

The
Vortex

Other Hay House Titles by Esther and Jerry Hicks

(The Teachings of Abraham®)

Books, Calendar, and Card Decks

- The Law of Attraction* (also available in Spanish)
The Amazing Power of Deliberate Intent (also available in Spanish)
Ask and It Is Given (also available in Spanish)
Ask and It Is Given Cards
Ask and It Is Given Perpetual Flip Calendar
The Astonishing Power of Emotions (also available in Spanish)
The Law of Attraction Cards
Health, and the Law of Attraction Cards (available April 2010)
Manifest Your Desires
Money, and the Law of Attraction (book; CD program; card deck)
Sara, Book 1: Sara Learns the Secret about the Law of Attraction
Sara, Book 2: Solomon's Fine Featherless Friends
Sara, Book 3: A Talking Owl Is Worth a Thousand Words!
Spirituality, and the Law of Attraction (book; CD program—
both available January 2011)
The Teachings of Abraham Well-Being Cards

Additional CD Programs

- The Teachings of Abraham Master Course Audio* (11-CD set)
The Law of Attraction (4-CD set)
The Law of Attraction Directly from Source (1 CD)
The Law of Attraction in Action (2-DVD set)
The Amazing Power of Deliberate Intent (Parts I and II: two 4-CD sets)
Ask and It Is Given (Parts I and II: two 4-CD sets)
The Astonishing Power of Emotions (8-CD set)
Sara, Books 1, 2, 3 (unabridged audio books; 3-CD sets)

DVD Programs

- The Law of Attraction in Action, Episodes I, II, III, IV, V, VI,
VII, VIII, IX, X* (2-DVD sets)
The Teachings of Abraham Master Course Video (5-DVD set)
Think and Get Slim (2-DVD set)
The Secret Behind "The Secret"? (Abraham) (2-DVD set)



Please visit Hay House USA: www.hayhouse.com®
Hay House Australia: www.hayhouse.com.au
Hay House UK: www.hayhouse.co.uk
Hay House South Africa: www.hayhouse.co.za
Hay House India: www.hayhouse.co.in



The Vortex

Where the *Law of Attraction* Assembles
All Cooperative Relationships

ESTHER AND JERRY HICKS

(The Teachings of Abraham®)





HAY HOUSE, INC.

Carlsbad, California • New York City

London • Sydney • Johannesburg

Vancouver • Hong Kong • New Delhi



Copyright © 2009 by Esther and Jerry Hicks

Published and distributed in the United States by: Hay House, Inc.: www.hayhouse.com • **Published and distributed in Australia by:** Hay House Australia Pty. Ltd.: www.hayhouse.com.au • **Published and distributed in the United Kingdom by:** Hay House UK, Ltd.: www.hayhouse.co.uk • **Published and distributed in the Republic of South Africa by:** Hay House SA (Pty), Ltd.: www.hayhouse.co.za • **Distributed in Canada by:** Raincoast: www.raincoast.com • **Published in India by:** Hay House Publishers India: www.hayhouse.co.in

Editorial supervision: Jill Kramer • *Design:* Nick C. Welch

All rights reserved. No part of this book may be reproduced by any mechanical, photographic, or electronic process, or in the form of a phonographic recording; nor may it be stored in a retrieval system, transmitted, or otherwise be copied for public or private use—other than for “fair use” as brief quotations embodied in articles and reviews—without prior written permission of the publisher.

The authors of this book do not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of a physician, either directly or indirectly. The intent of the authors is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this book for yourself, which is your constitutional right, the authors and the publisher assume no responsibility for your actions.

Library of Congress Cataloging-in-Publication Data

Hicks, Esther.

The vortex : where the law of attraction assembles all cooperative relationships / Esther and Jerry Hicks. -- 1st ed.

p. cm.

“The teachings of Abraham.”

ISBN 978-1-4019-1882-8 (pbk. : alk. paper) -- ISBN 978-1-4019-1875-0 (hbk. : alk. paper)

1. Interpersonal relations--Religious aspects. 2. Interpersonal relations--Psychological aspects. 3. Spirit writings. 4. Spiritual life. I. Hicks, Jerry. II. Abraham (Spirit) III. Title.

BL626.33.H53 2009

158.2--dc22

2009016144

Hardcover ISBN: 978-1-4019-1875-0

Tradepaper ISBN: 978-1-4019-1882-8

12 11 10 09 4 3 2 1

1st edition, September 2009

Printed in the United States of America



This book is dedicated to all of you who, in your desire for enlightenment and Well-Being, have asked the questions that this book has answered; and to four delightful children of our children, who are examples of what the book teaches: Laurel (almost 11), Kevin (8), Kate (7), and Luke (almost 4), who are not yet asking because they have not yet forgotten.

This book is also dedicated to our friends Louise Hay (founder), Reid Tracy (president), Jill Kramer (editorial director), and the entire staff at Hay House. We are most appreciative of what they have done, and continue to do, to bring to the entire world the Teachings of Abraham.



Contents

Preface by Jerry Hicks xi

PART I: Your Vortex, and the *Law of Attraction*: Learning to Attract Joyous Co-creators

- Learning to Attract Joyous Co-creators..... 3
- Life Is about Our Relationships 6
- Find Alignment First and Then Take Action..... 7
- Are We Living Under Flawed Premises? 8
- Gaining a Clear View by Stepping Back..... 11
- Before Your Birth into This Physical Body..... 12
- The Moment of Your Birth 12
- Your Relationship with Your Parents 14
- Your Relationship with Your Siblings..... 16
- Our Vortex, and the *Law of Attraction*..... 17
- The Powerful, Eternal, Universal *Law of Attraction*..... 22
- Are We Tolerating Others, or Allowing Them?..... 24
- Learning the *Art of Allowing* 27
- Do We Have Power to Influence Others
Rather Than Control Them? 29
- How Do We Harmonize a Diverse Family? 30
- To the Child 33
- To the Parents 34
- To You Who Are Asking the Question 35
- Will the *Law of Attraction* Do Household Chores? 36
- But What about When Our Interests No Longer Match? 38
- What If One Doesn't Want the Relationship to End?..... 39
- A 30-Minute Energy-Alignment Process..... 41
- Is There One Perfect Person for Me? 42
- How Does One Find the Perfect Business Partner? 44
- Who Is Best Qualified to Govern Us?..... 46
- What Is the Perfect Form of Government? 47

- What Is Our Natural Relationship with the Animals? 48
- The Three-Step Process of Creation 49
- Can We Influence Animals, or Only Control Them? 50
- What about Our Optimal Physical/Non-Physical Relationship?..... 51
- What If One’s Workplace Feels Uncomfortable?..... 53
- How Can We All “Have It All”?..... 55
- Are Legal Contracts Counterproductive to Creativity? 57
- What Perpetuates Chronic Therapeutic Problems? 58
- What Is Our Greatest Value to Those in Need?..... 59
- Why Do Some People Repeatedly Attract Painful Relationships? 61
- Are Some Doomed by Their Childhood Influence?..... 62
- Are You Blessed with a Difficult Child? 64
- How Can One Move from Disharmony to Harmony?..... 65
- Must a Negative Childhood Lead to a Negative Adulthood? 66
- Blaming Past Suffering Magnifies Current Suffering..... 67
- When Does “Fixing Problems” Simply Increase Problems? 69
- Abraham, Speak to Us of Love..... 70
- When Is It Time to Quit Trying? 71

PART II: Mating, and the *Law of Attraction*:

The Perfect Mate—Getting One, Being One, Attracting One

- Why Haven’t I Yet Attracted My Mate?..... 77
- I’ll Focus on What I *Want* in a Relationship 78
- Haven’t You Observed Many Disharmonious Relationships? 82
- But What If My Relationship Doesn’t Last? 83
- Why Does the Relationship with Abraham Feel So Right? 85
- Shouldn’t a *Soul Mate’s* Mind Be Beautiful? 88
- Nothing Is More Important Than Feeling Good 89
- She Wants Someone, but Not *That* One..... 91
- Relationships, and the *List-of-Positive-Aspects Process*..... 92
- By Virtue of My Vibration, I’m Attracting 93
- But What about When Others Choose Our Mates for Us? 94

- Finding, Evoking, or Being the Perfect Mate 95
- *Wanting* a Mate, or *Needing* a Mate 96
- Is There a Way of Staying Positive Around “Lackful” Others? 97
- A Brief Bedtime Exercise That Transforms Relationships 98
- What Am I Expecting from a Relationship? 99
- What Are the Desired Characteristics of a Perfect Mate? 100
- Do Nature’s Laws Not Govern Our Mating? 101
- What Is Natural for Mating Humans? 103
- Will Feeling Good Always Attract Good-Feelers? 105
- Couldn’t Anyone Become My Perfect Mate? 106

**PART III: Sexuality, and the *Law of Attraction*:
Sexuality, Sensuality, and the Opinions of Others**

- The Topics Are Sex, Sexuality, and Sensuality 111
- Are Our Sexual Laws Decried by
Non-Physical Dimensions? 115
- Sexuality Is Guided by Impulses, Not Laws 116
- What If Humans Behaved, Sexually,
Like the Wild Animals? 118
- What about When Society Disapproves
of Sexual Individuality? 119
- Who Gets to Set Humans’ Sexual Hierarchy? 123
- How Can We Coordinate Our Sexual Co-creations? 126
- Fear of Sex Spoils the Pleasure of Being Touched 127
- We Can Always Have a Fresh Start 130
- How Does One Regain the Frequency of
Pleasurable Sexuality? 131
- Sex, Religion, and Mental-Hospital Incarcerations? 133
- Why Do People Use *God* and *Sex* in Vain? 134
- Why Does the Media Broadcast Pain, but Censor Pleasure? 135
- Monogamy: Is It Natural or Unnatural? 136
- Sex, Art, Religion, and Monogamy 138
- What Is the Ultimate Sensual/Sexual Experience? 140
- Each Marriage Was Different but Not Better 142
- Abraham Offers Some “Coming Together” Vows 144

PART IV: Parenting, and the *Law of Attraction*:

Creating Positive Parent/Child Relationships in a World of Contrast

- What Is the Supervising Adult’s Role in the Child’s Behavior?149
- What Is a Child’s Relationship with Other Children, Without Adults?..... 150
- What Are the Natural Father/Mother Roles?151
- A Perspective of a Perfect Parent 152
- What Are the Familial *Inner Beings* of Parents and Children?..... 155
- Do Families Have Specific Prebirth Mutual Intentions?..... 156
- To Whom Are We Most Responsible?.....157
- What Could Parents Learn from Children?.....157
- Why Do Siblings Respond Differently to Similar Influences? 158
- Must Children “Take After” Their Parents? 159
- Must Inherited Traits Determine My Future Experience? 160
- Shouldn’t Children Be Taken from “Abusive” Parents?..... 160
- Without Discipline, Would Children Perform Household Chores?..... 162
- Must “Family Harmony” Inhibit Personal Freedom? 163
- Which Family Member Should Be in Charge?..... 165
- Parents and Children, and Harmonizing vs. Traumatizing 165
- Must Children Be Imprinted with Their Parents’ Beliefs?.....167
- Who’s to Blame for This Dysfunctional Family? 168
- But How Could Babies “Attract” Unwanted Experiences?..... 170
- Why Are Some Children Born Autistic? 172

PART V: Self-Appreciation, and the *Law of Attraction*:

Appreciation, the “Magical” Key to Your Vortex

- Appreciation, Your Key to the Vortex175
- Why Would Someone Lose Self-Confidence? 180
- What Is a First Step Toward Self-Appreciation? 182
- How Does the *Law of Attraction* Affect Competition? 183

- What about Comparing Ourselves Unfavorably to Others?..... 184
- What If We're Fearing a Worldwide Financial Crisis? 184
- Selfishness, and the *Law of Attraction*?187
- Must We Be Guided by the Intentions of Others? 188
- How Can I Feel More Self-Appreciation?..... 188
- What Is My Purpose for Life? 190
- Some Processes to Get into the Vortex..... 191
- *A Bedtime-Visualization Process*..... 192
- When You Find Yourself Awake 192
- *The Focus-Wheel Process* 192
- *The List-of-Positive-Aspects Process* 195
- *The Rampage-of-Appreciation Process* 197
- What Life Is Like, from Inside the Vortex..... 198

**PART VI: Transcript of Abraham Live:
A *Law of Attraction* Workshop**

- Were You, as an Infant, Trained Negatively? 203
- Your Universe Is Managed by the *Law of Attraction*..... 205
- Is Your Friend Harassing You into Expansion? 208
- All Cooperative Components Are Being Assembled.....211
- Getting into Your Powerful Vortex of Attraction 212
- *Contrast* Really Isn't about Something Going Wrong.....214
- Are You Ready to Meet Your Vortex?..... 215
- *The Law of Attraction* and *Law-Based* Premises218
- Must a Child *Earn* Its Well-Being?..... 224
- Are There Proper Expectations of Lovers? 230
- Asheville, North Carolina, Sunday Close..... 234

Flawed Premises..... 235

About the Authors..... 237



by Jerry Hicks

You are about to delve into the subject of *relationships* from a different perspective, perhaps, than you have previously considered. The teachings contained in this book have to do with aspects of our relationships that are far broader and deeper than “security-loving girl meets freedom-loving boy; they fall in love; they move in together; they work to earn money to acquire stuff; they (in most cases) have children; they continue to work ‘full-time’ and play ‘part-time’; they usually attempt to train their children to match (fit in with) the prevailing cultural, social patterns of ‘politically correct’ words, behaviors, and beliefs . . . if they live long enough, they retire from working full-time—hopefully to play full-time—and then they move on to . . . ?”

Although the questions and subsequent answers in the book will certainly guide you to a deeper and more practical understanding of those typical family relationships, our intention here is to give you a more conscious awareness of the potential depth and breadth of the vast network of relationships that, on a practical, day-to-day basis, affect your swirling Vortex of natural Well-Being.

At the hub of these teachings of Abraham (not the biblical or presidential *Abraham*) is a profound concept: *the basis of life is freedom; the result of life is expansion—and the purpose of life is joy.*

And so, as you play the words from this book across the life that you have already knowledgeably experienced, the thrust of these teachings will be felt by you as an empowering sense of clarity as you discover concepts whereby you can, more deliberately, create

the relationships that feel best to you. *Simply put: regarding every relationship in which you are now, or would like to be, engaged—the Teachings of Abraham are being offered here to guide you to allowing yourself more of what you do want, and less of what you don't want.*

This is the third of four scheduled books in the *Law of Attraction* Series. Our first, *The Law of Attraction: The Basics of the Teachings of Abraham*®, was originally published in book form in 2006; and it quickly became our second book to make the *New York Times* bestseller list.* *Money, and the Law of Attraction*, released in 2008, was the second; and *Spirituality, and the Law of Attraction*, due to be released in 2011, will be the final book in this series.

The material that was to later form our first *Law of Attraction* Series book was first published in 1988 (over 20 years ago) as part of two Special Subjects cassette albums. These original 20 tapes outlined for the listeners practical perceptions of the relationships between the *Universal Law of Attraction* and their finances, careers, bodily conditions, relationships. . . . Our hundreds of questions, and Abraham's forthcoming answers, were focused on 20 practical topics about which people could learn to improve their allowance of their natural state of Well-Being. (If you would like to hear [free] one of those original recordings detailing our introduction to Abraham, you can find our *Introduction to Abraham* recording as a 70-minute free-to-listen-to download at our Website: www.abraham-hicks.com; or you can order the CD version from our San Antonio, Texas, business center.)

It was in 2005, while conducting one of our *Law of Attraction* Cruise Seminars, that we were approached by Rhonda Byrne, an Australian television producer. She wanted us to allow her to create an Australian TV series based on the Teachings of Abraham®. And, as a result of our ensuing contractual agreement, Rhonda

Ask and It Is Given*, our first **Amazon.com bestseller, was published in 2004; and it was followed by four Abraham-Hicks books (all published by Hay House, Inc.) that rapidly reached the *New York Times* bestseller list: *The Amazing Power of Deliberate Intent*, 2005; *The Law of Attraction*, 2006; *The Astonishing Power of Emotions*, 2007; and then, in August of 2008, *Money, and the Law of Attraction: Learning to Attract Wealth, Health, and Happiness* became the first of the Abraham-Hicks books to reach the #1 position on the *New York Times* bestseller list.

brought her Australian film crew on board our 2005 Alaskan *Law of Attraction* cruise and filmed about 14 hours of seminar material. And, as a result, in 2006, the basic tenet of our 1988 album—*The Law of Attraction*—was used as the foundation for the original version of the phenomenally successful DVD movie and subsequent book *The Secret*.

Esther and I don't appear in the revised edition of *The Secret*. We can only be seen in the original version, but between the viral distribution of the original edition and the standard distribution of the revised, "expanded" edition, *The Secret* has added a powerful impetus to the worldwide dissemination of Abraham's teachings regarding the *Universal Law of Attraction*. And we are most appreciative that Rhonda fulfilled her dream of bringing an awareness of Abraham's basic *Law of Attraction* concepts to the world—for, in doing so, she has instilled a *belief*, and evoked an *asking*, in the minds of millions of viewers who have now come to *believe* that they *do* have the ability to achieve better-feeling lives. . . . And so, they are now *asking*. (And Abraham teaches us that "asking" is the first step in the creation process.) And as they have asked, what they have asked for has been given. . . . Their next step now will be to learn to *allow* themselves to receive that which they have been given.

If you were already feeling good when you found this book, then by utilizing these materials, your life can now, by your deliberate intention, spiral toward that which allows you to feel even better. However, if, in this moment, you are feeling less than good—or even if you think your life is as bad as it can possibly get—you can still learn perspectives here that can enable you to allow your life to begin to incrementally improve . . . or, you may be one of those rare ones who, from something you read here, receive a paradigm shift in your Beingness that somehow propels you from a long-term feeling of powerlessness, up into a fresh, long-term joyous alignment with your natural state of Well-Being. And once you reach that state, you will feel like a magnet, attracting to yourself everything—and every relationship—to which you are a Vibrational Match.

I've said that if I receive one practical idea that I can put into practice from a book, a lecture, or a visit with someone, it is well worth

spending my time and/or money, because a single new perspective can redirect my thoughts and thereby redirect my life. For instance, a minister friend, Chet Castellaw, said to me back in 1970, “Jerry, you’ll never receive the kind of success you’re saying you want.”

I asked him, “Why not?”

And Chet responded, “Because you are critical of successful people.”

“Well,” I said, “that’s because they lie, cheat, and steal.”

And Chet said to me, “*You can be critical of their lying, cheating, and stealing, but you are critical of their success at lying, cheating, and stealing. You can’t be critical of huge success and achieve huge success!*”

There it was! Just one idea, a different perspective, that, 38 years ago, I immediately began to act on, which preceded a giant wave of what most would call “coincidental” events that carried me on—joyously—to receiving the essence of everything that I have ever wanted to be, do, or have. . . . And our intention for you is that you will receive ideas from this book that will inspire within you new patterns of thought that will attract to you whatever brings *you* the most of whatever *you* want to be, do, or have.

In this *relationships* book, Abraham* focuses the light of their Broader Perspective to reveal a wide array of *flawed premises* (which most of us are living by) relative to our varied relationships. And as you come upon those false-premise segments (“false,” relative to the natural *Laws of the Universe*), if you will superimpose Abraham’s perspective over your personal life experience (known only by you), and if you see room for improvement in your life, you will have the opportunity to shift your life—from as good as it is, right now, to whatever you perceive as a better-feeling experience.

Here are a couple of examples of flawed premises under which I operated for many years. Note how those “false” beliefs caused me so much discontent, but even more important, take notice of how a simple change in my perspective led to an immediate major positive change in my life experience:

My mother was born a dyed-in-the-wool nonconformist. I, too, was born as an adamant nonconformist. For over 30 years, Mother

*Abraham is considered a group consciousness, so is referred to in the plural.

tried, even quite violently, to get me to conform with what she wanted me to be. Every time I came in contact with her, I tried to vehemently and defensively get her to conform to how *I* wanted her to treat me. Also, I was always a bit embarrassed in public (but somehow proud) of her obvious lack of conformity.

And so, for more than 30 years, every time we came together, we fought! But then, soon after my father died, I adopted a new premise—it just came to me as a complete idea: The “flawed” premise each of us had been operating under for all of those terrible years, was: “If I try hard enough, I can get a ‘natural-born nonconformist’ to conform.” (And how was that working out? It wasn’t!) And so, I adopted a new premise: “Since I cannot control Mother—and Mother can’t control me—I’ll just continue to be the delightful, uncontrollable me that I am; and I will *allow* Mother to be my uncontrollable Mother . . . and, since strangers find Mother’s idiosyncrasies entertaining (rather than repulsive), I’ll look for and find entertainment in her differences . . .” and we lived happily ever after!

After over 30 years of beatings, restraints, fights . . . I decided to change to a new premise (I didn’t ask *her* to change); and, for the next 40 years, we never had another cross word! If it hadn’t happened to me, I probably wouldn’t have believed it possible—but it did happen.

I’ll close this Preface with one more personal “premise” experience: The “abundance” premise of those I associated with in my early days was that those of us who managed to remain poor would always be able to get through a needle’s eye, but if we slipped up and were no longer poor, we would get so fat that we wouldn’t be able to get through the eye of a needle. (Or something like that—it was a story we were taught in our church.) Another premise that my associates lived by was: “The rich get rich by taking (or somehow keeping) money away from us poor people.” For instance, under that premise, if a rich person acquired a luxury automobile, then he or she was leaving less money, or luxury, for us poor, used-economy-car people. And so, operating under that flawed premise, I was unable to comfortably bring myself to potentially impoverish others by buying a luxury vehicle for myself.

And then the idea of *a Universe of never-ending abundance* somehow came to me—another simple thought that I adopted, and adapted, that changed my life, and the lives of those who may have been influenced by my example, in a very dramatic way. My new premise was: “When I buy a series of luxury vehicles, I am creating jobs and redistributing money in a luxurious way. In other words, when I purchase an expensive vehicle, I create work for—and redistribute dollars to—thousands of persons who made the vehicle possible. Some of them are rich, some are on their way to rich, some have no intention of ever being rich, and some believe that being rich will restrict them from entering the eye of a needle. But every one of them has the option of improving their level of joy in some way. And each one of them—whether rich or poor—gained, to some degree, by my purchase of that vehicle: there was the luxury-vehicle salesperson; the dealer; the prep team; the distributor; the wholesaler; the manufacturer; the shareholder; (maybe) the assembly worker; the inventors of the thousands of parts; the designers of the steering wheel, wheel covers, sound systems . . . ; the diggers of the iron ore; the makers of the glass and plastics . . . ; the manufacturers of the paint and tires; the drivers of the many delivery trucks; the manufacturers of the delivery trucks.” (Oops! I’d better stop before I get too carried away.)

But I’m sure you get the point I’m making. Once I accepted the premise that *everything is working out for everyone*, then I was able to allow myself to let the floodgates to my financial well-being swing (almost) wide open. And from that decision, I went on to purchase a string of luxury vehicles, always knowing I was passing potential well-being on to anyone who was open to receive it.

And so, as I write this Preface, I am seated at my front desk and Esther is working at her rear office desk in our \$2 million tour bus—and I remind myself, often, that this vehicle has brought some degree of pleasure to not only us, but to the thousands of others who had a hand in, and earned money from, its creation.

At any rate, I give you these personal examples to let you feel the long-term power of the adoption of just one good idea; as well as the dynamic value in the recognition, and resolution, of one flawed premise.

This *Vortex* book has been planted with good ideas that are available for you to transplant into your own life experience. And it also recognizes a string of flawed premises, any one of which—if it has been ruling your life—you can now decide to resolve, and replace with a premise that best serves you.

Esther and I are so pleased to participate in this co-creative adventure with you and with Abraham, and we look forward to the joy that you are about to receive as you play with the processes and perspectives embedded in these teachings.

Love ya,
Jerry





(Editor's Note: Please note that since there aren't always physical English words to perfectly express the Non-Physical thoughts that Esther receives, she sometimes forms new combinations of words, as well as using standard words in new ways—for example, capitalizing them when normally they wouldn't be—in order to express new ways of looking at old ways of looking at life.)



PART I

Your Vortex, and the
Law of Attraction:
Learning to Attract
Joyous Co-creators





Learning to Attract Joyous Co-creators

Your life is supposed to feel good to you.

Before your birth, you knew that the primary component of your physical experience that would offer the greatest value for your personal and collective expansion and joy would be the component of the relationships that you would experience with each other. It was your plan to relish the diversity of your relationships and to choose from them the details that would make up your creations—and here you are.

Before your birth, as you were making the decision to focus yourself into this Leading Edge time-space reality, it was your powerful intention to enjoy every moment of the process. You understood then, from your Non-Physical perspective, that you are a creator and that you were coming into an environment with enormous potential for joyful, satisfying experiences in creation. You understood that you are a creator, and that the Earth experience would be the perfect platform from which you would launch numerous satisfying creations—and here you are.

Before your birth into your physical body, you knew that once you were here, you would be surrounded by others and that your relationships with those others would be the primary source of the contrast you would live. You understood, also, that these contrasting relationships would provide the very basis of your personal expansion, as well as the very basis of your enormous contribution to Eternal expansion, and you eagerly welcomed your interaction with all of them—and here you are.

There was nothing in your plan about being here that included struggle or hardship. You did not believe that you were coming into physical form to right past wrongs, or to fix a broken world,

or even to evolve (in the sense that you were currently *lacking* in something). Instead, you knew this physical experience would be an environment that would provide a balance of contrast from which you would personally make increasingly improved choices that would add to your own expansion as well as to the collective expansion of *All-That-Is*. You knew that this world of contrast would induce in you the expansion that literally puts the Eternality into Eternity; and your appreciation for the contrasting environment on planet Earth was enormous, for you understood that contrast is the basis of expansion, and that the expansion would be joyous—and here you are.

Before your birth into your physical body, you knew the value of variety and of diversity, for you understood that every new preference, desire, or idea would be born from that contrast. And you knew that this contrast not only provided the literal basis for expansion, but also the basis for your joyful experience. And, most of all, you knew that your joyful experience would be the ultimate reason for every part of every part of every part of all of this Beingness. You knew that it all exists for the joyful moments that would constantly explode into your awareness along the way—and here you are.

Before your birth, you understood *contrast* to be the variety from which you would make your choices. You knew that your surrounding environment would be like a dining buffet spread out before you, from which you would choose, and that nothing about that environment was permanent because your constant new choices would cause it to continually change—and here you are.

Before your birth, you understood that all choices are made by giving attention to something. You knew that you were about to focus your Consciousness into a physical body and into a physical time-space reality; and that you would make your selections from the contrasting buffet of choices that would surround you by your attention, focus, or thought—and here you are.

Before your birth, you understood that the Earth environment, like all environments—physical and Non-Physical—is a Vibrationally based environment, which is managed by the *Law of*

Attraction (that which is like unto itself, is drawn); and you knew that your attention to any subject was your invitation for your personal participation with it—and here you are.

Before your birth, in considering your physical experience on planet Earth, you did not request to be born into an environment of sameness or agreement, where all of the variety had already been considered and all of the decisions about how life should be lived had been made, for you were a powerful creator who was coming forth for the purpose of making your own decisions and of creating your own joyful experience. You knew that *diversity* would be your best friend, and that *conformity*, on every level, would be the opposite. You literally dived in, in eagerness to find your bearings and to then begin to explore, from your own personal, important, and powerful viewpoint, your contrasting surroundings, from which you would carve out your creations—and here you are.

Many people express concern and frustration—and, at times, anger and resentment—that they did not retain conscious awareness of these prebirth decisions, but we submit that you arrived in your physical body with something even more important intact: *you were born with a personal Guidance System to help you to know—every step (or thought) along the way—when you are diverging from your prebirth understanding of life, and when you are on track.*

It is our desire that you become consciously aware of your own *Guidance System* so that you can explore this new frontier of creation in alignment with the stability of your Non-Physical knowledge.

It is our desire to help you consciously reconnect with *who-you-really-are* and to help you replace myriad false premises—which you have erroneously picked up along your physical trail—with Universal, *Law*-based premises of life.

It is our desire to help you to solve the mystery of seemingly impossible relationships; to sort out the details of sharing your planet with billions of others; to rediscover the beauty of differences; and, most of all, to re-establish the most important relationship of all: your relationship with the Eternal, Non-Physical Source that is really you—and here we are.

Life Is about Our Relationships

You will never find yourself in a point in time when the subject of relationships is not an active part of your now experience, for everything you perceive or notice or know is because of your relationship with something else. Without a comparative experience, you would be unable to perceive or focus any kind of understanding within yourself. Therefore, it is accurate to say that without relationships you could not exist at all.

It is our desire that an even greater awareness of *who-you-are* will awaken within you by reading this book, as you begin to explore the variety of relationships that you are already living.

It is our desire that you experience an enhanced appreciation of your planet; your body; your family; your friends; your enemies; your government; your systems; your food; your finances; your animals; your work; your play; your purpose; your Source; your Soul; your past, your future, and your present. . . .

It is our desire that you come to remember that every relationship is Eternal and that once it has been established, it is a part of your Vibrational makeup forevermore, and that, in your powerful now—where all that you have become converges with all that you are now becoming—you hold the power to create.

Often, when you observe an unwanted or unpleasant experience, you believe that you are not personally a part of it, but instead a distant, dissociated, unattached observer of it; but that is never the case. *Your observation of a situation—no matter how remote you believe yourself to be—makes you a co-creative partner of the experience.*

Over time, as you have interacted with one another, many of you have arrived at collective preferences about how life should be lived; and while you have come nowhere close to an agreement about what the appropriate way to live is, still, on the myriad subjects that *you* are experiencing, you continue to try to convince others to accept the preferences that *you* most prefer.

Find Alignment First and Then Take Action

In every society of the vast number of societies on your planet today, you have instituted rules, requirements, taboos, laws—along with a great variety of rewards and punishments for conforming or not conforming—as each society seems determined to sort into separate piles the *wanted* from the *unwanted*. And although you work very hard at the sorting process, the piles continue to shift around; and you never come even close to a consensus of *wanted* and *unwanted*, *right* and *wrong*, *good* and *bad*.

It is our desire that, as a result of just reading this one book, you will never again require global, community, or even a partner's agreement in order to find your confidence, direction, and power. *We want you to remember that the need for agreement from others comes from a basis of misunderstanding of the Laws of the Universe and runs counter to who-you-really-are.*

It is our desire that, by understanding your own personal *Guidance System*, you will return to alignment with the power that flows to you and through you. For by your finding agreement with the power that flows forth from within you, the harmony that you seek on all other levels and all other subjects—and with all others—will then (and only then) be possible.

Most people would deem it unwise to load a big clumsy truck, which has a very bad suspension system and a steering mechanism so worn-out that it is almost impossible to keep the truck on the road, with their most precious cargo. Or, most people would deem it unwise to gather a load of precious glass antiques and put them in the carrying basket of the bicycle that their five-year-old son is taking on his first bicycle ride today. Or, most people would deem it unwise to carry a sack containing their life's savings and all of their favorite jewelry and then walk out onto the iced-over lake before they were sure that the ice was actually strong enough to hold their weight.

In other words, it always makes sense to first find fundamental stability before embarking on any journey, especially those journeys that matter most to you. And yet, as people interact with one

another on important subjects, they commonly plunge headlong into conversations and decisions and behaviors before they have achieved any sense of true stability, and then the return to stability is often very long in coming. And often, once out of balance, they stumble into the next and then the next and then the next out-of-control experience. *Through the examples in this book, it is our desire to help you remember the art of alignment first—then action. Alignment first—then conversation. Alignment first—then interaction. Alignment first—then anything else.*

People sometimes say, “Think before you speak.” A wise intention, but we would take it further. We would suggest, “*Think—and then evaluate the value of that thought by noticing how it feels; and do that often enough that you know, without question, that you are in alignment—then speak, then act, then interact.*”

Someone who takes the time to understand their relationship with Source, who actively seeks alignment with their Broader Perspective, who deliberately seeks and finds alignment with *who-they-really-are*, is more charismatic, more attractive, more effective, and more powerful than a group of millions who have not achieved that alignment.

The historical masters and healers whom you revere understood the value of this personal alignment. And in this book about *relationships*, we submit to you: *There is no relationship of greater importance to achieve than the relationship between you, in your physical body, right here and now, and the Soul/Source/God from which you have come. If you tend to that relationship first and foremost, you will then, and only then, have the stable footing to proceed into other relationships. Your relationship with your own body; your relationship with money; your relationship with your parents, children, grandchildren, the people you work with, your government, your world . . . will all fall swiftly and easily into alignment once you tend to this fundamental, primary relationship first.*

Are We Living Under Flawed Premises?

You may have chosen to read this book because of a particular issue that you are having with someone in your life, and we want

you to know that the answers you are looking for *are* contained within the covers of this book. If you were to read the Contents pages at the beginning of this book, you might even be able to pinpoint the specific relationship that you most want to address. And we understand how tempting it is to simply turn to those pages to find your answer—and if you were to do that, you *would* find your answer, and it would be the *right* answer—but if, instead of doing that, you will systematically read through the pages of this book in the order that they are written, then when you come to the section of the book that pertains to the relationship issue you are most interested in soothing, it is our promise to you: the soothing will be greater, the solution easier to understand, and your relationship issue will be more quickly reconciled.

Whether you read this book in one sitting or over a period of several days, an important transformation will take place within you: *Flawed premises that you have picked up along your physical trail will fall by the wayside, one by one, and you will return to the understanding that is at the core of that which you are. And when that happens, not only will you begin to understand every current and past relationship, but the benefit that every relationship has given you will become immediately apparent to you.*

Without exception, the flawed premise or unstable footing that most people stand on is because they care more about what someone else is thinking about them than how they themselves are feeling. So, over time, by interacting with many others (who also want to feel better and have trained those around them to offer behavior that does make them temporarily feel better—that is, “Don’t please you, but instead please me”—that is, “Don’t you dare be selfish and satisfy yourself, but instead please me”), they have lost sight of their own Guidance and have become further and further separated from *who-they-are*. And so, they feel worse and worse as time goes on, and so they come to incorrect conclusion after incorrect conclusion until they are completely lost.

It seems logical that an exposing of those flawed premises would clear things up and put them back on their path of Well-Being. However, when you are standing in the middle of a flawed premise, focusing upon the results of it, you are usually so engulfed in the

Vibration of it—and therefore so actively attracting because of it—that you cannot see its inherent flaw. It does not feel false when your life continues to unfold in the way you “believed” it would.

In order to discover or understand a false or flawed premise, you have to stand back far enough and reconnect with *who-you-really-are* before you can see it. In other words, if you were to interact with an unkind (disconnected) person who told you continually that you are not smart, at first you would take issue with the idea. The negative emotion you would feel is because the words *You are not smart* are so contradictory to the true knowledge of your Source. *But if you were to hear this again and again, until you yourself began to believe and repeat the false premise, now your own activation of the contradictory Vibration would interfere with your own sense of intelligence, and you would begin to attract evidence of your lack of intelligence, in effect proving the false premise to be true. It becomes increasingly hard for you to call this a “false” premise when the evidence seems to be telling you that it is true. Over time you come to believe it is true.*

The good news in all of this is that whenever you know what you *do not* want, an equal and proportionate desire for what you *do* want erupts from you, and a rocket of desire shoots forward into your Vibrational Reality. In other words, the potential for a greatly improved experience is always born from an unwanted experience; and, in time (whenever the resistance ceases), the improvement will come.

We write this book so that you can allow your improvement sooner rather than later, or sooner rather than not in this lifetime—but in any event, future generations will benefit dramatically from the contrast your current generation is living. It is our desire to assist you in unraveling and releasing these erroneous, incorrect, unhelpful beliefs, to help you free yourself from the bondage of these false premises. We want you to remember *who-you-really-are* and to stand in that fresh light, in that fresh place of attracting on all subjects.

Most people who are in the midst of observing something unwanted in another person believe that if the unwanted condition were not there to be observed, they would not be observing it.

Most people who are in the midst of observing something unwanted in another person believe that the discomfort they are

feeling is because of the unpleasant condition that is being offered by the other person, and that if the other person would no longer offer the unpleasant condition, then they (the ones observing) would feel better.

Most people who are in the midst of observing something unwanted in another person believe that if they could control the behavior of the other—through influence, persuasion, coercion, rules, laws, or threat of punishment—in the gaining control of unwanted situations, they would feel better.

Most people believe that control of conditions and of others is the key to feeling better, but that belief is the greatest flawed premise of all. The belief that if you could get all circumstances to change so that your observation of them would then feel good to you defies the *Laws of the Universe*, as well as your reason for being here. *It was never your intention to control everything around you. It was your intention to control the direction of your thought.*

Throughout this book, we will identify a series of flawed premises that are at the heart of the confusion and distortion of your physical reality. It is our desire that, as you make your way through the pages of this book, you will be able to release the flawed premises that contradict your Broader knowing so that you can return to the natural state of allowing the Well-Being of your life to flow to you.

Gaining a Clear View by Stepping Back

While we are eager to rendezvous with you, right where you are, in order to help you improve every relationship that is currently active in your experience, it will be of value for you to first relax and walk with us down the path of the usual human interactions experienced from the time of physical birth until the time of physical death. Of course, you are different in many ways from one another—but, for the most part, no matter when you were born or what part of the world you live in, there are typical, predominant relationship patterns that are really worth considering. This overview of the evolution of the relationships that you experience as physically focused humans has the potential of helping you to realize—no

matter what phase of human evolution you are currently focused within—a myriad of flawed beliefs that humans have been passing on to one another for a very long time. By stepping back from the immediacy of your current experience and seeing the full spectrum of your physical human life experience in the way we present it here, you will gain a clear view of your life’s purpose, and you will discover an immediate stable footing that will set you on your course for joy for the rest of this life experience.

Before Your Birth into This Physical Body

Before you focused a part of your Consciousness into the physical body that you now recognize as *you*, you were an intelligent, clear, happy, nonresistant Consciousness eager for this new experience into which you were emerging. Before your birth, the only relationship you experienced was your relationship with your Source; but since you were, at that time, Non-Physical, and therefore nonresistant, you experienced no discernible separation, and therefore no discernible “relationship,” between you and Source. *You were Source.*

In other words, while you have fingers and toes and arms and legs, you do not see them as separate Beings. You see them as a part of you. So you usually do not try to describe your *relationship* with your leg, because you understand that your leg is you. And so, before your physical birth, you were Vibrationally intertwined with *Source*, or with what humans often call *God*, but the full integration of you with *God* was such that there was no relationship between the two—because you were all One.

The Moment of Your Birth

In the moment of your birth, a part of the Consciousness that is you focused itself into your physical body, and your first relationship began: the relationship between the physical you and the Non-Physical You.

Here we come upon a significant flawed premise, or misunderstanding, of many—in fact, most—of our physical human friends:

Flawed Premise #1: I am either physical or Non-Physical, either dead or alive.

Many people do not understand that they existed before their physical birth. Many others believe that if they existed in the Non-Physical before their birth, the Non-Physical part of them ceased to be once they were born into this body. In other words, “I am either Non-Physical or physical, either dead or alive.”

We want you to remember that while you are focused here in this Leading Edge body in this Leading Edge time, the Eternal, Non-Physical, older, wiser, larger part of you remains Non-Physically focused. And because that Non-Physical part of you exists, and because *You* exist, there is an Eternal, undeniable relationship between those two important aspects of you.

This relationship (this Vibrational relationship) that exists between the physical you and the Non-Physical You is significant for many reasons:

1. The emotions that you feel (your *Emotional Guidance System*) are because of the relationship between these two Vibrational parts of you.
2. As you reach for new thoughts and expansion, out here on the Leading Edge of life, you have the benefit of the stable knowledge of your Non-Physical counterpart.
3. As you reach for new thoughts and expansion, out here on the Leading Edge of life, the Non-Physical part of you has the benefit of the expansion that you carve out of your physical experience.

4. Every other relationship you have (that is, with other people, with animals, with your own body, with money, with concepts and ideas, with life itself) is profoundly affected by this all-important relationship between *you* and *You*.

Your Relationship with Your Parents

Of course, your physical parents are of great significance to you, for if it were not for their relationship with each other, you would not exist in your current physical form. But there are many misunderstandings, or what we are calling *flawed premises*, around your relationships with your parents.

From your Non-Physical vantage point, you understood that your physical parents would be your important avenue into physical experience, and that you would be born into a stable enough environment to be able to get your physical footing. You knew that your parents, or others like them, would receive you and introduce you to your new environment. You knew that there would be a time of acclimation, and you felt enormous appreciation for those who would welcome you.

You understood that your parents, who were already acclimated to their physical environment, would help you in finding food, shelter, and physical stability. But you did not intend to look to them to determine your life's purpose for you, or for guidance about the correctness or effectiveness of your physical journey. In fact, from your Non-Physical perspective before your birth, you knew that *your personal guidance* would be more intact (and therefore more effective) on the day that you were born than would be the guidance of the adults who would greet you. In other words, when you were first born into your physical body, the relationship between you and *You* (your Non-Physical *Inner Being*) was such that you were nearly still that *One Pure, Positive Energy*.

But in those very first new days in your physical body, you began to experience a gradual shift in your own Consciousness

(just as you knew you would) as you began to garner your personal perspective (from your *physical* vantage point) of your new Earth environment. And in that process, your Energy, or Consciousness, became two instead of one. In other words, as the new infant in your mother's arms, you had two Vibrational vantage points active within you—and so, you then began to feel emotions.

Since you just came from an environment where you had absolute knowledge of the Well-Being of the Universe and of planet Earth and of *All-That-Is*, when your mother held you and worried about you—you felt uncomfortable. When your parents felt overwhelmed with their lives—you felt uncomfortable. When they gazed at you in pure love and appreciation—you felt the alignment of their Beings, and you felt comfort. But, even in your infancy, you remembered that it was not their job to shine their alignment on you. You remembered, even then—even before you could talk or walk—that it was not their job to provide a haven of comfort and aligned Energy for you. You knew it was *your* job, and you knew you would figure it out. And, meanwhile, you were able to easily withdraw back into the alignment of your Oneness—and so you slept. Often.

You came into this physical environment knowing that you would be surrounded by *contrast* right from the beginning, and that this contrast would provide the nucleus of the creation of your own life experience. You understood that just by being present in this Earth environment, you would automatically find your own preferences, and that both *wanted* and *unwanted* aspects would be of benefit to you. And, most of all, you knew that you would be the one (the only one) who would (or could) choose for you. However, by the time you came into the life experience of your parents, they had (in most cases) all but forgotten that about you. Which brings us to another flawed premise:

Flawed Premise #2: My parents, because they were here long before I was born, and because they are my parents, know better than I do what is right or wrong for me.

You did not intend to use the opinions of your parents to measure against your beliefs, desires, or actions in order to determine the appropriateness of them. Instead, you knew (and still remembered, long after you were born) that it was the relationship between the opinion (or knowledge) of the Source within you and your current thoughts, in any moment, that would offer you perfect guidance in the form of emotions. You did not intend to replace your Emotional Guidance System with the opinions of your parents even if they were in harmony with their Emotional Guidance System in the moment of their trying to guide you. It was much more important to you to recognize the existence of your own Guidance System, and to utilize it, than to be deemed correct by, or to find approval from, others.

*Much of the imbalance that people feel long after they leave the immediate environment of their childhood home stems from the impossible effort of replacing their own Guidance System by seeking approval from their parents. Your feeling of freedom is trampled whenever you try to align with the opinion of someone outside of you (that is, your parents) rather than aligning with the Vibration that comes forth from within you (that is, your *Inner Being*). Of course, it is possible to have a wonderful, effective relationship with your parents if you first find the alignment between *you* and *You*. But, unless you have achieved alignment between *you* and *You*, no other relationship can be a good one.*

Your Relationship with Your Siblings

Whether you were the first child your parents welcomed into your childhood home or if you came after another who was already there, multiple children certainly can change the dynamics of your parental relationships. In most relationship settings, the more people involved, the more the possibility that personal misalignment will occur; but that does not have to be the case.

Often the family dynamics are as follows: Your mother and father have not been consciously aware of their own *Guidance*

Systems, and so they do not offer to themselves—or to each other—consistent patterns of alignment. They often believe that it is up to you to alter your behavior in order to positively affect their experience. So, not long after you have settled into their life experience, they attempt to train you into patterns of behavior that *they* have deemed favorable. But, they are attempting the impossible. Instead of achieving their alignment with *who-they-really-are*, they are asking *you* to behave in a way that makes *them* feel better. That is what *conditional love* is: “If you will change your behavior or condition, then as I observe it, I will feel better. So I am giving you the responsibility for the way I feel.”

When the second child enters the mix, not only is there now more behavior for your parents to attempt to control, but an even more confusing thing occurs for you: now, not only are you considering your own behavior in relationship to your parents’ response to what you are doing, but you are observing the way your parents are responding to the behavior of the other child. *The potential for distortion and confusion exponentially expands with each new person who enters the mix.*

Trying to achieve your proper personal behavior is not possible through trying to adjust to the desires and demands of the people you live with. There is simply too much variety in personality, interest, intention, and life purpose coming in for you to sort it out on a behavior level. But there is something you can do that will bring each of these relationships into perspective and satisfaction for you: Seek alignment between you and You, first, before you engage with any other. And never ask for a behavioral change from any other to use as your basis of improved emotion or perspective. There are simply too many moving parts, and you will not succeed.

Our Vortex, and the *Law of Attraction*

It is our desire that, through reading this book, you will discover a new sense of clarity about how your physical life experience fits into the greater scheme of things. We want you to remember *who-you-really-are* and why you are here in this physical body. Most

of all, it is our desire that you regain your sense of worthiness and absolute Well-Being; and, it is our desire that you understand the important role that you fulfill by being here in the Leading Edge, contrast-filled time-space reality.

Before you came into this body, you were Non-Physical Energy; and from that Non-Physical perspective of Source, you extended or focused a part of your Consciousness forward into your physical time, physical Earth, and physical body. And when you were born into this body, achieving awareness through your physical senses of your new surroundings—the Consciousness known as *you* became two specific aspects: the Non-Physical part of you and the physical part of you.

Some refer to their Non-Physical aspect as their *Soul* or *Source*; and while we prefer labels like *Inner Being*, *Broader Non-Physical Perspective*, or *who-you-really-are*, there is an even more important distinction that we would like you to understand: *both the Non-Physical and physical aspects of you exist at the same time*. Most people acknowledge that some aspect of them existed prior to their physical birth, and most believe that after their physical death, they will again be Non-Physical, but something quite different from that is occurring: *You are extensions of Source Energy, and when you became physically focused, your Non-Physical aspect did not cease to be. In fact, your Non-Physical aspect began to expand because of the existence and experience of your physical aspect.*

It was your clear intention to come forth into your magnificent physical body and to interact with the variety of intentions and beliefs and desires of others upon your planet for the purpose of expansion. You understood that by your exposure to the variety that surrounds you, on all subjects, you would naturally come to specific conclusions of improvement. You knew that by living an unpleasant experience, a request for an improved experience would be born. You knew that a request, or asking, or desire would emanate from you Vibrationally; and that your *Inner Being* would be aware of your new request and would follow it and focus upon it and become it. You knew that your *Inner Being* would immediately become the Vibrational equivalent of every request that your physical environment inspired.

And so, if you can now turn your attention to the idea of your expanded *Inner Being*, who stands as the culmination of all that you have lived, who emits a Vibration that expresses the whole of that which you have become—then you will more fully understand who your *Inner Being* is and how the physical aspect of you has added to that expansion.

We want you to realize that while you are focused in your physical body, thinking thoughts, speaking words, involved in action . . . at the same time there is a Non-Physical aspect of you who exists in the Non-Physical realm from which you have come—and the Non-Physical aspect of you has expanded because of your physical experiences.

Many people refer to their physical life experience as *reality*. You decipher your physical reality through your physical senses, and as you look around your planet at the places and people and experiences, you pronounce it *reality*. We want you to understand that even though you are seeing and hearing and tasting and smelling and touching the evidence of your physical reality, it is much more than the flesh, blood, and bone reality that you believe it is. *Everything that you perceive here in your physical environment is Vibration, and the life you are living is your Vibrational interpretation.*

The powerful *Law of Attraction* is at the root of everything that you experience; and the stable, never-changing, always-accurate premise of this *Law* is: *that which is like unto itself, is drawn.*

When you give thought to something, you begin the attraction process of the essence of that subject into your own life experience. Once you have activated a thought-Vibration within yourself by giving your attention to the subject, the progression of expansion occurs. In other words, the more attention you give to any subject, the more active the Vibration of that subject is within you. And the longer that occurs, the more powerful the attraction is, until, eventually, you will have irrefutable evidence in your own experience of that active Vibration. All things that happen in your experience come because of the requests that you are sending out with your thoughts.

The Law of Attraction is the Universal manager of all Vibration, which expands to everything that exists through the Universe. And so, at the same time that the Law of Attraction is responding to the Vibrational

content of your physical thoughts, it is also responding to the Vibrational content of your Inner Being.

We want to draw your attention toward that powerful, Non-Physical aspect of you and the effect that the *Law of Attraction* has upon it: Each time your physical life experience causes you to ask for something, a Vibrational, rocketlike request shoots forward and is received by your *Inner Being* and becomes the Vibrational, expanded version of your request. In order to help you get a sense of that process of expansion, we have called it your *Vibrational Escrow* or your *Vibrational Reality*. It is the furthestmost, expanded version of you.

In the same way that the Law of Attraction is responding to the thoughts, words, and actions that you are offering here in your physical reality, the Law of Attraction is always responding powerfully to your Vibrational Reality. When the Law of Attraction, the Universal manager of all Vibrations, responds to the clarity of Vibration offered by your newly expanded Inner Being, the result is a powerful swirling Vortex of attraction.

So here is this Vortex of becoming—a Vortex that contains all of the requests, all of the amended requests, each and every detail of each and every asking that has emanated from you—and the *Law of Attraction* is responding to that. Envision this swirling, swirling, swirling Vortex and the power of attraction that is amassed as the *Law of Attraction* responds to this pure, nonresisted, focused desire. *The Vortex is literally drawing in all things necessary for the completion of every request it contains. All cooperative components are being summoned and are coming for the completion of these creations, for the answering of these questions, for the solutions to these problems.*

The purpose of this book is not only to help you remember the process of creation—and remember the Pure, Positive Energy platform from which you have come—but to help you remember the power of this Vortex and to remind you of your *Emotional Guidance System* so that you can *consciously* and *deliberately* achieve the Vibrational frequency of your Vortex.

The purpose of this book is:

- To help you remember *who-you-really-are*
- To help you remember the purpose of your physical experience
- To restore your feeling of self-appreciation for what you are accomplishing here in your physical body
- To help you remember that you are, first and foremost, a Vibrational Being
- To help you remember that there is a Non-Physical aspect of you that exists now, also
- To help you be aware of the relationship between the two Vibrational aspects of you
- To help point your awareness consistently toward the swirling Vortex of Creation, which contains all that you desire and all that you have become.

In short, this book is written to help you get into your Vortex.

Everyone who turns up in your life—from the people you call friends or lovers, to the people you call enemies or strangers—comes in response to your Vibrational asking. You not only invite the person, but you also invite the personality traits of the person. Many people have a difficult time accepting this as they think of many of the unwanted characteristics of people in their lives. They argue that they would never have asked for something so unwanted to come into their experience, for they believe that “asking” for something means “asking for something wanted.” But by “asking,” we mean offering a matching Vibration. . . . We know that many of the relationships or experiences you have attracted, you would not have deliberately attracted if you had been doing it on purpose, but much of your attraction is not done by deliberate intent, but rather by default. . . . It is important to understand that you get what you think about, whether you want it or not. And chronic thoughts about unwanted things invite, or ask for, matching experiences. The Law of Attraction makes it so.

Relationships, or co-creating with others, is responsible for nearly all of the contrast in your life. They are responsible for the troubles of your life *and* your greatest pleasures. But, most important of all, the relationships that you experience with one another are the basis of the majority of the expansion that you achieve; and because of that, it is accurate to also say that the relationships of your life are the reason for the potential for your joy—or your pain—in any moment in time. Simply put, if someone had not prodded you into more expansion, you could not feel the pain of not keeping up with that expansion. The interaction, intertwining, and co-creation of relationships enhances your individual experience enormously. *Your greatest joys and your greatest sorrows come from the basis of your relationships, but you have more control over whether you experience joy or sorrow than you realize.*

The Powerful, Eternal, Universal *Law of Attraction*

The powerful *Law of Attraction* (that which is like unto itself, is drawn) is at the root of everything that you experience. So, when you give thought to something, you begin the attraction process of the essence of that subject into your own life experience. Once you have activated a thought-Vibration within yourself by giving your attention to the subject, the progression of expansion occurs. In other words, the more attention you give to any subject, the more active the Vibration of that subject is within you; and the longer that occurs, the more powerful the attraction is . . . until, eventually, you will have irrefutable evidence in your own experience of that active Vibration. All things that happen in your experience come because of the requests that you are sending out with your thoughts.

Remember that whether you are thinking about wanted things or unwanted things, you are still sending out a “request” to attract more things like the subject of your thought. And all things that happen to you—all people, things, experiences, situations that come to you—come in response to your Vibrational invitation.

The culmination of relationships and circumstances and events that you draw to you is utterly accurate in its response to your Vibrational requests. Noticing how things are turning out for you is one very clear way of understanding which Vibrational requests you are emanating, because you always get the essence of what you are thinking about, whether you want it or not. We call that post-manifestational awareness: vibrating with no deliberate direction of thought, but then noticing the results of the thoughts only after they have manifested into something real or tangible, such as a low balance in your bank account, an unwanted physical condition, or an unpleasant relationship.

It is possible to become aware of the attracting of an unwanted situation and to head it off before it comes into full realization in your experience by becoming aware of, and utilizing, the wonderful *Emotional Guidance System* you were born with. But most people indiscriminately give attention to whatever is in their view, and then accept the inevitability of their emotional responses to those thoughts. They accept that there are bad things out there in the world, and when they focus upon those bad things, they expect to feel bad—and they do. Rarely do they understand the important reason for their bad feeling, but we will state it simply for you here:

When you focus upon a subject or situation and you feel bad, it is not the subject or the situation that is the reason for your bad feeling. You feel bad because the thoughts have caused a Vibrational separation in you. In other words, you have chosen to give your attention to something that the Source within you is not giving attention to. And it is with good reason that the Source within you is not giving attention to the thing that makes you feel bad when you do. Source understands the power of attraction and does not want to add to the creation of unwanted things; and when you do, you feel bad. Every time.

And, conversely, when you think thoughts during which you feel passionate or happy or loving or eager, you are choosing thoughts in which the larger part of you is also completely immersed; but instead of causing a separation between you and your Source, you are now creating a partnership or relationship with power and clarity and Well-Being.

There is no understanding on any subject that is of greater value to you than the understanding of the existence of your personal

Emotional Guidance System. When you are aware of the existence of your two significant Vibrational perspectives and how they relate to one another, you consciously hold the key to your joyful Deliberate Creation. And without that understanding, you are a bit like a small cork bobbing atop a raging sea, blown by the current and the wind, out of your personal control.

You could say that, in any moment, you really only have access to two emotions: one that feels better and one that feels worse. If you will make a determination that, from wherever you stand and no matter what you are focusing upon, you will reach for the best-feeling thought you can find from where you are, then you will develop an ongoing relationship with your *Inner Being*, with Source, and with all that you desire—and your life will become consistently joyous. That was your plan: to sift through variety, come to personal clarity about what you prefer on topic after topic, and then to come into alignment with your eternally evolving self.

Are We Tolerating Others, or Allowing Them?

Jerry: But since we are all so different, it doesn't seem to me that there is much chance of us ever coming together on common agreements about how we should all live life.

Abraham: We agree. And it would be a very boring place if that were the case.

Jerry: Since we are all different and we want different things, how can we move forward without feeling the pain of having to put up with, or tolerate, those differences in others?

Abraham: Your pain, or negative emotion, is not because of your disagreement with another person. It is always about the disagreement between *you* and *You*. If you will withdraw your attention from the unwanted and put it upon something you *do* like, your pain will subside. As you focus longer still upon something

that you *do* want, not only will you no longer feel pain, but you will feel positive emotion, such as interest or eagerness or happiness.

Jerry: But since we are all somehow connected, how can a person learn to allow the uncomfortable things that are occurring in other people's lives?

Abraham: All understanding comes through the comparative living of life. And by “comparative,” we mean weighing all current observations against the true knowledge that emanates from your Source. From your Broader Perspective, you know that attention to unwanted things adds to them—and so, the Source part of you withdraws attention from all things that are unwanted. When you, in your physical body, give your attention to unwanted things, you cause a disparity in the Vibrational relationship between *you* and *You*, and your negative emotion is your indication of that discord or lack of alignment. And in that absence of alignment, you are of no value to the person you are worrying about or angry with. And when you think about it, since you cannot control the circumstances of the lives of others, you have no real choice—if it is your desire to be happy—other than to withdraw your attention from their uncomfortable situation.

Jerry: But won't others feel abandoned if we withdraw our attention from the pain they are experiencing? Don't we have some responsibility to help those in need?

Abraham: Here is an opportunity to begin to understand a basic flawed premise of your society:

Flawed Premise #3: If I push hard enough against unwanted things, they will go away.

You live in a Universe that is based upon the *Law of Attraction*. That means that this is an inclusion-based Universe, not an exclusion-based Universe. In other words, in an inclusion-based, attraction-based Universe, there simply

is no such thing as “no.” When you look at something wanted and you say “yes” to it, you are including it in your Vibration; and it then becomes a part of your Vibrational offering, which means it is a part of your point of attraction, which means—it begins to come to you. But when you shout “no” at something, you are including *it* in your Vibration, also, so it then becomes a part of your Vibrational offering, which means it is a part of your point of attraction, which means—it begins to come to you.

You are of no advantage whatsoever to anyone who has your negative attention. When you observe something in another that causes you to feel bad while you are observing it, your negative emotion is your indicator that you are adding to something unwanted. In the early stages of negative emotion, you merely feel discomfort, but if you continue your focus upon unwanted things, unwanted things will begin to appear in your own experience in increasingly prominent ways.

In every conscious moment, your point of attraction is active, which means that the *Law of Attraction* is responding to your active Vibration and you are in the state of becoming more. Your emotions are your indication of whether you are becoming *more* like the positive, uplifting Being of your *Source* or whether you are becoming *more* of the opposite of that. *You cannot stand still. If you are awake, you are in the process of expansion.*

Whenever you know what you do not want, you always know more clearly what you do want, so in a poignant moment of awareness of another person’s undesirable situation, you automatically launch your version of an improved situation forward into your Vibrational Reality. Now, your work, your value to that person, your value to yourself, your natural state of being . . . is to give your undivided attention to the idea of improvement that has hatched from your interaction/observation. And as you learn to do that, not only will you be of increasing value to others, but you will see how your relationships with others add immeasurably to your own becoming.

Learning the *Art of Allowing*

Jerry: You have spoken to us often of the *Art of Allowing*. Is that what you are speaking of here?

Abraham: Yes. The *Art of Allowing* is what you want most to understand, because, in deliberately applying it, you “allow” yourself to be all that you have become. And anything less than the allowing of you to be *You* feels less good. In other words, every contrasting experience causes an expansion of *who-you-are* because the larger Non-Physical part of you always moves to that point of farthest expansion. But if you continue to look back to the events or circumstances or reasons that caused the expansion, you then hold yourself in opposition to the very expansion. You disallow it—and then you feel bad.

The *Art of Allowing* is simply your allowing yourself, by virtue of your deliberately chosen thoughts, to keep up with the expansion of yourself. And since the expansion is happening—because the contrast of your time-space reality insists that it does—if you are to be happy, you have no other choice than to keep up.

The Broader Non-Physical part of you, to whom you have an Eternal relationship, is one who loves. When you are not loving, you are not practicing the *Art of Allowing*.

The Broader Non-Physical part of you is one who knows your worthiness. When you feel unworthy, you are not practicing the *Art of Allowing*.

Here is an opportunity to begin to understand another basic flawed premise of your society:

Flawed Premise #4: *I have come here to live the right way of life and to influence others to the same right way of living. And what feels right to me must be the right way of living for all.*

You did not come into this physical experience intending to take all of the ideas that exist and whittle them down to a handful of good ideas that everyone agrees on. In fact,

the opposite was your intention. You said, "I will go forth, into a sea of contrast; and from it, more ideas will be born." You understood that joyous expansion would be born from diversity.

Since everyone wants to feel good, but there are so many things that others are doing that, as you observe them, you do not feel are good, it is easy to understand how you would come to the conclusion that your path to feeling good is through influencing or controlling the behavior of others. But as you attempt to control them (through influence or coercion), you discover that not only can you not contain them—but your attention to them brings more like them into your experience. Your current society is waging a war against illegal drugs, a war against poverty, a war against crime, a war against teenage pregnancy, a war against cancer, a war against AIDS, a war against terrorism . . . and all of them are getting bigger. You simply cannot get to where you want to be by controlling or eliminating the unwanted.

And who among you gets to decide which way of living is the "right" one, anyway? Is the largest group the one that holds that "knowledge," or is the group with the greatest capacity to kill the other groups the one who is "right"? Do poor people have the answer? Do rich people hold the key? Which religion is the "right" religion? Which way of life is the "right" one? Is it right to have children? How many is the correct number? And if a woman has children, is it appropriate for her to think of other things? Can she have a career, or is she now obligated to think of nothing other than her children? How should a man treat his wife? How many wives should he have?

The flawed premise "My group's/our way of life is the only correct way, therefore all other ways must be stopped, because when I look at what I do not agree with, I feel bad" is the basis of the majority of unhappiness on your planet. Not only do those being pushed against feel the pain, but those doing the pushing feel it as well. In fact, the unhappiest, least fulfilled among you are those who are pushing against others, because, in doing so, you are disallowing the most important relationship of all: the relationship between you and You.

While it was your intention for new desires to be born within you and to accomplish those desires, you had no intention of hindering, in any way, the desires of others. You knew that this world is big enough for everyone to create their own desires. And you were not worried about being hindered by your observation of their creations (even if you did not like what you saw) because you knew you had the power to focus upon what is wanted. And so, ridding your world of your personal unwanted was not necessary. *You intended to decide what you want and, by the power of your focus and the Law of Attraction, to attract it—and to allow all others to do the same. You understood that diversity not only provides the basis of your strength and of your expansion, but of your very existence—because if there is not expansion, existence cannot continue to be.*

Do We Have Power to Influence Others Rather Than Control Them?

Jerry: I'd like to talk more about the power of *influence*, or the power of *control*, we have over one another in our relationships. How much power over others do we actually have? And how can we avoid being influenced away from something that we want by another who thinks that we should want something different?

Abraham: It is good that you see that there is a distinction between *control* and *influence*, and we would like to take your understanding further still: When someone seeks control over another person, or over a situation, they never achieve it, because in the attitude of control there is such a big component of knowing what you *do not* want that your Vibration and point of attraction are working in opposition to your actual desire. *Even though you may join forces with others to push against the unwanted, and even when it appears that your forces have overwhelmed the opposing forces, you never actually gain control—but, instead, you enhance, or add to, your attraction of more unwanted. The faces and places may change, but more unwanted keeps coming, and you find no sustainable control.*

Also, there is little distinction between *seeking control of a situation* and *wanting to influence a situation to be something different than it is* other than the extent to which you are willing to go to try to achieve it. In other words, in the seeking of *influence*, you may use words to try to persuade—or even use threats of action to coerce—where in an actual attitude of *control*, you may offer stronger words or even take specific action to affect the behavior of another.

But there is an even more important distinction that we want to make here than the one between *influence* and *control*, and that is the distinction between trying to get to where you want to be from your awareness of what you *do not* want, as compared to getting to where you want to be from your awareness of what you *do* want. The first is more about trying to *motivate* another to a different behavior; the latter is more about *inspiring* another to a different behavior.

In your effort at motivation, because you are focused upon what you do not want, you do not have the benefit or help of your true power. But when you are focused completely upon what you do want—thereby releasing all resistance or opposition to your own desire—you are engaging the Energy that creates worlds, and your power of influence is mighty. In your connection to, and allowance of, your true power, your influence to bring others into their own power is great.

How Do We Harmonize a Diverse Family?

Jerry: Regarding the family relationships between parents and children: How can an independently thinking, Leading Edge child who is learning and growing exist in harmony with parents who want to train him in their static way of thinking and behaving? In other words, what if your parents don't want to see change or new thought?

Abraham: This leads us to the explanation of yet another flawed premise:

***Flawed Premise #5:** Because I am older than you, I am wiser than you; and therefore you should allow me to guide you.*

While your parents, and others who arrived on your planet before you, do help to provide a platform of stability for you when you are born, they do not possess the wisdom that you are seeking. Your expansion will come from your personal experiences, and your knowledge will come from your Connection to your Broader Perspective. *Most of the guidance, rules, and laws that are passed down from generation to generation are written by people who are not in the state of “allowing” their Connection with their Broader knowledge. In other words, the majority of the guidance that is thrust upon you has come from a perspective of lack, and it cannot lead you to an improved situation.*

Of course there are things of a physical nature than you can learn from each other. There are many inventions and skills that have been discovered before your birth that you do not have to start from scratch in order to realize the benefit of. But there is a pervasive belief on your planet that is absolutely contradictory to *who-you-really-are* and to your reason for being, which leads us to the next flawed premise:

Flawed Premise #6: Who I am began the day I was born into my physical body. As an unworthy Being, I was born into a life of struggle in order to try to achieve greater worthiness.

You did not begin on the day you were born into your physical body. You are Eternal Consciousness, with an Eternal history of becoming and of worthiness. And while a part of that worthy, Non-Physical, Eternal, *God Force*, Creative Consciousness expressed itself into the Being you know as you—the larger part of *You* remained, and remains, Non-Physically focused in Pure, Positive Energy and absolute worthiness.

You eagerly came into this physical time-space reality because it is the Leading Edge of creation and you are a creator. You adored the idea of focusing on this world of contrast because you understood the value the contrast would have

in helping you, a creator, to focus and create. You understood that your own life would draw from you continual new ideas, and that, by the power of your focus, those ideas could become “reality,” as it is known in the physical world. And you knew the joy of *choosing, focusing, and allowing* the creative manifestations. You knew that, in every moment, you would be able to feel the degree of Vibrational alignment you were achieving between your current thoughts and the understanding that the *Source* within you has on the same subject at the same time, and you understood that those feelings of positive and negative emotion would be the sole source of your guidance to help you create and discover and expand along your Eternal path of becoming.

You may remember how you felt as a child when someone focused their disapproval of you at you. The negative feeling you experienced was your indication that their opinion of you was out of alignment with *who-you-really-are* and what you really know. In that moment, you felt the beginning of the tugging of that other person pulling you away from your Broader Perspective of *who-you-are* with their distorted view of you. Your Guidance (the negative feeling) was letting you know that the focus that they had caused you to achieve was out of alignment with the focus of your *Source*. *While it never feels good to you to view yourself (or anything else) differently than the Source within you sees it, over time you became accustomed to the discomfort of your gradual disempowerment—until, eventually, you began looking to others for guidance, leaving your own Guidance to fade into the background.*

So now, getting back to your question of how a child can exist in harmony with parents who want to train him into *their* way of thinking . . . our dominant intent would be to, first, assist the child in remembering *who-he-is*. We want to remind him of his own *Guidance System*; we want to help him reconnect with his own personal power and realize his own personal dreams. But many would argue that it is just not as simple as that: “Even if the child were to remember all of that, he is still trapped in a relationship with people who don’t remember, who don’t agree with that, who

are bigger than he is, and who are in control of his experience. How could a child ever find harmony under those conditions?"

First we will direct our response to the child in this situation, then to the parents, and finally to you who are asking the question:

To the Child . . .

Your parents mean well. They are mostly just trying to prepare you for the struggles of life that *they* have found along *their* way. Their behavior indicates that they not only do not remember *who-you-are*, but they also do not remember *who-they-are*. That is why their behavior is guarded. They feel vulnerable, and they believe that you are vulnerable, too.

It would take quite a bit of explaining to your parents to help them remember; and if they were not asking, they would not hear anything that we have to say, anyway. . . . There is a good chance that you will be all grown up and out of their house before *they* ask, or listen, or remember.

If you are asking and listening (no matter how old you are), then we want to tell you the most important thing that anyone could ever tell you: *It does not matter what anyone else thinks about you. It only matters what you think. And if you are willing to let them think whatever they want to think—about anything, even about you—then you will be able to hold your thoughts steady with who-you-really-are; and you will, in time, feel good, no matter what.*

As you hear this and remember that it is true that *you are a powerful creator who wanted to experience contrast in order to help you decide the things that you now want*, it will help you to feel more patient about others' not remembering. When you remember that everything is responding to you and the way you feel, and you then gain control of how you are feeling, you will find tremendous cooperation from many different places helping you gain control of your own experience.

When you are alone and thinking about some of the trouble you have been in with your parents—you are inviting more incidents of being in trouble. But if, when you are alone, you are

thinking about more pleasing things—you are not inviting more trouble. *You have much more control over the way others treat you than you sometimes realize. The less you think of trouble, the less of it you get. The less you think of your parents trying to control you, the less they try to control you. The more you think of things that please you, the better you will feel. The better you feel, the better things will go for you.*

It feels to you as if your parents are in charge of the way they treat you, but that is not true. *You are in charge of the way your parents treat you; and as you hear this, and practice this, their change in behavior will be your evidence. And the best part is that you will be showing them (even if they do not realize it) how to enjoy harmony by inspiring it rather than demanding it.*

To the Parents . . .

The more you see things in your child that you do not want to see—the more of that you will see. The behavior that you elicit from your child is more about you than it is about your child. This is actually true of all of your relationships, but since you think about your child more than most others, your opinion about your child plays a greater role in his behavior.

If you could de-emphasize the unwanted behavior you see in your child by ignoring it—not replaying it over again in your mind, not speaking to others about it, and not worrying about it—you would not be a continuing contributor to the unwanted behavior.

When you hold anyone or anything as your object of attention, you are leaning in one of two directions: toward what *is* wanted, or toward what is *not* wanted. If you will practice leaning toward what *is* wanted when you think about your child, you will begin to see behavior patterns shifting to more of what you are wanting to see. *Your child is a powerful creator who wants to feel good and be of value. If you do not take score in the moment and decree him otherwise, he will rise to the goodness of his natural Being.*

When you are in a state of *fear, worry, anger, or frustration*—you will evoke *unwanted* behavior from your child.

When you are in a state of *love, appreciation, eagerness, or fun*—you will evoke *wanted* behavior from your child.

You child was not born to please you.

You were not born to please your parents.

To You Who Are Asking the Question . . .

Do not worry about a child losing freedom to unknowing parents, and do not worry about unknowing parents losing freedom to their children. Understand that all of them wanted the experience of co-creating in order to come to a new awareness of desire. Just see them all as having *Step One* (asking) experiences where they are continually clarifying what they want.

Through feeling parental domination, the *child* gives birth to desires about . . .

- . . . greater freedom.
- . . . being appreciated.
- . . . appreciating others more.
- . . . independence.
- . . . opportunities to expand.
- . . . opportunities to excel.

Through offering parental control, the *parent* gives birth to desires about . . .

- . . . having more freedom.
- . . . experiencing more cooperation.
- . . . the child having a good life.
- . . . the child being ready for the world he will step out into one day.
- . . . being understood.

In other words, this co-creative, contrasting experience is causing everyone involved to launch more rockets of desire and

therefore to Vibrationally expand to those new places. And the only reason any of them ever feel negative emotion is because, in the moment of their negative emotion, they have not yet *allowed* the expansion. *Life caused them to become something that they are not currently allowing themselves to be; and both of them, parent and child, are using the other as their excuse for not being it. . . . Before your birth, you relished the idea of the contrasting relationships that would cause your expansion, and whenever you allow your own catching up with that expansion, you will then bless the seeming struggle that made it so.*

Will the *Law of Attraction* Do Household Chores?

Jerry: Would you elaborate a little more on ways in which family members could *harmoniously* share in the responsibilities of common home maintenance and help with the general flow of the activities of the family, and still maintain their individual feeling of freedom.

Abraham: When you speak of *responsibilities*, you are usually speaking of *action*, and we certainly understand that there are plenty of action responsibilities to be shared in the making and managing and maintaining of a home environment. And we also understand how it seems logical to most people that when there are a specific number of things that need to be done and there are a specific number of people to share those tasks, an *action* regimen seems logical. The thing that usually goes wrong in such situations is that the people who are assigning the activities of the family are often doing so from a personal place of imbalance—not out of balance because of the amount of work that they are personally doing, but because of the resentment they feel about having to do more than what they feel is their fair share, or the frustration they feel about the work not being done the way they want it to be done. . . . *Even though we are talking about taking action to organize and maintain the home, it is still necessary to find personal alignment first. Which leads us to another flawed premise:*

Flawed Premise #7: With enough effort, or hard work, I can accomplish anything.

When you are Vibrationally out of balance with your desired results, there is not enough action in the world to compensate. Without working to achieve Vibrational alignment with what you really want, but instead, offering action to push against, or fix, existing problems, the *Law of Attraction* will bring you a steady stream of problems to fix—and you will never get out ahead of them. If you are focused upon problems—the *Law of Attraction* will bring problems to you faster than you can fix them. If you are focused upon a disorganized home—the *Law of Attraction* will bring more experiences of disorder, disruption, and problems than you can keep up with.

In simple terms, the power of the Law of Attraction's response to your Vibration will always be stronger than your ability to keep up in terms of action. You just cannot get there from there. The only way to bring order to your life or your home—or your relationships—is to tap the powerful leverage of Energy alignment. And when you do, things that were formerly a struggle will seem to flow effortlessly.

Unless you are able to let go of your chronic awareness of unfinished tasks and uncooperative family members, you will never be able to elicit good-feeling cooperation from others. You have to let go of the struggle, and focus upon the end result that you are seeking. *You have to find the feeling-place of a cooperative home that is organized and good-feeling before you can inspire that behavior from others. The people in your life will always give you exactly what you expect. No exceptions.*

Many people tell us that they believe that their negative expectations were born from observing negative behavior, and not the other way around. “I didn’t *expect* my son to refuse to take out the garbage until he consistently refused to take out the garbage.”

You can find yourself in an endless loop where you explain that you feel negative because of the negative behavior of someone else. But if, instead, you take control of your own emotions and you think an improved thought because it feels better to do so, you will discover that no matter how the negative trend got started, you can turn it around. You have no real control of what anyone else is doing with their Vibration (or with their actions, for that matter), but you have complete control over your own thoughts, Vibrations, emotions, and point of attraction.

But What about When Our Interests No Longer Match?

Jerry: When people in a relationship that was once harmonious find that their interests have changed, and so now they are often in disagreement with one another, how can they find harmony when they have opposing beliefs or desires?

Abraham: This question brings us to another flawed premise:

***Flawed Premise #8:** To be in harmony with another, we have to want and believe the same things.*

Often people are pushing so hard against so many things they do not want that they come to believe that when they find people who believe as they believe—who are willing to also push against those same unwanted things—in the joining of forces, they have found *harmony*. But the problem with that is, as they are focused upon what they do *not* want, they are neither in harmony with their own desires nor with the larger part of themselves (who is always in harmony with their desires). So their basic state of being, as they are pushing against their foes, is one of utter disharmony. And while they may find agreement with others who are also pushing against the same concept, or enemy, they could not be further from harmony.

You must first find harmony between you and You, and then, and only then, is any other harmony possible. And when you consistently achieve harmony between you and You (which is what we refer to as the state of allowing), then it is possible to find harmony with others even though you have disagreements. In fact, that is the perfect environment for expansion and joy: diversity of beliefs and desires—but alignment with Source.

Relationships are usually better in the beginning because you are both looking for things you want to see. And so, your expectation is usually more positive in the beginning of your relationship. Also, looking for positive aspects is a powerful tool in finding your own harmony, or alignment with Self. In the beginning, you both probably think that the wonderful way you feel is because of the harmony you have discovered with the other person, when what has actually happened is that you are using one another as your positive reason to find harmony with *who-you-really-are*.

The Source within you only sees positive aspects in your partner, and whenever you are finding positive aspects, you are in alignment with who-you-really-are.

What If One Doesn't Want the Relationship to End?

Jerry: But what if your desires are *really* different from those of your mate? What if one of you has decided to bring your relationship to an end and the other wants it to continue?

Abraham: *We understand how that may seem like “different desires,” but actually there is a powerful mutual desire at the heart of what both people want: the desire to feel better. One believes that the action of separation is the most likely path to feeling better, while the other believes that staying together is the path.*

Let us begin this discussion by pointing out another flawed premise, which is a big part of the basis of confusion on this issue:

Flawed Premise #9: *The path to my joy is through my action. When I am feeling bad, I can get to a better-feeling place by taking action. I can focus upon a situation that I think is the reason I am feeling bad, and walk away from it. And once away from it, I will feel better. I can get to what I want by leaving what I don't want.*

The positive moments you may have once felt within your relationship were not about the harmony you found with each other (that now seems to be gone), but instead about your own alignment with *who-you-really-are*. It is true that it is easier for you to be in alignment with yourself when you are not focused upon unwanted things. So a person near you who is pleasing to you *can* serve as a positive object of attention, causing no distraction from your alignment. But the belief that another person is “making” you happy is incorrect. *Your happiness is your natural state of being*. The correct understanding is that you are using this currently pleasant person as your reason *not* to focus yourself away from *who-you-really-are*; while, in your state of unhappiness, you may be using this currently unpleasant person as your reason *to* focus yourself away from *who-you-are*.

Your true happiness happens when you discover that no one other than yourself is responsible for the way you feel. If you believe that others are responsible for the way you feel, you are in true bondage, because you cannot control how they behave or how they feel.

It is natural that you would want to remove yourself from things that do not feel good, but in an inclusion-based Universe, that is not possible. You cannot focus upon unwanted things—and therefore activate the unwanted in your Vibration—and get away from it, because the pulling power of the *Law of Attraction* is stronger than any action that you may offer.

As you walk away from one unpleasant situation, the Law of Attraction will bring another that feels very much like it, and usually quickly. You just cannot get there from there. To get to where you want to be—to that place of feeling better—you have to reach for alignment between you and You.

A 30-Minute Energy-Alignment Process

You can get a running start on a day of aligned Energy as you put yourself to bed the night before:

Find things in your immediate vicinity—such as your bed, your bed linens, and your pillow—to direct your appreciation toward. Then set your intention to sleep well and to awaken refreshed. When you find yourself awake in the morning, lie in more appreciation for at least five minutes, and then refresh yourself by bathing and eating. Then, sit for 15 minutes and quiet your mind. Feel whatever resistance you may have fall away, and feel your Vibration rise. Then open your eyes, and sit for five or ten minutes writing a list of things you appreciate about your life.

In doing this Energy-alignment work, your point of attraction will not only yield to you activities and rendezvous with good-feeling people, places, and things—but your ability to experience the delicious depth of them will be dramatically enhanced. Rather than doing things and going places to try to *make* yourself feel good, deliberately get to *feeling good*—and let those things and people and places come to you. It is possible that once you come into alignment with *who-you-really-are*, you will gravitate to a different relationship. But it is also likely that the relationship that you are already in was attracted from your point of being in alignment to begin with, and now that you have achieved alignment again, it will renew itself for you.

If you entered your current relationship from a place of mostly alignment, its potential for returning to a wonderful *feeling-place* is great. If you entered this relationship because you were in the process of escaping from something unpleasant, then the basis of this relationship may be more about what you *do not* want than about what you *do* want.

In any case, getting yourself feeling good before you take any action is always the best process; and when you do not feel good, you cannot be inspired to any action that will solve the problem.

Is There One Perfect Person for Me?

Jerry: Is there the “one perfect person” for us to be in a relationship with? And if there is, do you have any recommendations of how to find that person? Also, what is your opinion about what we call a “Soul Mate”? In other words, is there an ideal Spiritual mate for each of us?

Abraham: Throughout your lifetime, and because of your interaction with others, you have been identifying the characteristics in others that are most appealing to you; and you have, incrementally, been sending out rockets of desires about those desirable traits. In other words, bit by bit, you have created (in your own Vibrational Reality) your version of the perfect mate for you. But before you can find your perfect mate, you must be a Vibrational Match to that desire, which means, you must consistently be a Vibrational Match to what you want.

If you are feeling lonely or frustrated about not yet meeting your mate, you are *not* a match to your Vibrational Reality, and so your rendezvous is postponed. When you are envious of others who have wonderful relationships, you are *not* a match to your Vibrational Reality, and so your rendezvous is postponed. *If you are remembering past unpleasing relationships and using those as your justification for wanting or needing a better one, you are a match to what you do not want, and what you do want is postponed. But if you can bring yourself to a place of consistently feeling good, even in the absence of the relationship that you desire, the rendezvous is certain. In fact, it is Law.*

The “perfection” of that partner means that your partner matches the things that your life has caused you to ask for, but the finding of that partner hinges upon you becoming a match to those desires first. You cannot find your perfect mate from your awareness that your mate is missing from your life. You have to find a way to no longer offer the Vibration of a “missing partner.”

In the same way that from the sifting through your *now* physical experience, you are continually launching new desires—you also launched desires about your physical experience from your

Non-Physical vantage point before your birth. And sometimes those desires, or intentions, did include such specific things as creative traits or talents, specific things you wanted to do, or specific people you intended to co-create with. A “Soul Mate” would be such a person. But we usually downplay the idea of “Soul Mates” in the way that so many people want to address them because, really, *every person with whom you share your planet is a sort of soul mate*. And the feeling of Connection that people are looking for, the exhilaration of being with someone with their hearts soaring, really is not a function of the person you are with, but instead it is a function of your own Connection with You. We would prefer to think of *Soul Mate* as you mating, or consciously Connecting, with your own *Soul* or *Source* or *Inner Being* or *Self*. When you, in your physical moment and time, are offering a similar Vibration to that of your *Inner Being*, you have indeed found your *Soul Mate*. And if you *consistently* do that, the people who will gravitate to you will be enormously satisfying in nature.

Think about what you want in a relationship and why you want it. Look for those around you who are experiencing good relationships, and feel appreciation for them. Make lists of the positive aspects of those you have spent time with. . . . In fact, one of the fastest ways to make your way to a wonderful relationship is to find any subject that consistently feels good, and focus on that even if it has nothing to do with relationships.

When you remember that you have already Vibrationally created your perfect relationship, and that it is all queued up for you in your Vibrational Reality, and that your work now is to just not offer an opposing Vibration about it—and that it *has* to come to you—then it must come quickly. The number one thing that prevents people from rendezvousing immediately with their perfect mate is simply their awareness and discomfort about not yet finding one. Remind yourself, often, that you have done the work, you have clarified your desire, you have shot off the rockets of desire, Source is tending to those combined wishes, the *Law of Attraction* has organized the circumstances and events through which the rendezvous will occur, and now your work (your only work) is to stop doing that thing you do that *prevents* your meeting. When you

are “doing that thing you do,” you always, without exception, feel negative emotion. So when you are lonely, or ornery, or impatient, or discouraged, or jealous—you are delaying the meeting.

If we were standing in your physical shoes, we would remind ourselves that we have already done the work of specifying and asking. We would accept that the creation is already accomplished. It is done! And then we would think about it only for the sake of the pleasure of the thought. *When the moment of thought is blissful and satisfying—without the contradictory energy of trying to make something that has not yet happened, happen—your Vibration is pure and powerful, and your creation can easily flow without hindrance.*

How Does One Find the Perfect Business Partner?

Jerry: If you were looking for a business partner, would you look for someone with exceptional ability and specific skills, or would you look for someone who is more compatible with your overall intentions?

Abraham: We want to answer your question fully, but first, you have led us to another widely believed flawed premise:

Flawed Premise #10: I cannot have everything that I desire, so I have to give up some things that are important to me in order to get others.

If you have experienced relationships with others where there were some pleasing characteristics and some unpleasing characteristics, it is easy to understand why you would come to believe that you just have to take the bad with the good and put up with the unwanted parts in order to have access to the favorable parts. And since most people make very little effort to guide their thoughts beyond mere observation of *what-is*, they usually continue the pattern of focusing upon *what-is*—therefore getting more of what they

are focusing upon—therefore focusing upon it—therefore getting more of what they are focusing upon . . . and then concluding that they have little or no control of those with whom they interact.

By focusing upon the wanted characteristics of those around you, you train your Vibrational offering to match only the best in them—and then the Law of Attraction can no longer match you up with the worst in them. When you focus upon the worst of them, and train your Vibrational offering to match only the worst in them—the Law of Attraction can no longer match you up with the best of them.

The people you would describe as having “exceptional ability” are usually those who are in alignment with *who-they-really-are*. *The brilliance or clarity or intuitiveness that denotes “exceptional ability” are also characteristics of a person in alignment.*

If we were seeking a partner of any kind, business or personal, we would first seek someone in alignment with him- or herself, because when people are tuned to the fullness of *who-they-really-are*, they are feeling good; they are inspired; they are a match to Well-Being, love, and all good things. . . . *The most significant thing that we could say about you finding such a person is that unless you yourself are in alignment, you would not be a Vibrational Match to such a person. . . .*

Many people who are not in alignment then look to their partners to make things better, but the inherent flaw in that reasoning is that you do not have access to the aligned person you need to make it better for you if you are not in alignment. You just cannot get there from there.

So our answer to this important question is: There are clearly happy people who do not have the skills or interest in your specific business, and there are people who may have all of those necessary skills required for your business who are not happy. *We would look for a talented person—with abilities that matched the needs of our business—who is obviously happy. In short, seek compatibility between you and You (which means, be happy), and then everything that you are looking for will find its way to you.*

Who Is Best Qualified to Govern Us?

Jerry: In the area of government, who do you feel, among us, is the best qualified to set the standards, terms, and conditions of life for the rest of us?

Abraham: Your question leads us back to an earlier-mentioned flawed premise, that there are *right* ways to live and *wrong* ways to live, and therefore your objective as a society is to eventually find the right way to live and then to convince all others to agree or comply with this “right” way.

The diversity of your planet is of tremendous value and benefit because *from variety, springs all new ideas and expansion. Without the diversity, there would be complacency and endedness.*

Let us carry the flawed premise a bit further by pretending that your current population were to come into complete agreement with one another. Let us say that, by persuasion or coercion, you came to a worldwide consensus on the proper way to live. But new babies are being born every day from *their* powerful Non-Physical vantage points of understanding—and they are seeking diversity. It is such a perfect process where a small portion is coming into your environment (through birth) and a small portion is leaving (by death), while the largest part of your population remains, providing you with both continuity and stability.

As individuals living life, you are individually, but also collectively, making constant Vibrational requests about an improved life upon your planet; and there is no possible way that you can individually or collectively cease the offering of these Vibrational requests—and the responsive Universe steadily responds to those requests.

That stable central part of your population that we were just speaking of usually stubbornly holds to its limited beliefs (by attention to *what-is*), which prevents it from receiving the immediate benefit of the improvement it is seeking . . . but then the old, and therefore “more set in their ways,” among you die; while the open and eager ones are born. *And so, life continues to improve in response to the asking that life summons from you.*

There are many who would argue that there are ideologies that are more conducive to a better life, and that even within those ideologies there are those who are better suited to lead and guide and make laws and decide what is the better approach to life, and all of that molding of the clay of your lives is pleasurable and satisfying. But there is something very much larger than that happening upon your planet: *You are billions of people, living the perfect diversity, just as you knew you would, constantly asking for improvement and thereby setting up, for the next generation, that improved life experience. If you understood that, and no longer clamored for the “one right way to live,” things would go better for you sooner.*

So the answer to your question, “Who, among us, is the best qualified to set the standards, terms, and conditions of life for the rest of us?” is: *No one is more qualified than you to set the standards for you.* But there is nothing to worry about because you cannot cease making your requests, and Source never ceases answering them. And when you, right here, right now, no longer offer resistance to what you are asking for (by focusing on the opposite of it), it will reveal itself in your life experience immediately. In other words, if you focus upon something that your government, or someone in leadership, is doing that pleases you—then you are not resistant to the things you have chosen by the living of your life. But if you are bothered by something you see and are chronically pushing against it, you then use that unwanted thing as your reason to hold yourself in resistance to what you have chosen.

Appreciate your government, or any other, in every way you can; and, in doing so, you will not disallow the thriving that is already set up for you, and by you, that is on its way to you. The powerful Law of Attraction always, no exceptions, is best qualified to deliver to you the standards that your own individual lives have set.

What Is the Perfect Form of Government?

Jerry: So, how would you envision the perfect form of government for us here?

Abraham: It would be a government that allows you freedom to be or do or have as you want. And that will come only when there is an understanding of *how* you are getting what you are getting. You see, your government, for the most part, has become one of rules and regulations primarily established to protect one of you from the other of you. *When you come to understand that you invite through thought, then you will not feel so much need for all of that restriction, and then your government can be established as it was begun—more to offer services rather than restriction or control.*

What Is Our Natural Relationship with the Animals?

Jerry: How would you describe our natural relationship with the animals of our planet?

Abraham: The most important thing to remember about the animals with whom you share your planet is that they have come into this environment as extensions of Source Energy just as you have. In other words, like you, your animals also have an *Inner Being* or *Source* point of view; and, like humans, when their *physical* point of view varies from their *Source* point of view, they can also be in a state of resistance. However, the animals of your planet are less often in a state of resistance or separation. Unlike humans, they primarily remain in a state of Connection or alignment with their Broader Perspective.

When humans witness an animal who is tuned in to the Vibration of its Broader Perspective, they often comment about the “instinct” of the animal. What humans refer to as an animal’s “instinct,” we call an animal’s “state of alignment with Broader Perspective.”

Evidence of the alignment of the physical animal with its Broader Non-Physical counterpart is all around you, and so you accept it as animal behavior or “instinct,” when what you are actually witnessing is a physical animal who, because it is offering no resistance, has full access to the Broader Perspective, and who understands, always, the larger picture.

The Three-Step Process of Creation

In the Process of Creation there are three steps:

- **First: Ask.** (And the contrast of life experience causes you to do that.)
- **Second: Answer.** (That is not the work of you from your physical perspective, but, instead, the work of Non-Physical Source Energy.)
- **Third: Allow.** (You must find a way to be a Vibrational Match to what you are asking for or you will not allow it into your experience even though the answer is available for you.)

When humans and animals come forth from Non-Physical, you come with different intentions. Humans are more naturally involved in Step One: focusing, and sifting through the contrast of your time and space for the express purpose of asking, with ever-increasing clarity, for improved life experience. Animals are more naturally involved in Step Three: maintaining their alignment with their Broader Perspective. Humans are here to specifically create through more specific focus. Animals do less specific creating and are much less inclined to sift through contrast and make decisions. In simple terms, humans are more creative, and animals are more allowing. That is your natural bent.

While animals do experience contrast, and they do Vibrationally ask for improved conditions, they remain more often in alignment with their Broader Perspective than humans do. It is possible to be actively involved in sifting through contrast, as humans are, and to deliberately guide your thoughts into resonance with your Broader Perspective and experience the benefit of being an active creator at the same time that you are in the state of allowing. And while the animals of your planet are an important source of food for each other and for humans, the greatest value they bring to life on planet Earth is the Vibrational balance they provide, as they are extensions of *Source Energy* and remain predominantly in

alignment with that Energy. *Humans and animals make a very nice combination, just as you knew you would.*

Can We Influence Animals, or Only Control Them?

Jerry: Can humans *influence* the other living things on the planet, or do humans only have *control* over them? Like breaking or controlling a horse?

Abraham: *Control never proves to be satisfying for the one attempting the control or the one being controlled, because both—controlling others and being controlled by others—are unnatural to man and beast.*

With the absence of the offering of control, all would find alignment with *Source*, and all would experience harmonious co-creating with one another. Whether man or beast, you have inherent, innate selfish natures that you Eternally seek to satisfy. In other words, when you are in complete alignment with the Source within you, and therefore experiencing the benefit of that Broader Perspective, control of another is never necessary to your survival or Well-Being. In that state of alignment, you are always guided to circumstances that will accommodate the Well-Being that you seek. Only someone not in that state of alignment would ever seek control over another.

While in the state of alignment, you offer no Vibration contradictory to your intent; and when it is without contradiction, in that powerful state of alignment, the *Law of Attraction provides evidence of that nonresisted intention. That is what influence is: when you are in that state of Connection, your power of influence is very strong, because it is only your contradictory Vibration that ever causes you to be weak.*

Being in a state of powerful influence does not mean that you can get someone to stop doing what he intends to do and to begin pleasing you instead. It means that when you are not contradicting your own intentions—and are therefore offering a powerful Vibrational signal—the *Law of Attraction* will immediately bring to you people, circumstances, and events that match that signal. Everyone with whom you interact holds myriad intentions; and at the core

of every one of them is a Being who is Pure, Positive Energy. And so, when you are in a state of alignment, you can then connect with the true nature of them. *Focusing upon your own alignment is the best way to maintain your power of influence.*

Animals intuitively move toward anything or anyone who offers benefit, and away from anyone or anything who does not offer benefit.

What about Our Optimal Physical/Non-Physical Relationship?

Jerry: How would you describe the relationship between us current human Beings and *Non-Physical Intelligence*? And what would you describe as the optimal relationship between the two?

Abraham: This is a profoundly important question, and, in fact, is at the basis of this entire book on *relationships*. *The relationship between you and your Source is the most significant relationship of all, and unless this relationship is understood, all other relationships cannot be clearly understood.*

As you stand in your physical body, it is rather easy for you to perceive yourself as separate from others whom you can see. You make clear distinctions between “me” and “you” as you integrate your life with the lives of those who surround you. And, in a similar way, “mankind” has perceived what it calls “God” or “Source” or “Non-Physical” as separate, also.

While focused into your physical body, you are an extension of that which is “Source,” and the most important clarification of all here is that Source sees no separation at all between you, in your physical body, and Source. Any separation, or disallowing of a complete integration or alignment between you in your physical body and the Source within you, is caused from your physical viewpoint and behavior, not the viewpoint or behavior of Source.

Source, or your Inner Being—or whatever you want to call that Non-Physical part of you—understands the Eternal relationship between the physical and Non-Physical aspects of you. *Source* also understands the Eternal relationship between you and every other

physical Being with whom you share your planet, but we will discuss that more fully in other sections of this book.

So, here, in this book about *relationships*, we are asking you to reframe your definition of your relationship with Non-Physical Intelligence in this important way: Usually, when you think of a relationship between two people, you see them as separate individuals, or entities, who behave or interact with one another. We want you to understand that you are not separate from your Source, but an extension of your Source; and we want you to be aware of, or feel, your Vibrational alignment, or discord, with that Broader part of you at all times. We want you to be consciously aware when the thought you are thinking right now harmonizes so completely with your Broader Perspective that the full knowledge of your Broader Perspective flows through you, causing you to feel enlivened, clear-minded, and joyous. And when you feel confused or angry, or uncomfortable in any way, we want you to recognize that the thought you are thinking is discordant and out of harmony with your Broader Non-Physical viewpoint.

The relationship between “mankind” and “Non-Physical Intelligence” equals your *Guidance System*.

The relationship between “mankind” and “Non-Physical Intelligence” equals the expansion of *All-That-Is*.

The relationship between “mankind” and “Non-Physical Intelligence,” from the viewpoint of *Source*, is that there is no separation, ever, between the two.

The relationship between “mankind” and “Non-Physical Intelligence,” from your physical point of view, is a variable. The better you feel, the more complete the Connection or relationship. The worse you feel, the more fragmented the Connection or relationship.

Your question comes right to the heart of the intention of this book and the intention that “mankind” held when you came forth into your physical bodies: *You came as physical extensions of Source Energy, understanding that you would explore contrast, causing expansion not only for you but for All-That-Is. And you knew that, at all times, even while you were reaching into uncharted territories, the Guidance from within would not waver, but would remain a constant signal of Well-Being that you could reach toward and find at all times.*

You knew that under all conditions, you could find your way back to the resources of your Source by “feeling” your way—by understanding that the relationship between you and You is not one of separateness but one of alignment and resonance. . . . When you master the Art of Allowing your consistent alignment with the Source within you—every other relationship will be beneficial and pleasurable.

What If One’s Workplace Feels Uncomfortable?

Jerry: Abraham, if a person has a job that he enjoys, but he’s being harassed by an oppressive, overbearing superior, would you recommend that he change jobs, or can you offer a better solution?

Abraham: This leads us to another flawed premise:

Flawed Premise #11: *If I leave an unwanted situation, I will find what I am looking for.*

*Whatever you are giving your attention to is offering a Vibrational frequency, and your attention to it for an extended period of time causes that same frequency to be active within you. It is important to remember that when a Vibration is active within you, taking the physical action of walking away from it will not prevent it from being present in your experience. In clearer terms, the *action* of walking away does not hold enough power to compensate for the *attraction power* of your thoughts.*

By the time you come to the point of using strong labels such as *oppressive* or *overbearing* to describe someone you are working with, you have undoubtedly been observing unwanted conditions for some time, which means you have been practicing a pattern of thought and a pattern of resistant Vibration, and that means your point of attraction now is quite strong. So even if you take the physical steps to remove yourself from the situation by quitting your job and finding another—or by asking to be removed from the specific

department of this supervisor and moving to another—*wherever you go, you will be taking yourself with you.*

Taking the action of walking away does not mean that your Vibrational patterns have changed; and, usually, even though someone may not now be observing the unwanted characteristics of his former superior, often he justifies the necessity of the move to the new location by continuing to remember or explain what the previous experience was like, therefore keeping that Vibration active within him.

You have received tremendous value in this *harassing, oppressive* relationship even though it is difficult to recognize it while it is happening, because during those uncomfortable moments when you knew so very clearly how you did *not* want to be treated, how you did *not* want your job to be, how you did *not* want to be devalued, how you did *not* want to be disrespected, how you did *not* want to be misunderstood—during those experiences, you were launching rockets of desire about what you *did* prefer and how you *did* want to be treated. In other words, those unpleasant experiences were the bouncing-off place for your expanded and improved life experience.

Every time something happened that caused you to launch one of those rockets of desire, the larger part of you—your *Source*, or *Inner Being*—followed the rocket, took the expansion, and held for you the position of the improved experience. The only open question, then, is: *Where are you in relationship to the expansion? Are you imagining the improvement, appreciating the contrast that caused it? Are you looking forward with optimism to the improved life experience regarding your work environment? Or are you continuing to speak of the injustices of your past experience and therefore holding yourself out of alignment with the new expansion that this relationship has spawned?*

Negative emotion means that your life has caused expansion, which, in the moment of the negative emotion, you are disallowing. Every time. No exceptions. That means that no matter what you believe is the cause of your negative emotion (and certainly we understand why you want to justify your negative feelings, because it *would* feel better if *they* would be nicer), *your negative emotion means that you are disallowing your own expansion.* Period.

If your harassing supervisor had not inspired your desire and expansion into something more, you would not suffer the discomfort of not allowing the expansion. So the better solution you are asking for is this: *Try to make peace with where you are*, perhaps by acknowledging that this unpleasant person has helped you become very clear about how you want to be treated and about how you want to treat others; look for the benefit of the relationship rather than pushing against the unwanted aspects of it; and, in the simple, and much-easier-than-you-may-at-first-believe, process of just chilling out a bit—and maybe even trying to give the benefit of the doubt to your supervisor—your resistance will subside and you will then be allowing yourself to move in the direction of your newfound expansion. . . . *If your life has caused you to ask for an improved situation—no matter what it is—and you are no longer offering chronic thought-Vibrations that are opposite of your desire, your desire must come to you. But you cannot continue to keep alive within you Vibrational patterns of what you do not want, and receive what you do want. That defies the Law of Attraction.*

How Can We All “Have It All”?

Jerry: You said that we can have it *all*, but how does that work when there are others who are also wanting it *all*? What keeps our desires from clashing?

Abraham: There is a very large flawed premise that must be reconciled here before you will be able to understand our answer to your very important question:

Flawed Premise #12: *There is a finite container of resources that we are all dipping into with our requests. Therefore, when I satisfy my request for something, I deprive others of that resource. All of the abundance, resources, and solutions already exist, merely waiting to be discovered; and if someone else gets there first, then the rest of us will be deprived of that discovery.*

What many are regarding as the “discovery” of abundance or resources or solutions, we want you to understand is actually the “creation” of abundance, resources, and solutions. *When the living of your life causes you to desire an improvement—your Vibrational request for that improvement sets forth the process of the attraction and actualization of that improvement. In living your Leading Edge lives, you are not merely discovering improved benefits. You are creating them.*

Many people deprive themselves of much that they desire because of their misunderstanding of the ever-evolving, ever-expanding, ever-created pool of resources. If you do not understand the Creative Process of your planet, and the important role that you play in the expansion, you may fall into the ranks of the many who experience the shortage Consciousness that is caused by this misunderstanding.

This misunderstanding is at the heart of the feeling of competition. You did not come here to compete for the resources of your planet. You came as creators. *If your time-space reality has the wherewithal to inspire a desire within you, it is our absolute promise to you that your time-space reality has the ability to deliver, in full-manifested form, the reality of the desire it has inspired.* You came here knowing that; and until you remember it fully, and apply it deliberately, you will pinch yourself off from your largest of resources—the clarity, knowledge, and Energy of your *Source*. That is truly the only shortage that can exist in your world; and it is wonderful when you realize that that shortage is always, without exception, self-inflicted.

And so, you are not in competition with the others who share your planet. They could never deprive you of something by taking it for themselves. In fact, their existence *enhances* your ability to receive, for in your interaction with them, your own desires are inspired. *Any and all desires can be fulfilled unless you are holding yourself out of alignment with your own desire. The feeling of competition or shortage, or limitation of resources, means you are out of alignment with your own desire.*

Are Legal Contracts Counterproductive to Creativity?

Jerry: I understand that you are encouraging us to be aware of our current emotions in order to make our best choices. So how can we live and create “in the moment” while, at the same time, entering into long-term relationships or agreements where our legal documents are often binding far into our future?

Abraham: Whether you are focused upon an immediate situation, which requires your thought and action right now, or whether you are thinking about a future or even a past event—you are doing it right now. Therefore, it is causing an activation of Vibration right now. In other words, you can tell how you are affecting a future event, right now, by the way you are feeling about it right now as you are thinking about it. Therefore, if you are aware of how you are feeling in every present moment, and it matters to you that you feel good, and so you are deliberately making an effort to align your current thought with the thought of your *Inner Being*—not only will you have many more pleasant moments, *but every subject that you have pondered will benefit by the focus of your Source-aligned thought.*

Sometimes people disagree with the premise that “if you feel really good about something, it will continue to evolve in a pleasing way,” by pointing out how happy they felt at the beginning of a relationship that turned out badly. But if you remember that each time you focus upon something, your current thought is affecting it, then you may understand that between the time you felt good about your relationship and the time it turned out badly, your current thought moved often to what you did *not* want rather than to what you *did* want. Sometime, in the interim between the happy beginning and unhappy ending of your relationship, your thoughts turned consistently toward unwanted things, and you experienced the inevitable negative emotion that always accompanies such thoughts. *It requires continual deliberate focusing upon the positive aspects of any relationship to maintain the good-feeling productivity of it over time. You cannot allow your “now” thoughts to drift toward unwanted without having both current and future negative impact upon the object of your attention.*

Many long-term agreements are sought from a standpoint of wanting to protect against future unwanted situations, and that is not a good basis from which to begin any relationship. *When you come to understand the power of your focused thought, any need to protect will dissipate, and your sense of continual Well-Being will dominate.*

If your current circumstances, or the laws of your government, require that you enter into binding, long-term agreements, you can still maintain your balance and feeling of alignment, or freedom, by remembering that even those agreements can be changed. You may enter into a 20- or 30-year agreement regarding the purchase of your home, but later on, if you wish, you could sell your home and therefore end that agreement. Many people enter into “until death do us part” marriage relationship agreements, later to amend those agreements with new agreements of “divorce.”

It is liberating to realize that by utilizing the power of your thoughts—by deliberately aligning them with the expanded version of your life that you have given birth to—you can get anywhere you want to be from wherever you are.

What Perpetuates Chronic Therapeutic Problems?

Jerry: It seems to me that when people enter into therapy where they are trying to work out or fix specific problems, the problems often seem to continue for years. What’s the cause of that? Why does their pain continue?

Abraham: Because every moment is new; and, under all conditions, the components of the moment are changing and different from every moment that has been before. *Nothing ever remains the same. Things are constantly changing, but often, because of chronic patterns of thoughts, even though things are changing—they are changing to more of the same.*

It is not possible to create an improved future by dwelling on the problems of the past. That simply defies *Law*. *Focusing on problems of the past, or the present, will prevent you from moving to the*

solutions in your future. Focusing on the problems of the past, or the present, will guarantee a problematic future.

Therapy can be of value in the sense that any discussion about the unwanted aspects of your life experience can help you to know more clearly what changes you prefer, but beyond that discovery, *a continued discussion of unwanted things will only hold you in those unwanted patterns of attraction. If, however, once you are keenly aware of what you do prefer, you will focus upon that, your life must improve.*

There is a tremendous difference in the Vibrational frequency of the *problem* and that of the *solution*. The *question* is one Vibration, while the *answer* is something quite different. Your unwanted experience has launched an amended desire, and your *Inner Being* is now focused entirely upon that *improvement*; and when you join your *Inner Being* in the thought and Vibration of that desire, you will feel immediate improvement in your emotion—and the manifestation of the improvement will begin to move into your experience. But as long as you continue to beat the drum of injustice, unfairness, or that which is unwanted, you will hold yourself apart from the improvement.

What Is Our Greatest Value to Those in Need?

Jerry: If we see a friend in a negative situation, living something truly unwanted or without something the person very much does want, how can we help? In other words, how can we be of an advantage to others rather than a disadvantage?

Abraham: Whether your friend is feeling negative emotion because of the situation he is in, or whether you are feeling negative emotion because of your awareness of the situation your friend is in, neither of you is aligned with your Broader Perspective. *Your awareness of your friend's problem is a true disadvantage to him, because you are amplifying the Vibration of the problem and therefore adding to it.*

Often your friend draws you into keener awareness of the problem by continually discussing specific aspects of it, but with every moment of attention that you give to your friend's problem, the further from really helping him you are.

In this contrasting world in which you are focused, any attention to your problems *does* cause you to Vibrationally ask for solutions, and those solutions *do* begin lining up for you. And so, you could actually add to the power with which your friend is asking for solutions by discussing the specifics of the problem, but he does not need help in amplifying his problems in order to intensify his asking. That is a natural process that the contrast of the Universe provides. . . . *There is no reason to deliberately stir up problems in order to stir up solutions.*

You are of no discernible assistance to your troubled friend unless you are able to focus in the direction of the solution, in the direction of what he wants, or in the direction of what you desire for him. *If you are determined to feel good and are able to focus in the direction of improvement for him despite his continual prodding at his problem, your power of influence toward improvement will be powerful.* In other words, when you focus in the direction of the solution, you join forces with your own *Inner Being*, with his *Inner Being*, and with all of the cooperative components that the *Law of Attraction* has already assembled. *If you allow yourself to be the sounding board for your friend's problems, your power of influence will be paltry, and you will be of no value to your friend.*

But something even more troubling is now occurring: Your friend's problem not only launched rockets of desire into *his* Vibrational Reality, but your association with him and your focus has caused you to launch rockets of desire about your friend into *your* Vibrational Reality. In other words, this experience has caused an expansion in you, and if you do not focus in the direction of your expansion—if you do not focus on the possible improvement for your friend—you will pull against your own expansion.

It is important to realize that the negative emotion that you often feel when you are worried about a troubled friend is actually present because your focus is pulling you apart from yourself. Your friend may be the reason for your focus, but your friend is not the reason you are pulling against yourself. Your focus is the reason for that.

Looking for positive aspects and expecting good outcomes for your friends is the only way you can be of value to them, for there is no action

that you can offer that is strong enough to buck your current of negative attention.

Jerry: So we're not doing ourselves or the other person any favor when we discuss our problems or concerns with them?

Abraham: Indeed not. *Nothing good ever comes from focusing in opposition to what you desire. It is detrimental to you and to whomever you draw into your negative conversation.*

Why Do Some People Repeatedly Attract Painful Relationships?

Jerry: What is it that causes some people to repeatedly attract relationships that bring them pain and anger—to the degree that they finally end the relationship—but then they soon find themselves engaged in another relationship with essentially the same sort of negative conditions? And what would you recommend to change that pattern?

Abraham: It is possible to walk away from an unwanted situation without repeating it again, but that would require not talking about it, not thinking about it, and not pushing against it. It would require a complete deactivation of the Vibration of the troubling experience. And the only way to deactivate a thought, or Vibration, is to activate another. *The way to avoid repeating unwanted situations is to talk about wanted situations. Talk about what you do want; and discontinue dialogue about any unwanted experiences, situations, or results.*

Monitoring thoughts can be tedious and tiring, so the best approach to deliberately change the direction of your thought is to reinforce your desire to feel good. *Once you are determined to improve the way you feel, you will begin to catch yourself in the more early, subtle stages of negative attraction. It is easier to release a negative thought in the beginning stages of it than after it has gained more momentum.*

Are Some Doomed by Their Childhood Influence?

Jerry: Don't many of our disempowering thoughts begin in childhood? In other words, how much influence do adults have on the way children begin to think? And are children doomed to continue the patterns of resistant thoughts that they learn from their parents?

Abraham: *Doomed* is a stronger word than we would use, but there is no question that children are influenced by the thoughts of their parents, because anyone who is giving their attention to anything begins to offer a similar Vibration. But it is of value to remember that no matter what your age, there is always a Vibrational Relationship occurring between the Vibrational content of whatever you are focused upon in the moment and the point of view about the same subject from the Source within you.

For example, when an adult disapproves of the behavior of a child and speaks his condemnation of the child, as the child observes the adult's disapproval, a Vibration occurs within the child that corresponds with that disapproval. But, at the same time, the *Source* within is offering appreciation and approval of the child, because, no matter the situation, Source never withdraws love or offers condemnation. Ever! So the discord between the active Vibration, influenced by the physical adult's disapproval, and the active Vibration of the love of Source causes discord in the child, which feels like negative emotion. *When negative emotion is present, it always indicates discord between the perspective of Source and the perspective of you in your physical body.*

It is of value to note here that no negative emotion is present until opposing Vibrations have actually occurred. In other words, no matter how much disapproval another feels for you, unless you focus upon their disapproval long enough to activate it in your own Vibration—you will not feel the discord. But most parents are so certain they are right that they work quite hard at staying focused upon what they believe is wrong behavior until they do manage to influence enough attention to their object of disapproval that the discord begins within the child.

It is interesting to note the striking difference between the behavior or approach of your Source and most of your parents: Your Source, no matter how extreme the situation, will never withdraw its love and appreciation from you. There is no behavior that you could offer that would result in the withdrawal of the Love of Source—while, quite often, your physical parent, who has lost conscious Connection with Source, seemingly demands your attention to what he deems your failure or misconduct.

Notice how reluctant your children are, especially in the beginning, to admit their wrongdoing to you. It is their natural instinct to continue to feel good about themselves even when you are finding flaws or misbehavior.

From the moment that you are influenced to deviate from your awareness of your own value, the most powerful desire that flows forth from you is to reconnect with that awareness of your value. There is no greater driving force in the Universe than the force of Well-Being and self-value. So even if you are like most children who have been born into an environment where most adults have lost their conscious awareness of that Connection, whenever you catch a glimpse of it, it calls you. And you feel it. *There is no greater purpose of this book than to activate within you a conscious decision to seek alignment with the Source within you.*

Whenever others attempt to guide or influence your behavior by the offering of approval or disapproval . . . as you try to please them, you are diminishing your awareness of your own *Guidance System*. *If we were parents standing in your physical shoes, our dominant intent regarding our children would be to make them aware of their own Guidance System and to encourage them to utilize it always. For we understand that there is no amount of physical knowledge that we could convey that could begin to approach the magnitude of the value of their continual alignment with their Broader Perspective. In other words, the coaxing of anyone into pleasing you, from your physical perspective, and thereby ignoring their Broader Perspective of Source, is a sacrifice that we would never ask of anyone.*

Are You Blessed with a Difficult Child?

Many children are able to hold to their Broader Perspective even amidst strong human influence. They are often labeled by their parents and teachers as “problematic” or “troubled” children. They are often deemed “stubborn” and “incapable of learning,” but we want you to know that a determination to guide oneself, and follow one’s personal guidance, is an inherent intention that all are born with. Many are coming into physical form with an even more powerful intention of remaining connected to their own Broader Perspective, and the physical people who surround them are finding them less easy to dissuade from their own determinations. That is a good thing.

Many people have been socialized, in the sense that they commonly seek the approval of others, and they often live very difficult lives because it is no simple task to determine which, of the influential people who surround them, they should bend to.

And many people who have spent many years making an effort to fit in, to not make trouble, and to find approval from others finally reach the point of recognizing the futility of it, because no matter how hard they try to please others, the list of those who are *not* pleased with them always remains longer than the list of those who *are* pleased. And who gets to decide what the right way of living is, anyway?

You are living in the wonderful time of Awakening. This is the time when more people will come into conscious realization of their own value. It is the time when fewer people will attempt the impossible task of pushing the unwanted far enough away that they will be left with only that which is wanted. It is the time when more people will come to the realization that what they have been long seeking is not a change in the behavior of others, or in the world outside of them—over which they have no control—but, instead, an understanding of their own Vibrational relationship with *Source*, over which they have complete control.

How Can One Move from Disharmony to Harmony?

Jerry: If you were a child born into a disharmonious environment—or even an employee finding yourself in an unpleasant work environment—how could you remain in such a situation and still maintain a positive personal life experience?

Abraham: The first thing we would encourage you to do is to lay low, so to speak. Try to be as inconspicuous as possible in your awareness of the disharmony. In fact, do your best to be unaware of the disharmony, because in actually being unaware of the disharmony, there will be no active Vibration of it present within you, and the *Law of Attraction* will then leave you out of any discordant rendezvous.

But if, instead, you *are* aware of the unpleasant occurrences—if you seek to quell the injustices by drawing attention to them—then you activate a Vibration within you that draws you closer into the unpleasant mix. If, from your point of view, you identify wrongdoing and you point it out, those participating in the behavior you believe is wrong will rise up larger and push back at you in an attempt to convince you that it is really your point of view that is wrong. Then you push back, and they push back, and the discord looms larger while both sides are deprived of any lasting solution.

All *contrast* causes an asking for improvement by all parties involved, but usually those involved are pushing so hard against someone else that they render themselves incapable of seeing the solution, even though it may be quite near.

Seeing what you do not want until you can no longer stand it, and then leaving the situation and going somewhere else, does not bring a lasting solution, because the reason you left is the dominant Vibration within you, which means more scenarios like the one you just walked away from are making their way into your experience again. In other words, you did not change your point of attraction by moving to a new location, to a new job, or to a new relationship.

It may sound odd, but the fastest way to get to a new-and-improved situation is to make peace with your current situation. By making lists of the most positive aspects you can find about your current situation, you then release your resistance to the improvements that are waiting for you. But if you rail against the injustices of your current situation, you hold yourself in Vibrational alignment with what you do not want, and you cannot then move in the direction of improvement. It defies Law.

Since a powerful desire for improvement is always born out of unpleasant situations, the larger part of you is already experiencing the benefit of the contrast you have lived, and you can—much more easily than many of you believe—begin, right now, to receive the benefit of that contrast. It may not be easy at first, but it really is as simple as making the best of where you are.

In every particle of the Universe, there is that which is wanted—and the lack of it. By making a decision to orient yourself to look for what is wanted, you will change your Vibrational patterns of resistance, and it will not be possible to remain in unwanted situations for long periods of time.

Must a Negative Childhood Lead to a Negative Adulthood?

Jerry: So, a child could be negatively influenced by a parent, but that doesn't have to be a continuing influence through the adult life of the child, does it? In other words, that's an individual decision that can be made, at any time, by that child who is now an adult?

Abraham: It is clear, by the way you have worded your questions here, that you believe that the small child has little or no control in relationship to the older, bigger adult. And so, you are delaying your expectation of things getting better for this child until he becomes an adult and can gain control of his own life and make his own decisions.

As an adult reading this book, you are in a position where you can consciously make your Vibrational relationship with your *Inner Being* your highest priority by getting into the Vortex of Well-Being

and positively controlling everything about your life experience. But there is another way of looking at this: As a child, even a child in a negative situation who seems to have little control of your own experience, you have a better relationship between the physical you and the Non-Physical You than most adults. In other words, for most, the Vibrational variance between your two Vibrational aspects is much less in the early days of your life than in the later years because you pick up and continue more and more resistant thoughts as you move through time. That is why most children are much happier than most adults even though they seemingly have far less control. And this book is written to help you reverse that process.

We want you to understand that at any point when you make the decision to be consciously aware of the relationship between your Vibrational vantage points (which means, anytime you decide that how you feel is of utmost importance to you), you can come into alignment, you can access the Energy that creates worlds, you can fulfill your reason for being—and you can live happily ever after.

But until you decide to focus your thoughts into alignment with the Source within you, you will not feel good. *A joyful life is not about gaining control of the factors that surround you. A joyful life is about coming into alignment with who-you-are. Joy is not about controlling other people or circumstances. Joy is about controlling your own Vibrational relationship between the physical you and the Non-Physical You. It is alignment with Source that is joy or love or success or satisfaction.*

Blaming Past Suffering Magnifies Current Suffering

Jerry: There are a large number of adults who are experiencing trauma in their lives who believe that their parents are the root of their current problems. As long as they continue to blame their parents, won't they continue to experience problems?

Abraham: For adults to be able to use something from their distant past (such as from their childhood) as their reason for not feeling good in their present, it is necessary to keep that unpleasant

thought alive and active in their Vibration. *Whether their unpleasant memory is about a parent, a sibling, a bully at school, or an angry teacher, it is only their continued thought about that relationship that would cause it to still be an issue years later.*

We would define a *belief* as a thought you continue to think. In other words, whatever you are focused upon, thinking about, speaking about, observing, remembering, or contemplating—whether it is about your past, present, or future—that thought-Vibration is active right now. And your emotions are giving you, in the moment, feedback of how that current active thought is blending with the perspective of your *Inner Being*. When your current thought is not resonating with what your *Inner Being* knows about the subject, your negative emotion indicates the disharmony. And often, because you are not aware of the existence of this *Emotional Guidance System*, and you do not realize that you could shift your focus and improve the way you feel, you continue your discordant thought, and you feel bad and blame the object of your attention.

You innately understand that you are supposed to feel good, and when you do not, you know something is wrong. And it is easy to understand how, under those conditions, you would blame whatever or whomever has your attention while the negative emotion is present.

So, over a longer period, each time that unpleasant memory surfaces and you feel the negative emotion but you make no effort to control your thought and focus into alignment with the perspective of your *Inner Being*—your Vibrational discord gets stronger. In other words, your negative beliefs about your earlier life not only get larger and gain momentum, but you continue to bring them forward and to use them as reasons for your current disconnection from Source.

Many feel the futility of trying to resolve those past conflicts because often the main characters in their past dramas are deceased, and even if they are still living somewhere on the planet, most feel that the likelihood of their recognizing their wrongdoing is small; and, anyway, they believe the damage is done. . . . During those traumatic or dramatic childhood moments of real or perceived mistreatment, they were influenced by the situation to focus themselves

out of alignment with their *Source Energy*, and they did it often enough that they established a belief (a chronic pattern of thought) that held them out of alignment whenever they focused upon that misaligned thought.

What this blaming adult does not realize is that the relationship that is disharmonious here is the one between him, in his physical form right now, and his Broader, Pure, Positive Energy *Inner Being*. . . . *His suffering is not because of childhood mistreatment, over which he had no control. His suffering is about his current, in-this-moment misalignment between physical self and Non-Physical Source—over which he has complete control.*

It can be so liberating to focus your thoughts and therefore train your beliefs into alignment with your own Source and power. And it is so debilitating to continue the flawed premise that “others need to be different before I can feel good.”

When Does “Fixing Problems” Simply Increase Problems?

Jerry: I guess my tendency, in years gone by, was to try to fix the problems. I believed that if I could think about them enough, I could get them fixed. But then most of the problems just increased.

Abraham: *The only way to solve a problem is to look toward the solution. And, when you are looking in the direction of the solution, you always feel an improvement in your emotions. Looking back at the problem always feels worse.*

It is that old *flawed premise* again: “If I push hard enough against what I do not want, it will go away,” when what really happens is that the more you push against it, the bigger it becomes and the more often it manifests in your experience.

It is helpful to remember that every subject is really two subjects: *what is wanted* and *the absence of what is wanted*. It often seems like a fine line between focusing upon the problem and focusing upon the solution, but that line is not a fine line at all, because the Vibrational frequencies of the problem and of the solution are vastly different. *The best way to identify which side of the equation*

you are focused upon is by paying attention to how you are feeling. Your emotions will always indicate whether you are focused in the direction of your Broader knowing and your solution, or in the opposite direction toward the problem.

Abraham, Speak to Us of Love

Jerry: *Love* is a predominant word in our culture. How do you see humankind, in general, in relation to the word *love*?

Abraham: Being in the state of *love* means being in the state of complete alignment with the Vibration of the Source within you. When you are in the state of love, there is no active Vibration of resistance within you. For example, if a parent were focused upon the absolute Well-Being of his child, that parent would be in complete harmony with the way the Source within him views the subject of his child, and therefore there would be no resistant Vibration present—and the parent would feel “love.” But if a parent is focused upon what he considers to be the bad behavior of the child, or if a parent is worrying about something unwanted happening to the child, those thoughts are completely disharmonious with the way the Source within him views the subject of his child, and therefore there is resistance present within the parent’s Vibration—and he would feel anger or worry.

So, in the same way that the “problem” and the “solution” are very different Vibrations, the subject of “love” can be discussed from the state of being aligned with *who-you-really-are*, or from the state of being out of alignment with *who-you-really-are*. A mother who shouts at her child, “Don’t you know how much I love you!” from her place of trauma or worry or anger is doing so from her state of misalignment. And so, even though she is offering the word *love*, her Vibration could not be more opposite.

One of the most confusing things that children encounter as they begin to understand language is the dichotomy between the words their parents offer and the accompanying Vibration. It is of

such value to a child when a parent expresses, with words, what he is actually *feeling*. And of even more value when the parent works to be in alignment with the truest of his feelings (*love*) before he expresses anything at all toward his child.

When Is It Time to Quit Trying?

Jerry: Why do people often continue to cling to relationships that bring them pain?

Abraham: Often people believe that having a relationship, even if it is not a good-feeling one, is better than having no relationship at all. And so, they stay because it seems less painful to be angry than to be lonely, or to be continually aggravated than to be insecure.

Jerry: And what degree of discomfort or pain should a person reach before you would recommend seeking a separation from the negative relationship?

Abraham: Walking away from exposure to unpleasant or unwanted things does give you the relief of not being continually confronted with those things, and you may find it easier to find more pleasant thoughts and to be more often in alignment with your Broader Perspective. But while there is often temporary relief following an abrupt departure, if you have left without actually achieving Vibrational alignment with the Source within you, the relief does not last—and the next relationship you attract feels, often, very much like the last.

Of course, if someone is experiencing physical or even verbal abuse, we would encourage a physical separation as quickly as possible. However, just removing yourself from the current situation will not stop your feeling of abuse if you continue to think about it, resent it, and use it as your reason for leaving.

You cannot continue to focus upon unpleasant thoughts without keeping the thoughts active within you and therefore holding yourself

out of alignment with the solutions and relationships that you really do desire. In short, you just cannot get to where you want to be by pointing at the evidence of that which is unwanted. It defies Law.

Often people are surprised to discover that by physically remaining in a relationship (by not moving out) but at the same time deliberately deactivating the *unwanted* aspects of their relationship by activating more *wanted* aspects, their relationship improves so much that they no longer want to leave. We are not suggesting that, in all cases, it is possible to suddenly focus so positively that you cause personality or behavior changes in those who live with you—but we do know that nothing can come into your experience unless it is active in your Vibration.

Many argue that unpleasant things would not be active in their Vibration if other people had not behaved in a way that caused the activation. And while we acknowledge that it is certainly easier to feel good when you are around good-feeling people, *we would never go so far as to say that the behavior of others is responsible for the way you feel, because you have the power to focus, and therefore attract, despite the behavior of others in your environment.*

If, every time you see something unwanted, you merely move to a place where, for the moment, you do not see the unwanted behavior, in time you will have yourself backed into an impossible corner of complete isolation. But if, every time you see something *unwanted*, you realize that, in the same moment, your awareness of something *wanted* is keener—and you quickly turn your attention in the direction of the newly emphasized *wanted*—everything in your experience will continue to improve.

Instead of physically removing yourself from the unpleasant relationship, and instead of asking your partner to behave differently so that you could feel better by merely observing, if you would ride each new rocket of desire that is born out of the continual conflicts, your physical Vibrational patterns of thoughts (or new chronic beliefs) would be such that the *Law of Attraction* would have to match you up with different experiences. . . . *It is always true that whatever you are living always matches your chronic Vibrational patterns, or beliefs. And it does not matter even if you have an excellent*

excuse for your negative thoughts and negative emotions—they still equal your point of attraction. What is manifesting on every subject in your life is an indicator of the beliefs you hold and your chronic patterns of thought.

It is very empowering to discover that your patterns of thought do not have to follow your current situation, and therefore your current situation (on all subjects) can change. . . . We do not recommend taking the physical action of leaving a relationship without deliberately coming into thought alignment with the new desires that have been born out of your current relationship. And then—whether you stay in this relationship or move on to another—you can have exactly what you desire.





About the Authors

Excited about the clarity and practicality of the translated information from the Beings who called themselves *Abraham*, **Jerry** and **Esther 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 people who were asking meaningful questions regarding the application of the principles of the *Law of Attraction* to finances, bodily conditions, and relationships—and then successfully applying Abraham’s answers to their own situations—Jerry and Esther made a deliberate decision to allow Abraham’s teachings to become available to an ever-widening circle of seekers of answers to how to live a better life.

Since 1989, using their San Antonio, Texas, conference center as their base, Esther and Jerry have traveled to approximately 50 cities a year (throughout Australia, Canada, England, Ireland, and the United States), presenting a series of interactive *Law of Attraction* Workshops to those leaders who have gathered 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, films, 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.

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

Featuring the concept of the Universal *Law of Attraction*, the Hickses have published more than 800 Abraham-Hicks books, cassettes, CDs, and DVDs (now translated into more than 30 different languages). 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.



Hay House Titles of Related Interest

YOU CAN HEAL YOUR LIFE, the movie,
starring Louise L. Hay & Friends
(available as a 1-DVD program and an expanded 2-DVD set)
Watch the trailer at: www.LouiseHayMovie.com

THE SHIFT, the movie, starring Dr. Wayne W. Dyer
(available as a 1-DVD program and an expanded 2-DVD set)
Watch the trailer at: www.DyerMovie.com



***CREATIVE FLOWDREAMING™: Manifesting Your Dreams
in the Life You've Already Got,*** by Summer McStravick

***THE HEART OF LOVE: How to Go Beyond Fantasy to Find
True Relationship Fulfillment,*** by Dr. John F. Demartini

***MAXIMIZE YOUR POTENTIAL THROUGH THE
POWER OF YOUR SUBCONSCIOUS MIND FOR AN
ENRICHED LIFE,*** by Dr. Joseph Murphy

***SECRETS OF ATTRACTION: The Universal Laws of Love,
Sex, and Romance,*** by Sandra Anne Taylor

***SPIRIT-CENTERED RELATIONSHIPS: Experiencing Greater Love
and Harmony Through the Power of Presencing,*** by Gay Hendricks,
Ph.D., and Kathlyn Hendricks, Ph.D. (book-with-CD)

THE WON THING: The "One" Secret to a Totally Fulfilling Life,
by Peggy McColl



All of the above are available at your local bookstore,
or may be ordered by contacting Hay House (see next page).





We hope you enjoyed this Hay House book. If you'd like to receive our online catalog featuring additional information on Hay House books and products, or if you'd like to find out more about the Hay Foundation, please contact:



Hay House, Inc.
P.O. Box 5100
Carlsbad, CA 92018-5100

(760) 431-7695 or (800) 654-5126
(760) 431-6948 (fax) or (800) 650-5115 (fax)
www.hayhouse.com® • www.hayfoundation.org



Published and distributed in Australia by: Hay House Australia Pty. Ltd.,
18/36 Ralph St., Alexandria NSW 2015 • *Phone:* 612-9669-4299
• *Fax:* 612-9669-4144 • www.hayhouse.com.au

Published and distributed in the United Kingdom by: Hay House UK, Ltd.,
292B Kensal Rd., London W10 5BE • *Phone:* 44-20-8962-1230
• *Fax:* 44-20-8962-1239 • www.hayhouse.co.uk

Published and distributed in the Republic of South Africa by: Hay House SA
(Pty), Ltd., P.O. Box 990, Witkoppen 2068 • *Phone/Fax:* 27-11-467-8904
• info@hayhouse.co.za • www.hayhouse.co.za

Published in India by: Hay House Publishers India, Muskaan Complex,
Plot No. 3, B-2, Vasant Kunj, New Delhi 110 070 • *Phone:* 91-11-4176-1620
• *Fax:* 91-11-4176-1630 • www.hayhouse.co.in

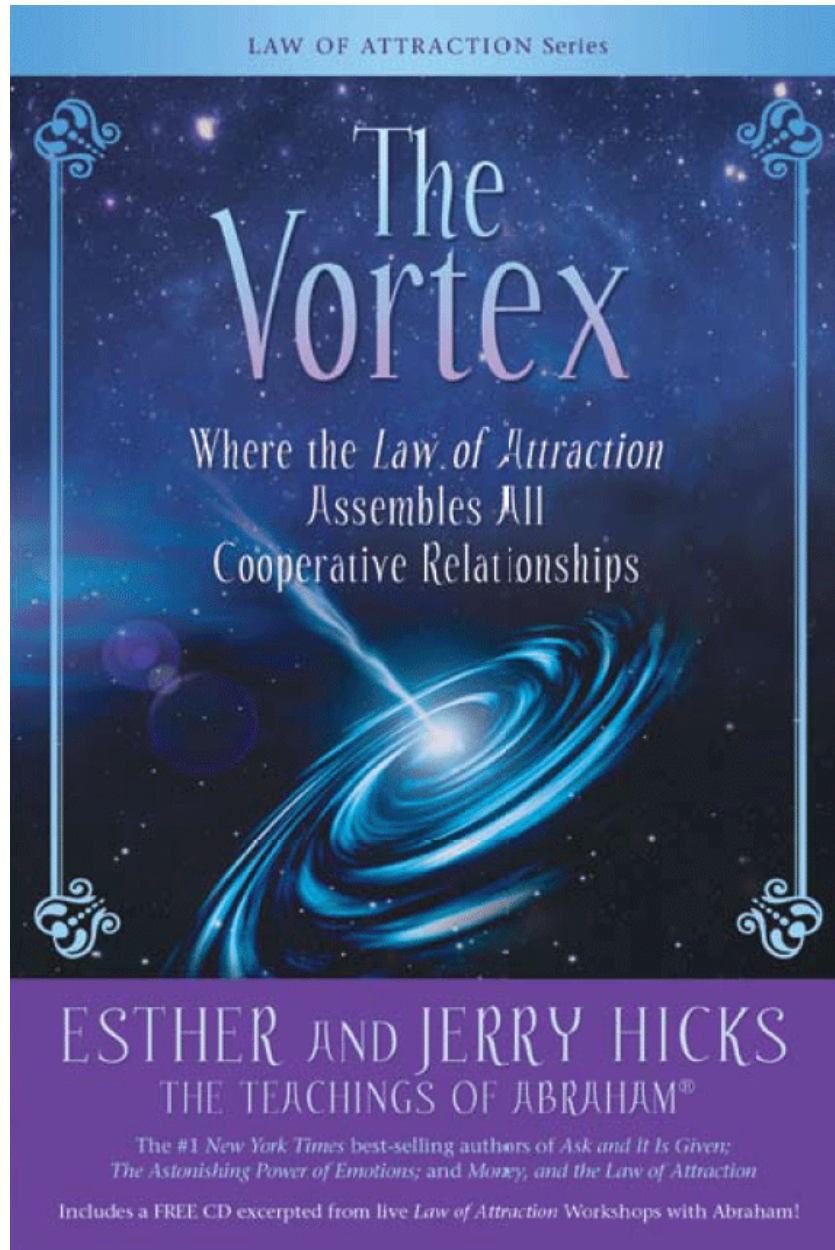
Distributed in Canada by: Raincoast, 9050 Shaughnessy St., Vancouver, B.C.
V6P 6E5 • *Phone:* (604) 323-7100 • *Fax:* (604) 323-2600 • www.raincoast.com



Take Your Soul on a Vacation

Visit www.HealYourLife.com® to regroup, recharge, and reconnect with your own magnificence. Featuring blogs, mind-body-spirit news, and life-changing wisdom from Louise Hay and friends.

Visit www.HealYourLife.com today!



ORDER *The Vortex* from your local bookseller or online.

