

## **Abraham's Teachings In Brief**

Here is the essence of the Abraham-Hicks message, distilled from workshops with Abraham since 1986.

### **You are a Physical Extension of that which is Non-physical.**

All-That-Is, or God, is not finished and waiting for you to catch up. You are the leading edge of thought, here seeking more: more of all that feels good to you, more of that which is fresh and gloriously uplifting. (You are, in essence, bringing heaven to earth.)

### **You are here in this body because you chose to be here.**

You wanted the opportunity to experience this delicious contrast in time and space, and with great anticipation you came to co-create with other joy-seeking beings, to fine-tune the process of deliberate thought. (What, where, when and with whom are your choices, too.)

### **The basis of your life is Freedom; the purpose of your life is Joy.**

You are free to choose to discover new avenues for your joy. In your joy you will grow; and in your growth you will add to the growth of All-That-Is. (However, you are also free to choose bondage or pain... but everything anyone chooses is only because they believe it will help them feel better.)

### **You are a creator; you create with your every thought.**

You often create by default, for you are getting what you are giving your attention to wanted or unwanted but you know by how it feels if what you are getting (creating) is what you are wanting or if it is not what you are wanting. (Where is your attention focused?)

### **Anything that you can imagine is yours to be or do or have.**

As you ask yourself why you want it, the essence of your desire is activated, and the Universe begins to bring it to you. The more intense your positive feelings, the faster it is coming to you. (It is as easy to create a castle as a button.)

### **You are choosing your creations as you are choosing your thoughts.**

Your loving, Inner Being offers guidance in the form of emotion. Entertain a wanted or unwanted thought and you feel a wanted or unwanted emotion. Choose to change the thought and you've changed the emotion and the creation. (Make more choices in every day.)

### **The Universe adores you; for it knows your broadest intentions.**

You have come to earth with great intentions, and the Universe constantly guides you on your chosen path. When you are feeling good, you are, in that moment, allowing more of that which you have intended from your broader perspective. (You are Spirit Incarnate.)

### **Relax into your natural Well-being. All is well. (Really it is!)**

The essence of all that you appreciate is constantly flowing into your reality. As you find more things to appreciate, your state of appreciation opens more avenues to more to feel appreciation for. (As you think you vibrate. As you vibrate you attract.)

**You are a creator of thoughtways on your unique path of joy.**

No one can limit where you can direct your thought. There are no limits to your joyous journeys to experience. On the path to your happiness you will discover all that you want to be or do or have. (Allowing others their experiences allows you yours.)

**Actions to be taken and money to be exchanged are by-products of your focus on joy.**

On your deliberately joyous journey your actions will be inspired, your resources will be abundant and you will know by the way you feel that you are fulfilling your reason for life. (Most have this one backwards, therefore most feel little joy in their actions or their possessions.)

**You may appropriately depart your body without illness or pain.**

You need not attract illness or pain as an excuse to leave. Your natural state coming, remaining or leaving is that of health and of Well-being. (You are free to choose otherwise.)

**You can not die; you are Everlasting Life.**

In grace, you may choose to relax and allow your gentle transition back into your Non-physical state of pure, positive Energy. Your natural state is that of Foreverness. (Have fun with all of this. Lighten up! You can't get it wrong.)

**P.S.** It is not necessary for even one other person to understand the Laws of the Universe or the processes that we are offering here in order for you to have a wonderful, happy, productive Life Experience for you are the attractor of your experience. Just you!



**Since Every Request Is Granted, There Is No Competition**

*Each point of view matters; every request is granted; and as this amazing Universe unerringly expands, there is no end to the Universal resources that fulfill these requests. And there is no end to the answers to the never-ending stream of questions—and for that reason, there is no competition.*

*It is not possible for someone else to receive the resources that were meant for you, and you cannot selfishly squander resources that were intended for someone else. All desires are answered; all requests are granted, and no one is left unanswered, unloved, or unfulfilled. When you stay aligned with your Energy Stream, you always win, and somebody else does not have to lose for you to win. There is always enough.*

Sometimes our physical friends have a difficult time remembering this truth because they may experience some shortage in their experience, or observe it in the experience of another. But what they are witnessing is not an evidence of shortage or a lack of resources, but instead the disallowance of the receiving of the resources that have been requested and answered.

**Step 1** has occurred: The asking is in place. **Step 2** has occurred: The answering is in place. But **Step 3**, the allowing, has not occurred.

*If someone is not receiving what they are asking for, it is not because there is a shortage of resources; it can only be that the person holding the desire is out of alignment with their own request. There is no shortage. There is no lack. There is no competition for resources. There is only the allowing or the disallowing of that which you are asking for.*

**<http://www.abraham-hicks.com/>**