

# Life Training - Online

The Source for Personal Development and Excellence Training



## Ask and It Is Given: Overview

*This week, Life Training Online will be reviewing [Ask and It Is Given: Learning to Manifest Your Desires](#), by Esther and Jerry Hicks, the fourth of fifty-two books in the [52 Personal Development Books in 52 Weeks](#) series.*

The Law of Attraction has become quite the buzz word as of late. Since being featured on Oprah, Ellen DeGeneres and Larry King, [The Secret](#) has put the Law of Attraction into the mainstream.

As far as the LOA goes, *Ask and It Is Given* is often considered to be THE authority on what it is and how to use it to better our lives. What's quite unique about this book, is that although Jerry and Esther are listed as the authors, *Ask and It Is Given* is actually a collection of channeled messages (through Esther) from a group of non-physical entities who call themselves Abraham. The truth of this is a moot point, however personally I think it's more important to study the subject matter for its usefulness – experimenting upon it – rather than wasting time debating the source.

*Ask and It Is Given* is broken up into two parts: Part 1, containing an in-depth explanation of the principles of the Law of Attraction with discussions into its practical uses for increasing your prosperity, reclaiming your health, improving your relationships, and overall improving your life; and Part 2, guiding you through 22 different “processes” which help to increase your “vibrational energy”.

You'll notice that much of the advice and teachings contained in this work consists of learning how to change your life by aligning this “vibrational energy” with that of your desires. The authors explain that if you can learn to do this, the world is your oyster.

So you're in for a wild ride this week as we uncover some of the “Teachings of Abraham”. Can these principles literally transform your life as the authors claim?

Let's take a deeper look this week...

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## Ask and It Is Given: Establishing the Foundation

*This week, Life Training Online will be reviewing [Ask and It Is Given: Learning to Manifest Your Desires](#), by Esther and Jerry Hicks, the fourth of fifty-two books in the [52 Personal Development Books in 52 Weeks](#) series.*

At first I wasn't quite sure how this book was written. I thought that it was typed by Esther and Jerry Hicks based off of a compilation of notes that they recorded through channeling sessions. But after rereading the introduction I realized that it was in fact Abraham, who — through Esther — typed this book. Either way, from here on out, I'll refer to the author as Abraham or "they".

While you're reading the book, you may notice that there seems to be quite a bit of overlap. Whether this was by design or because it was edited to be that way, I don't know. In any case, I'll present it to you in a more linear format, presenting some of the main "discussion threads" that course throughout the volume.

### **You Only Hear What You are Ready to Hear**

"When the student is ready, the master appears". I'm sure you've heard of that saying. According to Abraham, we attract into our lives exactly those things which we are ready to experience, so if you are reading this book — or any other book for that matter — you can know that you are ready for the information which is inside it. (If you don't feel ready for this post though, close your browser now! 😊 )

### **Setting up the Foundation**

Early on in the book, Abraham starts establishing a baseline of understanding so as to build upon a solid foundation for all readers. The cornerstone of their teachings is that we are eternal beings in physical form, infinitely connected to a Higher Power

or what they refer to as the Source.

We can never fully remove our connection to this Source; we can only hinder it through our thoughts. This then, is the true purpose of this book — to help us to fully “connect” with this Infinite Power and learn to “allow” all our desires to flow to us.

### **You Create Your Own Reality**

Freedom of choice is the basis of our existence. And our purpose is to experience joy. When you can come to the awareness that you are the creator of your own experience and that the only thing that hinders you from those things that you desire is yourself, then you can deliberately allow all those things to flow into your life.

This goes for all people. You create your own reality even if you don't understand that you do so. The same energy that was used to create planets, you can learn to harness so as to create the life that you desire. This is part of our birthright. And the key to controlling this energy is through our thoughts.

### **The Law of Attraction**

If it seems like you're unable to continually get what you want from life, then you most likely don't understand the formula behind what can give you consistent results. This formula is called the Law of Attraction.

The Law of Attraction states that every thought is a vibration which radiates a signal into the universe. This signal then attracts a matching signal back. In other words, **you attract into your life that which you dominantly think about.**

This can be compared to a radio. When you tune your radio to 98.5 you don't expect to get 100.7. And just as a radio tuner receives what vibrational frequencies it resonates, so too do our vibrational frequencies (thoughts) match whatever it is that we are receiving. The challenge is learning how to maintain a resonance of what we desire, so that we attract it into our existence. This is the key to applying the Law of Attraction and this book's entire second part is dedicated to practical methods on how you can “tune” yourself to your Source.

### **You Are At the Leading Edge of Thought**

I found this concept to be very interesting. To be at the leading edge of thought means that you are existing as the manifestation of all who have gone before. Sound a little new-agey to you? Let me rephrase: Where you are now, and everything that you have and are experiencing in this moment, is the result of past people's desires, thoughts, and efforts.

For example, the car that you drive to work is not something that was simply conjured up out of thin air, but is the result of all the thoughts, desires and efforts from all people from the beginning of humankind.

This is not a far-fetched statement. When the first humans began walking around, they probably noticed horses running around a lot quicker and more efficiently than their little bow-legs could carry them and desired that they too could travel with such speed. Then someone got the bright idea to tame one of those horses and ride it instead. This then turned to multiple horses pulling a carriage to the Model T to the little Pinto that sits in your garage.

This is all an oversimplification of course. We know that the first automobile was not invented in a single day but reflects an evolution that took place throughout the world. In fact, it's estimated that our modern-day automobile is the combination of over 100,000 different patents. That's a lot of individual thought and desire making up something that we consider commonplace!

I would bet that the first person who rode a horse wasn't even the first one who tamed one. Even that was probably a combination of different people's desires. Basically the point of this is that we live in a world that is made up of everyone's thoughts and desires manifesting all around us. The fact that you live in the now, shows that you are at the "leading edge" of the entire human race's thoughts; which you will further build upon with your own thoughts and desires, expanding your own existence as well as the universe's.

Tomorrow, I'll be finishing up the review of the first part of this book with details about your Emotional Guidance System, how you can become a deliberate creator, how to change your own vibrational frequency and more! So stick with me...

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## Ask and It Is Given: Harnessing Source Energy

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Today we're finishing up the rest of Part I of the book. Having an established foundation in the Law of Attraction and the creative power called Source Energy, Abraham's goal is to now teach you how you can fully harness this power to make incredible changes in your life. So let's move on...

### **Your Emotional Guidance System**

After learning that you must "resonate" with your desire in order to achieve it, most people then ask, "How can I know that I'm resonating with it?" The answer can be found in your emotions.

Abraham explains that we all have a built-in guidance system which acts very much like a GPS — telling us if we're on the right path to achieving what it is that we want. This GPS is our emotions.

This Emotional Guidance System is very easy to grasp: By noticing that your emotions are negative, you can realize that you are acting as a resistor to the flow of energy from your Source — which essentially hinders the power that is used to manifest your desires. On the other hand, if your emotions are positive, the higher the "positivity" or vibration of your emotion, the more power will be available to you to manifest your desires.

Although you might be thinking or visualizing what it is that you want, if your vibration is low because of your negative emotions, then those thoughts have no

power behind them to manifest your desires.

Here is the list of “vibrational levels” from highest (you are an efficient conductor, “allowing” Source energy to flow) to the lowest (you’re acting as an insulator having no conductive properties).

You may notice that this list is very similar to the [Levels of Consciousness](#) that I wrote about from Power Vs. Force...check it out! (In my opinion, Abraham IS talking about the levels of consciousness here — they are one and the same).

- ▶ Joy/Empowerment/Freedom/Love/Appreciation/Knowledge
- ▶ Passion
- ▶ Enthusiasm/Eagerness/Happiness
- ▶ Positive Expectancy/Belief
- ▶ Optimism
- ▶ Hope
- ▶ Contentment
- ▶ Boredom
- ▶ Pessimism
- ▶ Frustration/Impatience
- ▶ Overwhelmed
- ▶ Disappointment
- ▶ Doubt
- ▶ Worry
- ▶ Blame
- ▶ Discouragement
- ▶ Anger
- ▶ Revenge
- ▶ Hatred/Rage
- ▶ Jealousy
- ▶ Insecurity/Guilt
- ▶ Fear/Grief/Despair



### **Increasing Your Vibration**

If you are vibrating at a lower level, one thing you must realize is that you cannot simply skip ahead from the lowest vibration to the highest, without hitting the ones in-between. Although “quantum leaps” are possible, increasing your vibration is more like tuning an analog radio — you must dial through the various frequencies until you reach the desired one.

For example, if you are at the lowest level — Despair — and you notice that you are beginning to feel Anger, realize that you are actually making progress and raising your vibration. Too many well-meaning people might see someone caught up in, say, guilt and as they begin to get angry, they counsel them not to be that way. This is actually stopping their progression to higher levels of vibration.

To increase your vibration, the first thing is becoming aware of where you are on the scale. From there, it’s a matter of using techniques (covered in the second part of this book, which I’ll review tomorrow) to pull yourself up to a higher level.

### **The 17 & 68 Second Rule**

Now that you’ve raised your vibration to a point where you are allowing the Source Energy to flow through you and your thoughts are in alignment with your desires, how long does it take for them to begin manifesting?

Surprisingly, not too long.

According to Abraham, if you are “conducting” at a high level, then it takes about 17 seconds of focused attention to activate a matching vibration with your desire. If you can maintain this pure focus for 68 seconds, then your vibrational match becomes powerful enough to kick off the manifestation process. Then it’s time to open your eyes and expect things to come into your life which will help you attain your desires.

This could be the desire itself, someone who is a key component to your attaining of it, an important piece of information, an opportunity and so on. The important thing is to open yourself up to these incoming opportunities.

Tomorrow I’ll be covering Part II of this book, which is a collection of exercises you

can use to raise your level of vibration. Hope to see you there..!

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## Ask and It Is Given: 22 Processes for Success with the Law of Attraction

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Today, I'll be covering the second part of the book entitled, *Processes to Help You Achieve What You Now Remember*. It's here where Abraham describes 22 different "processes" that raise your current emotional level and allow you to become a better conductor for the power of the Law of Attraction.

These processes are intended to help you change and improve your focus. You see, when you observe something, you're focusing energy. And if you are reliving a negative event — even though it happened before — by returning your thought to that event, you again activate the same vibration (emotion) that you experienced before. And by returning to that thought again and again, what happens is you create a well-worn pathway that turns into a dominant thought. If you continue with that dominant thought, it will eventually turn into a belief — whether it's true or not. This also applies to a positive event.

In actuality, what most people seem to focus on is what they're currently observing. If they see something wonderful, they feel wonderful. If they see something awful, they feel awful. What you'll learn from these processes is not to wait for the conditions around you to change. Instead, choose thoughts that feel good, thereby changing your condition. (This is essentially the Power of Positive Thinking book in a nutshell)

Before beginning any of these processes, it's important you first understand that you should be honest about your current feelings or emotional level (if you don't know what I'm talking about, [see the previous post](#) on the varying grades of emotional vibration we can exhibit). Not being truthful about where you currently

stand is as effective as — according to Abraham — putting a happy-face sticker on your car's gasoline gauge when it's running low; ignoring the fact, doesn't change a thing.

The book organizes each of the 22 processes in order of emotional-vibration range ([see the last post](#)). And every process indicates the range of emotion you should be at in order for that specific process to be most effective. If you're currently vibrating at a lower level and the process you pick requires a high level of vibration, it might annoy you more than help you. For example, who wants to be told to notice all the wonderful things around you when you've been informed that your spouse just passed away? It's best done if you slowly build yourself back up the scale.

For sake of space and the fact that you should purchase the book yourself 😊, here's a list of four of my favorite processes with brief descriptions of each:

**Process #1: Rampage of Appreciation:** Vibrational requirement between Joy and Optimism.

This process will help you achieve even greater vibration. The basic idea is to pick something that already makes you happy and continue to add to it all the things that you appreciate about it. Keep looking for deeper levels of appreciation of everything around you.

**Process #5: The Prosperity Game:** Vibrational requirement between Joy and Discouragement.

If you want to start vibrating as someone who attracts abundance into their lives, this process is perfect for you. The short of it: every day imagine that \$1,000 dollar increments continue to be deposited in your bank account. For example day one you'd receive \$1,000, day two \$2,000, day three \$3,000 and so on up until you begin to notice abundance coming into your life.

The more real you can make this, the better. For example, you could actually use real deposit slips and old checks to simulate depositing the money and spending it on something. It's important that you go through the process of finding things to spend the money on everyday and writing that down as a 'withdrawal' from your account.

**Process #11: Segment Intending:** Vibrational requirement between Positive

Expectation and being Overwhelmed.

I love this one. To give some background, a segment represents a clear action in your life. If you are ironing your clothes, that's one segment and if the phone rings and you answer it, you have just changed segments.

Here, you imagine the next segment in your day (or it could be one a year from now) and picture in your mind how you would like it to play out. If you are getting ready for work and have a commute ahead of you, imagine in your mind hitting all of the traffic lights, no traffic, and getting the perfect parking space. You'll be amazed at how this one works (this really works!!).

**Process #15: The Wallet Process** Vibrational requirement between Hopeful and Discouraged

I've seen [a very similar approach over at Steve Pavlina's site](#). What you do is take one (or more) hundred-dollar bills and put it in your wallet. As you're carrying it around with you throughout the day, notice all of the things that you could purchase if you wanted to. What this does is puts you in the mindset (and vibration) of someone who has abundance in their life.

What's great about this is you don't even have to purchase anything. Just going through the process of carrying that extra cash around causes a mental shift and you stop seeing life as one filled with scarcity. Try it!

Overall I found the second part of the book filled with practical exercises that really seem to work (I've only been doing them for a week now). I'm excited to see how they affect my life in the near future. As always, I'll keep you posted.

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## Ask and It Is Given: Final Thoughts

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I believed that I understood all there was to know about the Law of Attraction. This book showed me just how little I did know.

I realized after reading this, that there are still major improvements that I can make with regards to my thoughts. And after working through the various exercises throughout the book, I painfully become aware that many were working against me.

An interesting thing also happened immediately after applying the knowledge from this book this week. By the middle of this week my AdSense revenues alone for this blog jumped to \$40+ dollars/day (this is not including affiliate income).

Coincidence? Possibly, but I really believe it had to do with my focus. I'm excited to see what happens in the near future as I regularly work on this.

If you do decide to read this book, I want to warn you that it can't be devoured in one sitting like a #3 Special at McDonald's. Instead, make sure it's read piece-meal, allowing plenty of time in between for proper digestion and incubation — you'll get a lot more out of it this way.

It's also important not to get caught up in the terminology used in the book. Just apply it to your own set of beliefs and circumstances. I happen to be a Christian and find that the teachings and terminology that are presented in this book easily translate to my own beliefs. What they call Source, I call God; what they refer to as Source Energy I call the Light of Christ. Since the principles are universal, they'll work for all people — no matter what race, creed or religion you might belong to.

So that's it for this week's review. Next week I'll be dusting off the covers of a book that I haven't read since I was in college: Stephen Covey's classic, *The 7 Habits of Highly Effective People*. It's a great read and I'm excited to revisit it again...stay tuned!

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