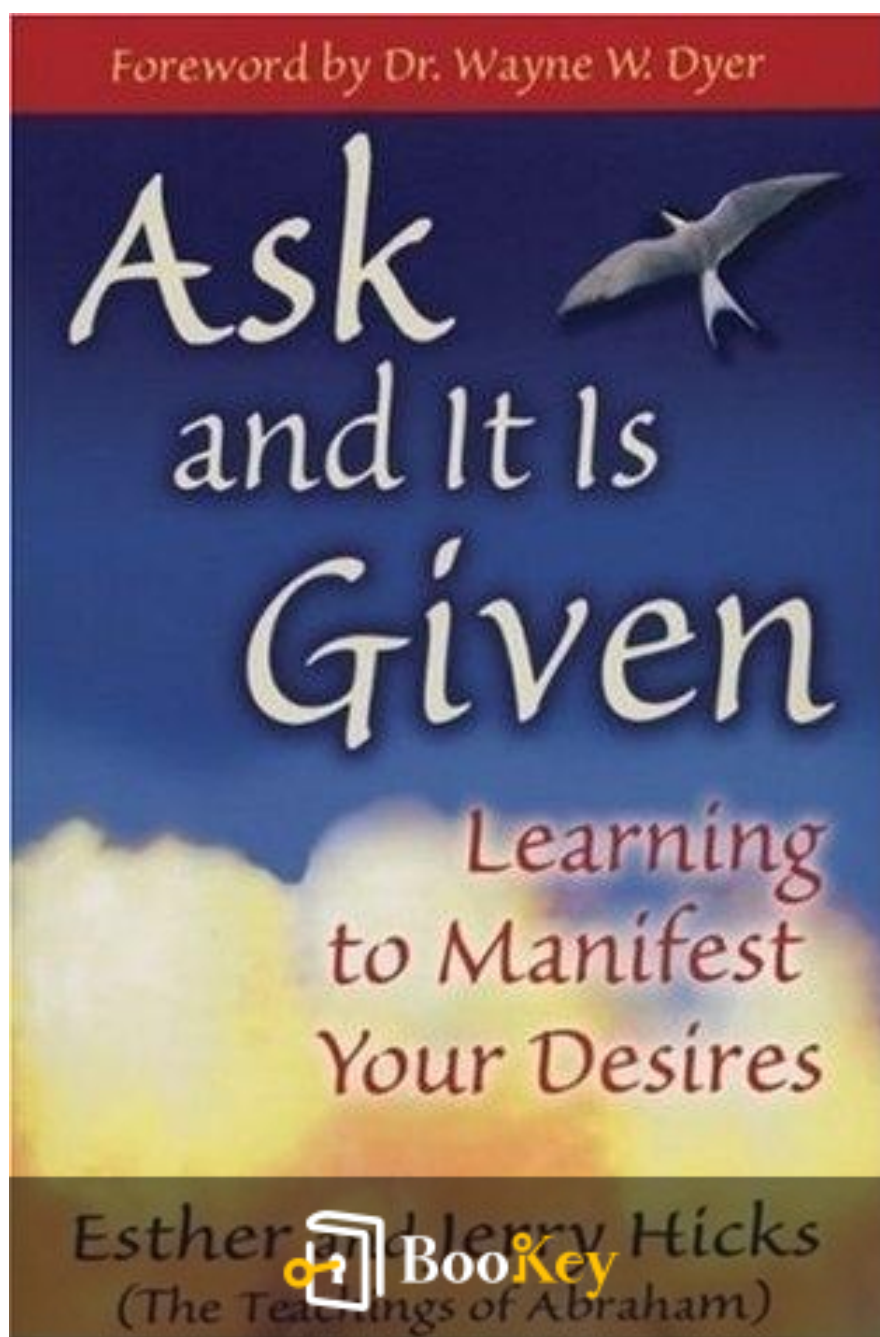


# Ask And It Is Given PDF (Limited Copy)

Esther Hicks



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## **Ask And It Is Given Summary**

Manifest Your Desires Through the Law of Attraction

Written by New York Central Park Page Turners Books Club

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## About the book

"Ask and It Is Given" by Esther Hicks outlines the transformative power of the Law of Attraction, articulated through the insights of a non-physical entity named Abraham. This guide emphasizes that individuals possess the ability to manifest their desires—be it abundance, health, or happiness—through aligning their thoughts and emotions with their intentions.

The book begins by introducing the foundational premise of the Law of Attraction: like attracts like. This principle asserts that the energy you emit through your thoughts and feelings influences the experiences you attract into your life. The narrative encourages readers to recognize their own vibrational frequency and how it correlates with their desires.

Esther Hicks shares practical techniques for raising one's vibration, such as visualization, affirmations, and the practice of gratitude. These methods are intended to help individuals cultivate positive feelings and thoughts that resonate with their aspirations. She emphasizes that the universe is always responsive; when you clearly communicate your desires through your energy, you can unlock a flow of abundance and joy.

As the chapters progress, Hicks introduces the concept of emotional guidance, urging readers to pay attention to their feelings as indicators of

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alignment with their true desires. This self-awareness enables individuals to shift their focus from what is lacking in their lives to the possibilities that lie ahead.

Overall, "Ask and It Is Given" serves as a comprehensive manual for harnessing the Law of Attraction, providing readers with the tools and understanding needed to consciously create their realities. By fostering aligned thoughts and emotions, and by recognizing the universe's readiness to fulfill their wishes, readers are empowered to embark on a journey of self-discovery and manifestation.

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## About the author

In these chapters, we delve into the transformative teachings of Esther Hicks, a notable figure in self-development known for channeling a collective consciousness called Abraham. Together with her late husband Jerry Hicks, Esther has pioneered the exploration of the Law of Attraction, a principle that asserts individuals can bring their desires to fruition through the power of positive thinking and emotional alignment with their true selves.

The narrative begins with Esther's background in Utah, establishing her lifelong passion for personal growth and spirituality. This foundation sets the stage for understanding her teachings, which resonate with audiences around the globe through dynamic seminars and workshops. Here, Esther conveys messages she attributes to Abraham—a source of profound wisdom that encourages individuals to harness their thoughts and emotions to reshape their realities.

As the chapters progress, the core ideas of the Law of Attraction are explained, detailing how thoughts vibrate at specific frequencies that can attract similar energies and outcomes. Concepts such as “emotional guidance systems” and the importance of feeling good are introduced, empowering readers to recognize their emotional states as critical indicators of alignment with their desires.

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Throughout these sections, readers encounter various practical techniques inspired by Abraham's teachings. This includes processes like visualization, affirmations, and the focus on gratitude, which serve as tools to help individuals clear limiting beliefs and enhance their vibrational frequency. By articulating these practices, Esther emphasizes the importance of shifting one's perspective and maintaining a state of allowance to manifest one's true desires.

Moreover, real-life anecdotes and testimonials from seminar attendees enrich the narrative, illustrating the profound impact these teachings have had on countless lives. By blending theoretical concepts with practical applications, Esther Hicks not only informs readers about the Law of Attraction but also inspires them to take actionable steps towards creating their desired reality.

In conclusion, these chapters highlight Esther Hicks' journey and the pivotal teachings of Abraham, providing a comprehensive overview of how one can apply the principles of the Law of Attraction to transform their life experience. This synthesis of personal narrative, philosophical insights, and practical guidance creates a compelling guide for readers seeking to unlock their potential and live a life aligned with their highest desires.

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# Summary Content List

Part 1: Things That We Know, That You May Have Forgotten, Which Are Important for You to Remember

Part 2: Processes to Help You Achieve What You Now Remember

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# **Part 1 Summary: Things That We Know, That You May Have Forgotten, Which Are Important for You to Remember**

## **PART I: Important Things to Remember**

### **Chapter 1: The Power of Feeling Good Now**

The book introduces Abraham, a collective of Non-Physical beings, who highlight the intrinsic connection between all living beings and their Source Energy. This connection allows individuals to shape their realities and access joy, fulfillment, and abundance. However, many have become disconnected from this realization, leading to resistance that obstructs their ability to engage with their Source. The aim of the text is to help individuals reconnect with their innate joy and to utilize their Emotional Guidance System to fulfill their desires.

### **Chapter 2: Remembering Who You Are**

This chapter underscores the importance of self-awareness regarding one's desires and the evolution of those desires over time. Achieving goals is presented not as an endpoint but as part of a continuous journey of self-discovery and growth. It reinforces that joy is essential to this process,

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reminding readers of their inherent connection to Source Energy and their powerful role in creating their realities.

### **Chapter 3: Creating Your Own Reality**

The text delves into the concept of personal reality creation, stressing the freedom each individual possesses in this process. It discusses how societal influences can lead to a disconnection from one's instincts regarding personal creation. Readers are encouraged to realign with their true desires and recognize their power as creators of their realities.

### **Chapter 4: How Can I Get There from Here?**

This chapter tackles the reasons for delays in achieving desires, linking them primarily to internal resistance rather than any deficiencies in worthiness or intelligence. By releasing negative thoughts, individuals can enable the natural flow of Well-Being, which is essential for manifesting their desires.

### **Chapter 5: Understanding the Universal Laws**

The ongoing exploration of universal functioning is discussed, focusing on vibrations and emotional guidance. The text emphasizes that experiences are a direct reflection of dominant thoughts, encouraging readers to take control of their realities by mastering their mental frameworks.

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## **Chapter 6: The Law of Attraction**

At the heart of this narrative is the Law of Attraction, a fundamental principle connecting thoughts with experiences. By understanding and applying this law—aligning thoughts and emotions with desired outcomes—readers can manifest their wishes effectively.

## **Chapter 7: Leading Edge of Thought**

Each individual's desires and experiences contribute to the Universe's expansion. This chapter illustrates how personal preferences play a crucial role in the evolution of life, reinforcing the idea that collective human experiences drive universal growth.

## **Chapter 8: Vibrational Transmitter and Receiver**

Emphasizing the vibrational nature of individuals, this chapter details how emotions and thoughts are continuously broadcasted, influencing personal realities. By becoming aware of one's emotional states, individuals can make deliberate choices that align with their desires.

## **Chapter 9: Emotional Guidance**

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Emotions are positioned as key indicators of one's point of attraction. The text encourages readers to recognize and respond to their emotional signals, guiding them toward positive experiences and affirming their overall Well-Being.

## **Chapter 10: Creative Process Steps**

The chapter outlines a three-step process for manifestation: asking for desires, receiving responses from the Universe, and allowing those responses into one's life. Emphasis is placed on the final step—allowing—as it is vital for effective manifestation.

## **Chapter 11: Joyful Deliberate Creation**

Readers are inspired to become deliberate creators of their experiences through conscious choice of uplifting thoughts. This practice is presented as a pathway to joy and fulfillment in the act of creation.

## **Chapter 12: Control Over Emotional Set-Points**

The chapter discusses how negative emotional set-points can develop from past conditioning. It empowers readers to recognize their ability to intentionally alter these set-points, paving the way for a more positive emotional landscape.

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## **Chapter 13: Guiding with Feelings**

The importance of listening to feelings is highlighted as a means of assessing alignment with desires. Positive feelings are associated with the flow of Source Energy, while negative feelings indicate a disconnection from it.

## **Chapter 14: Knowledge Prior to Arrival**

Reflecting on inherent wisdom before entering the physical realm, this chapter emphasizes the importance of following joy and allowing one's desires to manifest naturally, reinforcing the idea that joy is central to existence.

## **Chapter 15: Your Expanding Universe**

The text reaffirms that the Universe is endlessly expansive and abundant. The ongoing process of desire creation and manifestation is depicted as a natural aspect of life, promoting a mindset of growth and possibility.

## **Chapter 16: Co-creating within Diversity**

This chapter stresses the value of diversity in experiences, affirming that

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every desire will be met. The focus should remain on cultivating positive feelings as a means of achieving desired outcomes.

## **Chapter 17: Guidance Toward Goals**

Life is likened to a navigation system where awareness of emotional states in relation to desired goals is crucial. This chapter underscores the need for emotional clarity to effectively guide oneself towards aspirations.

## **Chapter 18: Changing Vibrational Frequency**

Readers learn to gradually improve their emotional states by aligning their thoughts with desired feelings. This intentional practice is essential for achieving a better quality of life.

## **Chapter 19: Emotional Awareness**

Emotional awareness is presented as essential for recognizing and shifting points of attraction. The reliability of a consistent emotional scale is discussed to help individuals navigate their emotional landscape effectively.

## **Chapter 20: Controlling Your Experience**

Empowerment is the focal point here, as readers are encouraged to harness

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their ability to shape their experiences through focused thought and emotional alignment, asserting that all desires can be achieved through this method.

## **Chapter 21: Manifesting through Focus**

The text explains the significance of sustained focus on desired thoughts in activating the Law of Attraction. Even brief periods of concentrated attention can lead to tangible manifestations in life.

## **Chapter 22: Emotional Guidance Scale**

The final chapter introduces a graduated scale of emotional states, reinforcing the notion that feelings serve as indicators of vibrational alignment. Elevating emotional states is portrayed as a critical step toward realizing one's desires.

In summary, this guide emphasizes the interconnectedness of thought, emotion, and manifestation, advocating for personal empowerment. It illustrates that conscious choices and alignment with desires are vital components in creating fulfilling life experiences, encouraging readers to harness their unique creative abilities.

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## **Part 2 Summary: Processes to Help You Achieve What You Now Remember**

### **PART II: Processes to Help You Achieve What You Now Remember**

In this part of the book, we learn about 22 effective processes to enhance our point of attraction and cultivate a more positive outlook on life. Building on the idea that we are all connected to Source Energy, the text emphasizes that our well-being is closely linked to our thoughts and emotions. It encourages us to recognize that we can attract whatever we desire, provided we maintain focus and align with joy and abundance, warding off negativity rooted in resistance.

#### **### Is There Something I Want to Improve?**

If you're seeking change, the upcoming processes are designed to help you release resistant thought patterns. Acknowledging that transformation is a gradual journey, the emphasis is placed on consistently managing your emotions to return to your natural state of well-being.

#### **### A Suggestion for Utilizing These Processes**

Begin by reviewing the processes as a whole without pressure to jump into

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them immediately. Note which ones resonate with you personally and ignite enthusiasm, allowing you to engage with them at your own pace.

### ### Let Us Remove the Trees from Our Path

While some processes focus on enhancing your attraction, it's essential to address and remove any strong resistance first. Confronting blocks directly can be more productive than merely trying to slow down or bypass them.

### ### Let Your Emotions Be Your Guide

Your emotions serve as vital signals of your vibrational alignment; positive feelings indicate alignment with Source Energy. Engaging with processes that correspond to your emotional state can lead to improved outcomes.

### ### Let Us Begin by Improving the Way We Feel

Many of the processes presented can be adapted to various life situations. By prioritizing emotional improvement, you naturally enhance your point of attraction.

### ### Have You Put a Happy Face on It?

Authenticity is crucial; acknowledging your true feelings, rather than

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masking them, is necessary for genuine emotional shifts that elevate your vibrational offering.

### ### Focusing Energy to Change Your Vibrational Offering

The focus of your thoughts—whether on the past, present, or future—significantly affects your vibrational pattern and ultimately your point of attraction.

### ### You Must Be Consciously Aware to Be a Deliberate Creator

Awareness of your thoughts and feelings is essential for deliberately crafting your reality. Aligning your thoughts with positive emotions is a key factor in creating favorable outcomes.

### ### There Is Always Another Uncontrollable Circumstance When Trying to Control Others

Attempts to control the outside world often lead to frustration. Instead, focus on your inner thoughts and feelings to cultivate a better point of attraction.

### ### Deliberate Creation Is about Choosing Better-Feeling Thoughts

It is vital to direct your focus toward the emotions and experiences you

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desire rather than dwelling on limitations, thereby enhancing your attraction capability.

### ### How Can Only Attract Thoughts Within Your Vibrational Range

You can only reach thoughts and experiences that resonate with your current emotional state. Thus, emotional alignment with your desires is crucial for effective attraction.

### ### The Purpose of These Processes Is to Release Your Resistance

The 22 numbered processes aim to help you enhance your vibrational point of attraction. Lower-numbered processes are especially effective for those closer to alignment with Source Energy and can facilitate easier transitions.

### ### Deliberately Creating Change in Your Current Emotional Set-Point

No matter your current emotional standing, finding even small amounts of relief can enhance your ability to create and govern your life more effectively.

### ### Lighten Up Now, and Have Fun with All This

Engaging with these processes playfully can diminish resistance, making it

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easier to achieve desired outcomes.

### ### You Are, in This Moment, the Creator of Your Reality

Recognizing your role as a creator in your life empowers you to shape your experiences according to your desires through conscious intentions.

### ### Processes Overview

1. **The Rampage of Appreciation:** Elevate your vibration by focusing on what you appreciate.
2. **The Magical Creation Box:** Curate items that embody your desires.
3. **The Creative Workshop:** Clarify your core desires across different life areas.
4. **Virtual Reality:** Use vivid imagery to visualize desired experiences.
5. **The Prosperity Game:** Foster a mindset of abundance through imaginative spending.
6. **The Process of Meditation:** Quiet your mind to connect with inner peace.
7. **Evaluating Dreams:** Analyze your dreams for insights into your vibrational state.
8. **The Book of Positive Aspects:** List positive attributes of people or

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situations to enhance good feelings.

9. **Scripting:** Craft detailed narratives of your desires to attract them.

10. **The Place Mat Process:** Distinguish between tasks you will do and those you submit to the Universe.

11. **Segment Intending:** Set specific intentions before starting new activities.

12. **Wouldn't It Be Nice If...?:** Transform negative thoughts into positive aspirations.

13. **Which Thought Feels Better?:** Shift focus to better-feeling thoughts, leaving negativity behind.

14. **The Process of Clearing Clutter for Clarity:** Organize your space to reduce resistance and enhance focus.

15. **The Wallet Process:** Utilize a symbolic amount of money to cultivate an abundance mindset.

16. **Pivoting:** Transition focus from undesirable experiences to those you desire when faced with negativity.

17. **The Focus Wheel Process:** Gradually improve emotional states by highlighting positive thoughts.

18. **Finding the Feeling-Place:** Visualize the feeling of your desires as presently fulfilled.

19. **Releasing Resistance to Become Free of Debt:** Shift your relationship with debt through a proactive mindset.

20. **Turning It Over to the Manager:** Trust the Law of Attraction to

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handle your desires.

**21. Reclaiming One's Natural State of Health:** Affirm your body's healing capacity to foster well-being.

**22. Moving Up the Emotional Scale:** Gradually improve your emotional state, facilitating positive experiences.

The key takeaway from these exercises is the importance of fostering positive emotions, appreciating the present moment, and allowing your desires to manifest into your life naturally.

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