

# The Teachings of Abraham

A Synthesis of My Notes from the Esther Hicks' Workshops on My Cruise

March 6-15, 2020, by Shari Harris

*From Jerry Hicks' preface to Ask and It Is Given, p. xviii: "...[M]y wife, Esther, is one of those rare persons who can, at will, relax her conscious mind enough to allow the reception of Non-Physical answers to whatever is asked. Somehow Esther receives blocks of thought (not words) and, just as a Spanish-English translator would hear a thought projected in Spanish words and then translate the thought (not the actual words) into English words, Esther instantly translates the Non-Physical thought into its closest physical (English) word equivalent.*

## INTRODUCTION

We are going to take thought beyond where it has been before. You are the leading edge of thought. Your point of power is in the NOW. All of your power is in the present moment. Nothing has the power to leap into you! You have to welcome it by paying attention to it. We come into a physical body to explore contrast. It's all attraction—no assertion. If you focus on the absence of what you want, you've lost your connection. Who sets the tone around you? You do! You decide who you are. Acknowledge the well-being that is us. You help everyone when you are connected with your Inner Being.

## ATTRACTION, ATTRACTION, ATTRACTION

The Law of Attraction is the vibrational pattern of the Universe. You get what you think about whether you want it or not. The Law of Attraction matches your thoughts and never turns off. Attraction, Attraction, Attraction! No Assertion. Everything that happens in your life has been attracted by your thoughts. Your thoughts have somehow invited it in. No one or no thing can assert anything into your life. There is no assertion—it is all attraction. That is the Law of Attraction. It always matches your thought and never turns off. (Except when you are sleeping.)

**Deliberate Creation** is focusing on what you want; calibrating to a future manifestation; lifting vibration to match your desire. **Allowing** is getting good at focus. It is a state of well-being in which you raise your vibration (calibrate) to match your desire by deliberately feeling in the present the joy that you will feel when your desire is manifested. Is there something you want? Your job is to align with the idea of it. Your **Emotional Guidance System** (your personal **GPS**) lets you know if you are on the right track. When your thoughts feel good, you are in alignment with Source—your Inner Being. When your thoughts feel uneasy or bad, you are heading off track. Your **Vortex** is where your Inner Being is (also called your Higher Self or your Soul.) Your "rockets of desire" are in your Vortex and will manifest when your vibration is a match for your desire.

## CONTRAST

Be tuned in, tapped in, turned on! Get out ahead of what is. Get your attention off of what is. You have the choice of what you think about. Focus only on the positive. Focus on what is not yet manifested. Let go of beliefs based on what is. Beliefs are thoughts you have been thinking. Beliefs are creations.

Contrast is for expansion. Your desire for expansion is what causes contrast. Don't pretend to like things in your reality that you don't like. Think about what you do like. If you didn't know darkness, how could you know light? Contrast creates "rockets of desire" to which the Universe will respond. You can't ever get it done and you can't get it wrong. Let yourself reach for desires. Get out ahead of it through meditation, thinking ahead, and positive thoughts of what we want. The best tool for getting out ahead of things is meditation, a quiet mind, allowing yourself to be a match to your own desires.

## ALLOWING

How much are you allowing in? You can tell from how you are feeling. If your thoughts are from Source, you feel good. Have a steady habit of expecting good things. Be in vibrational harmony with your own desires. Your emotions are guiding you. Think about whatever gives you pleasure to raise your vibration and can allow you to receive. (Esther moves furniture in her mind.)

Get to know what you don't want, so you know what you do want. Focus on the momentum of what you do want. Momentum builds into power. Be tuned in, tapped in, turned on. Any negative opinion of anyone is sloppy thought. Don't let what you see influence where you are. Stay off the subjects that you don't want! Turn to what feels better. Align with your Inner Being. Love yourself, trust yourself, see others as their Inner Being sees them. Example: when you give to someone who asks you for money, you're not seeing through eyes of Source. You're telling them, you can't do it so I'll do it for you.

## WELL-BEING

Be selfish—be true to yourself. Don't be willing to not feel good. Calibrate to well-being. I must be selfish to be selfless. Be in sync with the power of who you are. Care about how you feel. Am I here to please others or live what I am? There is never a reward for sacrifice. Sacrifice feels empty and wrong; it is an act of disallowing. Sacrifice and struggle get you nowhere. It is pinching you off from Source. Sacrifice does not give anything of value. In a chaotic world, with meditation you can clear your mind of the world and its thoughts and raise your vibration. Find relief and well-being in a quiet mind. Well-being is who you really are. Practice calibration—get out in front of it. Don't vibrate to what you are observing. It's a human trait to try to control things (which is resistance.) Respond to the vibration of your Source and you have your power back. Our natural instinct is alignment. We've replaced our natural instinct with what others think. Others want to tell us what to believe. Your relationship with your Inner Being is more important than what others think. Using other people's behavior as a source of your joy is a dead end.

Source never looks back at the contrast. If I'm not selfish enough to be who I am, I'm not good for anyone. *(Kind of like putting on your own oxygen mask on an airplane before you can help anyone else with theirs. Shari)* Under bad circumstances, pivot to a better feeling thought. Your Inner Being never looks back, never regrets, always rejoices in clarity. Tune to who you are and you won't be manipulatable. Use meditation to get out in front of it. Quiet your mind, tune in, and "watch the movie." This is deliberate creation. You are the receiver of the movie from Source. Imagination is really bold thinking. Get tuned in and then receive imagination; tune to the ideas that feel good.

## CARE ABOUT HOW YOU FEEL

You can get to where you want to be from wherever you are. Your Inner Being knows it's OK where you are. Your power is NOW. Your life is too big to do it with action. Go to thinking mode. That helps to get

clarity about what you want. You can't get to where you want to be feeling badly about what is. Care more about the way you want to feel. Cut out complaining. Don't even talk about what you don't want. Distract yourself from the situation. Imagine a time when you do have your desire (example: enough money; abundance.) We want conditions to change but you must feel good in spite of that. Desire to feel good in this moment! Put that first! Don't try to pull yourself up by your own bootstraps. Give up saying I'm tired or I'm worried. Recognize it, feel it, and then calibrate beyond it.

A problem calls a solution. Don't focus on the problem (which is negative thinking), but focus on the solution (which is thinking positively.) You can't help someone who you see as miserable. They will lead you to their misery, lowering your vibration. Don't let others' problems get to your level of energy; use deliberate creation—choosing thoughts on purpose. (*Affirmations can help with that! Shari*) Be aware when working with others; don't lose your Source energy. Don't join them at their level or you can't help them. Find a different way of looking at them—or get away from them. You can “dart in and dart out”, and recharge with Source before going back. You have to maintain your own well-being. You're not in control of your own point of attraction if it is based on your observation of what is. Get out ahead of it by connecting with Source.

## RESISTANCE

Every subject is two subjects: the desire of something and the lack of it. You Inner Being has a non-resistant desire of what you want. We give ourselves trouble: how much are you allowing to come in. Take shortage consciousness out. When we realize resistance, we can remove it and go to the path of most allowance. Be nicer to yourself. Don't beat up on yourself if you have resistant thoughts. Get on a pattern to feel better, better, better through your relationship with your Inner Being. Choose thoughts that feel better. What others think is irrelevant. That is the value of your guidance system. Your Inner Being never judges you as deficient. Be self-adjusting: you have to care about how you feel, and practice how you feel. You are where you are and that's OK.. It's all good. If things are worrying you, sit deliberately, quiet your mind. Your Inner Being is calling you in a powerful way. Your vibration rises. You can tell due to a lightness in your being. Now your normal life is shifting too. Make a conscious decision to allow your vibration to rise.

Impatience is evidence of resistance. Enjoy other aspects of your life that you enjoy. Don't keep returning to subjects that make you feel impatient. Don't look at now—look at what you want. “I know the Universe is bringing me what I want. When my vibration matches. I must become a match to what I want.” Align to a vision of what you want and then hook up with Source energy. Be tapped in, tuned in, turned on to who you really are. That makes you free in the world. The Law of Attraction is real. The Universe is calling all cooperative components for your desire to manifest when you are a vibrational match.

Don't play the game of pushing against anything. Don't fall into calibrating to what we don't want. You can calibrate to your own Inner Being at any time. Compassion is able to observe without pushing against something. Nothing is more important than how we're feeling. Your Inner Being is focused on how you're feeling without resistance. Trying to change someone's belief system backfires. Don't let others calibrate you to their problem. In relationships, I'm the only one responsible for how I feel. Your first relationship is with your Inner Being. The second is with another person.