Abraham Hicks Guided Meditation

Abraham-Hicks Guided Meditation: A Journey into Vibrational Alignment

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Introduction:

Abraham-Hicks guided meditations are powerful tools for aligning your thoughts, feelings, and actions with your desires. Based on the teachings of Esther Hicks, who channels the collective consciousness known as Abraham, these meditations leverage the principles of the Law of Attraction to help you manifest your ideal life. This article explores various methodologies and approaches within Abraham-Hicks guided meditation, providing a comprehensive guide for those seeking to harness its transformative power. Understanding the nuances of Abraham-Hicks guided meditation is key to experiencing its full benefits.

Understanding the Core Principles of Abraham-Hicks Guided Meditation:

Before delving into specific methodologies, it's crucial to grasp the fundamental principles underpinning Abraham-Hicks guided meditations. These meditations are built on the belief that our thoughts and feelings create our reality. By focusing on positive emotions and aligning our vibrations with what we desire, we can attract more of it into our lives. This is achieved through a process of:

Focusing on the feeling of what you want: Abraham-Hicks emphasizes that the key is not just thinking about what you want, but feeling the emotions associated with already having it. This feeling is what attracts similar vibrations.

Appreciating what you already have: Gratitude plays a vital role in raising your vibration and attracting more positive experiences. Abraham-Hicks guided meditations often incorporate gratitude exercises.

Releasing limiting beliefs: Negative beliefs and doubts can block the flow of abundance. These meditations help you identify and release these limiting beliefs, making way for positive manifestations.

Connecting with your inner wisdom: Abraham-Hicks guided meditations encourage you to tap into your intuition and inner guidance, trusting the wisdom within you.

Different Methodologies in Abraham-Hicks Guided Meditation:

Several approaches are utilized within Abraham-Hicks guided meditation, each catering to different needs and preferences. These include:

- 1. Affirmation-Based Abraham-Hicks Guided Meditations: These meditations employ positive affirmations to reprogram your subconscious mind. Repeating affirmations related to your desires, while feeling the emotions associated with them, helps you align your vibration with your goals. For example, an Abraham-Hicks guided meditation for attracting abundance might involve repeating affirmations like, "I am effortlessly attracting wealth and prosperity into my life," while visualizing and feeling the joy and freedom that abundance brings.
- 2. Visualization-Based Abraham-Hicks Guided Meditations: This approach utilizes vivid imagery to create a powerful experience of already possessing what you desire. By visualizing yourself living the life you want, you create a strong vibrational match and attract it into your reality. An Abraham-Hicks guided meditation for improved health might guide you to visualize your body in perfect health and vitality, feeling the energy and strength coursing through you.
- 3. Gratitude-Based Abraham-Hicks Guided Meditations: Focusing on gratitude elevates your vibrational frequency, making you a magnet for more positive experiences. These meditations involve expressing gratitude for all the good things in your life, both big and small, fostering a feeling of appreciation and abundance. An Abraham-Hicks guided meditation for enhancing relationships might guide you to express gratitude for the specific qualities you appreciate in your loved ones.
- 4. Script-Based Abraham-Hicks Guided Meditations: Many readily available Abraham-Hicks guided meditation scripts online guide you through a specific process, combining affirmation, visualization, and gratitude techniques. These scripts offer a structured approach, making it easy for beginners to engage with this practice. Finding a script that resonates with your specific needs and desires is crucial.
- 5. Self-Guided Abraham-Hicks Meditation: Once familiar with the principles, you can create your own self-guided Abraham-Hicks meditation. This empowers you to personalize the process and focus on specific areas of your life that require attention. The key is to maintain the focus on feeling good and connecting with the energy of your desires.

Finding the Right Abraham-Hicks Guided Meditation for You:

The effectiveness of Abraham-Hicks guided meditation relies heavily on finding a method that resonates with your personal preferences and learning style. Experiment with different approaches, exploring affirmation-based, visualization-based, gratitude-based, or script-based meditations to discover what works best for you. Consider your learning style and whether you prefer a guided voice or a more independent practice.

Beyond the Meditation: Integrating Abraham-Hicks Principles into Daily Life:

The benefits of Abraham-Hicks guided meditation are amplified when integrated into your daily life. This includes practicing gratitude consistently, focusing on positive thoughts and feelings, and actively working towards your goals. Regular practice, coupled with consistent application of the principles in your daily interactions, will lead to a more profound transformation.

Conclusion:

Abraham-Hicks guided meditation offers a powerful pathway to personal growth and manifestation. By understanding its core principles and experimenting with various methodologies, you can harness its transformative potential to create a life aligned with your desires. Remember that consistency and a positive mindset are key to experiencing the full benefits of this powerful practice. Embrace the journey and allow yourself to be guided by the wisdom of Abraham.

FAQs:

- 1. How often should I practice Abraham-Hicks guided meditation? Ideally, aim for daily practice, even if it's just for a few minutes. Consistency is key to experiencing significant results.
- 2. Can I use Abraham-Hicks guided meditation for specific goals? Yes, you can tailor your meditation to focus on specific areas of your life, such as relationships, finances, health, or career.
- 3. What if I struggle to feel the emotions associated with my desires? Start by focusing on small, achievable goals where it's easier to access the desired emotions. Gradually work your way up to larger goals.
- 4. Is Abraham-Hicks guided meditation compatible with other spiritual practices? Yes, it can complement other practices such as yoga, mindfulness, or energy healing.
- 5. Are there any potential downsides to using Abraham-Hicks guided meditation? Some individuals may find the focus on positive thinking challenging, especially if they are grappling with significant negative emotions.
- 6. How long does it take to see results from Abraham-Hicks guided meditation? The timeframe varies depending on individual circumstances and consistency of practice. Some people experience

results quickly, while others may take longer.

- 7. What if I don't believe in the Law of Attraction? The effectiveness of Abraham-Hicks guided meditation is not dependent on belief. The process works on a vibrational level, regardless of your conscious beliefs.
- 8. Where can I find Abraham-Hicks guided meditation scripts? Numerous websites and apps offer free and paid Abraham-Hicks guided meditation scripts. You can also create your own.
- 9. Can I use Abraham-Hicks guided meditation to help others? You can certainly use the principles learned from Abraham-Hicks guided meditation to assist others, but it is vital to respect their free will and not impose your desires on them.

Related Articles:

- 1. "Abraham-Hicks Guided Meditation for Abundance: Unlocking Financial Freedom": This article focuses specifically on using Abraham-Hicks guided meditation techniques to attract financial abundance and prosperity.
- 2. "Mastering Manifestation: Advanced Techniques in Abraham-Hicks Guided Meditation": This article delves into advanced techniques for maximizing the effectiveness of Abraham-Hicks guided meditations.
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- 4. "Overcoming Limiting Beliefs with Abraham-Hicks Guided Meditation": This article provides specific strategies for identifying and releasing limiting beliefs that hinder manifestation.
- 5. "The Science Behind Abraham-Hicks Guided Meditation: Understanding Vibrational Alignment": This article explores the scientific basis for the principles behind Abraham-Hicks guided meditation.
- 6. "Creating Your Own Personalized Abraham-Hicks Guided Meditation Script": A step-by-step guide to designing your own effective Abraham-Hicks meditation.
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- 8. "The Role of Gratitude in Abraham-Hicks Guided Meditation: Amplifying Your Manifestation Power": This article highlights the importance of gratitude in enhancing the effectiveness of Abraham-Hicks techniques.
- 9. "Combining Abraham-Hicks Guided Meditation with Other Self-Improvement Practices": This article explores the synergistic benefits of combining Abraham-Hicks methods with other self-improvement techniques.

2020-07-21 Now available with a free audio download, Getting into the Vortex by Esther and Jerry Hicks will change readers' lives by teaching them how to align themselves with the Source that exists within all of us. Living a better-feeling life really comes down to one thing only: coming into alignment with the Energy of our Source. Abraham reminds us that we are truly Source Energy focused on our physical bodies and that a conscious Connection to that Broader Non-Physical part of us is necessary if we are to be the joyful Beings that we were born to be. Abraham calls that wonderful alignment Getting into the Vortex. Through a series of Leading Edge books (New York Times bestsellers), Abraham has emphasized the importance of our conscious alignment with the Source within us. They have let us know that our natural state of Being is inside our Vortex of Creation in complete alignment with Source Energy-and that every aspect of our physical experience reflects our alignment with or resistance to, that Connection. Everything-from the physical well-being of our bodies, the clarity of our minds, and the abundance we allow to flow, to the satisfaction in every relationship we experience-is impacted by our all-important relationship with our Vortex. Abraham has helped us to understand that our dominant intent in every day is to get into the Vortex! And now, they have lovingly and specifically guided Jerry and Esther Hicks in the creation of an innovative and valuable tool that promises to get us into the Vortex right now . . . and that tool is included with the Getting into the Vortex User Guide in the form of a 70-minute audio download. This unique recording contains four powerfully guided daily meditations that have been designed to get you into the Vortex of Creation in four basic areas of your life: General Well-Being, Financial Well-Being, Physical Well-Being, and Relationships. Jerry and Esther are thrilled to offer this powerful, first-of-its-kind, musically scored, breath-enhancing, a user-friendly tool from Abraham that will get you into the Vortex.

abraham hicks guided meditation: Getting Into the Vortex Esther Hicks, Jerry Hicks, Abraham (Spirit), 2010 Provides guided meditations to help you come into alignment with the energy of your Source, and thus become a joyful Being.

abraham hicks guided meditation: The Vortex Esther Hicks, Jerry Hicks, 2009-09-01 AN INTERNATIONAL SENSATION FROM #1 NEW YORK TIMES BEST-SELLING AUTHORS OF THE LAW OF ATTRACTION, ESTHER AND JERRY HICKS A POWERFUL RELATIONSHIP BOOK TO UNDERSTAND EVERY RELATIONSHIP YOU HAVE EVER EXPERIENCED - FEATURING THE TEACHINGS OF ABRAHAM - INCLUDES A BONUS CD ON THE LAW OF ATTRACTION This motivational book uncovers a myriad of false premises that are at the heart of every uncomfortable relationship issue, and explain sthe powerful creative Vortex that has already assembled the relationships that you have desired. Abraham will show you how to enter that Vortex, where you will rendezvous with everything and everyone you have been looking for. Abraham says: "It is our desire to help you to solve the mystery of those seemingly impossible relationships; to sort out the details of joyously sharing your planet with billions of others; to rediscover the beauty of your differences; and, most of all, to reestablish the most important relationship of all: your relationship with the Eternal, Non-Physical Source that is really you. Sections of The Vortex Include: Your Vortex, and the Law of Attraction: Learning to Attract Joyous Co-creators Mating, and the Law of Attraction: The Perfect Mate - Getting One, Being One, Attracting One Sexuality, and the Law of Attraction: Sexuality, Sensuality, and the Opinions of Others Parenting, and the Law of Attraction: Creating Positive Parent/Child Relationships in a World of Contrast Self-Appreciation, and the Law of Attraction: Appreciation, the Magical Key to Your Vortex "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 is a profound concept: the basis of life is freedom; the result of life is expansion—and the purpose of life is joy. In this inspirational relationship 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. 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 Start using the Vortex to feel good about where you are now and your joyous path ahead! **abraham hicks guided meditation:** Ask and It Is Given Esther Hicks, Jerry Hicks, 2009-10

This book, which presents the teachings of the nonphysical entity Abraham, will help you learn how to manifest your desires so that you're living the joyous and fulfilling life you deserve. You'll come to understand how your relationships, health issues, finances, career concerns, and more are

to manifest your desires so that you're living the joyous and fulfilling life you deserve. You'll come understand how your relationships, health issues, finances, career concerns, and more are influenced by the Universal laws that govern your time-space-reality and you'll discover powerful processes that will help you go with the positive flow of life.--From publisher description.

abraham hicks guided meditation: Ask and it is Given Cards Esther Hicks, 2006 These beautiful cards capture the essence of the life-changing, best-selling book Ask and It Is Given. You will experience an enhancing of your personal power, which may, at first, seem illogical or even magical, as the Energy Stream from which these cards have come dovetails with the true essence of your own being.

abraham hicks guided meditation: <u>Health, and the Law of Attraction Cards</u> Esther Hicks, 2010

abraham hicks guided meditation: Co-creating at Its Best Dr. Wayne W. Dyer, Esther Hicks, 2017-01-31 What happens when you bring together one of the most inspirational spiritual teachers of all time and the Master Sages of the Universe? A magical, insightful, invigorating encounter you will never forget! In this tradepaper edition of the awe-inspiring book based on a live event held in Anaheim, California, Dr. Wayne W. Dyer sits down with Esther Hicks and the wise Collective Consciousness known as Abraham. Wayne asks all the questions he has accumulated from his more than 40 years of teaching others about self-reliance and self-discovery, and Abraham delivers the answers we all need to hear. Topics include: • Parenting, parents, and the continuum of life • Can we reach the state of love that has no opposite? • Dharma, destiny, and being on your path • Dealing with bad news • Are there ascended masters and guides? • Monsanto and GMOs • and many more! While Wayne and Esther have been friends for years, this is the first time that he engages with Abraham in an extended dialogue about life's many lessons and perplexing questions. Read this book and experience this extraordinary meeting of the minds for yourself!

abraham hicks guided meditation: The Law of Attraction Esther Hicks, Jerry Hicks, 2006-10-01 THE ESSSENTIAL TEACHINGS OF ABRAHAM THAT INSPIRED MILLIONS - FROM #1 NEW YORK TIMES BEST-SELLING AUTHORS OF THE INTERNATIONAL SENSATION, ASK AND IT IS GIVEN A POWERFUL PERSONAL TRANSFORMATION BOOK THAT EXPLAINS HOW TO USE THE LAW OF ATTRACTION TO MANIFEST YOUR DREAM LIFE Within these pages, you'll learn how to be happier, and how all things, wanted and unwanted, are brought to you by this most powerful law of the universe, the Law of Attraction. (That which is like unto itself is drawn). You've most likely heard the saying Birds of a feather flock together, aka the Law of Attraction. This has been alluded to by some of the greatest teachers in history, it has never before been explained in as clear and easy to understand terms as in this inspirational law of attraction basics book. Learn here about the omnipresent Laws that govern this Universe and how to make them work to your advantage. The understanding and consciousness shifts that you'll achieve by reading this book will take all the guesswork out of daily living. Sections Include: · Part I - Our Path to the Abraham Experience · The Universal Laws: Defined · Part II - The Law of Attraction · Part III: The Science of Deliberate Creation[™] · Part IV: The Art of Allowing · Part V: Segment Intending You'll find many positive quotes for living with more peace and joy like: Rather than trying to monitor your thoughts, we encourage you to simply pay attention to how you are feeling. The greatest gift that you could ever give another is the gift of your expectation of their success. "I know that reading this book will produce a turning point in your life. Here is not only a description of the most important law of the universe (the only one you'll ever need to know about, really), but an easy-to-understand explanation of the mechanics of life. This is breathtaking information." -Neale Donald Walsch, best-selling author of The Conversations with God series "Since originally receiving this material, Esther and I have done our best to apply to our own lives what we have learned about these Laws, and the marvelous progression of our joyous lives is astounding. We took Abraham at their word because everything

they told us made so much sense to us, but the application of these teachings has now been proven in our day-to-day experience. And it is with extraordinary joy that we can tell you—from our own personal experience: This works!" – Jerry Hicks These Abraham teachings will help you to joyously be, do, or have anything that you desire with love and gratitude.

abraham hicks guided meditation: The Astonishing Power of Emotions Abraham (Spirit), Esther Hicks, Jerry Hicks, 2007 Abraham, channeled through Esther Hicks, explains how to understand emotions and follow the life-affirming guidance that they provide, in a book that discusses how to deal with thirty-three specific situations.

abraham hicks guided meditation: Super Attractor Gabrielle Bernstein, 2019-09-24 ** NEW YORK TIMES BESTSELLER! ** Ready to take the next step toward living in alignment with the Universe? The #1 New York Times best-selling author of The Universe Has Your Back shows you how. In Super Attractor, Gabrielle Bernstein lays out the essential steps for living in alignment with the Universe--more fully than you've ever done before. I've always known that there is a nonphysical presence beyond my visible sight, Gabby writes. All my life I've intuitively tuned in to it and used it as a source for good. . . . What we call it is irrelevant. Connecting to it is imperative. Super Attractor is a manifesto for making that connection and marrying your spiritual life with your day-to-day experience. In these pages, you'll learn to: * Move beyond dabbling in your practice, when it's convenient, to living a spiritual life all the time * Take practical steps to create a life filled with purpose, happiness, and freedom * Feel a sense of awe each day as you witness miracles unfold * Release the past and live without fear of the future * Tap into the infinite source of abundance, joy, and well-being that is your birthright * Bring more light to your own life and the world around you This book is a journey of remembering where your true power lies. You'll learn how to co-create the life you want. You'll accept that life can flow, that attracting is fun, and that you don't have to work so hard to get what you want. Most important, you'll feel good. And when you feel good, you'll give off a presence of joy that can elevate everyone around you. After reading this book, you will know how to fulfill your function: to be a force of love in the world.

abraham hicks guided meditation: *Money, and the Law of Attraction* Esther Hicks, Jerry Hicks, 2008 Offers guidance in using the principles of the law of attraction to attain physical and financial well-being.

abraham hicks guided meditation: Flowdreaming Summer McStravick, 2010-07 What if you woke up every day feeling that your life was a work of art-in-progress that took shape hour by hour, culminating in a lifetime of satisfaction and fulfillment? And what if you, the artist of this life, were able to sculpt the events and opportunities in your future not merely through physical action, but by using a far more powerful and subtle type of energy? There is such an energy, and it stirs just below the surface, creating the blueprints for everything that erupts in your physical existence. And you can learn to use it. Creative Flow dreaming reveals a powerful, precise, and beautiful method for manifesting in which you become an artist of living. Youll learn about this world of the manifesting practitioner, who guides the flow of living energies, as Summer McStravick gives you an intimate glimpse into her own pioneering practice. Forget everything youve learned about needing tough "lessons' or "learning experiences." With Creative Flow dreaming, you learn that life is not a ladder to be climbed or a series of obstacles to get through. Life is about long-term financial security, relationships that feed your soul, robust health, and doing something with your time that you find meaningful and enjoyable. Creative Flow dreaming, and the path of the manifesting practitioner, reveals the way to harness the power of Flow - the energy of ease, perfection, and bubbling potential that is forever at your fingertips.

abraham hicks guided meditation: <u>Power Thoughts</u> Louise Hay, 2023-06-06 Choose positive affirmations and take the first step to creating a new and fulfilling life with the trusted guidance of Louise Hay. Every thought you think and every word you speak is an affirmation. An affirmation is like planting a seed. You're always in the process of tending to your garden, and if you do so with care, you'll find that each day becomes more joyous than the one before it. This newly repackaged edition of Power Thoughts includes 365 daily affirmations, with topics including health, prosperity,

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abraham hicks guided meditation: Ask And It Is Given Esther Hicks, Jerry Hicks, 2011-06 A sit-down interview with Esther and Jerry Hicks as they relate their story and introduce the Non-Physical group consciousness Abraham.

abraham hicks guided meditation: *Kabbalistic Healing* Jason Shulman, 2004-08-24 Kabbalistic Healing shows how the Kabbalah--the Jewish mystical path--can kindle the central fire in our being so that we can unite with the divine. As we deepen our understanding of ourselves and enhance our ability to hold new states of consciousness, we become able to live in God as a fish lives in water.

abraham hicks guided meditation: The Moses Code James F. Twyman, 2010-03 Is it possible that nearly 3,500 years ago, Moses was given the secret for attracting everything you've ever desired? The Moses Code was first used to create some of the greatest miracles in the history of the world, but then it was hidden away, and only the highest initiates were allowed to practice it. In this book, James F. Twyman reveals the Code for the first time, showing how it can be used to create miracles in your life . . . and in the world. By practicing the principles presented within these pages, you'll discover how you can integrate the most powerful manifestation tool in the history of the world into your own life. At the very heart of the Moses Code is the true function and practice of the Law of Attraction. You may have been told that this Law is all about getting the things you want--things that you think will make your life more satisfying. But what if that's just the first step, and cracking the Moses Code depends more on what you're willing to give rather than get. That would mean that you have the power to create miracles in your life right now! It would also mean that you have the ability, even the responsibility, to use that power for more than just attracting money, a better car, or the perfect relationship. You're here to use the power of Divinity itself to create a world based on the laws of compassion and peace. That's the task that lies before us.

abraham hicks guided meditation: No Self, No Problem Chris Niebauer, 2019-09-03 While in grad school in the early 1990s, Chris Niebauer began to notice striking parallels between the latest discoveries in psychology, neuroscience, and the teachings of Buddhism, Taoism, and other schools of Eastern thought. When he presented his findings to a professor, his ideas were guickly dismissed as "pure coincidence, nothing more." Fast-forward 20 years later and Niebauer is a PhD and a tenured professor, and the Buddhist-neuroscience connection he found as a student is practically its own genre in the bookstore. But according to Niebauer, we are just beginning to understand the link between Eastern philosophy and the latest findings in psychology and neuroscience and what these assimilated ideas mean for the human experience. In this groundbreaking book, Niebauer writes that the latest research in neuropsychology is now confirming a fundamental tenet of Buddhism, what is called Anatta, or the doctrine of "no self." Niebauer writes that our sense of self, or what we commonly refer to as the ego, is an illusion created entirely by the left side of the brain. Niebauer is guick to point out that this doesn't mean that the self doesn't exist but rather that it does so in the same way that a mirage in the middle of the desert exists, as a thought rather than a thing. His conclusions have significant ramifications for much of modern psychological modalities, which he says are spending much of their time trying to fix something that isn't there. What makes this book unique is that Niebauer offers a series of exercises to allow the reader to experience this truth for him- or herself, as well as additional tools and practices to use after reading the book, all of which are designed to change the way we experience the world—a way that is based on being rather than thinking.

abraham hicks guided meditation: The Power of Affirmations and Positive Self-Talk Bob Baker, 2021-04-19 Welcome to a little book that could change your life! When I was in my teens, I suffered from a lack of confidence and self-worth. Like many people, I believed my negative thoughts and feelings were simply who I was. They were coming from my mind. I felt them in my body. They must be real. And that's exactly how most people live their lives: on autopilot, letting their thoughts

and emotions run wild, then hanging on for dear life as they try to cope. Can you relate? But you don't have to live that way. Your thoughts are not an accurate reflection of who you truly are. You can take control of the conversations going on in your own head. And affirmations are the perfect tool to help you do that. Using the power of positive self-talk, you will no longer be a victim of negative thinking. You will be in the driver's seat of your mind - and your life! So, get ready to live a happier, more fulfilling life!

abraham hicks guided meditation: *Manifest Your Desires* Esther Hicks, Jerry Hicks, 2008-06-01 Drawing on the Abraham-Hicks teachings, the best-selling authors of Ask and It Is Given offer inspiring maxims on harnessing the power of manifestation and the Law of Attraction This information-packed little book, which presents the teachings of the non-physical entity Abraham, will help you learn how to manifest your desires so that you're living the joyous and fulfilling life you deserve. Each day, you'll come to understand how your relationships, health issues, finances, career concerns, and more are influenced by the Universal laws that govern your time-space reality—and you'll discover powerful processes that will help you go with the positive flow of life. So start making your dreams a reality . . . right now!

abraham hicks guided meditation: Therapeutic Exercise Carolyn Kisner, Lynn Allen Colby, John Borstad, 2022-10-17 The premier text for therapeutic exercise Here is all the guidance you need to customize interventions for individuals with movement dysfunction. You'll find the perfect balance of theory and clinical technique—in-depth discussions of the principles of therapeutic exercise and manual therapy and the most up-to-date exercise and management guidelines.

abraham hicks guided meditation: Ancient Symbols Aliyah Schick, 2011-09-01 Adult coloring for relaxation, stress reduction, meditation, spiritual connection, prayer, centering, healing, and coming into your deep, true self. Ages 9 to 109. The drawings of Ancient Symbols: Meditative Coloring Book 3 feature timeless shapes and forms used by every culture on earth to remind us of the sacred. These drawings serve to inspire deeply meaningful, meditative, or prayerful experiences through coloring. Ancient and indigenous sacred images speak deeply to us, to our bones and bellies, to our cellular memory and wisdom, to our souls' yearnings. Native peoples throughout time and place see the sacred in all of life. For them, holiness IS life. Life is the manifestation of the holy in all things. Step out of the busy world and into calm and peace. Focus on an affirmation while you color, or on a wish or a prayer. Ask for understanding or wisdom. Allow expansion into more of what you are meant to be. Or simply color with an attitude of gentle, graceful willingness. This book includes 32 different original drawings, information about ancient symbols, suggestions for how to use this book, a guided meditation, introduction to the artist, and open pages inviting you to record your own impressions. Five Volumes of Meditative Coloring Books: Angels, Crosses, Ancient Symbols, Hearts, and Labyrinths.

abraham hicks guided meditation: The Attractor Factor Joe Vitale, 2005-04-29 In The Attractor Factor, Joe Vitale combines principles of spiritual self-discovery with proven marketing concepts to show how anyone can live a happy life in and outside of business. He shares his own quest for wealth and success while leading you through the five simple steps that will make all your aspirations, professional and personal, a reality.

abraham hicks guided meditation: *Manifest Your Desires* Esther Hicks, 2009-12 This information-packed book, which presents the teachings of the Non-Physical entity Abraham, will help you learn how to manifest your desires so that you're living the joyous and fulfilling life you deserve. Each day you'll come to understand how your relationships, health issues, finances, career concerns, and more are influenced by the Universal laws that govern your time-space reality - and you'll discover powerful processes that will help you go with the positive flow of life. So start making your dreams a reality ... right now!

abraham hicks guided meditation: Sara, Book 2 Esther Hicks, Jerry Hicks, 2007-10-01 From that opening exclamation, this second Sara novel rampages through chapter after chapter of fun and adventure. Solomon (the owl from the first book who speaks without moving his lips) reappears and gives Sara and her classmate Seth a fresh and enlightening perspective on life on this planet. Simply

put, these two adventurous, tree-climbing friends dialogue with their ethereal feathered mentor regarding their varied (and sometimes confusing) experiences with parents, teachers, other students, neighbors, and property owners. The clarity, understanding, and wisdom that Solomon gives them results in some surprisingly practical views on the rules of the game of life. This is a must-read book for young people of all ages!

abraham hicks guided meditation: Infinite Possibilities (10th Anniversary) Mike Dooley, 2019-10-08 The New York Times bestselling author, teacher, and speaker provides the next step beyond his immensely popular Notes from the Universe trilogy with this special 10th anniversary edition of the modern classic that contains even more enriching wisdom for living an abundant, joyous life. We create our own reality, our own fate, and our own luck. We are all filled with infinite possibilities, and it's time to explore how powerful we truly are. With clear-eyed and masterful prose, Infinite Possibilities effortlessly reveals our true spiritual nature and exactly what it takes to find true happiness and fulfillment. Witty and intelligent, this is "the perfect book at the perfect time. It is full of wisdom, answers, and guidance—a unique combination that is guaranteed to help anyone during times of change and transition" (Ariane de Bonvoisin, bestselling author of The First 30 Days). This tenth anniversary edition features a new foreword by Bob Proctor and a new introduction from the author.

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we merge with the fire of our spirit, and return to our own divinity. This is the day when we recover the awareness of what we really are, and make the choice to live in communion with that force of creation we call Life or God. From that day forward, we live with unconditional love in our hearts for ourselves, for life, for everything in creation. This book, first published in 2001 as Prayers: A Communion with Our Creator, will remind you of what you really are. It has always been my favorite book, and now in honor of my favorite prayer, it has been appropriately renamed The Circle of Fire. -- don Miguel Ruiz

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