variety and contrast will cause you to determine the specifics of your personal preferences, and you know that each of those preferences – big or small – will be answered in the moment they're born. And so, an appreciation of your contrasting environment is necessary for you to consciously experience the continuum of who you really are.

You came here expecting to produce new desires

We want to help you reclaim the eagerness and the anticipation you felt for this joyous life experience when you entered into this physical body in this time-space reality. You did not come forth to fix something that was broken or to help redirect the misguided world. You did not come forth to prove your worthiness or to earn a reward for efforts offered while here in this body. You came here with full knowledge of your value and worthiness and with knowledge of the perfection of worlds, physical and non-physical, into a contrasting environment that you knew would produce fresh new personal desires. Desires with a power to summon energy, consciousness and All-That-Is forward into this new leading-edge creation. You knew that you're life in a process of living life in the creation of more life, and, most important, you knew, and your non-physical part still knows, that the reason for all of all of all of that is JOY.

Chapter 4. You are vibrational extensions of the non-physical

As you've come to know yourself in your physical body, if you're like most of our physical friends, you do not really know yourself as we know you. You see your physical nature – the flesh, blood and bone of you, so to speak. And certainly we acknowledge that you are all of that. But even more than the physical manifestation that you know as your body, we know you as consciousness, as vibration and as an extension of the energy stream of Source. You are far more vibration and energy than you are the physical being that you recognize as you. And it is only when you understand yourself as a vibrational being that you'll be able to acknowledge the vibrational energy continuum that is really you. And it's really only in the conscious realization of that continuum that you'll be able to fulfil your true reason for being here in this body or to truly enjoy yourself in the process. Often people feel disoriented when they try to see themselves as vibration or as energy, because they are accustomed to observing only the physical manifestations of those vibrations. In your observation of your world and all of its physical characteristics it's easy to get so involved in the results of the vibrations that you disregard the vibrations that are responsible for those results.

Emotions indicate your non-physical relativity

Your physical body was born with such precise and sophisticated vibrational interpreters that you're often unaware that you have them or that you use them to define your physical reality. But this is a vibrational world and everything you perceive is because of your ability to interpret vibration. Your eyes interpret vibration and therefore you have the sense of sight. Your ears interpret vibration and therefore you have the sense of hearing. Your nose interprets vibration and therefore you have the sense of smell. Your skin interprets vibration and therefore you have the sense of feeling. Your tongue interprets vibration and therefore you have the sense of taste. Your ability to understand the continuity of who you are as an eternal non-physical being and who you are here in your physical body comes through the vibrational interpreters that you call emotions. Your emotions in every moment give you an indication of the vibrational relationship between the non-physical you and the physical you. Nothing is more important to you than this relationship. And nothing can enhance your physical experience more than an understanding of your emotions, for they tell you everything you need to know about the relationship between the physical you and the non-physical you.

Connection – your most natural state of being

With your deliberate intention and some practice you will not only have an awareness of your relationship with your non-physical self but you'll be able to maintain a constant vibrational alignment with that non-physical self. We call that conscious state of deliberate vibrational alignment with your Source Energy „the art of allowing“. It's the art of allowing the fullness of who you are to be present in this powerful leading-edge moment. Whenever you achieve this wonderful connection, you feel more alive, you feel eagerness, passion, love, appreciation, clarity, vitality and enthusiasm. In other words, you allow yourself the benefit of all that you've become to be present in this leading-edge moment of creation. It's the optimal creative experience, it's the optimal expression of life, and it is your most natural state of being. So this connection to who you really are is achieved by vibrational alignment. It is a matching of vibrational signals, so to speak, not so different from what you understand when you tune your radio dial to a special radio frequency to hear a music being broadcast from a particular station. You understand that if you wanna hear

what's being broadcast from 98.7 FM, you must match your tuner or receiver to 98.7 FM. Their frequencies must match in order for you to have clear reception. Although your physical body is not equipped with the dial or a meter that tells you the frequency you're broadcasting, your emotions do provide that equivalent information. As you pay attention to your emotions, you literally feel your way to your vibrational alignment with your Source.

Chapter 5. You came here to create your own experience

Once you make a conscious connection between your physical personality, what you know as you here in this body, and the eternal non-physical consciousness, what is really you, you can then get on with the reason you were born into this physical life experience. An awareness of the continuity of you, an awareness that you did not just begin with this physical birth, but that this is but a continuation of who you really are, is vital to living this life experience in anything close to a satisfying, fulfilling way. Another important component of a satisfying physical life experience is a recognition of your value and your worthiness. And you can achieve that awareness only through an actual connection with that non-physical part of you. In other words, if you do not consciously realize who you really are, and manage to vibrationally align with who you really are, there's no other physical substitute for that connection. Some try to fill that feeling of void that's present when they're not vibrationally aligned with their non-physical Inner-Being, Consciousness, God, Source, or Energy – there are many different names for that non-physical part of you – in a variety of ways. Some seek approval from others, some seek that approval by attempting to modify the behaviour in order to conform to rules or guidelines of one group or another. And some work hard to excel in their personal behaviour by comparing their behaviour to that of others' they're observing. But there's no substitute for your vibrational alignment with you.

Vibrational alignment with who you really are

Nothing is more important than the vibrational alignment or maintenance of the continuum between you and you, for your every moment is impacted by your connection, or lack of connection, to your Inner-Being, to the total you that you have become, to the you that you were before you were born into this physical body. Once you understand who you really are, and you consciously work to achieve and maintain your vibrational alignment with who you really are, everything else in your life will fall into wonderful alignment. However, if you do not tend to that connection, nothing that you can do will fill the void or take the place of that alignment. Sometimes you're influenced into your alignment by observing something wonderful, or because you're interacting with someone else who's experiencing their own alignment. Sometimes you stumble into your alignment without realizing you're doing it, maybe through your appreciation of something. But to have conscious awareness of the value of your alignment and to understand how to achieve it and how to maintain it is the optimal life experience. We call that deliberate creation.

Inner-Being and your emotional guidance system

Your awareness of the vibrational variance between what you're vibrationally offering in this moment and the vibrational offering of your Inner-Being is literally your emotional guidance system. And when you think of the continuum between you and you, this makes perfect sense. You are an extension of the Source Energy you. And here you are, out here on this leading-edge of thought, focusing upon some subject. And as you focus your perspective upon this subject, you offer a vibrational frequency which either matches or does not match the frequency of the way your Inner-Being you sees it. For example, let us say that you make a mistake as you're doing your work today. You discover your mistake and you correct it, but then you belittle yourself or feel guilty about your error. You use the making of the mistake as your reason to think unkindly about yourself, and in doing so you deviate from the loving frequency of the Inner you. But the non-physical part of you – that God force, Source Energy, Inner-Being, or whatever name you assign to that eternal non-physical energy from which you have come forth – never under any conditions

feels anything less than love and appreciation for that which you are. Once you learn to recognise the feelings of alignment and relationship to the feelings of misalignment, you can begin to effectively use your emotional guidance system. You could say, „I‘m aligned“, or „misaligned with the energy of my Source“, „I‘m connected, or not connected to the energy of my Source“, „I‘m allowing, or resisting the energy of my Source“. This conscious awareness of the way you feel is the only consistent true indicator of your allowing the wholeness of you to be present in this moment. And although others may inspire or influence you, you can not count on the influence of any other for your indication of connection. There are too many other factors in the lives that they are living for you to depend on them to help you maintain your connection.

To feel for your state of balanced energy

Achieving a conscious awareness of your in this moment vibrational relationship with the vibration of your Source is fundamental to your happy life and to the deliberate creation of your own life. Feeling for the vibrational match between the thoughts you‘re having in this moment and the thoughts that your Inner-Being is having about this moment is what deliberate connection really is. And when you‘re able to consciously feel the vibrational discord, or alignment, between those two vibrational vantage points, you‘re being conscious awareness of your own emotional guidance system. Deliberately reaching for thoughts that cause your two vibrational vantage points to align is the true meaning of the balancing of energy. When you line up with you, you experience the balancing of your own energy and you come into alignment with the true power of your Being. There is no substitute for this alignment. From your state of balanced energy you experience clarity, vitality, eagerness, physical wellness, abundance in all things you consider to be good and an exuberant state of joy. This is the natural state of who you really are.

Chapter 6. The attracted power of your creative thought

Although you may not yet be completely aware of your vibrational nature, you are a vibrational being, living in a vibrational universe. In fact, everything is vibrational. As you give your attention to something – an idea, a memory, a situation you're observing, a dream, or fantasy that you're visualizing – you're actually activating vibration. And as your focus causes that activation, that vibrational content now becomes your point of attraction. Whenever you think about anything, its vibrational content becomes an active part of your vibrational essence, and the subject of your attention begins to move towards you. Most people do not realize that thinking about something is inviting the essence of that something into their experience. Of course, when you made the decision to come forth into this body, you understood the vibrational nature of your world and of this universe, and you were enthusiastic about it, for you believed in your ability to deliberately focus. Knowledge of the vibrational nature of your universe is both, comforting and exhilarating. Comforting in the sense that you know that you have nothing to fear, because nothing can come to you without your invitation of it. And exhilarating in the sense that you know that you can draw anything that you desire close to you for your joyful experiencing of it. When you realize that you are the vibrational attractor of all things that come to you, and that you do have control of what comes, your world opens to new horizons. There is no need to limit your experience in a guarded or protective stance, for no unwanted thing can force or sort itself into your experience. You are the creator of your own experience, and no-one else has power within your experience, and that is true for everyone.

The powerful universal Law of Attraction (LOA)

In the same way that the law of gravity consistently responds to all of the physical matter of your planet, the LOA consistently responds to all vibrations. Every projection of thought, whether you're focused into the past, present or future, is vibration and has attraction power. Each thought offers a signal, similar to radio signal, that the LOA recognizes and matches. This powerful consistent LOA – that which is like unto itself is drawn – offers consistent results in response to the vibrations that you offer. There are no arbitrary inconsistent responses that would make the LOA impossible to understand. It is consistent, it is fair, it is always responsive, it is powerful, it is a deliberate creator's best friend. Your awareness of the powerful consistency of the LOA and your understanding of how it works, coupled with a conscious utilization of your emotional guidance system, puts you in a powerful position of creating a wonderful joyous life. Choosing your objects of attention deliberately and refining the specifics of your focus by utilizing your emotional guidance system, renders you a powerful deliberate creator, who is fulfilling your intention for this physical life experience. For you are now allowing the perspective of your Source to be present in this leading-edge experience, as you ride the glorious wave of taking thought beyond that which it has been before.

Yours is a unique and personal life experience

Although you may know others who seem to be having similar experiences, you are living a unique life experience. In other words, as you move about your world, interacting with a components of your time-space reality, experiencing the variety and contrast that surrounds you, you automatically and constantly clarify personal preferences. And as you stand in your unique leading-edge perspective, your unique preferences and desires are erupting within you and causing vibrational signals to emanate from you. And as those vibrations through the LOA summon vibrational

matches unto themselves, everything that you are, and everything that your Inner-Being, or Source, is, experiences the expansion of that summoning. The non-physical part of you revels in the exhilaration of this ground-breaking expansion, for there is no more joyous place in all of existence to be than on this leading-edge place experiencing this new awareness firsthand. We write this book because it's our desire that you experience firsthand the joy of this leading-edge perspective. We want you to experience the exhilaration of standing on the leading-edge of thought fully conscious of the speed of life flowing through you. Future generations will benefit from the desires that are now emanating from you, and from their subsequent attraction power, but it is our desire that you receive the benefit of them, too. Right here, right now.

Chapter 7. You are manifesting the essence of what you're thinking about

When you begin to understand the vibrational nature of thought and the way the LOA response to it, you then begin to understand how it is that you are the creator of your own reality. Everything about your life is coming to you in response to the focus of your thoughts, but until you understand the vibrational nature of your thoughts and discover a comparative way of recognizing them, you have no deliberate control over your own experience. Deliberate creation is much more than just deliberately choosing a subject of attention and focusing upon it. For while it's a good thing to deliberately choose the subject of your attention, you must also feel for the vibrational content of your thought, in order to really be in deliberate control of your creating. For example, you may be focused upon the subject of financial abundance, but this subject, like all subjects, has great variety within it. On one extreme of the subject is the thought of the presence of financial abundance, while on the other extreme of the subject is the thought of the absence of financial abundance. And so, in a simplistic sense, every subject could be seen as two subjects – what is wanted and the lack of what is wanted. Each subject has a varied vibrational range. When we say to our physical friends, you get what you think about, sometimes they feel confusion, for they believe that they've been thinking about achieving more money, a healthier body, a better relationship or more satisfying work. People will sometimes argue that they've been definitely thinking about more money, and they do not understand why, if what we say is true, more money is not coming into their experience. But the subject of money has varied vibrational range. The subject of money ranges from a magnificent, ever-flowing abundance all the way to the desperate absence of abundance. So, merely focusing upon the subject or the idea of money is but the beginning of the necessary focusing, or molding, of the vibrational energy, required to bring money into your experience. Directing your thought to the subject of money is a good first step, but then it's necessary to understand where, on this wide range of vibrational possibilities, relative to the subject of money, you actually are. Which end of this vibrational range are you leaning toward? Are you a closer match to the magnificent abundance or are you a closer match to the desperate absence of abundance? You can easily answer this question when you understand your emotions, for it is through emotional awareness that you understand the vibrational content of your thoughts. The way you feel as you're focusing thought is really what matters most.

How does the thought feel to you?

Some are beginning to acknowledge, you get what you think about. But we would like to clarify that statement further by saying, you get what you feel about what you think about. So where are you on the sliding scale of possible vibrations relative to the subject of money? You may often say that you want more money, but if you consistently feel disappointment or fear about not having enough money, then your vibrational offering regarding money does not match your statement of desire. And wherever your vibrational offering is, is where your point of attraction is. What is actually happening in your experience relative to the subject of money, always matches the essence of your vibrational offering. Observing what is manifesting or happening to you can give an accurate reading of where you are in the vibrational scale of possibilities, and that awareness can be extremely helpful. But it's possible for you to be aware of where you are on the vibrational scale before things manifest or occur in your experience. And that's a much more satisfying way to approach the deliberate control of your life experience.

It is never too late to change direction

You can either be aware of your point of attraction post-manifestation, after it happens, or pre-manifestation, before it happens. Of course, we encourage having conscious awareness at all times about the direction you're headed. It would be like travelling in your vehicle, having a particular destination in mind, being on the wrong road altogether, and travelling in the opposite direction of your desired destination, but having no awareness that you're going in the wrong direction, until you arrive to the wrong place. You can always correct your course. But the sooner you're aware that you're off your path, the better and more satisfying your journey will be. The key to joyful deliberate creating is to choose the subjects of your thought intentionally, while paying close attention to how each thought feels. For less you're aware of how the thought feels, you have no understanding of where you are on the sliding scale of vibrational possibilities.

Chapter 8. When you ask, it is always given

When you made the decision to come forth into this physical body in this time-space reality, you understood the unlimited abundance of this environment. You felt no competition whatsoever from those with whom you would share this planet, for you understood fully that your environment is capable of expanding in proportion to the desires that are born from the exposure to it. You reveled in the idea of interacting with many others, and experiencing a diverse spectrum of intentions, ideas, beliefs and desires. You understood the value of the vast variety in contrast, for you knew that it would stimulate your thought. You knew that it's only from exposure to contrast that any preferences or desires can be born. And you well understood the value of giving birth to desires, for you understood the summoning power of desires. You knew that whenever you ask, it is always given, without exception. Let's consider this from a vibrational stand point. You have an awareness of your environment, which stimulates your own personal preferences. Those preferences, whether you speak them out loud or not, cause you to offer a vibration emanation, an asking, and the powerful LOA answers your vibration emanation with other vibration offerings that match them.

You launched a rocket of desire, but...

It seems simple enough: contrast produces desire, all desires are answered. So, if this is correct, then anyone who desires anything should be the swift receiver of that desire. So how can it be that you can have the desire for more money, or an improved bodily condition, and not get it? The answer to this often asked question lies in your awareness of your vibrational sliding scale. An intense situation could cause the launching of a powerful desire, and in the moment of the launching of that desire you are, for that brief time, a vibrational match to it. In fact, it's usually such a brief time of vibrational alignment, that we call it the rocket of desire. But if, over time, you've often been offering thoughts that have registered somewhere else on the vibrational scale, then you've most likely practised yourself into a pattern or habit of thought, that is quite different from what you are now asking for. Whenever you think a thought, you activate that thought vibration within you. Whenever a vibration is activated, other thoughts that match it come to it, making it easier and easier for you to think that thought. As you often return your focus to that activated thought, it becomes a dominant activated thought, or a belief. A belief is really only a thought that you keep thinking. And of course the LOA makes it easy for you to continue to think the thought, because you're focused upon it, and the subsequent activation of the vibration of it cause the LOA to bring you more thoughts like it, and therefore more evidence of it.

Chapter 9. Truth is all about your focus

You may now more fully comprehend that you are a vibrational being, that you do create your own reality. Furthermore, you're now coming to understand that you create your own reality through the focus of your thoughts, because your thoughts are vibrations and the LOA responds to those vibrations. Therefore, anytime you're focusing upon anything (past, present or future), you are in the process of creation. When your attention is focused upon something that you're observing in your present moment, something you're considering, pondering or remembering from your past, something you're explaining, or something you're imagining, or fantasizing, you're offering a vibration, and the LOA is responding to that vibration. And each time you revisit that subject, the process of attracting other vibrations of the same frequency increases, so your signal about that subject gets stronger. The more you're focused upon a subject, the more active that vibration is. And the more active the vibration is, the more of that which is a vibrational match to it is attracted to it. Eventually you'll begin to see physical evidence showing up in your experience that matches the essence of the way you've been feeling about this subject.

You are the creator of your own truth

As you consider any idea, you activate a vibration about it, and the LOA then offers you other ideas that have the same vibrational frequency. As you continue to ponder this subject, more thoughts that match those thoughts come to you. And as the activation of this idea continues, it becomes stronger, and the attraction power of the idea increases. In time things will begin to occur in your life experience that match those ideas. Usually at that point you call the experience factual, or truthful. And no-one could deny that it is factual, or truthful, for the physical evidence is right there before you, supporting it. But instead of calling it truth, or fact, we call it creation. We call it the natural universal response to your consistently activated vibration. There is no value in focusing upon unwanted things, causing an activation of a vibration within you, that the LOA will respond to, and therefore creating in your reality something you do not want. Often people will explain that their rationale of the giving their attention to a subject is because the subject is true. But although there are many subjects that are true, that you would like to personally experience, there're also many subjects that are true, that you would not like to personally experience. It's not important whether it's true or not, but whether or not you want to experience the truth of it in your experience. Anything, focused upon long enough, must become truth. It is law.

Chapter 10. Awareness as your key to deliberate creation

Your thriving will be immediately enhanced in the moment you understand and begin to utilize your own emotional guidance system. Through your continual exposure to life experience you're stimulated to constant awareness, which means that you're focusing upon something all day every day, and that focus is causing an activation of vibration within you. Most people do not realize that they are vibrational beings living in a vibrational universe, and most are not aware that they're vibrationally attracting their own reality. And so, most people make little or no effort to deliberately focus thought. In this fast paced environment with so much to consider, it would be no small task to have conscious awareness of every thought. In fact, sifting and sorting of all this data is not possible. Fortunately, you do not have to sort the plethora of thoughts that are moving through you, for the LOA will tend to that sorting process. Everyone and everything in the universe is consciousness. And all consciousness is vibration, or energy. And all consciousness has the ability to focus, even the one-celled ameba. All consciousness is having experience and all consciousness is having personal perception of that experience, and constant preferences are being born from that personal perception. Exposure to the contrast and variety of life causes continual personal preferences to emanate from every point of consciousness. When exposure to your experiences causes you to give birth to a personal preference, or desire, a vibration emanates from you, a rocket of desire, and your Inner-Being, your Source, All-That-Is, begins to immediately respond to that request. In other words, when you ask from any level of your being, it is given. Every time.

Can you vibrationally match your new desires?

So, the non-physical part of you receives your request as keen awareness of your rocket of desire, and turns its undivided attention toward the desire to which you've just given birth. In other words, your Inner-Being instantly becomes a vibrational match to your new desire, and therefore it immediately receives the benefit of your leading-edge launching of your leading-edge desire. You, however, from your physical standpoint, are usually not yet a perfect vibrational match to your new desire, for your desire was born from contrast. And so you still have a mix of vibrations within you relative to your desire. In the moment the new desire, or preference, has been launched, there's an immediate discrepancy in a vibration of your Inner-Being, or Source, who immediately aligned with your new desire, and your personal physical perspective which still holds a mix of vibrations. Your work now is to activate within your vibration only those aspects that match your new desire. And that is where your emotional guidance system comes in, for your emotions are your indicators of vibrational alignment or discord. For example, you're having a conversation with someone who is very busy and does not really want to take the time to have a discussion with you. This person is abrupt with you, even rude. This experience causes a preference to emanate from you. And even if you can not or do not put words to it, the fact is that you prefer to be treated with more respect. And so, a newly divine preference now radiates from you, and your Inner-Being finds immediate alignment with the idea of your being treated with more respect. You, however, have not yet found that alignment. You are still recalling this person's attitude, rude words and actions. Your vibrations are a mixture of how you want to be treated and how you just were treated. You're not a match to your new desire, but your Inner-Being is. If you're sensitive to the way you feel, you can sense the discord between the vibration of your Inner-Being and your in this moment vibration. In fact, that's what your emotions always indicate. A good feeling emotion indicates vibrational alignment between the perspective of your Inner-Being and you. A bad feeling emotion indicates vibrational misalignment between your Inner-Being and you. Another example: in sorting through your mail you find several requests for payments of bills due. And as you add them up, you realize you do not have enough money to pay everything you now owe. In that moment a desire for more money

emanates from you. And your Inner-Being focuses surely and immediately upon the idea of more money and takes pleasure from the idea of this. You, however, continue to sift through your stack of bills, facing the reality of where you now stand. „I have more bills than I have money to pay them“, you complain. You have not found alignment with your new desire, and the negative emotion that you feel – worry, anger, frustration – indicates your misalignment with your Source. No desire, no matter what the subject, can manifest into your experience, as long as there's a vibrational difference between the desire and your practised vibration. You have to practise yourself into vibrational alignment with your desires before they'll be realized in your experience. That's the reason that we refer to your emotions as your emotional guidance system, for they help you recognize the relationship between the vibration of your desire and the vibration of your offering. No other factors need be considered in the achievement of anything you want. What others think, what they have lived, what they are living, what you have lived in the past, even what you are living right now, none of that has any bearing whatsoever on your ability to achieve the object of your desires. Only the vibrational relativity between your desire and you is relevant.

Chapter 11. Vibrational relativity and energy balance

The vibrational relationship between you and your Source is the basis of your emotional guidance system. Your guidance system, like all guidance, is based upon something in relationship to something else. Consider the GPS, navigational system in your vehicle. While it does have the facility to pinpoint your precise location, it is of no value to you in terms of guidance, until you enter a programme in your desired destination. But once the navigational system has that information, it can begin to calculate a propose route from where you currently are to where you want to go. In the same way, the relationship between your current and desired body weight is a basis of the emotional guidance you receive. The relationship between your current financial situation and the amount of cash you would like to have in your bank account is the basis of the emotional guidance that you receive. The relationship between where you are and where you want to be is the basis of your personal guidance system. Even without an electronic navigational system you understand the relativity between where you are and where you want to be. And without that information you could not perceive with any clarity upon your journey. You would just be moving from place to place. Vibrational relativity exists in every possible subject: those of greater importance, those of lesser importance, those that come up many times in every day, and those that you think about only occasionally. Helpful and precise guidance is readily available to you, regarding all things, for there is no subject in your life in which vibration relativity is missing.

The best path to your intended destinations

If you have ever utilized an electronic navigational system in your vehicle, you have surely had the experience of programming an intended destination, and then for some reason deviating from the route. Something along the way may have attracted your attention, so you made an unscheduled turn along your route. Immediately your navigational system begins signaling you that you're off your course. You can explain your reasons for departing from your route, but your navigational system will simply continue to tell you that you have deviated from your intended route. Because as far as your guidance system is concerned, you are off your path. Of course, you could reprogramme the system because of your new decision, and your guidance system would then regroup and make a new plan. But as long as you're holding a specific intention of where you want to go, but are moving in a different direction from that intention, warning bells will ring. Now, you may say, „but Abraham, surely there is more than one path that will lead to my desired destination“. And we agree with you. There are many paths. Many satisfying paths. Paths that are satisfying for different reasons, which will lead to your desired destination. In fact, the joy of life is really in the journey. However, your vehicle's navigational system is considering the information within its unique system. It is determined where you are and contained within its information system of many possible routes, or paths. So, considering all those factors, your navigational system gives you the best route that it can conclude. In other words, it can not make decisions or give guidance outside of the information, contained in its system.

You have a personal emotional guidance system

Your personal emotional guidance system operates in a similar way to an electronic guidance system. You can not receive guidance outside of the routes, or beliefs, contained within your system. Your emotional guidance system relativity is based only upon your active vibrations,

beliefs and their relationship with your desired destination. Remember, a belief is really only a thought that you keep thinking. Your emotions are your indicators of the vibrational relationship of the active vibrations within you. You've come forth into this physical body as an extension of Source energy. And the vibration of your Source is always an active vibration within you. As you explore the variety and contrast of your own life experience, natural preferences, relating to the way you'd like things to be, are vibrationally emitted from you in the form of vibrational signals, similar to electronic signals. You are literally beaming these signals forward into your future experience. Whenever a preference or desire is born with you as a result of something that you are living, that vibrational signal shoots forth like a rocket of desire and begins amassing power and clarity in your vibrational future, in what we lovingly refer to as your vibrational escrow. It's held there expressly for you. No-one else can swoop in and take it, depriving you of your own creation. It remains there pulsing, gaining power, momentum and clarification as you continue to amend your desires through processing more contrasting experiences. The contrast, in which you are focused, provides a wonderful basis for the launching of your unique desires. For whenever you're experiencing something that you do not want, you always understand more clearly what it is that you do want.

Your Source immediately joins your every desire

As you're focused here in this time-space reality, viewing life from your unique perspective, you unseizingly emit new signals for the improvement of your own life experience. In the moment your rockets of desire emanate from you, Source Energy becomes one with those desires. In fact, that is precisely the reason that we continue to unequivocally state to you that when you ask it is always given. For Source Energy acknowledges your desire, agrees with your desire, knows your desire and flows with your desire. The power of your Source immediately becomes one with your desire. And now the vibrational relativity between your newly launched desire, which has been joined by the Energy of Source, and your current habitual thoughts, or beliefs, upon the same subject, become apparent. You can literally feel the agreement or lack thereof, between the frequencies of these energies. If you collected your bills from your mailbox and realized you did not have enough money to pay all of them, a desire for more money would shoot out of you into your vibrational future. And in the moment of that launching Source Energy will flow with your rocket of desire. But if you continue to agonize over the lack of money in your bank account to pay those bills, your vibration will be very different from that of your desire, and so the emotion of worry and fear would be your indication of your vibrational discord. If someone you love has treated you badly, a rocket of desire to be treated with more respect would shoot from you, and your Source would agree with and respond to your request. Your Source literally forms a vibrational bond with your request, or desire, and your request is immediately granted. Source flows with your desire and sees it as you have requested that it be. But if you continue to remember or focus upon the hurtful experience, you hold yourself vibrationally apart from your own request. There is vibrational discord between the vibration of your desire and the vibration of what you're offering, as you focus upon your mistreatment. If the vibration of what is is the dominant vibration within you, regarding the subject of your relationship, then your relationship can not improve. And the emotional pain that you feel is your indication, that the vibrational relativity between where you are right now and what you desire must be improved. You must find a way of offering a vibration that matches that of your desire and of your Source, if you are to allow yourself to receive the benefit of your own request.

Chapter 12. Finding alignment with your Source Energy

As you are focused here within your physical body, you're an extension of non-physical Source Energy. The eternal you is focused here in this physical body. The clear-minded joyous being, that is the total of all that you are, flows to you and through you in this body. But your Inner-Being, or Source, does not think for you. You're not a puppet, doing the bidding of that broader self. You are a fully conscious creator, expressing your unique desires here in this physical time-space reality. You are free to choose the direction of your own thoughts. So, your emotional guidance system exists to help you determine moment by moment the relationship between the vibration of what you're giving your attention to right now and the perspective of your Inner-Being. As you've been focused here in your physical body, interacting with others and living the details of your own life experience, you've encountered much contrast and variety, that has caused many rockets of desire to be launched. You could say that these desires are waiting somewhere in your future experience to be realized by you. We like to say that they're being held and tended to for you by Source Energy in a sort of vibrational escrow. They are your creation, they belong to you, and they're simply awaiting your vibrational alignment with them. And now you must feel your way to that alignment. Your emotional guidance system, the way you feel, is your constant indicator of the vibrational alignment between your active, or dominant, vibrations, beliefs, and the desires that you've launched, that are waiting to be realized, or manifested, into your life experience. As you focus upon the subject of your desire, you can feel your harmony, or discord. The better you feel, the more in alignment you are with your desire. The worse you feel, the more out of alignment you are with your desire.

Increased attention enhances the emotional intensity

As the subject of your desire's activated within you by your attention to it, you can feel where you are on the sliding scale of vibrations. You can sense whether you're leaning toward the abundance of your desire, or the lack of abundance of your desire. Your emotions indicate your current beliefs in relationship with your current desire. If your life experience has caused you to launch many rockets of desire, relative to a subject, then Source Energy is flowing in a stronger way toward that particular desire. If that is the case, then the emotions that you feel will be stronger, regarding that subject. The more attention you give, the more the LOA responds, the faster the energy moves. And you can recognize the feeling of energy moving faster via those emotions that you describe as enthusiasm, passion, exuberance or joy. But what's happening to you, when you're feeling the stronger negative emotion of anger, or hatred, or fear? Those strong emotions certainly indicate also that energy is moving quickly. In other words, your contrasting experience has caused you to launch powerful rockets of desire, and Source Energy is now flowing toward those desires. But the negative emotions that you're feeling are because of the vibrational relativity between your active desire, which has the full attention of your Source, and your active in the moment vibration, where your attention is right now.

Is your focus predominantly on what you want?

So, your emotional guidance system is giving you feedback, based on two significant factors: 1. the power of your desire, or the vibrational speed of your desire, caused by the amount of contrasting experiences and the number of rockets of desires that have been launched about them; 2. the

direction of your focus right now. In other words, your emotional guidance system is giving you powerful and accurate guidance, regarding the vibrational relationship between where you are right now and where you want to be. If your life experience has caused you to come to the point where you really want something, and in any given moment you're focused upon the opposite of that desire, you will feel strong negative emotion. But if your desire is strong, and your current thoughts are in vibrational alignment with that desire, then you will feel strong positive emotion. Your emotions are accurate indicators of the vibrational relativity between where you want to be and where you are right now. And your emotional guidance system is always accurate and available to you at all times. It is a very good system indeed.

Chapter 13. Vibrational relativity, regarding my physical body

The following are some examples of the vibrational relativity between the common desires and beliefs that we see in many people, regarding their physical bodies. First we will state a common desire, that many people hold regarding their physical body, and then we'll list a series of common beliefs about that desire, and next, in brackets, following those beliefs, we'll indicate the degree of vibrational compatibility between the desires and the beliefs. For any desire to be realized by you, or before anything can manifest in your life experience, there must be vibrational compatibility between your desires and your beliefs. As you read down each of the following list, notice the feeling of the lessening of resistance, or the improvement of the vibrational relationship between the stated desire and the commonly associated belief.

Desire: I want to live a long healthy life in this body.

Belief: It's unlikely that I'll live a long healthy life, because there're many deadly diseases in my family history. (this belief is vibrationally incompatible with the stated desire)

Belief: I was born in times that were very different from my parents and their parents, and their parents. (more compatible)

Belief: Today I have greater access to food and information to assist me in maintaining better health. (even more compatible).

Desire: I want to live a long healthy life in this body.

Belief: My parents were not healthy people. (incompatible)

Belief: My parents and I lead very different lives. Our environments are different, what we eat is different, and how we see ourselves is different. (more compatible)

Belief: There is no relationship between my parents' health and my own. (even more compatible)

Desire: I want to live a long healthy life in this body.

Belief: There are many diseases present in our society today (incompatible)

Belief: I have long been surrounded by many diseases and possibilities of many diseases, that I haven't contracted. (more compatible)

Belief: The existence of a disease doesn't mean that I am personally susceptible. (more compatible)

Belief: My intelligent body has often come into contact with diseases that it has comfortably dealt with without my conscious awareness. (more compatible)

Desire: I want to live a long healthy life in this body.

Belief: Even though new cures to diseases are discovered, new diseases continue to pop up. (incompatible)

Belief: The standard of physical health continues to rise worldwide. (more compatible)

Belief: Diseases that thrive in the absence of vibrational alignment can not affect someone who is in vibrational alignment. (more compatible)

Belief: Another's resistance to their Well-Being has nothing to do with me and my Well-Being. (more compatible)

Desire: I want to live a long healthy life in this body.

Belief: Most people eventually experience physical decline. (incompatible)

Belief: Different people experience different degrees of physical decline. It's not necessary to be sick at the end of one's physical life. (more compatible)

Belief: The length of time in one's physical body and the degree of decline are not related. (even more compatible)

Desire: I want to be active and strong my whole physical life.

Belief: As I get older in my physical body, it's inevitable that my physical strength and endurance will diminish. (incompatible)

Belief: When I observe people who are experiencing a physical decline, I don't know the details of their life experience. (more compatible)

Belief: There are strong people at all ages, and weak people at all ages. Age is not the determining factor. (more compatible)

Desire: I want to achieve and maintain a healthy attractive body weight.

Belief: It's very difficult to maintain the body weight I desire without doing strenuous daily exercise and depriving myself of things I want to eat. (incompatible)

Belief: As I observe others, there's a great variety in their activity and food consumption, causing a great variety of results. (more compatible)

Belief: It's possible for me to find a comfortable lifestyle that will give me the results I want. (even more compatible)

Desire: I wanna be agile and flexible. I want my body to move easily and to feel good while it moves.

Belief: As I get older, I become stiff and less flexible. (incompatible)

Belief: There are many good feeling flexible older people and many not good feeling inflexible younger people. Age is not the determining factor. (more compatible)

Belief: I noticed that when I decide to move my body deliberately on a daily basis, the condition of my body steadily improves at any time and every time. (even more compatible)

Desire: I want clarity of thought. I want to learn easily and to retain what I've learnt.

Belief: I'm often confused and don't retain the things I read or learn. (incompatible)

Belief: I've noticed that my memory is good when I'm dealing with the subject I'm interested in. (more compatible)

Belief: When I want clarity and when I deliberately focus, I'm clear. (even more compatible)

Desire: I want clarity of mind. I want to remember where I put things.

Belief: I can't remember where I put things. (incompatible)

Belief: Even when I can't remember where I've put something in time, I always find it again. (more compatible)

Belief: If I make a decision about the best place to put something, and I think about why this is a good place to put it, I then easily remember that I put it there. (even more compatible)

You have undoubtedly come to many opinions or beliefs about many things. You may have seen some of what you believe reflected in the examples that you've just read. But the all important question that you must ask yourself is: „Is this belief vibrationally compatible with my desire?“ Because if it is not, then you can not achieve your desire. So, try to say or think something that feels better, that's more compatible with your desire. If you continue to try, you will find something that feels better. And as you practise feeling better and continue to reach for better feeling thoughts, you'll train your vibration and your point of attraction to a place where only good things will come to you. Some of your beliefs are benefit to you and some of them are not. Your awareness of the vibrational relativity between your active desire and your active beliefs will help you sort that out. You will discover that it's not difficult to find and activate beliefs that harmonize with your desires. And when you do, your intended desires will become your manifested reality.

Chapter 14. Vibrational relativity, regarding my home

The following are some examples of the vibrational relativity between the common desires and the beliefs that we see in many people, regarding their homes. First we will state a common desire, that many people hold regarding their homes, and then we'll list a series of common beliefs about that desire, and next, in brackets, following those beliefs, we'll indicate the degree of vibrational compatibility. For any desire to be realized by you, or before anything can manifest in your life experience, there must be vibrational compatibility between your desires and your beliefs. As we go down each of the following list, notice the feeling of the lessening of resistance, or the improvement of the vibrational relationship between the stated desire and the commonly associated belief.

Desire: I want to be able to afford a fabulous home.

Belief: I can't afford the kind of home I wanna live in. (this belief is vibrationally incompatible with the stated desire)

Belief: There are some variance even in homes in a similar price range. (more compatible)

Belief: It's possible, under the right circumstances, to find hidden treasures out there in the housing market. (even more compatible)

Desire: I wanna be able to control my personal environment.

Belief: Even though our neighbourhood has regulations, they are not enforced. My neighbours do as they please, having no consideration for how that impacts me. (incompatible)

Belief: My neighbours, for the most part, want a comfortable neighbourhood for themselves also. (more compatible)

Belief: For the most part, things go quite well in my neighbourhood. (even more compatible)

Desire: I want my home to be safe.

Belief: Anyone and everyone has access to this neighbourhood, and there's no way of protecting my property. (incompatible)

Belief: When I think about all the homes and all the belongings that people have, I realize it's really a rare thing when someone's property or things are violated. (more compatible)

Belief: My property isn't being singled out with negative intention. All is well with my home. (even more compatible)

Desire: I want my home to contain modern conveniences for ease and comfort.

Belief: There are many things that can be purchased that make life easier and more comfortable, but they cost a great deal of money. (incompatible)

Belief: Tools and appliances, that bring the most ease, are readily available and affordable to me. (more compatible)

Belief: There are many things that I can do, which I have complete control over, which will add both, ease and comfort, to my home environment. (even more compatible)

Desire: I wanna own my home.

Belief: To own my own home, I need a large down-payment. And I'm already spending everything I'm making. (incompatible)

Belief: At this time the economy is such that nearly anyone, if they really want to, can own their own home. (more compatible)

Belief: I know that when I finally decide I wanna purchase a home, I'll be able to figure out how to do it. (even more compatible)

Desire: I wanna find a home that will satisfy me for all the days of my life.

Belief: Even if that perfect place is out there somewhere, I don't know how I will find it, or if it'll be available, or how I could afford it. (incompatible)

Belief: Experience's shown me that I'm a changing being and that my taste and desires, relative to all things, are changing. (more compatible)

Belief: It's not necessary for me to find a home that'll please me forever. I'll find one that pleases me for now, and then I'll make another decision later. (even more compatible)

Some people argue that simply reaching for things that feel a little better seem of little consequence to changing anything. What good does it do to just say different words? Isn't that just a form of denial? I've been taught that I should tell it like it is, and that I should face up to reality. We want you to understand that this process will help you create a different and more pleasing reality. If you continue to see things as they are, and talk about them as they are, nothing can change. You can not instantly see them in a very different way than they are, but you can easily mold your perspective into increasingly better feeling places on every subject of importance to you. And as you make those vibrational shifts, and feel the emotional improvements, the vibrational discrepancy between your desires and beliefs will be resolved. You will come into perfect alignment with what you desire, and what manifests in your life experience will absolutely reflect those changes. Why would you want to accept or face a reality that is not pleasing, when you can create a reality that is pleasing?

Chapter 15. Vibrational relativity, regarding my work

The following are some examples of the vibrational relativity between the common desires and the beliefs that we see in many people, regarding their work, employment or occupation. First we will state a common desire, that many people hold regarding their work, and then we'll list a series of common beliefs about that desire, and next, in brackets, following those beliefs, we'll indicate the degree of vibrational compatibility. For any desire to be realized by you, or before anything can manifest in your life experience, there must be vibrational compatibility between your desires and your beliefs. As we go down each of the following list, notice the feeling of the lessening of resistance, or the improvement of the vibrational relationship between the stated desire and the commonly associated belief.

Desire: I want work that is more satisfying.

Belief: This is what I've been trained to do, but I'm tired of doing it. (this belief is vibrationally incompatible with the stated desire)

Belief: My work was more interesting in the beginning when it was new to me. (more compatible)

Belief: In the same way that I learned to do this work, there are many other new things that I could learn how to do. (even more compatible)

Desire: I want work that brings me more monetary compensation.

Belief: It is impossible to make more money doing this, because this is what people who do what I do make. (incompatible)

Belief: There are companies who pay better than others, and there are many other companies than the one I'm currently involved with. (more compatible)

Belief: It's possible to find a company that sees greater value in what I have to offer. (even more compatible)

Desire: I want a work environment that's more pleasing.

Belief: This work environment is a disgusting place. (incompatible)

Belief: By implementing some good ideas and with a little ingenuity I can improve my immediate surroundings. Who knows, I may start a trend. (more compatible)

Belief: By visualising the implementation of a few good ideas and with my determination to see it all differently, this place doesn't feel so bad afterall. (even more compatible)

Desire: I want to work with people who are nice to be around.

Belief: I have no personal control over the people who are hired to work here, and the person I share my office with is very annoying. (incompatible)

Belief: I see a variety of personalities in my work place. (more compatible)

Belief: I really like that friendly girl who answers the telephone. (even more compatible)

Desire: I wanna do work that stimulates my personal growth.

Belief: I feel stuck in a job that has no opportunities to expand. (incompatible)

Belief: There are probably opportunities for expansion around me that I've been overlooking. (more compatible)

Belief: The work I want must be out there and I'll know it when I see it. (even more compatible)

Desire: I want to be free.

Belief: I have no freedom at work, and it seems like I'm always there. (incompatible)

Belief: My work does have variety and some of it is pleasurable to experience. (more compatible)

Belief: It's my choice to be here and I could choose to leave if I wanted to. (even more compatible)

When you are interacting with other people, it sometimes feels a bit more challenging to you to choose your own thoughts. It seems so natural to observe the conditions that are surrounding you, and then to have a knee-jerk reaction to whatever those conditions are. But when you discover your ability to sift through those experiences, and deliberately choose better feeling perspectives, you'll begin to understand your creative invincibility. In time you'll be able to maintain your connection to your own desires, no matter what's going on around you. And as you learn to exercise your vibrational control, only good feeling situations will find their way to you.

Chapter 16. Vibrational relativity, regarding my relationships

The following are some examples of the vibrational relativity between the common desires and the beliefs that we see in many people, regarding their relationships. First we will state a common desire, that many people hold regarding their relationships, and then we'll list a series of common beliefs about that desire, and next, in brackets, following those beliefs, we'll indicate the degree of vibrational compatibility. For any desire to be realized by you, or before anything can manifest in your life experience, there must be vibrational compatibility between your desires and your beliefs. As we go down each of the following list, notice the feeling of the lessening of resistance, or the improvement of the vibrational relationship between the stated desire and the commonly associated belief.

Desire: I want to find my perfect partner.

Belief: I've been looking for so long. All of the really great people have already found their mates. (this belief is vibrationally incompatible with the stated desire)

Belief: I've only recently decided that I'm really ready for a mate. I'm glad my mate didn't get here before I was ready. (more compatible)

Belief: When I make up my mind about something, it usually works out for me. (even more compatible)

Desire: I want to improve my relationship with my mate.

Belief: Everything I do seems to make my mate angry. (incompatible)

Belief: We had a great relationship when we first came together. (more compatible)

Belief: I'd love to return to those old feelings of really loving each other. (even more compatible)

Desire: I want a better relationship with my parents.

Belief: Even though I've been an adult for years, my mother still thinks she needs to tell me what to do. (incompatible)

Belief: My father's interest in me comes from the place of wanting me to have a good life. (more compatible)

Belief: My mother really does mean well, and what she says and does actually has little or no affect on my life. (even more compatible)

Desire: I want a better relationship with my child, or my children.

Belief: My child seems to think that I'm the path through which everything she wants will come to her. (incompatible)

Belief: When I was his age, I looked at life very differently than I do now. But not so different from the way he sees it, I suppose. (more compatible)

Belief: We are both continually changing, and that is such a good thing. (even more compatible)

Desire: I want a better relationship with my employer.

Belief: My employer doesn't seem to be aware of how much value I am to him. (incompatible)

Belief: I want to make a noticeable difference at work. (more compatible)

Belief: I feel good about the work I do, regardless of anyone else's awareness of it. (even more compatible)

Desire: I want to get along better with people.

Belief: People don't seem to understand me. I'm like a fish out of water. (incompatible)

Belief: There's great variety in people. I do resonate well with some of them. (more compatible)

Belief: I do have a good relationship with that person. (even more compatible)

As you're beginning to deliberately train your perspective towards those better feeling beliefs, we always encourage you to start with something easy. In other words, do not focus upon your most challenging relationship and use it as your test case to see how good you are at improving your vibrational relativity between where you are and where you want to be. Once you've shown yourself that you can easily on most subjects find improved perspectives, then you can focus upon those more challenging situations. In time you will know that you have absolute control over the way you feel, over your point of focus, over your point of attraction, and over everything that comes into your own life experience.

Chapter 17. Vibrational relativity, regarding my financial abundance

The following are some examples of the vibrational relativity between the common desires and the beliefs that we see in many people, regarding their financial abundance. First we will state a common desire, that many people hold regarding dollars, or about abundance, and then we'll list a series of common beliefs about that desire, and next, in brackets, following those beliefs, we'll indicate the degree of vibrational compatibility. For any desire to be realized by you, or before anything can manifest in your life experience, there must be vibrational compatibility between your desires and your beliefs. As we go down each of the following list, notice the feeling of the lessening of resistance, or the improvement of the vibrational relationship between the stated desire and the commonly associated belief.

Desire: I want more money.

Belief: I'm so tired of not being able to afford the things I wanna do. (this belief is vibrationally incompatible with the stated desire)

Belief: If I plan well, I can shift things around so that my money goes further. (more compatible)

Belief: I'm so glad I have enough money to put toward this thing that I want. (even more compatible)

Desire: I want money to come to me more easily.

Belief: It seems like too much of my life is spent earning money. (incompatible)

Belief: Surely there are things to do that earn more money per hour. (more compatible)

Belief: I'm glad I have this marketable skill that pays the bills. (even more compatible)

Desire: I wanna feel good about having money.

Belief: My mother said that money doesn't make you happy. In fact, she believes it ruins lives. (incompatible)

Belief: I've seen people with and without money who are happy. And I've seen people with and without money who are sad. Money doesn't have to ruin your life. (more compatible)

Belief: Money feels freeing to me. It lifts limitations and it affords opportunities. (even more compatible)

Desire: I wanna be comfortable about others not having money.

Belief: I love my luxurious new car, but I feel bad that that man has no place to live. (incompatible)

Belief: I understand that my not buying that car would not then mean that that man would have a place to live. (more compatible)

Belief: Everyone has exactly as much money as they expect and allow themselves to have. (even more compatible)

Desire: I want to come into financial balance.

Belief: No matter how hard I try or how much I work, something always seems to come up that keeps me from getting ahead. (incompatible)

Belief: I don't have much control over how much money will come in this week, but I do have some control about how much I spend. (more compatible)

Belief: I am gradually coming into balance. (even more compatible)

Desire: I wanna be free of debt.

Belief: I am so tired of being in so much debt. My monthly payments take such a big piece of my paycheck that there is hardly anything left with which to enjoy life. (incompatible)

Belief: Responsible debt is not such a bad thing. It's allowed me to enjoy something sooner than I would have been able to otherwise. (more compatible)

Belief: With or without debt I can achieve financial balance. Some of the most successful entities on the planet have some of the largest debts. (even more compatible)

When you decide that you are going to improve the vibrational relationship between what you want regarding money, and what you currently believe regarding money, you'll begin to see immediate results. Because dollars affect your life in so many different ways, you think about them more often. So, if you're making some effort to feel better whenever the subject of money comes up, you'll quickly shift your point of attraction. The improvement in the vibrational relationship between your desires and your beliefs will be apparent right away.

Chapter 18. Vibrational relativity, regarding my world

The following are some examples of the vibrational relativity between the common desires and the beliefs that we see in many people, regarding their world. First we will state a common desire, that many people hold regarding their world, and then we'll list a series of common beliefs about that desire, and next, in brackets, following those beliefs, we'll indicate the degree of vibrational compatibility. For any desire to be realized by you, or before anything can manifest in your life experience, there must be vibrational compatibility between your desires and your beliefs. As we go down each of the following list, notice the feeling of the lessening of resistance, or the improvement of the vibrational relationship between the stated desire and the commonly associated belief.

Desire: I want the world to be a happier place.

Belief: There's so much suffering in the world. (this belief is vibrationally incompatible with the stated desire)

Belief: I've lived quite a good life. (more compatible)

Belief: Look how happy that little girl is. (even more compatible)

Desire: I want the people of the world to get along with one another.

Belief: It seems as if there are so many conflicts and wars happening today. (incompatible)

Belief: Not all people are involved in conflicts. (more compatible)

Belief: There are many people around the world who are living in joy. (even more compatible)

Desire: I want the world to be a safe place.

Belief: What if something catastrophic, like an earthquake, tidal wave, or nuclear explosion disrupts the Well-Being of our planet. (incompatible)

Belief: We've long lived with the threats of those occurrences, as well as the reality of them, and we continue not only to exist, but to thrive. (more compatible)

Belief: The Well-Being of this planet certainly does appear to be dominant. (even more compatible)

Desire: I want the world to be a healthy place.

Belief: There are so many things in the world today that threaten our health. (incompatible)

Belief: While some places seem trully toxic, there are many that are really thriving. (more compatible)

Belief: Our planet has tremendous regenerating capabilities. (even more compatible)

Desire: I want to experience more of this world.

Belief: This world is so vast, and I'm experiencing such a small part of it. I feel like I'm missing out on so much. (incompatible)

Belief: Technology makes the world so much more accessible. I can see places and gather information about them before I visit them personally. (more compatible)

Belief: I love exploring my world. I'm gonna start paying more attention wherever I am. (even more compatible).

In earlier times before the technology of your planet gave you the ability to see what's happening in every village or city on your planet, it was possible to observe those around you and for the most part maintain your awareness of Well-Being. But in these modern times with so much emphasis placed on pockets of unrest, war and natural calamities, your observation of your world through the negatively slanted view of your news media gives you an enormously distorted perspective of the Well-Being of your planet. Nothing fosters your perception of your lack of empowerment more than the constant graphic reminders of tragedies occurring that you have no personal involvement in or the power to change. It is our desire that you come to understand that those things are not your work. Your work is to tend to your own energy balance. And when you do, your world will come into perfect alignment.

Chapter 19. Vibrational relativity, regarding my government

The following are some examples of the vibrational relativity between the common desires and the beliefs that we see in many people, regarding their government. First we will state a common desire, that many people hold regarding their government, and then we'll list a series of common beliefs about that desire, and next, in brackets, following those beliefs, we'll indicate the degree of vibrational compatibility. For any desire to be realized by you, or before anything can manifest in your life experience, there must be vibrational compatibility between your desires and your beliefs. As we go down each of the following list, notice the feeling of the lessening of resistance, or the improvement of the vibrational relationship between the stated desire and the commonly associated belief.

Desire: I want wise and responsible leaders at the head of my government.

Belief: The leaders of my government seem foolish and irresponsible. (this belief is vibrationally incompatible with the stated desire)

Belief: There are probably some talented and wise people with a strong background and understanding in various areas working in our government. (more compatible)

Belief: I liked what I heard from that government official regarding this issue. (even more compatible)

Desire: I want my government to reflect the desires and interests of the people it represents.

Belief: Politicians tell us one thing while they're trying to get elected, but then once they're in office they do what best serves their own selfish interests. (incompatible)

Belief: Our government is an extremely complex entity. While some aspects of it seem out of balance, there are obvious aspects of government that effectively serve the public. (more compatible)

Belief: There are so many advantages to living here in this wonderful nation. (even more compatible)

Desire: I want my government to understand that it exist to serve the people it represents.

Belief: Our government has become a self-perpetuating agency that seems to have forgotten that it exist to serve the people that elected it. (incompatible)

Belief: While our government is often inefficient, I don't believe that we'd be better off without it. (more compatible)

Belief: Our government is comprised of many departments and many individuals with good intentions. (even more compatible)

Desire: I want my government to be fair and balanced.

Belief: The administration of our current government isn't even trying to acknowledge that there're maybe other points of view that have merit. (incompatible)

Belief: I recognize that my government seem most unfair and imbalanced when their views disagree with my own. Maybe our disagreement is part of the balancing process. (more compatible)

Belief: Even though at times I disagree with the direction of those in office, our system of government assures that no administration can remain in office indefinitely. And so the balance eventually comes, even though it may take some time. (even more compatible)

Desire: I want a government that's well respected by other governments and by the people of the world.

Belief: I'm embarrassed by the actions of my government which seem arrogant and self-serving to many other nations. (incompatible)

Belief: My opinion about my government and the response of the people of other nations is based on very limited information. (more compatible)

Belief: The presence of my nation and the efforts of my government, past and present, have had a tremendous value to this world. (even more compatible)

Desire: I want a government that's fiscally responsible.

Belief: If my government were normal business continueing to spend more than it earns, it would have been bankrupt and out of business years ago. (incompatible)

Belief: I realize that my concern around my government's fiscal irresponsibility is based more upon my fear what the future will bring than about what's actually happening right now. (more compatible)

Belief: Even though the size of our government is increasing and the money it's spending is ever greater, the overall life experience of the people of this nation has been steadily rising. (even more compatible)

Many people in the beginning of the decision to tend to the balance of their own energies buck at the idea of giving someone with whom they disagree the benefit of the doubt. There's no point of view regarding governmental issues, or any issues for that matter, that we desire to guide you toward or away from. It's only our desire that you find a way to come into alignment with you. For when you do, your own life and world will reflect that balance. And until you do, there's not enough action in the world that can compensate for the misalignment of energies.

Chapter 20. Realigning with your vibration of Well-Being

As you've read through the previous examples of desires and beliefs, if you're like most people, reading this has caused an activation of many vibrations within you. You've probably felt your own personal agreement, or disagreement, with some of what you've just read. For it's easy to lose sight of your true objective when you're listening through a list of subjects that may touch upon some of the specifics of your own life. But we want you to remember the important premise that we are putting forth here – it is necessary for the vibration of your desire and the vibration of your belief to match. For without that vibrational alignment you are not in alignment. And as long as you're out of alignment, you cannot allow the Well-Being that you've been asking for to flow into your experience. As you read the previous examples - and at the end of this chapter we encourage you to go back and read them again – you may have recognized that you agreed with the desires, or some of them, that we offered as examples, and that you also agreed with many of the first examples we offered of a belief that was incompatible with a stated desire. In other words, it's very common for a person to desire more money and believe there's simply not enough money. It's very common for a person to desire to lose unwanted body weight, and believe that no diets work for them. It's very common for a person to desire a healthy body and to believe that there's no cure for this physical condition.

Balancing vibrations between your desires and beliefs

The purpose of the examples we've offered has been to help you understand that it's your work to bring vibrational balance between your desires and your beliefs. If your body is in this moment healthy, or if right now you have all the money you can possibly spend, you can look at your current state of affairs and speak about them as they are without causing a vibrational mismatch between your desires and your beliefs. But if on any subject things are not the way you want them to be, you cannot continue to speak about them as they are, without causing vibrational discord between your desire and your belief. And that vibrational discord will prevent you from realizing your desire. And remember, your emotions will IN THE MOMENT indicate that vibrational imbalance.

This is your ultimate balancing of energy

As you read again the examples of beliefs and desires that we've offered here, try to be aware of your feeling of discord between the stated desire and the first example of belief that we've offered. And then notice if you feel relief as you read the second example of belief. And then even more relief as you read the third example. To begin experiencing wonderful improvement in your own life experience on any subject that's important to you, you have only to understand, and then deliberately improve upon, the vibrational relationship between your desire and your belief. This is the ultimate balancing of energy. It's easy to get lost in the discussion of right or wrong, or whether something's true or not. Many will argue, „but this is what's happening, and I cannot deny that this is what's happening“. They'll argue that there are many others who agree with them about this injustice or that inappropriate situation. But we want you to realize that your attention to those things, which activate within you opposing vibrations to your own desires, will prevent you from ever finding the improvement you're seeking. You cannot continue to encourage a vibrational activation within yourself that opposes your own intentions, and ever hope to realize those intentions. You must first bring the vibration of your being into alignment.

Chapter 21. Finding vibrational alignment with your Inner-Being

It's of great value to have continual awareness of the vibrational relativity between your current point of focus and the point of focus of your Inner-Being. If you remember that the attention of your Inner-Being is upon the outcome that you desire, and then if you will try to find vibrational alignment with your Inner-Being, you will then find vibrational alignment with your desired outcome. There're many valuable and good-feeling reasons to try to align with your Inner-Being, or Source, or who you really are. For instance, that non-physical part of you is the sum of all that you've become and is, therefore, extremely wise. That non-physical part of you is Source Energy and is therefore the vibrational equivalent to love and Well-Being. That vibration of your Inner-Being is pure positive energy, resistance-free by your standards, and is therefore extremely powerful and effective. So, when you make the effort to come into closer vibrational alignment with that non-physical part of yourself, you open yourself to that wisdom, love, Well-Being and power. When you are in alignment with your Source, you experience the clarity, vitality, enthusiasm, passion and Well-Being, that is natural to you.

Am I allowing or resisting my Well-Being?

We refer to your vibrational alignment with your Source as allowing. We refer to your vibrational misalignment with your Source as less allowing. The more out of alignment you become, and the less you allow your connection to your Source, the more you become in a state of vibrational resistance. Resistance to thriving, resistance to wellness, resistance to clarity, resistance to abundance and resistance to your personal Well-Being. Sensitivity to your emotions will help you to be aware of just how much allowing or resisting you're doing in any moment in time. The better you feel, the more you're allowing your connection to your Source. The worse you feel, the less you're allowing your connection to your Source.

Your most important decision to make

When you decide to make your awareness of the vibrational relativity between you and your Source of extreme importance, you've made the most important decision that you could ever make. For you have now consciously activated your own personal guidance system. And you will never be lost again. When you understand your emotions and what they mean, and so are able to deliberately improve the way you feel through a deliberate choosing of increasingly better feeling thoughts, there will be no intent that you can not easily accomplish. All things that you desire will flow quickly and easily into your experience. Now, as new intentions continue to be born within you, your belief in your ability to accomplish them will grow as well. You'll begin to feel free, invincible, eager and joyful. You'll feel as your Inner-Being feels, enjoying the contrast that produces the desire that summons the energy that creates worlds, riding the wave of this fast moving current out here on this leading-edge of creation. In simple terms, the vibrational relationship between you and your Inner-Being translates into the difference between emotions that feel good and emotions that feel bad. Emotions that feel good indicate alignment with, or allowing of, your Source. While emotions that feel bad indicate misalignment with, or resistance to, the energy of your Source.

Freedom, or lack of such, is perceptual

When you consider the extent of emotions that range from good feeling ones, such as joy, love and appreciation, all the way down to a depression, despair, fear and grief, can you feel how empowering those good-feeling emotions are, and how disempowering those bad-feeling emotions are? Can you not sense the feeling of freedom on one end of the scale and the lack of freedom on the other? The good feeling end of the emotional guiding scale matches a vibration of perceived freedom. The bad feeling end of the emotional guiding scale matches a vibration of perceived lack of freedom. Freedom or lack of freedom is truly perceptual, because, whether you understand it or not, you are absolutely free. For no-one can get inside of you and offer your vibration for you. For it is only your own vibrational offering that affects your personal life experience. And so, it's of tremendous value for you to acknowledge, from your own point of view, the feeling of absolute freedom, or empowerment, that some emotions signal, and the feelings of utter bondage, or disempowerment, that are pointed out by others. Your Inner-Being, or Source, understands that you are free under all conditions to create what you desire. But when you perceive that you are not free, those negative emotions of depression, despair, or fear, point out your misalignment. Your Inner-Being, or Source, understands that you are free under all conditions to create what you desire, so when you perceive that you are free, you feel those conforming, matching aligning feelings of positive emotion that indicate your alignment with Source. Now, when you conclude that nothing is more important than that you feel good, you've come to the most important realization of all. For you've now decided to deliberately manage the vibrational relationship between you and your Source. You've decided to use the guidance system that you were born with to monitor and control the vibrational reality between your current focus and subsequent vibration and that of your Inner-Being. You've decided to tend to your connection with your Source. You've decided to thrive rather than pinch off your connection. You have chosen clarity, vitality, eagerness, abundance of all things you consider to be good and joy.

Chapter 22. The point of attraction and the relief factor

We are going to offer a very wise but also very obvious statement here: you are where you are. What you *have* been thinking and what you *currently are* thinking has resulted in your creation, in your life experience of what is. And so, that's that. However, we want you to turn your full attention to the vibrational relativity between where you are right now and where you wanna be. For that is where all of your power is. That is where the thrill of creative genius lies. That vibrational variance between where you are and where you wanna be is the creative arena that you've come forth to play within - the leading-edge of creation. This is what you've come forth to experience and enjoy and to never complete. So, where you stand and how you feel right now equals your vibrational point of attraction. And if you are aware, you can tell by the way you feel how your perception of where you are right now matches, or does not match, the vibration of your Source. If right now you intent upon achieving the best match that you can with the vibration of your Source, then you'll be reaching for, or feeling for, better and better feeling thoughts. And as you find a better feeling thought, a feeling of relief will be your experience.

The emotional guidance scale: from allowing to resistance

Imagine an emotional guidance scale with the good feeling thoughts on one end, and the bad feeling thoughts on the other. And now acknowledge that the end that feels good equals allowing, and the end that feels bad equals resistance. So it is obvious that depending upon your choice of thoughts you could move toward either end of the scale. It's also obvious that the further you are from one end of the scale, the closer you are to the other end. In other words, this thought feels better, this thought feels worse. This better feeling thought indicates allowing, this worse feeling thought indicates resistance. Now, a scale of your emotions would look something like this:

1. joy, knowledge, empowerment, freedom, love, appreciation;
2. passion;
3. enthusiasm; eagerness, happiness;
4. positive expectation, belief;
5. optimism;
6. hopefulness;
7. contentment;
8. boredom;
9. pessimism;
10. frustration, irritation, impatience;
11. overwhelm;
12. disappointment;
13. doubt;
14. worry;
15. blame;
16. discouragement;
17. anger;
18. revenge;
19. hatred, rage;
20. jealousy;
21. insecurity, guilt, unworthiness;
22. fear, grief, depression, despair, powerlessness.

Since the same words are often used to mean different things, and different words are often used to mean the same things, these word labels for your emotions are not absolutely accurate for every person who feels the emotion. In fact, giving word labels to the emotions could cause confusion and distract you from the real purpose – of your emotional guidance scale. The thing that matters most is that you consciously reach for a feeling that's improved. The word for the feeling is not important.

Continually reach for relief from resistance

A rather effective way of balancing your energy is to continually reach for a feeling of relief. A feeling of relief always indicates an improvement in your vibration, and it always means a releasing of resistance, or an increasing of allowing. And if we were standing in your physical shoes, we would make the relief factor the most important part of our personal awareness. When you continually look for a way of looking at everything that feels slightly better than what you're currently feeling, you're getting closer and closer to seeing your world as your Inner-Being sees it. And in the process you will be leaving resistance behind. Your own resistance is the only factor that keeps you from realizing all the wonderful things that you desire. Illness is about resistance, confusion is about resistance, poverty is about resistance, sadness is about resistance. Even car accidents are about resistance. All things that you consider to be bad exist only because of resistance to your natural Well-Being.

There is not a source of unwanted

You do not walk into a room and look for the dark switch. For you understand there is not a switch that floods darkness into the room, which covers the source of light. And by the same principle there's not a source of sickness, badness or evil. But merely a practised resistance to the natural source of Well-Being. Reaching for relief moment by moment, thought by thought, and subject by subject will bring you increasingly closer to your Source of Well-Being. When you care about how you feel, and you deliberately try to look at things in ways that feel better and better to you, making the best of things instead of the worst of things, you will allow more and resist less. And the circumstances and events of your life will begin to reflect those changes immediately. Relief indicates the releasing of resistance, which is the same thing as moving toward more allowing. It is an effective use of your emotional guidance system.

Chapter 23. The balancing of energies for joyful creation

The variety, or contrast, that surrounds you is of tremendous value. For it's the data from which your personal preferences and desires are born. You are creator. And you create through the power of your focus. In every moment that you live and with every experience you live the variety of your life inspires the launching of new desires and the amending of previous desires. And so, focused desire never ceases to flow forth from you. The expansion of the universe is dependant upon this process: contrast causes a focusing of desire and then through the LOA that desire is answered by Source Energy. In other words, when you ask, it is always given. Many argue that they've been asking but they're not getting what they've been asking for. And we explain that anytime anyone from any perspective asks for anything, it is always given. But the asking that we're referring to is not the formulating of words or sentences, but the emanation of vibrations that exude naturally from you as you explore the contrast. For you cannot cease asking. Asking is the most natural and the most important result of the contrasting environment in which you're focused. The reason, the only reason, that people ever find themselves in a position where they've been asking for something that they're not receiving, is because they are holding themselves vibrationally apart from their own desire. The vibrational frequencies of what they want and what is dominantly active within them must balance.

Examples of balancing contrasting vibrational frequencies

The following examples will illustrate how you can benefit from the natural contrast of your physical environment by utilizing your emotional guidance system and deliberately improving a vibrational relationship between your desires and beliefs. These examples will demonstrate the process of the deliberate balancing of energies for the purpose of joyful creation. First, we will describe a common situation of what is. Notice the beliefs that are active within the current situation. And we will call that the *Current contrasting situation*. Next, we will list the desires that are born out of that contrast. For whenever you're in a situation where you know what you do not want, in that moment of contrast you always know more clearly what it is that you do want. And we will call that *Resulting desires*. Next, we will list the emotions that indicate the current active vibrations, or beliefs. And we'll head that up as *Resulting emotions, or indications of vibrational discord*. And now we'll offer series of statements to assist in bringing the current active vibration into alignment with the desire. As you read, see if you can feel the improvement in the vibrational relativity between the desires and the beliefs. Know that the feeling of relief indicates both, the releasing of resistance and the improvement in the vibrational relationship between the desire and the belief. In other words, the better you feel, the more in balance your energies are. Of course you could also say, the more in balance my energies are, the better I feel. And we'll call this segment *Deliberate effort to improve the vibrational relationship between my new desire and my current belief*. And finally, we'll point out the specific improvement in the vibrational relationship between the desire and the belief, as it's evidenced by the better feeling emotion. We'll head up that segment with the term *Result*.

There's no understanding that will ever be of more importance to you than this. For once you understand the process of deliberately bringing the vibration of your beliefs into alignment with the vibrations of your intentions, you will be the deliberate creator of your experience, and there will be no intentions that you cannot fulfil. Remember, if the life you're living has the resources to produce within you any specific desire, then the resources exist for your full receiving, or manifestation, of that desire.

Chapter 24. My body

Weight situation

Current contrasting situation:

I'm 50 pounds overweight. I've tried many different diets. They all work to some extent for a while. And I lose some weight. But then I gain it all back, plus more. My clothes don't fit well. I don't like the way I look, and I don't know what to do.

Resulting desires:

I wanna find a way to lose weight.
I wanna be able to maintain a comfortable body weight.
I wanna feel good and look good.

Resulting emotions, or indications of vibrational discord:

I feel frustrated.
I feel discouraged.
There is a significant vibrational discord between my desire and my beliefs.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

I've had an experience of losing weight.
I'm aware of some things that have worked for me.
When I put my mind to something, I usually get results.
I've weight more than I do right now.
I do have some clothes that I look pretty good in.
I especially enjoy wearing my new grey outfit.

Result:

Vibrational relativity has improved.

Health situation

Current contrasting situation:

I've received a medical diagnosis that frightens me. I'm especially worried about it because my parents have both been afflicted by the same condition. And I've heard that several other members of my family have even died from this.

Resulting desires:

I wanna be healthy.

Resulting emotions, or indications of vibrational discord:

I feel fear.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

A diagnosis is not a death sentence.
People have recovered from this.
There are many degrees of sickness with the same label.
There are mild cases of this disease. I haven't been feeling bad.
I actually have a hearty body.
I've always been quick to balance back from sickness.

Result:

Vibrational relativity has improved.

Fatigue situation

Current contrasting situation:

I have no energy. I feel tired all of the time. I can barely get through the day. I'm having a hard time keeping up with things I need to do. And I am not enjoying anything because I'm so tired.

Resulting desires:

I want more energy.
I wanna feel good.

Resulting emotions, or indications of vibrational discord:

I feel overwhelmed.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

I always manage to accomplish what's really necessary.
When I decide I can do whatever needs to be done.
I do notice that my energy fluctuates.
There are times when I feel much better than others.

Result:

Vibrational relativity has improved.

Physical decline situation

Current contrasting situation:

I worry that my body is deteriorating. I don't have the energy that I once had. And I can't do the things I used to enjoy doing. I have aches and pains. My knees hurt when I walk. And I don't dare try to run anymore. I'm scared that it's gonna get worse and worse.

Resulting desires:

I want my body to feel good.
I want my body to be healthy all the days of my life.

Resulting emotions, or indications of vibrational discord:

I feel worried.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

I've been quite healthy most of my life.
Even when I was much younger my body sometimes felt stiff.
I remember having sore muscles even back when I was in high-school.

Result:

Vibrational relativity has improved.

Chapter 25. My home

Home space situation

Current contrasting situation:

My home is a mess. It's so small, and it has such inadequate storage that I don't have anywhere to put anything. And even when I do try to clean it up to get more organized, I just make a bigger mess than before.

Resulting desires:

I want my house to be organized.
I want my house to look better.
I wanna be able to find things.

Resulting emotions, or indications of vibrational discord:

I feel frustration.
I feel overwhelmed.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

I've been more organized before than I am right now.
I've lived in smaller places than this.
I have more things in this space with me than I really need.
I could get rid of some things which would make more space.
I don't have to do it all at once.

Result:

Vibrational relativity has improved.

Home deterioration situation

Current contrasting situation:

I've lived in the same place for a long time and I'm tired of it. It doesn't meet our needs at all anymore. But we can't really afford to move. I even find myself looking for excuses to not be at home because I don't feel good when I'm there.

Resulting desires:

I want a bigger, better home.
I want to enjoy being at home.
I want more money so that I can buy a better home.

Resulting emotions, or indications of vibrational discord:

I feel frustration.
I feel irritation.
I feel pessimism.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

I've accumulated some possessions here that please me.
When we first moved here, I felt happy about it.
We are able to afford this house.
Making some improvements might sound interesting.
Those improvements would also add value to my home.

Result:

Vibrational relativity has improved.

Neighbours situation

Current contrasting situation:

I used to like this neighbourhood, but then some people moved in next door, and they're just awful neighbors. Their dog uses our yard for a bathroom. They have 2 or 3 junker cars, parked in the driveway instead of on the street in front of the house. And I'm embarrassed to have people over to visit.

Resulting desires:

I want to live in a nice neighbourhood.
I want to have more considerate neighbors.

Resulting emotions, or indications of vibrational discord:

I feel blame.
I feel discouraged.
I feel anger.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

My guests haven't commented about my neighbors.
The people who lived next door before were very neat.
Those neighbors may not stay here very long.
They do have a nice little girl.
I do feel good when I'm in our secluded backyard.

Result:

Vibrational relativity has improved.

Home maintenance situation

Current contrasting situation:

Our house is costing us a fortune just to keep things working. It wasn't built very well to begin with. And now it's 10 years old and things are constantly breaking down. Every time I turn around, something else needs to be repaired.

Resulting desires:

I want the things in my house to work the way they're supposed to.
I want a new house.

Resulting emotions, or indications of vibrational discord:

I feel frustrated.
I feel overwhelmed.
I feel disappointed.
I feel discouraged.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

I do like to stay on top of things.
I do have high standards about things in my house.
It's logical that more conveniences mean more maintenance.
I do appreciate the many conveniences of this home.
My family has been very happy in this house.

Result:

Vibrational relativity has improved.

Chapter 26. My relationships

Adult – child situation

Current contrasting situation:

I have an adult daughter who is always mad at me. No matter how much time I spend with her, it's never enough. When I am with her, she spends most of our time complaining about how we don't spend enough time together. I am so busy, and I don't have much time to spend with her. But it's really not fun to be with her because of the way she feels.

Resulting desires:

I want to enjoy being with my daughter.
I want my daughter to feel good about me.
I want my daughter to be happy.

Resulting emotions, or indications of vibrational discord:

I feel guilty.
I feel angry.
I feel disappointed.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

Our relationship, maybe all relationships, will continually change.
We've had our ups and downs, and our ups.
She has such a wonderful personality.
She has a really nice boyfriend.
I am happy she cares about spending time with me.

Result:

Vibrational relativity has improved.

Loneliness situation

Current contrasting situation:

I don't have many friends. Really, I don't even have one really close friend. It's not much fun going through life alone. I've had friendships in the past, but nothing that really clicked. It seems like people are just looking for what they can get out of me, but then they don't really want to give anything back to me.

Resulting desires:

I want a really good friend.
I want friendships that are mutually beneficial.

Resulting emotions, or indications of vibrational discord:

I feel discouraged.
I feel lonely.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

I've always been quite independent.
I don't enjoy the feeling of being needed or of being in need.
I do enjoy stimulating conversations.
I do like funny things.
And it's always fun to laugh with others.

Result:

Vibrational relativity has improved.

Marital situation

Current contrasting situation:

I still love my wife, but our relationship is nothing like it used to be. When we were first married, I couldn't wait to see her at the end of the day, and now, to be honest, I sort of dread going home. She complains a lot about so many different things, and I think she blames me for everything that isn't going the way she wants it to. I don't wanna leave, but it's sure not fun staying, either.

Resulting desires:

I want to look forward to being at home.
I want to enjoy being with my wife.
I want to be in love again.
I want my wife to love me.
I want my wife to be happy.

Resulting emotions, or indications of vibrational discord:

I feel frustration.
I feel blame.
I feel irritation.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

I remember meeting my wife for the first time.
My wife has always worked hard at being efficient.
An organized household is very important to my wife.
My wife has created an efficient and organized home for us.
My wife works out of the home and yet she still maintains our house.
My wife is a rather amazing person.

Result:

Vibrational relativity has improved.

Meddling parents situation

Current contrasting situation:

I haven't lived at home for over 10 years, but my mother still thinks she needs to tell me what to do. So I avoid her, cause I don't like being bossed around. And then she gets mad, and that's even worse. But when we're together, she treats me like I don't know how to live my own life.

Resulting desires:

I want my mother to back off and let me live my own life.
I want my mother to be easier to be around.
I want my mother to understand that I'm on my own and that I can make my own decisions.

Resulting emotions, or indications of vibrational discord:

I feel blame.
I feel anger.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

Parents are praised for guiding their children.
It must be hard to get used to doing something and then stop.
I know my mother wants me to have a good life.
I can take her suggestions or leave them.
Sometimes her suggestions are helpful.
My mother's suggestions are certainly well-intentioned.

Result:

Vibrational relativity has improved.

Chapter 27. My work

Co-worker situation

Current contrasting situation:

I share an office with someone who I can hardly stand to be around. She does not have a nice thing to say about much of anything. And she wants to talk all the time. She doesn't enjoy her job, and she treats me like I'm foolish when I wanna do mine. I wish she'd either quit or get fired. Life is too short to have to spend so much time with someone so unpleasant.

Resulting desires:

I wanna work with people who are nice to be around.
I wanna feel good when I'm at work.

Resulting emotions, or indications of vibrational discord:

I feel irritation.
I feel blame.
I feel anger.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

I've learned to really focus when I am at work.
Because I'm really focusing, I'm getting a lot of work done.
I don't know what's really bothering her.
She does have a nice smile.
I'm sure that she'd like to feel better at work, too.

Result:

Vibrational relativity has improved.

Job situation

Current contrasting situation:

I get paid pretty well, compared to a lot of other jobs around. But I don't look forward to going to work. I've been doing pretty much the same thing for a long time. And I don't feel stimulated at all. No-one seems to notice what I do, unless I make a mistake. The day goes by so slowly, and then I have to turn around and do it all again the next day.

Resulting desires:

I want more exciting, stimulating work.
I want to look forward to going to work.
I want to feel eager about my job.

Resulting emotions, or indications of vibrational discord:

I feel boredom.
I feel pessimism.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

When I dig into a task, I can enjoy it.
Some things I enjoy more than others.
Sometimes I make fun games out of tasks.
I enjoy improving my method of accomplishing tasks.
I think I'll try that regarding more of my tasks.
I'm gonna watch for more ways I can be of value.
I really like to feel like I'm of value.

Result:

Vibrational relativity has improved.

Acting career situation

Current contrasting situation:

I've wanted to be an actress ever since I was a little girl. I took some classes and found out that I'm pretty good at it. I get some acting work from time to time, but nothing exciting. And nothing that I really want. It's hard. There are so many people applying for the same work that I am, that it seems hopeless. Maybe I should just forget about it and go get a real job.

Resulting desires:

I wanna get some great acting jobs.
I want a job where I'll be recognized as a good actress.
I wanna get some jobs that will lead to more jobs.

Resulting emotions, or indications of vibrational discord:

I feel disappointed.
I feel discouraged.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

I'm getting some acting work.
I am gathering experience.
I'm getting clearer about the work I really want.
I do get to meet really interesting people.
I've come a long way. I've had some really good auditions.
I love the feeling of a really good audition.

Result:

Vibrational relativity has improved.

Abundance situation

Current contrasting situation:

My husband and I have both had jobs for years. We saved some money. Not a lot, but enough to live on for a year. We had a really great idea for our own business, and we had a friend who had enough money to help us get started, but now, after two years, we're still taking money from our savings to live on. And our savings account is going down fast.

Resulting desires:

I want our business to really get going.
I want dollars to flow powerfully into our business.
I want our business to easily support a wonderful lifestyle.

Resulting emotions, or indications of vibrational discord:

I feel worried.
I feel discouraged.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

I am glad we were able to open our business.
I am grateful that our friend believed in our vision.
We are definitely making more money than we did at first.
We'll figure out more what to do as we go along.
Our current costumers do appreciate us.
I sure do appreciate our current costumers.

Result:

Vibrational relativity has improved.

Chapter 28. My dollars

Abundance situation

Current contrasting situation:

I never get ahead financially. It seems like unexpected things constantly come up, and so I have to spend everything I make. And I have a lot of credit card debt, too. So I'm actually spending more than I'm making. I try to budget our expenses, but everything just costs so much. My wife works, and that helps. But as our kids get older, things cost more for them.

Resulting desires:

I want ample money to do the things I want and need to do.

I want to get out of debt.

I want to be able to do nice things for my family.

Resulting emotions, or indications of vibrational discord:

I feel worried.

I feel discouraged.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

We do have a comfortable lifestyle.

I can't think of anything that we really need that we don't have.

We're living so much better than our parents did when they were our age.

Our children rarely complain about any shortage.

Our children are so eager about their lives.

It is so rewarding to be a parent of children like these.

Result:

Vibrational relativity has improved.

Defective car situation

Current contrasting situation:

I've been working and saving since I got out of school. And I managed to save enough money for a big downpayment on my car. I found a car that looked really good. And I paid an over half down on it, so my payments are low. But I had the car for less than 2 months and it started breaking down. So I had to borrow money to fix it. Now the combination of my car payment and the repair cost adds up to more than if I've bought a brand new car.

Resulting desires:

I want a new car.

I want to receive fair value for the money I'm paying.

Resulting emotions, or indications of vibrational discord:

I feel blame.

I feel discouraged.

I feel anger.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

The repair shop was able to fix my car.

I see no evidence now that it isn't running well.

I am glad I was able to find a way to get the money to fix it.

I remember how excited I felt when I first saw this car.

Right now the car isn't different from my first sight of it.

I do enjoy driving this car.

This car was a good choice for me for now.

Result:

Vibrational relativity has improved.

Financial security situation

Current contrasting situation:

My husband and I had both worked our entire lives. We've always been very careful with our money because we knew that at some point we would want to retire. We managed to accumulate a very nice nest-egg. Our son, who works as a stockbroker, said we should let him invest it, and that we could really increase our savings for our retirement. So, we gave him the money to manage, and now it's all gone, everything that we worked for for our whole lives. I don't see how we will ever be able to retire.

Resulting desires:

I want to feel financially secure.
I wanna be able to retire some day.
I want to love and trust my son.

Resulting emotions, or indications of vibrational discord:

I feel worried.
I feel discouraged.
I feel blame.
I feel anger.
I feel insecurity.
I feel fear.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

Our son, who I love dearly, really meant well. We weren't planning on retiring immediately anyway.
I do enjoy the stimulation of my job for now. In any case, there are so many wonderful aspects to our lives.
Our future planning has served us in other ways, too.

Result:

Vibrational relativity has improved.

Debt situation

Current contrasting situation:

Several credit card companies sent me cards that were already approved for credit. All I had to do was call the number to activate the cards and they were ready to use. I bought several things that I had needed until I used all the credit on the first card. And then I started using another card, and another card. Now I have so much debt that I can barely pay the minimum payments that are due.

Resulting desires:

I want more money so that I can pay my bills.
I want to be out of debt.
I want enough money to be able to afford the things I want and need.

Resulting emotions, or indications of vibrational discord:

I feel worried.
I feel blame.
I feel discouraged.
I feel insecurity.
I feel fear.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

It's nice that the credit card companies trusted me.
I've always prided myself in keeping my word.
I did have a good time purchasing things I needed.
My life is much more comfortable because of those things.

Result:

Vibrational relativity has improved.

Chapter 29. My world

Strive and starvation situation

Current contrasting situation:

Our whole world is such a mess. There are so many wars, so much conflict, so many people suffering. I don't understand why, but we have all this technology and so many resources, there are so many people who are still going hungry. It seems like we should have figured things better by now.

Resulting desires:

I want everyone to have enough food.
I want the people of the world to get along with each other.

Resulting emotions, or indications of vibrational discord:

I feel discouraged.
I feel blame.
I feel anger.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

Most of what is actually around me, is harmonious.
I rarely see people really starving or suffering around me.
There's much more wellness in the world than sickness.
There have probably always been conflicts in the world.
The standard of life worldwide is definitely improving.
For most of the world things are getting better and better.

Result:

Vibrational relativity has improved.

Planetary situation

Current contrasting situation:

The planet seems unstable. There are so many earthquakes, mud slides, tidal waves and hurricanes that suddenly sweep in and cause destruction. I almost don't want my family to leave home for a fear of something will happen and we'll be separated from each other, or be hurt, or even worse.

Resulting desires:

I want my family and me to be safe.
I want us to live long happy lives.

Resulting emotions, or indications of vibrational discord:

I feel worried.
I feel insecurity.
I feel fear.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

These things have been present all the days of my life.
Usually the majority of the people affected survive.
People often receive enough wanting to evacuate safely.
We live on a changing earth and it will always be so.
It's easy to worry about things that have nothing to do with me.

Result:

Vibrational relativity has improved.

Travel situation

Current contrasting situation:

I feel so limited. I seem to be able to explore or understand only a tiny part of this world. There are so many places I'd like to visit, but I can't get enough time off from work to go very far, or stay long enough to really discover anything. I feel like I'm missing out on so much.

Resulting desires:

I want to explore the world.
I want to have broader more expansive experiences.

Resulting emotions, or indications of vibrational discord:

I feel bored.
I feel disappointed.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

There's still plenty of time for me to find a way to travel.
Right now it might be a good idea to gather information about the world.
I think I'll make a list of the places I'd most like to see.
There are some places that cost less than others to visit.
It will be fun to make a long list of interesting destinations.
It'll be enjoyable some day to add to the list as I check things off.

Result:

Vibrational relativity has improved.

Environmental situation

Current contrasting situation:

I'm afraid that we're destroying our planet. The air isn't clean anymore, you can't drink the water – it's poison. Fish are dying. The ice-caps are melting.

Resulting desires:

I want our environment to be healthy.
I want our planet to survive for the benefit of future generations.

Resulting emotions, or indications of vibrational discord:

I feel blame.
I feel anger.
I feel insecurity.
I feel fear.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

Technology has provided wonderful filters for our drinking water.
Much of our water is not polluted.
Weather patterns have cycles that we tend to forget.
While there are some polluted areas, other areas are not.
I'm still breathing and drinking water, and I'm doing just fine.
My worries about the planet could be unfounded.

Result:

Vibrational relativity has improved.

Chapter 30. My government

Government situation

Current contrasting situation:

I'm very tired of the inefficiency of governmental bureaucracy. There are so many government requirements that you have to hire people you shouldn't even need just to fill out the bureaucratic forms. You can't even get the bureaucracy on the phone to personally answer a question. I've wasted so much of my time just trying to find out what I'm supposed to do, so that I can do it the way they want it done the first time. We need a better bureaucratic system.

Resulting desires:

I want an efficient government.
I want the things that are required of me by my government to be easy for me to accomplish.

Resulting emotions, or indications of vibrational discord:

I feel frustration.
I feel overwhelmed.
I feel blame.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

In time I always understand what's required of me.
I am capable of learning new procedures as things change.
Organization is difficult when so many people are involved.
All large organizations have to work at the communication skills.
A government does have some viable purpose, and advantages.

Result:

Vibrational relativity has improved.

Government's financial deficit situation

Current contrasting situation:

Our government is so inefficient and ineffective. If it needs more money, it just arbitrarily takes it from us. There's no financial accountability. Money is spent so foolishly. And then they complain there isn't enough for the things that really matter to us. What a mess. I don't know how anyone could ever straighten it out.

Resulting desires:

I want my taxes to be used effectively and efficiently.

Resulting emotions, or indications of vibrational discord:

I feel disappointment.
I feel blame.
I feel anger.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

I don't really understand the economics of government.
I couldn't easily direct those trillions of dollars.
The government does continue to function. There are advantages to its functioning.
If the government disappeared tomorrow, we would miss it.
Government does provide some valuable stability.

Result:

Vibrational relativity has improved.

National pride situation

Current contrasting situation:

When I was a kid I felt so passionate about my country. I was thrilled when I heard patriotic songs, and I loved to hear stories of things that had happened as our nation was forming and we were evolving. But I don't feel patriotic anymore. I guess I know too much now. I don't feel good about decisions my government is making.

Resulting desires:

I want to feel proud of my country.

Resulting emotions, or indications of vibrational discord:

I feel disappointment.

I feel blame.

I feel anger.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

My opinions aren't based on an in-depth study.

I wouldn't want the job of running the government.

Well, I didn't personally know any of those historical leaders.

I don't really know that things are any worse today.

Result:

Vibrational relativity has improved.

Citizens' freedom situation

Current contrasting situation:

It feels as if our personal freedoms are rapidly eroding. Our government seems to have gone crazy in using its strong-arm tactics under the guise of serving the greater good. What about my good? What about the good of those like me? They've gone crazy. I know this wasn't what our founding fathers had in mind. They're probably rolling over in their graves.

Resulting desires:

I want our current leaders to uphold the intentions of the wise founders of this nation. I want my freedoms, which were intended by the founders of this nation to be upheld.

Resulting emotions, or indications of vibrational discord:

I feel disappointment.

I feel blame.

I feel anger.

I feel insecurity.

I feel grief.

I feel powerless.

Deliberate effort to improve the vibrational relationship between my new desire and my current belief:

No matter who's elected, my life is always pretty much the same.

My decisions affect my life much more than theirs do.

I'm able to experience freedom as I move about.

The government doesn't stand in the way of my personal choices.

I didn't know our founding fathers personally. Our founding fathers, had they remained here throughout everything that's transpired in the world, may have arrived to conclusions similar to those of our current government officials.

Result:

Vibrational relativity has improved.

Chapter 31. The value of improved vibrational relativity

Often when considering the idea of being the creator of their own reality, people will argue that it's extremely difficult to be standing in the middle of a very much unwanted condition and at the same time offer more pleasant thoughts about their future experience. They argue that it would be so much easier to create a bright and beautiful future from a more pleasant now experience. We understand their thinking. And we do agree that it is easier to feel good under positive conditions than negative ones. Therefore we understand people's wishes that things could have gone better for them before now so that now could be a happier launching pad for that which is still to come. Some people feel deep resentment over the unpleasant facts of their earlier life experiences as they recount unpleasant details of unfairness or even physical abuse that took place during their childhood. They often feel defensive. And we do not argue with their right to feel that way. We often agree that under the conditions that they've lived their negative response is justified. But we also always add that even though they are justified in their negative response to what happened to them, still that negative emotion indicates that they are holding themselves in a place where they cannot receive what they really desire. Those words, however, usually only serve to annoy them further. For they feel the way they feel, and they've been practising this position for so long, that our words, even though very wise ones, do not dissuade them from their practised belief about the injustices they've experienced.

Have you been creating deliberately, or by default?

Many of our physical friends feel a deep memory stirring when we explain to them that they are the creator of their reality. They do want to create their own reality, and many in time resonate with the idea that they are vibrationally based beings living in a vibrationally based universe. And often they even accept the idea that they were born with an emotional guidance system within them that helps them know the content of their own personal vibrational offering, which helps them to know at all times if what they are in the process of creating will be pleasing to them when it arrives. But most people, even those who consciously acknowledge their vibrational nature and emotional guidance system, still offer most of their vibrations, and therefore create most of their reality, by default. They do so because they offer most of their vibrations in response to the reality that they're observing rather than in response to the reality that they prefer. There's something so compelling about what has already materialized in your experience. You call it reality. You call it fact. You call it evidence. You call it proof. You document it in writing and with pictures. You call it history. And in doing all of that you overlook the absolutely temporary nature of it, whatever it is. From our point of view, you have allowed your reality to hold a more dominant place in your perception of life than it deserves. And by your ardent attention to your current reality you slow your progress to the reception of even more pleasing now experiences. We would like you to understand that now is mostly only the platform from which you move into what is next. And life is really about the moving into what's next. We want to recall the delicious nature of focusing upon the sensation of creating your own reality rather than giving so much attention to the reality that you're creating. Can you feel the distinction?

You're travelling on two concurrent journeys

We visited recently with the woman who was experiencing the severe discomfort of arthritic hips. Her current state of reality was one of nearly constant physical discomfort. If we could just help her to understand that her painful physical condition is only the temporary place that she is currently standing, then she could begin to move to a better feeling condition immediately. If we could just get her to focus upon where she's moving to instead of focusing upon the reality that's right now occurring, if we could just get her to focus upon the sensation of moving to a better feeling place rather than focusing upon the reality that seems to have concluded, her situation would begin to improve immediately. We wanted to help her see that there are two journeys running along concurrently in her experience: the action journey, or the reality of her painful arthritic hips, and the emotional journey, the emotion that she's choosing to feel as she moves through her day. From her current reality, or the platform from which she's now launching into her next experiences, she now has these choices: she has painful arthritic hips and feels fear, anger, worry, blame or despair; she has painful arthritic hips and feels hope. You see, her current condition, her painful hips, is her action journey. That is happening, it is reality, that is her current condition. And we certainly can understand why it would have her attention. But if she could just for a little while try to focus upon her emotional journey, if she could just accept that her hips hurt for now, and set that action journey aside in her mind for just a little while, and focus upon her emotional journey options, then her vibrational point of attraction would begin to change. And in doing that her physical condition would begin to change. You cannot continue to offer the same vibration that got you to where you are, and now get to some place different. You have to do something different with your attention, with your focus, and with your vibration.

Chapter 32. The action journey and the emotional journey

Focus on the idea of moving your physical body from one place to another. Maybe you're in your vehicle on the highway driving to another city, or walking down the trail in the woods with a backpack filled with food and supplies. In each example you probably have a clear idea of your destination. You're purposely moving from one place to another with an intention of arriving somewhere. We'll call this your *action journey*. Your actual journey of action. This actual journey can be described in very factual terms. You can identify the distance you plan to travel, you can describe the weather that's occurring, you can estimate with the fair accuracy your estimated time of arrival. There are many straightforward, easy to understand, quantifiable aspects to this action journey that you've embarked upon. Now we want to call your attention to another part of your journey. And it's this perspective of your journey that actually sets the tone for everything that will subsequently happen in your life experience. For your journeys are not only the cut-and-dried factual experiences of moving from one place to another. They are much more about the way you feel as you travel. We call this aspect of your experiences your *emotional journey*. So we want you to understand that you are never only upon one of these journeys. In every moment you're experiencing two concurrent journeys: your action journey, your awareness of time and space and things already manifested, and your emotional journey, your vibrational response to your powerful moment in time, from which all future experiences are molded. There are endless potential combinations of action journeys and emotional journeys. And we will offer some examples of those here. We want you to come to know that the most important aspect of any journey is the emotional aspect. For if you are aware of how you feel, and are able to affect those feelings deliberately, then, and only then, will you have conscious control of all future outcomes of your life experience. We call this deliberate creation. On the other hand, if your dominant focus is upon the action journey, observing and responding to the things that are happening right now in your experience, allowing your feelings to naturally follow the patterns of your observations, and making no effort to guide your feelings, but merely responding to conditions and circumstances, then you'll have no conscious control of your own life experience. We call this creating by default.

Chapter 33. Applying the Book of Positive Aspects Process

Whatever you're focused on is causing an activation of a vibration within you. And the better you feel while you're focused the more beneficial your focus is. Whenever you deliberately look for the positive aspects of something, you're deliberately activating beneficial vibrations. Now, it's not important that you find the perfect vibration, or the best vibration. But deliberately looking for the positive aspects of a subject will automatically get you pointed in the right direction. Sometimes if something's been bothering you, it's not easy to write a long list, or even a short one, of its positive aspects. But whenever you're determined to find a positive aspect, you can usually find one. And once you find one and activate it within you, you can then find another, and another, until within a short 15 or 20 minutes of focusing upon a subject, you can significantly change your vibration on the subject.

The process is simple. Obtain a notebook that's comfortable to use and write on the cover „My book of positive aspects“. Open the first page and write „Positive aspects of.“ and then write the subject for which you want improvement in your vibrational relationship. Then write your list of positive aspects on that subject. Do not try to force these ideas, but let them flow easily through you onto your paper. Write as long as the thoughts flow, and then read what you have written, and enjoy your own words. It could be helpful to focus on the situation, and then ask yourself, „What do I like about you? What are your good points?“

The process works best if your range on the emotional scale is somewhere between (1) Joy/Knowledge/Empowerment/Freedom/Love/Appreciation and (10) Frustration/Irritation/Impatience. If you're feeling much worse than this, then other processes may be more effective to help you improve your vibrational relativity. But we've noticed that anyone with deliberate intent regarding any subject can improve the way they feel. And when they do, things must begin to improve in their experience. The LOA insists that it must.

Here are some examples of how the positive aspects process could help you release resistance and improve the vibrational relativity between what's happening right now and what you would like to be happening.

Home deterioration situation

Current contrasting situation:

I've lived in the same place for a long time and I'm tired of it. It doesn't meet our needs at all anymore. But we can't really afford to move. I even find myself looking for excuses to not be at home because I don't feel good when I'm there.

Resulting emotions, or indications of vibrational discord:

I feel frustration.
I feel irritation.
I feel pessimism.

Positive aspects:

My things have been in the same place for long enough that I know where they are. There is stability in being in a familiar place. We fix this place up as much as we intend to, so we can now spend our free time doing other things we like. Our friends and professional contacts are not likely to lose touch with us here. We have a good relationship with our mail carrier. Another service people have known us for a long time. It's been fun watching our landscape yard mature. Some of these trees in shreds are like old friends.

Co-worker situation

Current contrasting situation:

I share an office with someone who I can hardly stand to be around. She does not have a nice thing to say about much of anything. And she wants to talk all the time. She doesn't enjoy her job, and she treats me like I'm foolish when I wanna do mine. I wish she'd either quit or get fired. Life is too short to have to spend so much time with someone so unpleasant.

Resulting emotions, or indications of vibrational discord:

I feel irritation.

I feel blame.

I feel anger.

Positive aspects:

I'm pleased that I have employment. I am happy that I have a regular paycheck. I like the financial stability that my work provides. I enjoy meeting the people who work there. My job requires focus. And I like the feeling of being productive. My office mate keeps a neat desk. She always dresses neatly. She has a great laugh. She has a good background for our field. She learns quickly.

Government situation

Current contrasting situation:

I'm very tired of the inefficiency of governmental bureaucracy. There are so many government requirements that you have to hire people you shouldn't even need just to fill out the bureaucratic forms. You can't even get the bureaucracy on the phone to personally answer a question. I've wasted so much of my time just trying to find out what I'm supposed to do, so that I can do it the way they want it done the first time. We need a better bureaucratic system.

Resulting emotions, or indications of vibrational discord:

I feel frustration.

I feel overwhelmed.

I feel blame.

Positive aspects:

I am glad that the government tends to some of the things that I don't wanna deal with. Our government employes many people, which adds beneficially to the economy. Our government in our laws provide a stable platform for us. Well, there are some talented progressive thinkers in our government. Those who comprise our government come and go.

As you read these examples, or even as you address issues in your own life experience, it's easy to get lost in an ideological debate over the correctness, rightness, actual truth or facts of the issue. But there are many things that are true, things that someone somewhere has created that you do not want to create in your experience. And there are things from your own past that, even though they were true, you do not want to continue to repeat in your future. When you care enough about something to actually take the time to make it an entry in your book of positive aspects, it is certain that with far less effort and energy than you would spend debating the truth or facts of an issue with someone, you can improve the relationship between the vibration of your desire and the vibration of your belief. This positive aspects process will give you an immediate vibrational improvement. Enjoy your improved feeling. Compliment yourself for improving your vibrational relativity. Move on with your day. And the continued evidence of your accomplishment will in time reveal itself to you.

Chapter 34. Applying the Segment Intending Process

The process of segment intending is one whereby you define the vibrational characteristics of the time segments you're moving into. It's a way of paving your vibrational path, so to speak, for easier and more enjoyable travel. It'll help you focus less on how things are feeling right now and more upon how you want them to feel. It's a powerful process that emphasizes the emotional journey while deemphasizing the action journey. This process will help you be more deliberate about focusing your thoughts. It will help you become more aware of where your thoughts currently are, and it will help you to more deliberately choose the thoughts that you offer. In time it will feel very natural to you to stop for a moment upon entering a new segment and deliberately direct your own intent or expectation.

You enter a new segment any time your intentions change. If you're washing dishes and the telephone rings, you enter a new segment. When you get into your vehicle, you enter a new segment. When another person walks in to the room, you enter a new segment. If you will take the time to get your thought of your expectation for the segment started, even before you're inside your new segment, then you'll be able to set the tone of the segment more specifically than if you walk into the segment and begin to observe it as it already is. In other words, segment intending is focusing upon your emotional journey, not the action journey. Whenever you're setting forth your intentions about how you want to feel and how you would like a segment to unfold, it is always beneficial.

Now, this segment intending process works best if your range on the emotional scale is somewhere between (4) Positive Expectation/Belief and (11) Overwhelm.

Fatigue situation

Current contrasting situation:

I have no energy. I feel tired all of the time. I can barely get through the day. I'm having a hard time keeping up with the things I need to do. And I am not enjoying anything because I'm so tired.

Resulting emotions, or indications of vibrational discord:

I feel overwhelmed.

Applying the Segment Intending Process :

I finished my day at work. I stopped to the grocery store and bought several bags of food and household items. I've now parked in my driveway, and I've turned off my vehicle. But before getting out of the car to begin unloading my groceries, I've decided to apply this process of segment intending. Now, this new segment involves moving the groceries from the car to the house and putting them where they belong.

My intentions for this new segment: during this segment I want to feel efficient, I want to feel productive, I want to feel organized, I want to feel good in my body, I want to feel appreciation for the groceries, and I want to feel appreciation for my kitchen.

Job situation

Current contrasting situation:

I get paid pretty well, compared to a lot of other jobs around. But I don't look forward to going to work. I've been doing pretty much the same thing for a long time. And I don't feel stimulated at all. No-one seems to notice what I do, unless I make a mistake. The day goes by so slowly, and then I have to turn around and do it all again the next day.

Resulting emotions, or indications of vibrational discord:

I feel boredom.

I feel pessimism.

Applying the Segment Intending Process :

I've showered and dressed, and have eaten breakfast. I've now driven to work and have just parked my car in the parking space. Before going inside I've decided to sit in my car for 2 or 3 minutes to apply this process of segment intending. Now this new segment involves a one hour staff meeting where my manager and everyone in her department will meet. We have this meeting every Monday morning.

My intentions for this new segment: I want to be on time. I want it to be evident that my weekend has refreshed me. I want to feel clear minded and happy. I want to enjoy the others who are gathering. I want this meeting to feel productive. I want to feel happy that I attended this meeting, and I want others to be happy that I was there.

You see, this segment intending process may feel too simple or too easy to be of value. But a deliberate application of this process will turn an unfocused life filled with unsatisfying experiences into a dynamic passionate life experience. This process improves the relationship between your current belief vibration and the vibration of your desire, because it causes you to stop focusing on what is, and to begin focusing on something that's coming. With some practice you can become very adept at increasing your positive expectation. When your negative emotion is as slight as the range we've just indicated, it's not such a big vibrational leap for you to be more optimistic about your future experience. But if you're feeling stronger negative emotion than we've indicated as a range for this process, you may have a difficult time anticipating a positive upcoming segment, and you could just carry the negative feeling you're having right now on to the next segment, too. If you find yourself doing that, discontinue the process, for it is of no value, for you will only focus on what you do not want even more specifically into your future segment. Be playful and hopeful as you begin this process, and in time you'll feel powerful and certain as you deliberately instruct universal forces and the interplaying factors to behave in exactly the way you've intended. With practice this segment intending process will give you the sensation of being a masterful artist, or creator, who dictates all outcomes, who identifies all details, and who deliberately sculpts the details of your own life experience. For you are the creator of your own life experience.

Chapter 35. Applying the „Wouldn't it be nice if..“ process

Most people have been trained to be objective, meaning that they look at the pluses and minuses, the pros and the cons. But in considering both sides of things they also activate the contradictory vibrations which cause a hindering resistance to the allowing of what they desire. When you say „I want this thing to happen, but it hasn't happened yet“, you're not only activating the vibration of your desire, you're also activating a vibration of the absence of your desire. So nothing changes for you. And often even when you do not speak the second part of the sentence, and you only say, „I want this to happen“, there's an unspoken vibration within you that continues to hold you in a state of not allowing your desire. But when you say, „Wouldn't it be nice if this desire would come to me“, you achieve a different sort of expectation that is much less resistant in nature. The vibrational relativity between your desire and your belief is now much more in alignment.

This „Wouldn't it be nice if..“ process works best if your range on the emotional guidance scale is between (4) Positive Expectation/Belief and (16) Discouragement.

Home space situation

Current contrasting situation:

My home is a mess. It's so small, and it has such inadequate storage that I don't have anywhere to put anything. And even when I do try to clean it up to get more organized, I just make a bigger mess than before.

Resulting emotions, or indications of vibrational discord:

I feel frustration.
I feel overwhelmed.

Wouldn't it be nice if..

..I could find a handy place to put some of our things?
..I could get rid of some things we don't need and free up some more space?
..we had an extra storage building in the backyard?
..my husband would sell the old car leaving us more garage space?
..I could find a little time here and there to improve things?
..a really organized person could come and help me, or inspire me?

Home deterioration situation

Current contrasting situation:

I've lived in the same place for a long time and I'm tired of it. It doesn't meet our needs at all anymore. But we can't really afford to move. I even find myself looking for excuses to not be at home because I don't feel good when I'm there.

Resulting emotions, or indications of vibrational discord:

I feel frustration.
I feel irritation.
I feel pessimism.

Wouldn't it be nice if..

.. we could fix up the patio in the backyard?
..we could find great new furniture for the living room at a bargain price?
..we could get rid of the unneeded junk that's crowding our space?
..we found a great new place to live that's in our affordable price range?
..we could add a beautiful family room on the back side of the house?
..we could paint inside and out with wonderful fresh new colors?

Neighbours situation

Current contrasting situation:

I used to like this neighbourhood, but then some people moved in next door, and they're just awful neighbors. Their dog uses our yard for a bathroom. They have 2 or 3 junker cars, parked in the driveway instead of on the street in front of the house. And I'm embarrassed to have people over to visit.

Resulting emotions, or indications of vibrational discord:

I feel blame.
I feel discouraged.
I feel anger.

Wouldn't it be nice if..

..those neighbors would move some place else?
..their dog found a bathroom he likes better?
..their dog would respond to the power of my mind?
..they were able to sell all those old cars?
..if I'm wrong about them and they're actually very nice to know?
..I could get so involved in my own yard that I wouldn't notice theirs so much?

Home maintenance situation

Current contrasting situation:

Our house is costing us a fortune just to keep things working. It wasn't built very well to begin with. And now it's 10 years old and things are constantly breaking down. Every time I turn around, something else needs to be repaired.

Resulting emotions, or indications of vibrational discord:

I feel frustration.
I feel overwhelmed.
I feel disappointed.
I feel discouraged.

Wouldn't it be nice if..

..we could find a great repairman?
..that was the last thing that would break for a while?
..the things that we buy would last longer?
..we could buy good quality things that would last longer?
..we could just relax and accept that things are constantly coming and going?
..our income would get bigger and bigger?

Adult-child situation situation

Current contrasting situation:

I have an adult daughter who is always mad at me. No matter how much time I spend with her, it's never enough. When I am with her, she spends most of our time complaining about how we don't spend enough time together. I am so busy, and I don't have much time to spend with her. But it's really not fun to be with her because of the way she feels.

Resulting emotions, or indications of vibrational discord:

I feel guilty.
I feel angry.
I feel disappointed.

Wouldn't it be nice if..

..we could find a little more time to have fun together?
..we could chat briefly every day and catch up on everything?
..I could see her great smile more often?
..her life was filled with things she loves to do?
..her life felt full, rewarding and wonderful to her?
..we could always make each other feel great?

Meddling parents situation

Current contrasting situation:

I haven't lived at home for over 10 years, but my mother still thinks she needs to tell me what to do. So I avoid her, cause I don't like being bossed around. And then she gets mad, and that's even worse. But when we're together, she treats me like I don't know how to live my own life.

Resulting emotions, or indications of vibrational discord:

I feel blame.
I feel anger.

Wouldn't it be nice if..

.. my mother could find a compelling new hobby?
..one of her friends could inspire something different in her?
..she could realize that I am really a responsible person?
..I didn't let her bother me so much?
..I could just love her so much I wouldn't notice her meddling?
..we only got together when we're both really happy?

Marital situation situation

Current contrasting situation:

I still love my wife, but our relationship is nothing like it used to be. When we were first married, I couldn't wait to see her at the end of the day, and now, to be honest, I sort of dread going home. She complains a lot about so many different things, and I think she blames me for everything that isn't going the way she wants it to. I don't wanna leave, but it's sure not fun staying, either.

Resulting emotions, or indications of vibrational discord:

I feel frustration.
I feel blame.
I feel irritation.

Wouldn't it be nice if..

..we could feel the way we did when we first met?
..I just couldn't wait to get home to be with her?
..she could find some things that she really loves to do?
..we could both lighten up and have more fun?
..she could just let go of the things that bother her?
..we could just always be each other's best friend?

Debt situation

Current contrasting situation:

Several credit card companies sent me cards that were already approved for credit. All I had to do was call the number to activate the cards and they were ready for use. I bought several things that I had needed until I used all the credit on the first card. And then I started using another card, and another card. Now I have so much debt that I can barely pay the minimum payments that are due.

Resulting emotions, or indications of vibrational discord:

I feel worried.
I feel blame.
I feel discouraged.
I feel insecurity.
I feel fear.

Wouldn't it be nice if..

..I were debt free?
..I could pay off my cards every month?
..I could find lower interest rate cards?
..I could pay them off and keep only a couple for convenience?
..I could find a way to make some extra money?
..a solution I hadn't considered would appear and solve my problem?

Government's financial deficit situation

Current contrasting situation:

Our government is so inefficient and ineffective. If it needs more money, it just arbitrarily takes it from us. There's no financial accountability. Money is spent so foolishly. And then they complain there isn't enough for the things that really matter to us. What a mess. I don't know how anyone could ever straighten it out.

Resulting emotions, or indications of vibrational discord:

I feel disappointment.
I feel blame.
I feel anger.

Wouldn't it be nice if..

..someone with a wonderful financial background and insight would show up?
..the pendulum would swing in a more efficient direction?
..I had so much money that it didn't matter to me how the money is spent?
..we were all thriving financially?
..everyone would do their part?
..we could find some talented leaders with a new economic approach?

Government situation

Current contrasting situation:

I'm very tired of the inefficiency of governmental bureaucracy. There are so many government requirements that you have to hire people you shouldn't even need just to fill out the bureaucratic forms. You can't even get the bureaucracy on the phone to personally answer a question. I've wasted so much of my time just trying to find out what I'm supposed to do, so that I can do it the way they want it done the first time. We need a better bureaucratic system.

Resulting emotions, or indications of vibrational discord:

I feel frustration.
I feel overwhelmed.
I feel blame.

Wouldn't it be nice if..

..we could devise a more efficient bureaucratic system?
..I could hire someone who understands this, who could do it for me?
..through experience they would find a better way?
..new technology could help us out?
..a whole new way of record keeping could be developed?
..the solution were right around the corner?

Strive and starvation situation

Current contrasting situation:

Our whole world is such a mess. There are so many wars, so much conflict, so many people suffering. I don't understand why, but we have all this technology and so many resources, there are so many people who are still hungry. It seems like we should have figured things better by now.

Resulting emotions, or indications of vibrational discord:

I feel discouraged.

I feel blame.

I feel anger.

Wouldn't it be nice if..

..we could help each other more?

..people could feel their own power?

..our tax dollars could be used more productively?

..everyone had enough to eat?

..everyone could be happy?

..we could respect each other's differences?

As you move through your day, many different situations arise that cause the activation of a variety of vibrations within you. You feel good about some things, not so good about some other things, and some things you feel bad about. This „Wouldn't it be nice if..“ process can help you feel better almost every time if you are willing to focus in a better feeling direction. Saying words „Wouldn't it be nice if..“ queues you up for an improved vibration and inspires deliberate focus. Saying these words also begins a positive activation even before you say the rest of the words that are related to the topic. If you will deliberately play this game as you drive or while you're standing in line, or any time that your attention does not need to be on something else, the vibrational relativity between your desire and your beliefs on a myriad of subjects will improve. And desires that are being held out there for you in vibrational escrow will begin showing up in your experience. A consistent playing of this game will cause a gradual improvement in a vibrational relationship between where you are and where you want to be regarding every area of your life. This „Wouldn't it be nice if..“ process is palyfully, deceptively and amazingly powerful.

Chapter 36. Applying the „Which thought feels better“ process

This process works best if you can sit for a few minutes and write your thoughts down on paper. In time, when you've played the game sufficiently, you'll find success with it just by rolling your thoughts across your mind. But writing them down on paper causes a much more powerful point of focus. Which makes it easier for you to feel the direction of your chosen thought. To begin, first write some brief statements of how you feel about this subject right now. You could describe what has happened, but what's most important is that you describe *how you feel*. This will help you more easily recognize any improvement as you move through the process. Once you've written a few statements that indicate how you really feel right now, make this statement to yourself: „I'm going to reach for some thoughts about this subject that feel a little better“. Then write a series of brief thoughts that come to your mind that might help you feel better about this subject. At the conclusion of each statement evaluate whether it feels better, the same, or worse than when you initially began. By focusing with the intent of improving the way you feel about these subjects, you'll improve the vibrational relationship between your desires and your beliefs. And then, in time, these situations must improve. Your manifestations always follow the direction of your vibration. When you feel better, things improve. Every time.

This „Which thought feels better“ process works best if your range on the emotional guidance scale is between (4) Positive Expectation/Belief and (17) Anger.

Physical decline situation

Current contrasting situation:

I worry that my body is deteriorating. I don't have the energy that I once had. And I can't do the things I used to enjoy doing. I have aches and pains. My knees hurt when I walk. And I don't dare try to run anymore. I'm scared that it's gonna get worse and worse.

Resulting emotions, or indications of vibrational discord:

I feel worried.

Which thought feels better?

I should walk more often., but I can't make myself do it. (the same)

I could take a short walk and turn back any time I feel like it. (better)

I don't have enough energy to take a walk. (worse)

If I walk a little every day, I could get stronger. (better)

In time I might enjoy my walks again. (better)

I don't have to run the marathon today. (better)

I can choose how far and how fast I walk. (better)

But when I walk my knees hurt. (worse)

If I take it slow, it'll probably be alright. (better)

My body has responded to exercise before. (better)

I haven't exercised in a long time. (worse)

If I decide to walk a little every day, I can do it. (better)

I think I'll give it a try. (better)

I hope I begin feeling better soon. (better)

It'd be nice to feel strong and vital again. (better)

Acting carrer situation

Current contrasting situation:

I've wanted to be an actress ever since I was a little girl. I took some classes and found out that I'm pretty good at it. I get some acting work from time to time, but nothing exciting. And nothing that I really want. It's hard. There are so many people applying for the same work that I am, that it seems hopeless. Maybe I should just forget about it and go get a real job.

Resulting emotions, or indications of vibrational discord:

I feel disappointed.

I feel discouraged.

Which thought feels better?

I'm tired of going for auditions and not getting the part. (worse)

I don't know what I should do differently. (worse)

I don't understand why that person did get the part. (worse)

I'm getting some acting experience. (better)

I now understand the process involved in an audition. (better)

I don't feel that frightened now when I audition. (better)

Even famous actresses have gone through this. (better)

If they survive, I can, too. (better)

It's gonna feel so good to get a great acting part. (better)

I know I can rise to whatever they need. (better)

When I look back, I see great progress. (better)

I'm just gonna relax and try to have more fun. (much better)

Defective car situation

Current contrasting situation:

I've been working and saving since I got out of school. And I managed to save enough money for a big downpayment on my car. I found a car that looked really good. And I paid an over half down on it, so my payments are low. But I had the car for less than 2 months and it started breaking down. So I had to borrow money to fix it. Now the combination of my car payment and the repair cost adds up to more than if I've bought a brand new car.

Resulting emotions, or indications of vibrational discord:

I feel blame.

I feel discouraged.

I feel anger.

Which thought feels better?

It's so unfair. (worse)

They knew the car was defective when they sold it to me. (worse)

They are not ethical. (worse)

Well, at least the car is running well now. (better)

It's caused me a lot of grief. (worse)

If I just look at the car, I do like it. (better)

I'm making the payments alright. (better)

We do learn through experience. (better)

I've complained about it enough, I think I'll move on. (better)

Financial security situation

Current contrasting situation:

My husband and I had both worked our entire lives. We've always been very careful with our money because we knew that at some point we would want to retire. We managed to accumulate a very nice nest-egg. Our son, who works as a stockbroker, said we should let him invest it, and that we could really increase our savings for our retirement. So, we gave him the money to manage, and now it's all gone, everything that we worked for for our whole lives. I don't see how we will ever be able to retire.

Resulting emotions, or indications of vibrational discord:

I feel worried.

I feel discouraged.

I feel blame.

I feel anger.

I feel insecurity.

I feel fear.

Which thought feels better?

How could we have been so stupid? (worse)

Our son should not have gambled with our money. (worse)

His supervisor should have insisted on diversification. (worse)

We will survive. (better)

We're not ready for retirement anyway. (better)

We do still have our incomes. (better)

We weren't using that money anyway. (better)

We always cope with whatever is happening. (better)

We'll figure it out. (better)

We still have some time to figure it out. (a lot better)

Planetary situation situation

Current contrasting situation:

The planet seems unstable. There are so many earthquakes, mud slides, tidal waves and hurricanes that suddenly sweep in and cause destruction. I almost don't want my family to leave home for a fear of something will happen and we'll be separated from each other, or be hurt, or even worse.

Resulting emotions, or indications of vibrational discord:

I feel worried.

I feel insecurity.

I feel fear.

Which thought feels better?

It would be awful to be involved in one of those tragedies. (worse)

It's so frightening to think of the possibilities. (worse)

I lived many years and haven't experienced these things. (better)

Our technology continues to improve to let us know in advance. (better)

My children are all alert and deliberate about what they do. (better)

None of us have experienced personal tragedy. (better)

Worry is not a productive use of my time. (a lot better)

Environmental situation situation

Current contrasting situation:

I'm afraid that we're destroying our planet. The air isn't clean anymore, you can't drink the water – it's poison. Fish are dying. The ice-caps are melting.

Resulting emotions, or indications of vibrational discord:

I feel blame.

I feel anger.

I feel insecurity.

I feel fear.

Which thought feels better?

We've got to take better care of our planet. (worse)

People are so selfish in not willing to do what needs to be done. (worse)

I visited the town I grew up in and I saw that very little had changed. (better)

Some areas are more polluted than others. (better)

Well, that was true 50 years ago also. (better)

We are now more aware, and the mission standards have been set. (better)

Things are beginning to turn around. (better)

There's always a great deal of evidence of Well-Being. (a lot better)

Government's financial deposit situation

Current contrasting situation:

Our government is so inefficient and ineffective. If it needs more money, it just arbitrarily takes it from us. There's no financial accountability. Money is spent so foolishly. And then they complain there isn't enough for the things that really matter to us. What a mess. I don't know how anyone could ever straighten it out.

Resulting emotions, or indications of vibrational discord:

I feel disappointment.

I feel blame.

I feel anger.

Which thought feels better?

If a business behaved that way, it would be bankrupt. (worse)

It's obvious they have no idea what they are doing. (worse)

Well, I am better off today than I was 10 years ago. (better)

I'm better off today than I was even 5 years ago. (better)

I'm not really affected much by their actions. (better)

If I got personally involved I might feel more tolerant. (worse)

It's not my job to sort things out. (better)

I think I'll focus on things I can do something about. (a lot better)

National pride situation

Current contrasting situation:

When I was a kid I felt so passionate about my country. I was thrilled when I heard patriotic songs, and I loved to hear stories of things that had happened as our nation was forming and we were evolving. But I don't feel patriotic anymore. I guess I know too much now. I don't feel good about decisions my government is making.

Resulting emotions, or indications of vibrational discord:

I feel disappointment.

I feel blame.

I feel anger.

Which thought feels better?

The foreign affairs policies of my government are frightening. (worse)

I can't agree with the actions taken by my government. (worse)

I'm embarrassed by some of the behaviour exhibited by my president. (worse)

I still believe in the ideals this nation was founded upon. (better)

I can discern the distinction between those ideals and one man. (better)

When something's really wrong, in time the tide always turns. (better)

Everyone operates from their own vantage-point of belief. (better)

I get to choose for myself. (better)

I still believe in our nation. (better)

There's no place I'd rather lived. (better)

My own actions represent me. (better)

You see, this „Which thought feels better?“ process gets right to the heart of vibrational relativity. When you play this game, you're utilizing your emotional guidance system in the most conscious way possible. You're deliberately making a statement noticing how it feels and then choosing another statement with the intent of improving a feeling. This process is really what deliberate creating is all about. It takes no effort to just observe what is already before you, and there's no effort involved in considering any thought that just drifts into your mind. But it does require effort to deliberately choose what you're thinking about. And when you make those choices, based upon how each one feels in relationship with the one you've just been thinking, you can now close the vibrational gap between where you are and where you want to be. And the manifestation will soon follow. This is really deliberate creating at its best.

Chapter 37. Applying the Wallet process

We want you to remember that what you're currently living is not nearly as important as how you feel about what you're living. Because what you're living is changing constantly. Some people, as they hear these words, immediately take issue with them, for they believe that things are not changing, at least not for them. If you feel as if things are not changing, or changing very slowly, this is the reason – you're giving most of your attention to the *what IS you're living*, and very little of your attention to the *what you would LIKE to be living*. Because money is a big part of your day-to-day experience, a slight adjustment in the vibrational relationship between your desire and what you're usually activate around this subject, can make a very big difference in your experience. If it's your desire to have more money, but whenever you think about money, you feel worried or frustrated, your emotional guidance system is indicating that you're moving in the wrong direction. You have to improve the vibrational relationship between your desire and the thoughts you most often think about this subject before things can change. And, as with all things, an improvement in the way you feel means that you're heading in the direction of your desire. It's natural for abundance to flow easily into your experience, and the Wallet process will help you offer a vibration that's compatible with your receiving of money instead of your pushing it away. This Wallet process works best if your range on the emotional guidance scale is between (6) Hopefulness and (16) Discouragement.

The Wallet process

First, obtain a 100 dollar bill and put it in your wallet or purse. Keep it with you at all times. And whenever you hold your wallet, or your purse, remember that your 100 dollar bill is there. Feel pleased that it is there, and remind yourself often of the added sense of security that it brings you. Now, as you move through your day, take note of the many things that you could purchase with that 100 dollars. By holding the 100 dollar bill and not spending it right away you receive the vibrational advantage of it everytime you even think about it. In other words, if you were to remember your 100 dollars and spent it on the first thing you noticed, you would receive the benefit of really feeling your financial Well-Being only once. But if you mentally spend that 100 dollars twenty or thirty times in that day, you'll have received the vibrational feeling advantage of having spent 2000 or 3000 dollars. Each time you acknowledge that you have the power right there in your wallet to purchase this, or to do that, you add to your sense of financial Well-Being over and over again. And so, your point of attraction begins to shift: I could have that, I could have that, I have the ability to purchase that. And because you really do have the means to do just that (you're not pretending something that's not), there's now no hindering doubt or disbelief, muddying the waters of your financial flow. The Wallet process is a simple but powerful process, and it will change your financial point of attraction.

Financial abundance situation

Current contrasting situation:

My husband and I have both had jobs for years. We saved some money. Not a lot, but enough to live on for a year. We had a really great idea for our own business, and we had a friend who had enough money to help us get started, but now, after two years, we're still taking money from our savings to live on. And our savings account is going down fast.

Resulting emotions, or indications of vibrational discord:

I feel worried.

I feel discouraged.

Applying the Wallet process:

We've decided to take a drive. Each of us has in our possession 100 dollars. It's our plan in the next hour or so to drive to the commercial district near our home and mentally spend these very real dollars again and again. Whenever either of us sees something that we want, we're gonna experience the fun of mentally purchasing it. After all, we've got the money right here right now, so we really could purchase an item if we wanted to. We're just gonna drive around, look out the window, see what catches our attention, and mentally buy it if it pleases us.

Oh, let's have dinner there tonight. I love eating there. Let's stop at the flower stand and get a gigantic bouquet. I think I'll buy that outdoor cooker for our patio. Let's get that swing set for the grandkids. Let's place an order with the man's selling firewood so we're ready for our first fire. I'm gonna schedule a day at the spa. Well, I'm gonna get a great haircut. I think I'll stop and pick up some new shoes. Me too. I love that rug. What a good price that is. I'd like 2 or 3 of those big garden flowerpots. I'd like those outdoor tree lights. Let's get a new mail box. And mulch for the front flowerbeds. I'm gonna have the car washed and detailed. I love that rocking-chair. Let's get it for the porch. How about new garden hoses?

When you play this Wallet game the first time, it is possible that in identifying things that you want to purchase you may activate your feeling of not enough money. So, in the first minutes of the game you may feel an increase in your discomfort rather than an increased feeling of relief. But as you play the game, if with each item that you identify you'll stop and acknowledge, „yes, if I really wanted to, I do have the money right here right now to make this purchase“, your discomfort will soften. And as you play the game longer, that discomfort will go away altogether. And once the discomfort is gone, the resistance is gone. And when the resistance is gone, your financial situation must begin to improve.

Chapter 38. Applying the Focus wheel process

The Focus wheel is perhaps the most powerful process we offer to assist you in quickly improving the vibrational relationship between your current beliefs and your current desires. As you experience this Focus wheel process you can actually feel the improvement taking place in the vibrational alignment of your energies. Imagine standing next to a playground *Marry go around*. And it's your intention to jump up onto it, but it's going so fast that when you try to get on, you can not. The difference in the momentum of the *Marry go around* and your own is too great. So you just get knocked off into the bushes. But if the *Marry go around* were to slow down, at some point you could jump right up onto it, and then, when it speeds up, you can easily stay on board. A similar thing happens when there's a vibration in the momentum of your desire and the momentum of your belief. Either your desire has to slow down or your belief has to speed up in order for alignment to occur. By focusing on this process you can slow the vibrational momentum of your desire enough so that you can get on board. And then, once you're on, you can increase the speed of the vibration. This process works best if your range on the emotional guidance scale is between (8) Boredom and (17) Anger.

The Focus wheel process

Draw a large circle on the sheet of paper. Then draw a smaller circle, about 2 inches in diameter in the center of the large circle. Now sit back and look at the small circle and feel your eyes focus upon it. Then close your eyes for a moment and turn your attention to whatever has happened that produced the negative emotion within you. And identify exactly what it is that you do not want. Now say to yourself, „Well, I clearly know what I don't want. What is it that I do want?“ It is helpful if you try to indentify what you do not want, as well as what you do want, in terms of the way you wanna feel about it. Now write a brief statement of what you DO want in a small circle in the center of your page. Next try to write statements around the outside edge of your large circle that match what you do want. When you find a statement that's a close enough match, you'll know it. In other words, you'll feel whether your statement does not match and throws you off the wheel into the bushes, so to speak, or whether it's a statement that's close enough to your desire that it now sticks. The reason that Focus wheel process is so effective is because the statements you're writing are those that you have deliberately chosen. They're general statements that you already believe, which match your desire. The reason it works is because the LOA is so very powerful that when you hold a thought for as little as 17 seconds, another thought like it will join it. And once those two thoughts come together, there's a combustion that occurs that makes your thoughts even more powerful. As you find thoughts that feel good, continue writing them around the perimeter of your larger circle. Start at what 12 o'clock would be if you were looking at a clock, and then continue around 1 o'clock, 2 o'clock and so on, until you have 12 statements that feel good to you. Now, after writing along the 11 o'clock position, emphatically circle the words that you originally wrote in the center of your Focus wheel. And notice that you do feel a closer vibrational alignment with that thought, when only minutes before you were nowhere near that vibration.

Fatigue situation

Current contrasting situation:

I have no energy. I feel tired all of the time. I can barely get through the day. I'm having a hard time keeping up with the things I need to do. And I am not enjoying anything because I'm so tired.

Resulting emotions, or indications of vibrational discord:

I feel overwhelmed.

My statement of what I DON'T want: I don't want to feel tired.

My statement of what I DO want: I want to feel strong, hearty and energized.

My first attempt to get on the wheel. You can feel if you get thrown off into the bushes, and you can feel if your statement is close enough to your desire that you actually get on.

I've got to get control of myself. (not on)

I can't go on like this. (not on)

I do remember feeling better than I feel right now. (on)

That statement was close enough in vibrational relationship to your desire that it sticks. So write it on your Focus wheel at the 12 o'clock position. And as you find other statements that stick, continue to write them around the clock, so to speak, at 1 o'clock, 2 o'clock and so on.

I usually am hearty. (at 1 o'clock)

I do like feeling good. (2 o'clock)

Your focus has now caused enough improvement in the vibrational relationship between where you are and where you want to be that you can now easily stay on the wheel. So make the most of it and keep going. The more statements that you make that are a vibrational match to your desire, the more you will stabilize in this new and improved vibration.

My body is responsive. (3 o'clock)

I'm feeling better already. (4 o'clock)

Every day I'll feel stronger. (5 o'clock)

I look forward to taking walks again. (6 o'clock)

It's refreshing to deliberately get outside everyday. (7 o'clock)

This is a beautiful day. (8 o'clock)

I have a very good body. (9 o'clock)

I like feeling good. (10 o'clock)

There are so many things I enjoy doing. (11 o'clock)

This game has caused you to focus on the feeling of the vibrational variance between where you are and where you want to be. And in the short time your vibrational relativity has improved tremendously. So much, in fact, that you can now write a statement in the small circle in the center of your focus wheel from where you are vibrationally right now which matches your statement of desire. In other words:

I feel strong, hearty and energized.

Loneliness situation

Current contrasting situation:

I don't have many friends. Really, I don't even have one really close friend. It's not much fun going through life alone. I've had friendships in the past, but nothing that really clicked. It seems as if people are just looking for what they can get out of me, but then they don't really want to give anything back to me.

Resulting emotions, or indications of vibrational discord:

I feel discouraged.

I feel lonely.

My statement of what I DON'T want: I don't wanna be alone.

My statement of what I DO want: I wanna find a really good friend.

My first attempt to get on the wheel. You can feel if you get thrown off into the bushes, and you can feel if your statement is close enough to your desire that you actually get on.

A good friend is hard to find. (not on)

I've never had a really good friend. (not on)

I see other people have good relationships. (you're on)

That statement was close enough to the vibrational range of your desire. So write it on the 12 o'clock spot on the wheel.

I've met some people who I enjoy being with. (1 o'clock)

This isn't something that I should try to force into being. (2 o'clock)

I'll know immediately when I meet someone I'd like to know better. (3 o'clock)

Usually when I really like someone they usually like me too. (4 o'clock)

Your resistance has now subsided a great deal. Your vibrational relationship has really improved, so keep going.

I really haven't been trying very hard to meet anyone. (5 o'clock)

There are nice people all around. (6 o'clock)

There are others looking for relationships, too. (7 o'clock)

As I feel better, others who feel good will begin to show up. (8 o'clock)

There are many ways to meet new people. (9 o'clock)

I do like being with people. (10 o'clock)

This feels like a new beginning. (11 o'clock)

You're now in alignment so write the following in the small center circle:

I'm excited about my new friends who are on their way to me.

Co-worker situation

Current contrasting situation:

I share an office with someone whom I can hardly stand to be around. She does not have a nice thing to say about much of anything. And she wants to talk all the time. She doesn't enjoy her job, and she treats me like I'm foolish when I wanna do mine. I wish she'd either quit or get fired. Life is too short to have to spend so much time with someone so unpleasant.

Resulting emotions, or indications of vibrational discord:

I feel irritation.

I feel blame.

I feel anger.

My statement of what I DON'T want: I don't want to share space with someone so unpleasant.

My statement of what I DO want: I want to spend my time with people who are nice to be with.

My first attempt to get on the wheel. You can feel if you get thrown off into the bushes, and you can feel if your statement is close enough to your desire that you actually get on.

I wish she would get fired. (not on)
I wish one of us could get transferred. (not on)

I like feeling good at work. (you're on)

That statement was close enough in vibrational relationship to your desire that it sticks. So write it on your focus wheel at the 12 o'clock position.

I do enjoy a lot of what I do at work all day. (1 o'clock)
I'm good at what I do at work. (2 o'clock)

Your vibration is much better already. So make the most of it and keep going, until this better vibration and the good feelings really dominate.

I like to show myself that I have the ability to focus. (3 o'clock)
Often, when I'm very clear minded, others follow my lead. (4 o'clock)
It won't hurt me to work on setting a good example. (5 o'clock)
She must have a strong desire. (6 o'clock)
I really don't know everything that my office made us dealing with. (7 o'clock)
I'm fortunate that my life is going so well. (8 o'clock)
Most of my friends are great to be around. (9 o'clock)
If I try, I can get along with most people. (10 o'clock)
I'm willing to make a stronger effort for harmony. (11 o'clock)

And in the small center circle now write:

I'm looking forward to our improved relationship.

Acting career situation

Current contrasting situation:

I've wanted to be an actress since I was a little girl. I took some classes and found out that I'm pretty good at it. I get some acting work from time to time, but nothing exciting. And nothing that I really want. It's hard. There are so many people applying for the same work that I am, that it seems hopeless. Maybe I should just forget about it and go get a real job.

Resulting emotions, or indications of vibrational discord:

I feel disappointed.
I feel discouraged.

My statement of what I DON'T want: I don't want to work so hard and get no results.

My statement of what I DO want: I want to get a great acting part.

My first attempt to get on the wheel. You can feel if you get thrown off into the bushes, and you can feel if your statement is close enough to your desire that you actually get on.

I go to an audition nearly every day. (not on)
Somewhere out there won't surely want to hire me. (not on)
That one audition last week was really interesting. (you're on)

Your vibrational relativity is close enough now to get you on the wheel. So write that one at 12 o'clock.

I like it when I get to meet interesting people. (1 o'clock)
I could feel that I was relaxed and I did a good job. (2 o'clock)
It's alright if I'm not a match for a particular job. (3 o'clock)
I really only wanna be chosen if I'm a really good match. (4 o'clock)
Many well-known actors have stood right where I'm standing. (5 o'clock)
Every audition gives me more great experience. (6 o'clock)
I've done enough auditions that my fear has now vanished. (7 o'clock)
I can feel that I'm getting closer and closer. (8 o'clock)
I can feel my confidence increasing with each interview. (9 o'clock)
I think I'm getting good at this. (10 o'clock)
I love being an actress. (11 o'clock).

The vibration of your desire and your vibration in this moment are now matching vibrationally. So write the next statement in the small center circle:

I will so enjoy these great parts coming my way.

After focusing on something unwanted for a while, and therefore activating vibrations that are not a match to what you really want, it becomes increasingly difficult to then turn your attention to what you want. But you must find a way to focus your attention differently in order to be able to create something different. This Focus wheel process has been designed for that very reason: it helps you to jump in from right where you are and then spin yourself to higher and higher vibrations. This process will move you from great resistance faster than any other. The key to the power of this process is contained within its name: FOCUS. Whenever you are able to take the time to focus upon something and write it on paper, your focus and power increases. The process of drawing the large circle emphasizes your deliberate intent to focus, and then stating where you're currently are in the beginning amplifies the vibrational discord that is currently present. It requires more focus still just to get on the wheel the first time. That is the moment of the biggest vibrational shift. But once your first statement has been written at the 12 o'clock position, less focus is required to stay there. And as you add another statement, and another, and another, your vibration stabilizes, and the vibrational relationship between your desire and your belief improves. We would use this process on every subject that matters to us. We would use it to improve situations, to improve relationships, to attract more money, and to achieve improved bodily conditions. This is the process worth learning and applying. The Focus wheel process can transform your life.

Chapter 39. Applying the Finding The Feeling Place Process

The Finding The Feeling Place Process is most helpful in making sure that you're radiating a vibration that will serve you. In that this is a process that will help you realize what you're actually attracting. This process is one of using your imagination to pretend that your desire has already come about, and that you're actually living the details of that desire. As you focus upon what it feels like to be living your desire, you cannot at the same time be feeling the absence of your desire. So, with practice you can tip the scale, so to speak, so that even though your desire has not actually yet manifested, you're offering a vibration as if it has. And then it must. Your goal in this process is to conjure up images that cause you to offer a vibration that allows your desire. Your goal is to create images that feel good to you. Your goal is to find a feeling place of what it would be like to have your desire rather than finding the feeling place of what it's like to not have it. You could use a remembering technique, and remember a time more like that which you now desire. You could use an imagining technique, and imagine or pretend that it's happening now. Or you could focus upon someone who is already living your desire. And as you focus upon details of the desire that you hold, its vibrational essence within you will be activated. You do not have to be actually living something in order to offer the vibration of it. But once you do offer the vibration of it, it will not be long before you are living it. The more often you play this Finding the Feeling Place Process, the better you will be at playing it, and the more fun it will become. When you pretend, or selectively remember, you activate new vibrations, and your point of attraction shifts. And when your point of attraction shifts, your life will improve regarding every subject for which you found a new feeling place.

This Finding The Feeling Place Process works best if your range on the emotional guidance scale is somewhere between (10) Frustration/Irritation/Impatience and (17) Anger.

Marital situation

Current contrasting situation:

I still love my wife, but our relationship is nothing like it used to be. When we were first married, I couldn't wait to see her at the end of the day, and now, to be honest, I sort of dread going home. She complains a lot about so many different things, and I think she blames me for everything that isn't going the way she wants it to. I don't wanna leave, but it's sure not fun staying, either.

Resulting emotions, or indications of vibrational discord:

I feel frustration.

I feel blame.

I feel irritation.

Remembering technique: I remember the first day we met. She got my attention right away. I liked the way she looked. And I really liked how much fun she was. I remember noticing how good she was at really listening when I spoke, and how good she made me feel because she was so interested in what I had to say. I knew immediately that she was someone whom I wanted to spend more time with.

Remembering something from the past that felt good is a powerful tool for improving your vibration, because as you recall those better feeling times, you activate the vibration that was active then. Also it's not possible for you to focus upon what *is* happening and what *has* happened at the same time.

Imagining technique: I'm imagining myself leaving the office and being happy about my work day being done. I visualize myself getting into my car. I'm proud of this car. It's really a beauty. I turn on the CD player, and my wife's favourite CD begins playing. I smile because I know she was driving my car yesterday and playing her favourite music. We have this funny game going where she always leaves her favourite music in the player. Now I'm eager to get home and hang out with her. She's a light-hearted girl who always makes me feel glad to be with her. I'm a lucky guy.

Notice that there's nothing serious or heavy happening in this visualization. You're not trying to make anything happen. You're not trying to reform your wife or change her. You're just making up a story for one purpose only – to cause yourself to feel good at the same time that you're focusing upon something that's important to you. This imagery, even though it may be complete fiction, has changed the relationship between the vibration that you've been offering lately about your wife, and the vibration of your desire about your wife. Things will now have to improve. And, at the very least, you feel good right now.

Abundance situation

Current contrasting situation:

My husband and I have both had jobs for years. We've saved some money. Not a lot, but enough to live on for a year. We had a really great idea for our own business, and we had a friend who had enough money to help us get started, but now, after two years, we're still taking money from our savings to live on. And our savings account is going down fast.

Resulting emotions, or indications of vibrational discord:

I feel worried.

I feel discouraged.

Remembering technique: I remember getting my first real paycheck and how good it felt. I had no bills, and having that much money handed to me all at once made me feel rich. I remember feeling excited that week after week I was gonna receive another check, and another.

Reactivating a good-feeling memory is an extremely helpful technique, because it's something that's actually happened to you. So it has a factual, or true, nature which holds little contradictory vibration for you. In other words, you believe it. When you reach into your past and activate a belief that matches your current desire, you're now in that moment in vibrational alignment, and your manifestations will now improve.

Imagining technique: I'm writing the last check that will pay our friend back the money he loaned us to start our business. He's surprised and pleased that we are able to do it so quickly. I can visualize how happy my husband is as he hands our friend a check. They're such good friends. It felt good that our friend believed in our idea, and it feels wonderful that our idea have paid off, and we're having such wonderful success. And we're just getting started. There's so much more yet to be discovered, experienced and enjoyed.

You cannot focus upon what you want and what you do not want at the same time. By using your imagination to deliberately conjure a good-feeling scenario, you immediately distract yourself from the unwanted reality. And your vibration shifts instantly, allowing your vibrational alignment with your own desires.

If you really understood the power of your vibration, you would never focus upon an unwanted reality again. For your reality is extremely temporary, and it can be easily molded into situations, events, scenarios and conditions that please you.

Planetary situation

Current contrasting situation:

The planet seems unstable. There are so many earthquakes, mud slides, tidal waves and hurricanes that suddenly sweep in and cause destruction. I almost don't want my family to leave home for a fear of something will happen and we'll be separated from each other, or be hurt, or even worse.

Resulting emotions, or indications of vibrational discord:

I feel worried.

I feel insecure.

I feel fear.

Remembering technique: I remember being a child, still living at home with my parents. There were two big lilac bushes in our front yard, up against the fence. My mother used to let me take some old blankets outside, and I remember using clothes-pins to make a tent between those bushes. I spent hours there setting it up, rearranging it and playing with toys I brought from my room.

You see, it's not necessary that you solve the problems of the world, or even the problems of your own life before you can begin to feel better. Just by remembering a pleasant moment from a time gone by you can reactivate your vibratin of Well-Being. And when you're consistantly feeling Well-Being, nothing other than Well-Being can be your experience.

Imagining technique: I see myself, my wife and my kids getting out of our car this wonderful hotel in the mountains. It's not a very well known place, but we go there every year. Kids always look forward to coming here because they're allowed to have the run of the place. They always meet other kids, and this carefree environment just feels great to all of us. We don't try to keep any strict schedules, we just do what we feel like doing when we feel like doing it.

This exercise of thinking thoughts to deliberately produce a feeling, rather than thinking a thought and then having a feeling response, is an extremely valuable tool. When you care about how you feel, and you choose your thoughts because of the way they feel, you are in control of your vibrations, and of the relationship between your desires and beliefs. Many people believe that daydreaming or fantasizing is a frivolous use of time. We see it as utilizing your emotional guidance system for the purpose of directing the power of your mind to activate the vibration, which is your point of attraction. We see it as powerful deliberate creating. There is not a great difference between remembering and imagining, for in either case the object of your attention is not actually occurring in your now reality. When you focus positively apart from whatever is happening right now, you can activate a vibration that will attract something different into your experience. But if you insist on giving your attention only to the reality that exists, then nothing can change.

Chapter 40. Applying the Becoming Free of Debt process

This process works best if your range on the emotional guidance scale is somewhere between (10) Frustration/Irritation/Impatience and (22) Fear/Grief/Depression/Despair/Powerlessness.

To begin this process of becoming free of debt obtain a columnar writing pad with as many columns as you have monthly expenditures. Now, beginning on the far left column write a heading that describes your largest monthly outgo. For example, if the largest check you write each month is your house payment, then you'd write as a header: „House payment“. Next, on the first line beneath that header write the dollar amount of your house payment. Now circle this amount which represents the amount you're obligated to pay each month, and then on the third line enter the total outstanding debt for this house payment category. Next, in the second column enter your second largest payment. Then your third largest payment in the third column, and so on. And across the top of your columnar pad write the following affirmation: „It is my desire to keep my promise, regarding all of these financial obligations, and in some cases I will even do twice as much as required“. Each time you receive a bill, get out your columnar pad and adjust, if necessary, the minimum monthly amount that's required. If it stays the same, then write the same figure. The first time you receive a bill, or when it's time to make the payment for the category that's on the far right column of your pad, in other words, the smallest payment you make each month, write the check for exactly twice what is required. And as you do so, write in the new amount of that outstanding balance. This may seem a little strange to you when you first begin to play the game. But even if you do not have enough money to pay everything you owe in all of the columns, still double the payment in the far right column. And feel glad that you've not only kept your new promise to yourself to do your best to pay everything you owe, but to do even twice that amount in some cases. Because you're now looking at your finances in a way that's new, your vibration will begin to shift right away. As you feel even the slightest bit of pride for keeping your word, your vibration will shift. As you keep your promise about doubling up on some payments, your vibration will shift. And with this shift, even if it's slight, things will now begin to change in your financial condition. If you will take the time to really enter everything you owe onto the columnar pad, your newly focused attention will begin to positively activate circumstances around the subject of money for you. Instead of feeling discouraged as you find yet another bill in your mailbox, you'll feel an eagerness to enter the bill in your columnar pad. And with this shift in attitude and vibration, things will begin to change in your financial picture. Money that you are not expecting will appear in your experience. Bargains will reveal themselves, so your dollars will go further than you expected. All kinds of unusual financial things will occur. And when they do, be consciously aware that these things are happening in response to your newly focused attention and the result in shift in your vibration. As extra money appears, you'll find yourself eager to apply another payment at the far right column. And soon that debt will be paid. And you can eliminate that column from your pad. Column after column will disappear as your financial gap between what is coming in and what is going out widens. Your sense of financial Well-Being will improve on the first day you play this game. And if you'll take the game seriously, your vibration around money will shift so significantly, that you can be debt-free in a short time, if that is your desire. There's nothing wrong with debt. But if yours feels like a heavy burden, then your vibration around money is one of resistance. When the burden is lifted, when you feel lighter and free-er, your resistance has lifted, and you're now in the position to allow Well-Being to flow abundantly into your experience. Any of the processes that help you feel better, will also cause a shift in your vibration around money. However, this process is especially powerful, if you're troubled about your financial situation. Because it will cause you to look at your financial situation from a different perspective. Without realizing it, day by day you will have adopted a vibrational pattern about money in response to what's happening. But you had no vibrational control when you merely had a feeling response to the situation. This Becoming Free of Debt process elicits from you the same responsible approach that you're accustomed to regarding money, in that it asks you to keep records and to identify the

amount of your debt, and so on. But it elicits a different perspective from you at the same time. You'll immediately begin to feel a shift as you think about what you CAN do instead of what you're unable to do. It's a pragmatic approach with a playful twist, which will shift your energy in the direction of your desire. If you will continue the process for a few weeks, within that short period of time your dread and fear, that you may have developed around the subject of money, will be replaced with hope, fun and eagerness. This game will lead you out of debt, if that's your desire. It will help you to once and for all balance your energy around the subject of money. And, it's our promise to you, once you balance your energy regarding money, your total financial balance will come into alignment as well. But without the balancing of energies there can be no financial balance.

Chapter 41. Examples of applying the Turning-It-Over-To-the-Manager process

Imagine that you're the owner of a very large corporation, and there're thousands of people who work for you. There are employees who assist in their manufacturing and marketing of your products, there are book-keepers, accountants, and advisors, there are artists, advertising experts.. thousands of people, all working to make your company successful. Now, imagine that you do not personally work with any of these people, but you have a manager who does. And your manager understands them, advises them and directs them. So, whenever you get an idea about something, you express it to your manager, who says, „I'll take care of that right away“. And he does, efficiently, effectively, precisely, just the way you like it. You may be saying to yourself right now, „I'd love to have a manager like that. Someone I can count on. Someone who'd work on my behalf“. And we say to you, you do have a manager who is that and much more. You have a manager who works continually on your behalf, called the LOA. And you have only to ask in order for this Universal manager to jump to your request. The key to the success of this Turning-it –over-to-the-manager process is to make request with an expectation of the request being fulfilled. It's like asking someone you trust who's never let you down to do something, knowing full well that he will get it done. That is the attitude from which you must make a request to the Universe. Make your request with the attitude of expecting results. Now, keep in mind, this process works best if your range on the emotional guidance scale is somewhere between (10) Frustration/Irritation/Impatience and (17) Anger.

Neighbours situation

Current contrasting situation:

I used to like this neighbourhood, but then some people moved in next door, and they're just awful neighbors. Their dog uses our yard for a bathroom. They have 2 or 3 junker cars, parked in the driveway instead of on the street in front of the house. And I'm embarrassed to have people over to visit.

Resulting emotions, or indications of vibrational discord:

I feel blame.

I feel discouraged.

I feel anger

But now I remember that I have this capable, effective, willing Universal manager who works expressly for me. So I ask for the following, doing my best to remember that this manager is really really good, and will be able to effectively satisfy my request.

Turning-it-over-to-the-manager:

I would like this dog to find another place, away from my yard.

I would like these junker cars to be moved from the street.

I would like to have a good relationship with my neighbours.

I would like to be proud to live on this street.

Thank you for taking care of these things.

Home maintenance situation

Current contrasting situation:

Our house is costing us a fortune just to keep things working. It wasn't built very well to begin with. And now it's 10 years old and things are constantly breaking down. Every time I turn around, something else needs to be repaired.

Resulting emotions, or indications of vibrational discord:

I feel frustrated.

I feel overwhelmed.

I feel disappointed.

I feel discouraged.

But now I remember that I have this capable, effective, willing Universal manager who works expressly for me. So I ask for the following, doing my best to remember that this manager is really really good, and will be able to effectively satisfy my request.

Turning-it-over-to-the-manager:

Please find a reasonably priced, talented, versatile repairman.

I'd like him to determine which things should be replaced.

Please locate those items at very good prices.

I wanna realize the many advantages of this mature property.

I want the past disadvantages of this older property to be eliminated.

Thank you for taking care of these things.

Adult-child situation

Current contrasting situation:

I have an adult daughter who is always mad at me. No matter how much time I spend with her, it's never enough. When I am with her, she spends most of our time complaining about how we don't spend enough time together. I am so busy, and I don't have much time to spend with her. But it's really not fun to be with her because of the way she feels.

Resulting emotions, or indications of vibrational discord:

I feel guilty.

I feel angry.

I feel disappointed.

But now I remember that I have this capable, effective, willing Universal manager who works expressly for me. So I ask for the following, doing my best to remember that this manager is really really good, and will be able to effectively satisfy my request.

Turning-it-over-to-the-manager:

Amplify my daughter's best qualities to me.

Amplify my best qualities to my daughter.

Remind each of us many times each day about what good lives we're living.

Orchestrate a really wonderful outing for us to spend together.

Take care of some of these details that I've been spending so much time on. That's all for now.

Thank you for taking care of these things.

Abundance situation

Current contrasting situation:

My husband and I have both had jobs for years. We've saved some money. Not a lot, but enough to live on for a year. We had a really great idea for our own business, and we had a friend who had enough money to help us get started, but now, after two years, we're still taking money from our savings to live on. And our savings account is going down fast.

Resulting emotions, or indications of vibrational discord:

I feel worried.

I feel discouraged.

But now I remember that I have this capable, effective, willing Universal manager who works expressly for me. So I ask for the following, doing my best to remember that this manager is really really good, and will be able to effectively satisfy my request.

Turning-it-over-to-the-manager:

Please line up a strong steady flow of customers for us.

Inspire a buzz around the area about our business.

Inspire us to perform any appropriate action.

Help our friend feel our genuine appreciation for his help.

Bring us the staff we need to operate this expanding business.

That's all for now.

Thank you for taking care of these things.

Loneliness situation

Current contrasting situation:

I don't have many friends. Really, I don't even have one really close friend. It's not much fun going through life alone. I've had friendships in the past, but nothing that really clicked. It seems like people are just looking for what they can get out of me, but then they don't really want to give anything back to me.

Resulting emotions, or indications of vibrational discord:

I feel discouraged.

I feel lonely.

But now I remember that I have this capable, effective, willing Universal manager who works expressly for me. So I ask for the following, doing my best to remember that this manager is really really good, and will be able to effectively satisfy my request.

Turning-it-over-to-the-manager:

Please set up some circumstances where I can meet some nice people.

Arrange people who are match to me to rendezvous with me.

I'd like them to be interesting, fun and self-sufficient.

I prefer meeting people in the way that feels completely natural and unforced.

I'd like this to begin happening right away.

Thank you for taking care of these things.

Meddling parents situation

Current contrasting situation:

I haven't lived at home for over 10 years, but my mother still thinks she needs to tell me what to do. So I avoid her, cause I don't like being bossed around. And then she gets mad, and that's even worse. But when we're together, she treats me like I don't know how to live my own life.

Resulting emotions, or indications of vibrational discord:

I feel blame.

I feel anger.

But now I remember that I have this capable, effective, willing Universal manager who works expressly for me. So I ask for the following, doing my best to remember that this manager is really really good, and will be able to effectively satisfy my request.

Turning-it-over-to-the-manager:

Please remind my mother that I am now grown-up.

Please point out to my mother how very capable I am.

Please lovingly soothe any of my mother's discomfort.

Guide my mother to other meaningful things she can turn her attention toward.

Help my mother know how much I love her.

Organize our times together so that we're both feeling great.

That's all for now.

Thanks for taking care of these things.

Acting career situation

Current contrasting situation:

I've wanted to be an actress ever since I was a little girl. I took some classes and found out that I'm pretty good at it. I get some acting work from time to time, but nothing exciting. And nothing that I really want. It's hard. There are so many people applying for the same work that I am, that it seems hopeless. Maybe I should just forget about it and go get a real job.

Resulting emotions, or indications of vibrational discord:

I feel disappointed.

I feel discouraged.

But now I remember that I have this capable, effective, willing Universal manager who works expressly for me. So I ask for the following, doing my best to remember that this manager is really really good, and will be able to effectively satisfy my request.

Turning-it-over-to-the-manager:

Arrange some great auditions for me.

Get the word out there that I'm available, and that I'm good.

Put my resume on the top of the pile for consideration.

Line up any trainers who would enhance my evolving talent.

That's all for now.

Thank you for taking care of these things.

Financial imbalance situation

Current contrasting situation:

I can't get ahead. It seems like things constantly come up, so I have to spend everything I make. And I have a lot of credit card debt, too. So I'm really spending more than I'm making. I try to budget, but everything just costs so much. My wife works, and that helps. But as our kids get older, things cost more for them.

Resulting emotions, or indications of vibrational discord:

I feel worried.

I feel discouraged.

But now I remember that I have this capable, effective, willing Universal manager who works expressly for me. So I ask for the following, doing my best to remember that this manager is really really good, and will be able to effectively satisfy my request.

Turning-it-over-to-the-manager:

Arrange for an increase in my wages.

Arrange for an increase in my wife's wages.

Find lower interest credit cards for us.

Remind me frequently what a great life I'm living.

Instill appreciation in me and my wife for the wonderful things we have.

Guide us in some way to the best financial decisions from where we are now.

Thank you for taking care of these things.

Financial security situation

Current contrasting situation:

My husband and I had both worked our entire lives. We've always been very careful with our money because we knew that at some point we would want to retire. We managed to accumulate a very nice nest-egg. Our son, who works as a stockbroker, said we should let him invest it, and that we could really increase our savings for our retirement. So, we gave him the money to manage, and now it's all gone, everything that we worked for for our whole lives. I don't see how we will ever be able to retire.

Resulting emotions, or indications of vibrational discord:

I feel worried.

I feel discouraged.

I feel blame.

I feel anger.

I feel insecurity.

I feel fear.

But now I remember that I have this capable, effective, willing Universal manager who works expressly for me. So I ask for the following, doing my best to remember that this manager is really really good, and will be able to effectively satisfy my request.

Turning-it-over-to-the-manager:

Help us regain our feeling of prosperity.

Find a faster way of accumulating value of our existing resources.

Point out to us any current advantages that we may have been missing.

Let our son know that we are not holding any grudges.
Inspire a fresh start attitude in us.
That's all for right now.
Thanks for taking care of these things.

Travel situation

Current contrasting situation:

I feel so limited. I seem to be able to explore or understand only a tiny part of this world. There are so many places I'd like to visit, but I can't get enough time off from work to go very far, or stay long enough to really discover anything. I feel like I'm missing out on so much.

Resulting emotions, or indications of vibrational discord:

I feel bored.
I feel disappointed.

But now I remember that I have this capable, effective, willing Universal manager who works expressly for me. So I ask for the following, doing my best to remember that this manager is really really good, and will be able to effectively satisfy my request.

Turning-it-over-to-the-manager:

Clear a spot in my itinerary for an exploratory vacation.
Line up a satisfying route that will satisfy many of my interest for this first trip.
See what you can do about getting especially good prices on everything involved.
Bring the information to me as you find it, even though the trip is still off away.
Arrange the financing for this and future trips.
That's all for right now.
Thanks for taking care of these things.

Environmental situation

Current contrasting situation:

I'm afraid that we're destroying our planet. The air isn't clean anymore, you can't drink the water – it's poison. Fish are dying. The ice-caps are melting.

Resulting emotions, or indications of vibrational discord:

I feel blame.
I feel anger.
I feel insecurity.
I feel fear.

But now I remember that I have this capable, effective, willing Universal manager who works expressly for me. So I ask for the following, doing my best to remember that this manager is really really good, and will be able to effectively satisfy my request.

Turning-it-over-to-the-manager:

Make sure the planetary utilities are performing properly; that is, Earth in orbit, water moving around the planet, gravitational pool.
Restore our water to its former purity.
Orchestrate appropriate weather for the Earth's well-being.

Show me evidence of Earth's Well-Being whenever you can.
That's all for right now.
Thanks for taking care of these things.

Government situation

Current contrasting situation:

I'm very tired of the inefficiency of governmental bureaucracy. There are so many government requirements that you have to hire people you shouldn't even need just to fill out the bureaucratic forms. You can't even get the bureaucracy on the phone to personally answer a question. I've wasted so much of my time just trying to find out what I'm supposed to do, so that I can do it the way they want it done the first time. We need a better bureaucratic system.

Resulting emotions, or indications of vibrational discord:

I feel frustration.
I feel overwhelmed.
I feel blame.

But now I remember that I have this capable, effective, willing Universal manager who works expressly for me. So I ask for the following, doing my best to remember that this manager is really really good, and will be able to effectively satisfy my request.

Turning-it-over-to-the-manager:

Line up effective employees for government offices.
Help our government create user friendly guidelines and forms.
Bring people to me who understand the requirements.
Find a way for us to find easy compliance with these requirements.
Remind me often of the things that are in my greatest interest that I should give attention to.
That's all for right now.
Thanks for taking care of these things.

Government's financial deficit situation

Current contrasting situation:

Our government is so inefficient and ineffective. If it needs more money, it just arbitrarily takes it from us. There's no financial accountability. Money is spent so foolishly. And then they complain there isn't enough for the things that really matter to us. What a mess. I don't know how anyone could ever straighten it out.

Resulting emotions, or indications of vibrational discord:

I feel disappointment.
I feel blame.
I feel anger.

But now I remember that I have this capable, effective, willing Universal manager who works expressly for me. So I ask for the following, doing my best to remember that this manager is really really good, and will be able to effectively satisfy my request.

Turning-it-over-to-the-manager:

Guide people in government to fiscal responsibility.
Make arrangement so that we can get more for every tax-dollar spent.
Show me evidence of progress regarding government value and efficiency.
Put leaders in place who are focused on making things better.
I wanna see less partisanship and more sincere interest in issues.
That's all for now.
Thanks for taking care of these things.

National pride situation

Current contrasting situation:

When I was a kid I felt so passionate about my country. I was thrilled when I heard patriotic songs, and I loved to hear stories of things that had happened as our nation was forming and we were evolving. But I don't feel patriotic anymore. I guess I know too much now. I don't feel good about decisions my government is making.

Resulting emotions, or indications of vibrational discord:

I feel disappointment.
I feel blame.
I feel anger.

But now I remember that I have this capable, effective, willing Universal manager who works expressly for me. So I ask for the following, doing my best to remember that this manager is really really good, and will be able to effectively satisfy my request.

Turning-it-over-to-the-manager:

Inspire the next generation of leaders and get them ready.
Amplify the intentions of the citizens of this nation so that the leaders can hear them.
Put leaders in place who are responsive to the desires of those they serve.
Show me things that inspire my pride in my nation.
Line up compelling information for our leaders to consider.
Remind our leaders that they are responsible to us.
That's all for now.
Thanks for taking care of these things.

When you first play this game, you may find yourself challenging your own request by doubting that your wishes will be carried out by your manager. And, of course, if your doubt is more dominant than your desire, you will be right, and you will see no evidence in your intentions being satisfied. If you'll continue to play the game, getting into the spirit of delegating to this Universal manager, your doubts will fade, your expectation will increase, and you will get evidence that will confirm the power of your own mind. It is an exciting day when you come into conscious awareness of the amazing power of your intentions. We cannot begin to describe to you the resources that you have at your fingertips. Those that defy description are standing in readiness to assist you. You have only to find a way to access those resources, and the turning-it-over-to-the-manager process is just the tool to help you do that. Over time this process will change your perception of your life. And when your perception of your life changes, your life will change.

Chapter 42. Examples of Applying the Reclaiming-One's-Natural-State-Of-Health Process

Do this process while lying in a comfortable place. The more comfortable, the better. Choose a time when you have approximately 15 minutes when you're not likely to be disturbed by anyone.

This Reclaiming-Your- Health Process works best if your range on the emotional guidance scale is somewhere between (10) Frustration/Irritation/Impatience and (22) Fear/Grief/Depression/Despair/Powerlessness.

Now, write the following short list in a place where it will be easy for you to read. And then, when you first lie down, read it slowly to yourself.

It's natural for my body to be well. Even if I don't know what to do in order to get better, my body does. I have trillions of cells with individual consciousness and they know how to achieve their individual balance. When this condition began, I didn't know what I now know. If I had known then what I know now, this condition could not have gotten started. I don't need to understand the cause of this illness. I don't need to explain how it is that I'm experiencing this illness. I have only to gently eventually release this illness. It doesn't matter that it got started because it's reversing its course right now. It's natural that it would take some time for my body to begin to align to my improved thoughts of Well-Being. There's no hurry about any of this. My body knows what to do. Well-Being is natural to me. My Inner Being is intricately aware of my physical body. My cells are asking for what they need in order to thrive, and Source Energy is answering those requests. I'm in very good hands. I will relax now to allow communication between my body and my Source. My only work is to relax and breathe. I can do that. I can do that easily.

Now, just lie there and enjoy the comfort of your resting place, and focus upon your breathing. In and out..In and out.. Breathe deeply while still remaining comfortable. Do not force it. Do not try to make anything happen. There is nothing for you to do other than to relax and breathe. You will very likely begin to feel soft gentle sensations in your body. Smile and acknowledge that this is Source Energy specifically answering your cellular request. You are now feeling the healing process. Do nothing to try to help it or intensify it. Just relax and breathe and allow it. If you were experiencing pain when you laid down, follow the same process. However, if you were feeling pain, it would be helpful for you to add these words to your written and spoken list:

This sensation of pain is an indicator that Source is responding to my cellular request for energy. This sensation of pain is a wonderful indicator that help is on the way. I will relax into this sensation of pain, because I understand that it's indicating improvement.

Now, if you can drift off to sleep. Smile in your knowledge that all is well. Breathe and relax. And trust.

Physical decline

Current contrasting situation:

I worry that my body is deteriorating. I don't have the energy that I once had. And I can't do the things I used to enjoy doing. I have aches and pains. My knees hurt when I walk. And I don't dare try to run anymore. I'm scared that it's gonna get worse and worse.

Resulting emotions, or indications of vibrational discord:

I feel worried.

Applying the Reclaiming-One's-Natural-State-Of-Health Process:

My body is flesh and bone, but my body is also vibration. The way my body looks and feels is a result of my vibration. My body is as it is right now, and that is alright. My body is continually changing. And that is alright. My vibrational offering affects the changes in my body. Physical decline is about vibration, not about passing through time. It's possible for me to pass through time and improve my vibration. Physical decline is neither natural nor necessary. I do not have to wait for others to know this or demonstrate this. I can begin now or whenever I choose to demonstrate this. A shift in my vibration won't give me instant physical evidence. A shift in my vibration will give me instant emotional evidence. Once I achieve a vibrational shift and stabilize there, I'll see evidence. I'm willing to shift my vibration and wait for the physical evidence. Feeling better emotionally will be adequate evidence for now. Finding and maintaining positive expectancy is wonderful. I can feel my body benefitting from my new-found ease. I can feel the stability of my physical body. I can feel the life giving qualities of my new energy alignment. I can feel that I'm coming into energy balance. I can feel how much my body enjoys my energy balance. All is well with me right now and getting better still.

If you will take your time to deliberately improve your emotional feeling about your physical body, your physical conditions will improve. Lead your improved conditions with improved expectations, and watch what happens. Remember, the manifestation always follows the vibration. And 99.99 percent of every creation is already complete before there is any physical evidence. Focus upon your emotional journey and find improvement there, and the physical, action journey, must follow. It is Law. There are no exceptions to this.

Chapter 43. Examples of applying the Moving-Up-The-Emotional-Guidance-Scale process

Here is the way we would apply this powerful process. When you are aware that you're feeling some rather strong negative emotion, try to identify what that feeling or emotion is. In other words, consciously think about whatever is bothering you, until you can actually pinpoint the emotions that you're experiencing. This moving-up-the-emotional-guidance-scale process can be used no matter what your emotional state of being, but it's particularly helpful when you're feeling particularly bad. Considering the two extremes of this emotional guidance scale, you could ask yourself, „Do I feel powerful, or do I feel powerless?“. While you may not actually be feeling either one of these emotions precisely, you will be able to tell which way your emotional state of being is leaning right now. So, in this example if your answer is ‚powerless‘, then shorten the range that you're considering. In other words, ask yourself, „does this feel more like powerlessness, or frustration?“. Still more like powerlessness. Then shorten the range still further. Does this feel more like powerlessness, or worry? As you continue (there's no right or wrong approach to this), eventually you'll be able to state with accuracy what you're really feeling about the situation you're addressing. Once you found your place on the emotional guidance scale, your work is to try to find thoughts that give you a slight feeling of relief from the uncomfortable emotion you're feeling. A process of talking out loud, or writing down your thoughts will give you the best reading of the way you're feeling. As you make statements with the deliberate intention of inducing an emotion that gives you a slight feeling of relief, you'll begin to release resistance. And then you'll be able to move gradually up the vibrational scale to a place of feeling much better. Remember, an improved feeling means a releasing of resistance. And a releasing of resistance means a greater state of allowing what you really want. So, using the emotional guidance scale, and beginning with where you are, look at the emotion that's just about where you believe you are now, and try to fashion some words that will lead you into a slightly less resistant emotional state of being.

Remember, you do not have access to emotions that are far from where you're currently vibrating. Therefore, although you may have spent an entire day beating the drum of the emotion where you are, on the next day try to establish a different set point, even if it is only a slight improvement. If the negative emotion you're feeling is slight, you'll quickly move up the emotional guidance scale. If the negative emotion you're feeling has begun only recently, you'll quickly move up the emotional guidance scale. If you're experiencing something extremely serious, or if it's something that you've been troubled with for many years, it's conceivable that you can spend as many as 22 days moving up this emotional guidance scale, each day deliberately choosing the improved emotion just above the one you're currently feeling. But 22 days from powerless to empowerment is not a long time at all, when you compare it to people you know who have been in a state of grief, insecurity or powerlessness for many years. Now that you understand that goal is to simply reach a better feeling emotion, it is our expectation that this process will free you from troubling negative emotions that you've been experiencing for years. And as you gently and gradually release the resistance you've annoyingly gathered, you will begin to experience gradual improvements in your life experiences in all troubling areas of your life.

Meddling parents situation

Current contrasting situation:

I haven't lived at home for over 10 years, but my mother still thinks she needs to tell me what to do. So I avoid her, cause I don't like being bossed around. And then she gets mad, and that's even worse. But when we're together, she treats me like I don't know how to live my own life.

Resulting emotions, or indications of vibrational discord:

I feel blame.

I feel anger.

Moving-up-the-emotional-guidance-scale:

No matter what I do, my mother is never happy with me. (powerless)

I don't wanna see her, but I feel guilty when I don't. (guilt)

My mother has always been disappointed in me. (unworthiness)

Nothing I do pleases her. She finds fault with everything I do. (unworthiness)

I hate spending time with her. (hate)

After being with her it takes days to recover. (hate)

I'd like to go far far away from her where I would never see her. (revenge)

I wonder what she would think if I just vanished. (revenge)

Maybe then she'd miss me, or remembered something good about me. (revenge)

She would probably be glad that I'm gone. (anger)

She'd have to find someone else to pick on. (anger)

I don't really plan on going anywhere, but I'd like to. (discouragement)

I wish I could think of a way to get away from here and from her. (discouragement)

I shouldn't have to be looking for a way to escape. (blame)

Your mother should uplift you not make you want to escape. (blame)

I wish she could have been different. (disappointment)

My friends' mothers are very different from mine. (disappointment)

There are so many things on so many levels wrong with our relationship. (overwhelment).

I wouldn't know where to begin to sort this out. (overwhelment)

10 years of therapy hasn't helped at all. (overwhelment)

She makes absolutely no effort. (frustration)

She thinks our problems are really all my problems. (frustration)

She thinks she's always right and I'm always wrong. (frustration)

She's just that way and I don't believe she'll ever change. (pessimism)

She can't see my point of view at all. (pessimism)

I don't think she even tries to see it from my point of view. (pessimism)

I should just accept that that's how she is. (contentment)

It's not my job to change her. (contentment)

I'm not the only one who finds her difficult. (contentment)

Maybe when we're both much much older we'll get along better. (hopefulness)

Maybe I can reach the place where what she thinks doesn't matter so much. (hopefulness)

Maybe in time she'll understand my point of view. (hopefulness)

Maybe in time I'll understand her point of view. (hopefulness)

Maybe in time neither of us will be bothered by the other. (hopefulness)

I really want to love my mother. (hopefulness)

I want my mother to love me. (hopefulness)

I know that she does love me on some level. (hopefulness)

I know that she thinks she's helping me. (hopefulness)

She means well, misguided as she is. (optimism)

I should just let this go. (optimism)

It would feel so great to just let this go. (eagerness)

I'd love to not be bothered by this any longer. (eagerness)

My life is so good in nearly every area. (enthusiasm)

I've managed to do pretty darn well in most areas of my life. (enthusiasm)

I have a great life when I take the time to notice. (enthusiasm)

I love feeling good. That's who I really am. (happiness)

I know I'm supposed to feel good. (empowerment)

I know I'm supposed to feel good. And I want that on all levels of my being. (empowerment)
I have the ability to feel good no matter what. (empowerment)
It's not my mother's job to make me feel good. (empowerment)
I can't change my mother's opinion about anything. (empowerment)
I can control my opinion about everything, even my mother. (empowerment)
My mother birthed me into this wonderful body and life experience. (appreciation)
Bless her heart, I've given her a run for her money. (love)
I love my life. I'm so glad to be here. (appreciation).
I know I'm good. I know I have value. I do know that. (knowledge).
All is well with me. (knowledge)
I feel so very good. (joy)
I have so much that I wanna do. (joy, passion, eagerness)

Financial security situation

Current contrasting situation:

My husband and I had both worked our entire lives. We've always been very careful with our money because we knew that at some point we would want to retire. We managed to accumulate a very nice nest-egg. Our son, who works as a stockbroker, said we should let him invest it, and that we could really increase our savings for our retirement. So, we gave him the money to manage, and now it's all gone, everything that we worked for for our whole lives. I don't see how we will ever be able to retire.

Resulting emotions, or indications of vibrational discord:

I feel worried.
I feel discouraged.
I feel blame.
I feel anger.
I feel insecurity.
I feel fear.

Moving-up-the-emotional-guidance-scale:

Our savings are gone and we have no way to gather them again. (fear)
It took our whole lives to save it and only days to lose it all. (grief)
We don't have enough time left to accumulate what we need for retirement. (insecurity)
It's not right that some get richer while those like us lose everything. (hatred)
I hope the market really crashes and they lose everything, too. (revenge)
It's outrageous that so many people were negatively affected. (anger)
There should be some reasonable protection against things like this. (discouragement)
We should not have trusted the people who were advising our son. (blame)
They're in the business, they should have been more cautious. (blame)
They're only interested in their commission. (blame)
They don't really care about their clients. (blame)
I hope our son realizes who he's working with before it's too late. (worry)
There's no way to protect yourself against things like this. (doubt)
We were so looking forward to our comfortable retirement. (disappointment)
We have so much to do and so little time to do it in order to be ready. (overwhelm)
We should not be on this predicament at our age. (irritation)
No-one is adequately addressing this issue. (frustration)
I guess most people just give up and take whatever comes. (pessimism)

We are, however, in better shape than many people. (contentment)
Our home is paid for and it's a nice place to live. (contentment)
Nothing should prevent us from continuing to live here as long as we like. (contentment)
We both like being active. (contentment)
There are many possibilities that we haven't even considered yet. (hopefulness)
Our financial picture did gain momentum for a while before it bottomed out. (optimism)
It's possible that something could come up that would be very helpful. (optimism)
While I can't see a viable avenue right now, something could surprise us. (optimism)
We've had to dig in before, and when we get determined, things do happen for us. (positive expectation)
We're far from finished. (positive expectation)
Although we've lost our savings, we haven't lost our experience. (belief)
We're stronger and clearer as a result of this experience. (positive expectation)
It'll be fun to see what the future brings. (enthusiasm)
I think we'll surprise ourselves by how productive we can be. (eagerness)
This has been interesting, to say the least. And we do feel more determined and more alive than before. (eagerness)
I feel a new determination bubbling within me. (empowerment)
I look forward to what the future holds. (passion)
I know that everything will be alright. (knowledge)
Things always have a way of working themselves out. (knowledge)
We've always been incredibly blessed. (appreciation)

Strive and starvation situation

Current contrasting situation:

Our whole world is such a mess. There are so many wars, so much conflict, so many people suffering. I don't understand why, but we have all this technology and so many resources, there are so many people who are still going hungry. It seems like we should have figured things better by now.

Resulting emotions, or indications of vibrational discord:

I feel discouraged.
I feel blame.
I feel anger.

Moving-up-the-emotional-guidance-scale:

We have the technology to feed the world. Why aren't we doing it? (anger)
I would donate some of my extra money, but I don't believe those who need it will get it. (discouragement)
Those in roles of authority should do their jobs more effectively. (blame)
There are so many people who are suffering. (worry)
The pattern is so pervasive, and I see no improvement coming. (doubt)
We as a civilization should have come along further by now. (disappointment)
There are so many in need, but we are so disorganized. (overwhelm)
We need to get organized. (frustration)
I don't believe anyone really cares. (pessimism)
I'm tired of thinking about it. (boredom)
Surely there are people out there with good ideas. (hopefulness)
Every improvement springs forth from someone's idea. (optimism)

Even this nation hasn't always thrived, but for the most part we are now. (optimism)
Just as our lives in this nation have steadily improved, it can be that way for others, too. (positive expectation)
I want people all over the world to thrive and be happy. (eagerness)
I want to travel and to experience first-hand this amazing world. (enthusiasm)
I want to show myself that Well-Being does dominate this planet. (eagerness)
I wanna be an example of one who thrives. (eagerness)
I love my nation and the life I'm living. (appreciation)
I love understanding that I can control my life by deliberately offering thought. (freedom, empowerment, joy)
I love knowing that we each have the ability to create the lives that we choose. (knowledge)

Environmental situation

Current contrasting situation:

I'm afraid that we're destroying our planet. The air isn't clean anymore, you can't drink the water – it's poison. Fish are dying. The ice-caps are melting.

Resulting emotions, or indications of vibrational discord:

I feel blame.
I feel anger.
I feel insecurity.
I feel fear.

Moving-up-the-emotional-guidance-scale:

I don't want to contribute to the destruction of our planet, but I'm only one person and my actions have such little effect. (powerlessness)
What if, in our ignorance or greed, we've created a lifestyle that really is destroying our planet? (fear)
If studies are proving that our missions really are harmful, how could any irrational politician continue to allow that harmful action to continue? (rage)
Politicians should be held responsible for their irresponsible acts. (revenge)
Instead of being rewarded for their bad judgement, they should be punished. (revenge)
They have access to the facts, yet they continue in the same direction. How do they sleep at night? (anger)
They're all the same. (discouragement)
Our leaders are corrupt, and our voters are complaisant. (blame)
We're moving in a very dangerous direction. (worry)
I see no signs of things improving. (doubt)
When I was younger, I thought our leaders were wise wise people. (disappointment)
So much needs to be changed. (overwhelment)
Everyone understands that we need change, but no-one steps up to do anything about it. (frustration)
Everyone seems to be happy as long as they're getting theirs. (pessimism)
I am weary of the whole discussion. (boredom)
I may as well mind my own business and focus on my own life, which is going pretty well for the most part. (contentment)
Maybe things will improve, or maybe things aren't as bad as I think they are (hopefulness)
This is a very large planet, and it's been around for a very long time. There's definately a pattern of stability. (optimism)

Our behavioural patterns are continually molded by exposure to experience, and it will always be that way. (positive expectation)

I am so looking forward to discovering for myself first-hand the beauty of this planet. (eagerness)

I am making a list of extraordinary places that I intend to visit. (eagerness)

This is a wonderful time to live. One in which we can travel and explore so easily. (appreciation)

If I really wanted to, I could buy an airline ticket today and travel to any place I really want to go. (freedom)

We live in a wonderful time. (joy, knowledge)

Citizen's freedom situation

Current contrasting situation:

It feels as if our personal freedoms are rapidly eroding. Our government seems to have gone crazy in using its strong-arm tactics under the guise of serving the greater good. What about my good? What about the good of those like me? They've gone crazy. I know this wasn't what our founding fathers had in mind. They're probably rolling over in their graves.

Resulting emotions, or indications of vibrational discord:

I feel disappointment.

I feel blame.

I feel anger.

I feel insecurity.

I feel grief.

I feel powerless.

Moving-up-the-emotional-guidance-scale:

How in the world did we ever get to the place where these people in government are in power? (powerlessness)

I can't imagine what possible rationale they have for their ridiculous actions. (powerlessness)

I don't understand why there isn't a tremendous public outcry. (dispair)

It's truly frightening when people who clearly lack the ability to see the big picture have power. (insecurity)

How is it possible that anyone could be so blind or inconsiderate about the lives of humans around the world? (rage)

How can they do what they do and live with themselves? (rage)

I hope they wake up some day fully aware of the damage they're causing. (revenge)

I wish they could experience suffering in their own lives. (revenge)

When someone's informed and tries to make a difference, they're eliminated. (anger)

No-one is willing or capable of stepping up and doing what's right. (discouragement)

The attitude of corruption permeates and saturates our political system. (blame)

We don't see who they are till it's too late. (worry)

They're not true to their word. (disappointment)

It's a tangled mess that seems impossible to unravel. (overwhelm)

Where is the public outcry? (frustration)

People are uninformed, or complaisant, or they just don't care. (pessimism)

However, I'm not personally impacted by them in any great way. (contentment)

History has shown us that when things really get bad, the tide always turns eventually. (hopefulness)

There must be brilliant people all over the world who are gathering clarity from the experiences we're having together. (optimism)

Great leaders are born from difficult situations. (positive expectation)

Young people all over the world are gaining clarity and strength. (positive expectation)

Future generations always become purer and clearer as a result of those who've gone before. (positive expectation)

When you look at it from a broad view, life on this planet is getting better and better. (positive expectation)

As billions watch, observe and formulate their own personal preferences, a worldwide asking does occur. (eagerness)

Source answers our individual and collective asking, and that process supersedes the pettiness of politics. (empowerment)

No-one has any power in my personal experience. (empowerment)

I am, and we all are, the creators of our own experience. (empowerment)

Through focus I can feel as good or as bad as I choose to feel. (empowerment)

Through my choices I offer vibrations that equal my own personal point of attraction. (empowerment)

It is the same for everyone. (empowerment)

Chapter 44. The value of utilizing these process

The most important thing that we want you to derive from reading these processes we've just offered is a clear understanding of what your real work as a deliberate creator is - to bring the energy of your Being into alignment. In every example offered here, and in the examples from your own life, when you feel negative emotion, it always means the same thing: you have a desire pulsing within you that you're resisting and preventing from being actualized because you also have a contradictory vibration that is active. These processes have been offered to illustrate how to reduce that contradictory vibration. It's likely, as you read these processes, that you found yourself arguing with us on one topic or another, that the process or solution we offered did not solve the problem. In other words, „I can't see how this process is going to stop the ice-caps from melting, or actually make my neighbor get rid of the junk cars in front of his house“. But do not lose sight of what your work really is – the balancing of energy between your most often active vibrations, beliefs, and your desires, your intent. You must not put yourself in the impossible position of needing your neighbor to get rid of the junk cars before you come into energy alignment. Your happiness cannot depend upon what your government does, or what your mother does, or whether the ice-caps are melting or not. You must get control of the vibrational relationship between your desires and your beliefs, if you're gonna be a deliberate creator and be effective in accomplishing your own goals and desires, or be living in joy. Do not underestimate the power of energy alignment. The masters of your societies, the creative geniuses of your past and present civilizations found this alignment. There is a substantial difference in the words „believe in your dreams“, and actually being in vibrational alignment with your dreams. Your words are not your point of attraction, but your vibration is. If you will deliberately apply these processes with the intention of bringing the vibrations of your being into alignment, these processes will render you powerful. And in doing so, you'll become the powerful, joyful, deliberate creator of your own experience.

Chapter 45. 99 Percent Of Every Creation Is Complete Before You See Any Evidence Of It

You are now aware that you're the attractor, or creator, of your own experience. And we want you to realize that only YOU are the attractor or creator of YOUR experience. We believe that you now understand more clearly than ever before how it is that you create, for you now realize that you're continually broadcasting a vibrational signal, which is your point of attraction. It is our desire that you're also now aware of your emotional guidance system, which indicates the vibrational relationship between your focused thought in this moment and the vibration of your desire. You can literally feel when you're moving toward or away from something wanted, and you can also feel when you're moving toward or away from something unwanted. We are pleased that you now understand or at least are beginning to understand that you can make every journey, from where you are to where you desire to be, quantifiable. Your journey to success on literally every subject of your desire need never again be confusing or confounding, for clear emotional signals are there to guide you in the direction of anything and everything you desire. Your day, every day, is comprised of stimulating, interesting, thought provoking moments that cause you, whether you know you're doing it or not, to emit vibrational signals that are projected into your future. And they're responsible for everything that happens to you. Every circumstance, every event and every meeting of every person – everything that you live is because of what you have been thinking about, wondering about, pondering, remembering, observing, considering and imagining. You are literally thinking your life into being. We are extremely pleased that you now understand the importance of your conscious awareness of your emotions, for they help you to understand, as you're remembering, pondering, observing or imagining, whether you're preparing your future with something you will enjoy when it manifests or something you will not enjoy. And since 99 percent of every creation is complete before you see any physical evidence of it, it is extremely valuable to understand what your emotions are telling you about the direction of your thoughts right now. By utilizing your emotional guidance system you're able to direct your thoughts in the direction of pleasing things before they manifest. But if you wait until a manifestation has occurred, before you begin to redirect your thoughts, it is a much more difficult process for you. Because once some unwanted thing has manifested, it's now much harder to focus upon what you desire. When you accept that you are right now in the process of creating things that will manifest into your experience, and you're deliberately guiding your thoughts to good-feeling ideas, your future manifested experience will be filled with things that will delight you as they unfold into your experience.

This book has been written to assist you in your conscious awareness of the unseen things, for now anyway, that you are in the process of creating. We do not believe that you would deliberately choose to bring cancer, a car accident, a financial disaster or a divorce into your experience, but because so much thought about those things is often offered without your conscious awareness that you're doing it, you are often surprised when an unwanted thing occurs. It sometimes seems to have come out of nowhere. But it did not come out of nowhere. And it did not come instantly. It came finally, after many many thoughts that matched it, radiated from you. But now, after reading this book, you will no longer be surprised when things, good or bad, manifest. For you will never again focus a thought and feel a corresponding emotion that indicates whether you're moving toward or away from something you want without knowing it. The vibrational relationship between your now and your future creation is now known by you.

The end of the emotional guidance scale, that feels like passion, joy, appreciation and love, feels the way it does because of your perception of your own personal empowerment and freedom. The other end of the emotional guidance scale, that feels like depression and fear, feels the way it does because of your own personal perception of disempowerment and bondage. But now disempowerment need never be your experience again, for you know too much at this point. You now understand that the only thing that could ever prevent you from the joyous abundance of all

good things you desire is your own vibrational offering that takes you in the opposite direction from those things. You now understand that your glorious emotions are helping you establish your route, or course, on all subjects, and that by following the trait of increasingly good feeling emotions you'll project vibrational rockets into your future, which will yield a steady stream of lovely creations.

Now, when you feel frustration mounting, or impatience, or anger surfacing, you can stop in a moment of true realization and ponder, just „what am I projecting into my vibrational escrow? Should I take a moment now and redirect my thoughts, and change the course of my probable manifestation? Or should I just let my thoughts run away with me, supported by LOA, and just live the consequences of my unmanaged, undirected thoughts?“ And although you can turn anything around at any time, even after manifestation, it is our encouragement that you turn it around while it's being vibrationally formed, for it's ever so much easier then. But even more important, we want you to consider the millions and millions of moments of your real life experience that could be feeling good now. Feeling good now. Feeling good now. Yes, of course manifestation will come. It certainly will come – good or bad, wanted or unwated. It is coming. But your life is now. Your emotions are now. The way you feel is now. Direct your thoughts to improve your now moment, and the manifestations will take care of themselves.

We very much enjoy seeing your lives unfold from our Nonphysical vantage point. If you could see your future as we see it, you would realize – there are things wanted and unwanted that are in this very moment taking shape and form right outside your door, and today, tomorrow and the next day you're gonna add one more thought, one more focused vibration to what's already there, which will cause the tipping point, or manifestation point for you. So, it's really worth tuning into your glorious emotional guidance system to be aware of what you're on the brink of manifesting.

You come forth into this body, focused in this leading-edge time/space reality, because you adore creation. There is nothing in all of the Universe that's more satisfying to you than to mold the energy that creates worlds with the power of your own focused mind. You did not come forth to fix a broken world, for your world is not broken. You did not come forth to help others to see the error of their ways, to redirect them. You did not come forth to gain the approval of another through some specific course of action. You came forth into this magnificent contrast for the thrill of feeling your own personal preferences being born. You came forth understanding that you would then be able to feel the vibrational relationship between your new desire and your current perspective. And you looked forward to the process of balancing the energy of those two vibrational vantage points. You came forth for the joy of giving birth to the new desire, and for the thrill of balancing the energy process. And yes, you look forward to the manifestation of your creations, but your true emphasis has always been upon the 99 percent of the creation that happens prior to the manifestation. The thrill of the manifestation, no matter what the creation, is but a brief thrill that quickly becomes the paltform from which you launch your next and your next and your next creation. But your life from your physical vantage point, or from your Nonphysical vantage point, is really about the 99 percent of creation that happens before manifestation.

Today, no matter where I'm going, no matter what I'm doing, no matter who I'm doing it with, nothing is more important than that I feel good. Today I will look for that which I am wanting to see. I am the creator of my own reality. Right now I will reach for the best feeling thought that I have access to. Thought by thought and feeling by feeling I will focus the vibrations of my mind into alignment. I will feel for the true vibrational essence of my being, and I will guide my every thought into vibrational alignment, for that is the true meaning of a balancing of energy.

Chapter 46. The amazing power of deliberate intent

We've written this book in response to your asking. For you want to understand who you really are, and how you fit into the larger picture, and you want to understand the purpose of this life experience, and how you can best fulfil your reason for being here in this body at this time. We want you to remember that you are an eternal creator who has come forth into this leading-edge to experience the joyous expansion of your Universe. We want you to remember your value, to know your worthiness and to love your life. We can feel the amazing power of your intent to understand how to deliberately create your own reality, and you have literally summoned us forth to help you remember who you are and what you really know. There's nothing more important for you, or more satisfying, than to come into deliberate alignment with your Source. To not only recognize the energy of your Source, but to deliberately align with it is the ultimate experience of bliss. This is the true meaning of balancing of energy, and it is the most important part of your life experience. When you are in vibrational alignment with your Source, whatever you're focused upon is receiving the focus of the energy stream that creates worlds. The power of that alignment cannot be adequately expressed in words, but you can feel it. You can feel it in your joy, love, exuberance and passion. If you've studied with us over time, or even in the reading of this one small book, you've been introduced to a variety of games, processes or techniques. It's not necessary for you to attempt to apply all of them, or even most of them, for they're all offered for the same reason, and each of them has power within them. Every process, as you apply it, will raise the vibration of your being. Every process, as you apply it, will bring you into closer alignment with who you really are. Every process will give you the feeling of relief, which indicates the releasing of resistance. Every process will help you to balance your energy. Every process will help you shorten the time between where you are currently standing and where you really intend to be.

Do not make hard work of the application of these processes. Choose one that's most appealing, and use it as long as it still feels good. Then choose another, and another. The most important thing for you to remember is that the better you feel in any moment in time, the more in alignment with your Source and your desires you are. And nothing is more important than that you feel good. It's our desire that this book has liberated you from the only thing that could ever bind you or give you the impression that you are not free. For the only bondage that really exists is a perception of powerlessness. You are only powerless if you're not in alignment with your power. And only you possess the key to that alignment. No-one can take that from you. It is only yours to hold. So, your work, your only work, but it is your steady work, for it's work that cannot be completed, is a constant awareness of the vibrational relationship between your focus in this moment and the focus of your Inner-Being in this moment.

Your Inner-Being is aware of your hopes and dreams, and is focused upon them. When you fail to focus upon them, you feel the resistance.

Your Inner-Being is aware of your value and worthiness. When you focus otherwise, you feel the resistance.

Your Inner-Being expects your success. When you do not, you feel the resistance.

Your Inner-Being enjoys the continuing process of expansion. When you are impatient, you feel the resistance.

Your Inner-Being knows that you're eternal. When you feel you do not have enough time, you feel the resistance.

Your Inner-Being knows there are no limits to your ability to create. When you feel diminished, you feel the resistance.

Your Inner-Being adores others who share your planet. When you find fault with them, you feel the resistance.

Your Inner-Being knows everyone has access to the same power. When you take responsibility for the lives of others, you feel the resistance.

So, pick and choose among the techniques that we've offered, and remember there is no one right way to accomplish this alignment. Play with it. Be flexible about it. Try as much as you can and do not judge your results. Just make a decision that no matter what the topic of discussion, being from past, present or future, you are going to approach it in the best feeling way that you can from where you are right now. And with that decision your life will turn immediately in the direction of thriving. We've written this book to help you to understand the following most important things in response to what we've been hearing from so many of you:

You are a vibrational being first and foremost. And you live in a vibrational universe. The vibrations of this universe are perfectly managed by the powerful LOA. You cannot cease continually offering vibrations. The LOA makes it easy for you to fall into habits or patterns of vibrational offering. Watching other people around you influences your vibrational offerings. Observing your own life experience influences your vibrational offering. Most people offer vibrations primarily in response to what they're observing. The vibrations that you offer are your point of attraction. What you think, the vibrations that you offer, and what you are living always match. No matter what words you use (I'm focusing, I'm thinking, I'm remembering, I'm pondering, I'm observing, I'm imagining, I'm dreaming), you're offering vibrations that the LOA is responding to. The more attention you give to any thought, the more dominant it becomes in your vibration. Your life experience is only about the thoughts you think. You are the creator of your own reality. Whenever you give your attention to anything, you activate the vibration of it in you. The more you give you attention to any thought, the more active it becomes in your vibration, until in time it becomes a dominant vibration, or a dominant player in your point of attraction. Those dominant vibrations are the basis of everything you're living and of everything you believe. A belief is only a thought you keep thinking. Through much experience, much observation, and much focusing of thought you attract the physical manifested equivalent. 99% of every creation is completed before you see any physical evidence of manifestation. Right now your future is full of potential manifestations as a result of the thoughts you've been thinking. Some of those manifestations will please you when they manifest, and some of them will not please you. It is much easier for you to turn the tide of your vibration more in the direction of things you want to experience before manifestation takes place. There are many things that you desire in various stages of readiness for you to experience, and your emotional guidance system will help you continue to move toward those wanted things. You must find a way to deactivate your vibration regarding any unwanted things that are making their way into your immediate and distant future. Deactivation of unwanted vibrations is the same process as activation of wanted vibrations. You cannot activate something wanted and something unwanted at the same time. It is one or the other. And your emotions are very clear about which way you're focused. It is necessary that you quantify each journey by being aware of the emotions that you feel before you can move only toward wanted outcomes. You are pure positive Source energy, focused in your physical body, intending to benefit from contrast, because it helps you to decide and define your unique preferences. By reaching for the best feeling thoughts you can find regarding any subject at any time you're tending to the vibrational relationship between your now in the moment thoughts and the thoughts of your Source. So, as you're moving through your day today, be aware that you're creating your own reality, feel the emotions that flow upward into your conscious awareness and acknowledge their enormous value to you. No matter how the emotion feels, good or bad, soft or strong, smile and recognize pride at your awareness of the emotion and of its meaning to you. Acknowledge that it is a vibrational indicator pointing out to you your alignment to your Source and your desires. No matter what the current emotion within you, feel glad for your awareness of it, and know that you can choose thoughts to improve your emotion, and therefore improve the vibrational relativity between you and you any time, any place, and under any circumstance that you choose. See yourself as energy. See your Source as energy. Be ever aware of the vibrational relationship between those energies. The balancing of the energy of your being is not something like a college degree that once you achieve it is yours forevermore. It is or it is not in the moment. You could always feel your alignment or misalignment, your balance or imbalance, your connection or disconnection, your

allowing or disallowing of that connection. You are Source energy here in this physical body, and life is supposed to be good for you. You are worthy, you are blessed, you are creator, you are here on the leading-edge of thought to experience the joy of riding the wave of the expansion that is the promise of this ever lasting life. You cannot get it done, not ever. You cannot get it wrong, because it is never done. We want to express our knowledge of the value of your life. It's our desire that you make peace with where you are on every subject of your life, understanding that from there you can go anywhere you choose. If you condemn your current position, or feel guilty or blame about where you stand, your future will offer little change at all. But as you soften your discomfort, and try to improve the way you feel just a little bit, your vibration will begin to shift, the LOA will help the momentum to continue, and you can get to where you want to be in a very short period of time. Be easy about it. Be playful about it. Every day say to yourself, „Nothing is more important than that I feel good. The better I feel, the more I'm allowing all the wonderful things of life to flow to me“. There is great love here for you. And for now this book is complete.

About the authors

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

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

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

The Hickses have now published more than 600 Abraham-Hicks books, cassettes, CDs, videos, DVDs. And they may be contacted through their extensive interactive Website at www.abraham-hicks.com or by mail at Abraham-Hicks Publications, P.O. Box 690070, San Antonio, TX 78269. Also we could be reached by telephone at +1 830-755-2299