

abraham hicks affirmations

abraham hicks affirmations have become a popular tool for individuals seeking to improve their mindset, attract positivity, and align with their desires. Rooted in the teachings of Esther Hicks and the entity known as Abraham, these affirmations emphasize the power of thought and vibration in manifesting one's ideal life. This article explores the fundamentals of Abraham Hicks affirmations, how they work, and practical ways to incorporate them into daily routines. Additionally, it covers examples of effective affirmations and tips for maximizing their impact. Whether new to the concept or seeking to deepen understanding, this comprehensive guide provides valuable insights into harnessing these affirmations for personal growth and well-being.

- Understanding Abraham Hicks Affirmations
- The Science Behind Affirmations and Manifestation
- How to Use Abraham Hicks Affirmations Effectively
- Examples of Powerful Abraham Hicks Affirmations
- Incorporating Affirmations into Daily Life

Understanding Abraham Hicks Affirmations

Abraham Hicks affirmations are positive statements inspired by the teachings of Abraham, a group of non-physical beings channeled by Esther Hicks. These affirmations are designed to help individuals shift their vibrational frequency to align with their desires, thereby attracting positive experiences and outcomes. Central to this philosophy is the Law of Attraction, which suggests that like attracts like. By repeating affirmations that resonate with one's true desires, a person can change their mindset, overcome limiting beliefs, and foster emotional well-being.

The Role of Vibrational Alignment

According to Abraham Hicks, everything in the universe vibrates at a certain frequency. Affirmations help raise an individual's vibrational state to match the frequency of what they want to manifest. This alignment is essential for the Law of Attraction to work effectively. When thoughts, feelings, and beliefs are in harmony with desired outcomes, manifestations occur more naturally and swiftly.

Key Principles Behind the Affirmations

The core principles of Abraham Hicks affirmations include focusing on positive emotions, maintaining clarity of desire, and releasing resistance. Affirmations encourage individuals to think and feel as if their goals are already achieved, thereby eliminating doubts or negative thoughts that may block manifestation. These principles emphasize the importance of consistency and genuine emotional

connection to the affirmations used.

The Science Behind Affirmations and Manifestation

While Abraham Hicks affirmations originate from spiritual teachings, there is scientific interest in how affirmations impact the brain and behavior. Studies in psychology demonstrate that positive affirmations can reduce stress, increase resilience, and improve overall mental health. This section explores the scientific framework that supports the effectiveness of affirmations.

Neuroplasticity and Affirmations

Neuroplasticity refers to the brain's ability to reorganize itself by forming new neural connections. Repeating affirmations can help rewire thought patterns, replacing negative or limiting beliefs with empowering ones. This neurological change supports behavioral shifts and emotional improvements, aligning well with Abraham Hicks' emphasis on changing one's vibrational state.

The Placebo Effect and Positive Thinking

The placebo effect showcases the power of belief on physical and psychological outcomes. Affirmations act similarly by fostering a mindset that anticipates success and well-being. This positive expectation can influence motivation, decision-making, and stress management, further enhancing the manifestation process.

How to Use Abraham Hicks Affirmations Effectively

Implementing Abraham Hicks affirmations correctly is crucial to experiencing their full benefits. This section discusses practical steps for creating and using affirmations that align with individual goals and vibrational states.

Crafting Personalized Affirmations

Effective affirmations are specific, positive, and stated in the present tense. Personalizing affirmations to reflect one's desires and values increases their emotional impact. For example, instead of a vague affirmation like "I am successful," a more targeted statement might be "I am confidently attracting abundant opportunities every day."

Techniques for Repetition and Integration

Consistency is key when using affirmations. Repeating them daily, preferably multiple times a day, helps embed the positive messages in the subconscious mind. Techniques include:

- Reciting affirmations aloud each morning and evening

- Writing affirmations in a journal to reinforce intention
- Using meditation or visualization while affirming
- Placing written affirmations in visible locations

Overcoming Common Challenges

Some individuals may initially struggle with affirmations due to skepticism or ingrained negative beliefs. Abraham Hicks teachings recommend focusing on the feeling behind the affirmation rather than just the words. Cultivating positive emotions during affirmation practice enhances vibrational alignment and reduces resistance.

Examples of Powerful Abraham Hicks Affirmations

Using well-crafted affirmations can significantly enhance the manifestation process. Below are examples inspired by Abraham Hicks' teachings, designed to promote abundance, joy, and alignment with one's true self.

- **"I am a magnet for positive experiences and loving relationships."**
- **"Every day, in every way, I am becoming more aligned with my highest good."**
- **"I allow myself to receive the abundance the universe offers without resistance."**
- **"I trust the process of life and know that everything is working out for me."**
- **"My thoughts create my reality, and I choose thoughts that feel good."**
- **"I am grateful for the endless flow of prosperity and happiness in my life."**
- **"I release all doubts and embrace the certainty of my success."**

Affirmations for Specific Areas

Affirmations can be tailored to various life areas such as health, career, relationships, and self-esteem. For example, career-focused affirmations might include statements about attracting ideal job opportunities, while health affirmations emphasize vitality and well-being. Customizing affirmations ensures relevance and increases their transformative power.

Incorporating Affirmations into Daily Life

For Abraham Hicks affirmations to be truly effective, they must become an integral part of daily habits and mindset. This section outlines strategies for embedding affirmations into everyday routines.

Morning and Evening Rituals

Starting and ending the day with affirmations sets a positive tone and reinforces desired beliefs. Morning affirmations can energize motivation and focus, while evening affirmations help release stress and affirm gratitude. Establishing these rituals creates consistency and deepens the connection to one's goals.

Using Affirmations During Challenging Moments

Affirmations are powerful tools during times of stress, doubt, or negativity. Repeating calming and empowering statements can shift emotional states, reduce anxiety, and restore alignment with positive intentions. This practice supports resilience and helps prevent derailment from manifestation progress.

Combining Affirmations with Visualization and Meditation

Integrating affirmations with visualization techniques and meditation amplifies their effectiveness. Visualizing desired outcomes while repeating affirmations creates a vivid mental image that strengthens belief and emotional involvement. Meditation fosters mindfulness and receptivity, enhancing vibrational alignment.

Frequently Asked Questions

Who is Abraham Hicks?

Abraham Hicks is a group of spiritual entities channeled by Esther Hicks, known for teachings on the Law of Attraction and positive affirmations.

What are Abraham Hicks affirmations?

Abraham Hicks affirmations are positive statements inspired by the teachings of Abraham Hicks, designed to help individuals focus on desired outcomes and manifest their intentions.

How do Abraham Hicks affirmations work?

They work by shifting your vibration and thought patterns towards positivity and alignment with your desires, which according to the Law of Attraction, attracts those desires into your life.

Can Abraham Hicks affirmations help with anxiety?

Yes, practicing Abraham Hicks affirmations can help reduce anxiety by promoting a positive mindset and encouraging focus on uplifting thoughts.

What is a popular Abraham Hicks affirmation?

A popular affirmation is "I am in the process of allowing my desires to manifest effortlessly and joyfully."

How often should I practice Abraham Hicks affirmations?

It is recommended to practice them daily, preferably in the morning or before sleep, to consistently align your thoughts with your intentions.

Are Abraham Hicks affirmations scientifically proven?

While there is no direct scientific proof of Abraham Hicks affirmations, positive affirmations in general have been shown to improve mindset and motivation in psychological studies.

Where can I find authentic Abraham Hicks affirmations?

Authentic affirmations can be found in Abraham Hicks books, audio recordings, official websites, and seminars led by Esther Hicks.

Additional Resources

1. *The Law of Attraction: The Basics of the Teachings of Abraham*

This foundational book by Esther and Jerry Hicks introduces readers to the core principles of Abraham Hicks' teachings. It explains how thoughts and feelings influence the reality we experience and offers practical advice on how to align with positive energy. The book emphasizes the power of deliberate creation through focused affirmations and positive thinking.

2. *Ask and It Is Given: Learning to Manifest Your Desires*

In this guide, Abraham Hicks provides 22 powerful processes to help readers manifest their desires with ease. The book focuses on the use of affirmations and vibrational alignment to attract what you want into your life. It encourages readers to shift their mindset from resistance to allowing, creating a flow of positive experiences.

3. *Money and the Law of Attraction: Learning to Attract Wealth, Health, and Happiness*

This book explores the relationship between financial abundance and the Law of Attraction. Abraham Hicks teaches how affirmations and mindset shifts can transform your financial reality. Readers learn to release limiting beliefs about money and embrace a mindset of prosperity and well-being.

4. *Living the Law of Attraction: Using the Practical Teachings of Abraham to Get the Life You Want*

A practical handbook for applying Abraham Hicks' teachings in everyday life, this book offers actionable steps and affirmations to improve relationships, career, and health. It breaks down complex concepts into simple practices that anyone can implement. The focus is on consistent positive thought patterns to create lasting change.

5. *The Vortex: Where the Law of Attraction Assembles All Cooperative Relationships*

This book delves into the concept of the "Vortex," a vibrational place of alignment where all desires exist. It teaches readers how to use affirmations and emotional guidance to enter and stay in this powerful state. The Vortex serves as a metaphor for the energetic space where manifestations come to life.

6. *Effortless Prosperity: A Guide to Financial Freedom with Abraham*

Effortless Prosperity offers insights into achieving financial freedom through joyful alignment and affirmations. Abraham Hicks emphasizes the importance of feeling good about money and releasing struggle. The book provides techniques to shift your energy and attract prosperity naturally.

7. *Creative Workshop: The Practical Art of Manifesting Your Desires*

This workbook-style book invites readers to participate in exercises and affirmations that enhance creative manifestation. Abraham Hicks guides readers through the process of identifying desires and removing blocks. It is designed to be an interactive experience for deepening your connection to the Law of Attraction.

8. *Joyful Journey: Embracing the Art of Allowing*

Joyful Journey highlights the importance of embracing joy and allowing in the manifestation process. Through affirmations and stories, Abraham Hicks shows how a relaxed, positive attitude attracts better experiences. The book encourages readers to find happiness in the present moment as a pathway to their desires.

9. *Alignment: The Key to Manifesting Your Dreams*

This book focuses on the critical role of energetic alignment in the manifestation process. Abraham Hicks explains how affirmations, emotions, and beliefs work together to create reality. It provides tools and insights to help readers maintain alignment and manifest their dreams effortlessly.

Abraham Hicks Affirmations

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abraham hicks affirmations: The Best Affirmations Handbook Patricia A. Ross, Scott Sharp Armstrong, 2009-01-02 Why is it everyone knows they should be doing affirmations, but they don't? Why is it some people say affirmations just gloss over the negative? It's because no-one has ever given you a step-by-step guide on how to do affirmations effectively. Affirmations work. They work for millions of people around the world and they can work for you! They are the foundation for you to get the life you desire and dream about. In this Handbook, you'll learn how to say them everyday, all the time. You'll find out how to identify your dominant thought, how to change your negative thinking, and much more!! The Best Affirmations Handbook gets results! You can achieve the life of your dreams if you do your affirmations and take action on them. Buy the Best Affirmations Handbook and take it with you everywhere. Create your own affirmations habit, and may your life never be the same again!

abraham hicks affirmations: *A Tribe Called Bliss* Lori Harder, 2019-05-07 Self-love expert and

creator of the Earn Your Happy podcast shares the methods she used to build her own tribe and grow from an anxiety-ridden, unhealthy, introverted underachiever to a confident woman who takes risks and leaps out of her comfort zone—complete with a foreword from #1 New York Times bestselling author Gabrielle Bernstein. Today, we live in an uber-connected era, where anyone is able to make thousands of friends and participate in their lives with the swipe of a finger. Why then, in such a connected time in history, do so many women feel disconnected, confined, misunderstood, defeated, or think that success is a solo project? The benefits of having a tribe are undeniable. Women who have strong social circles are living longer, happier, healthier lives in comparison to those who lack connections and are exhausting themselves trying to quench external desires in isolation. In *A Tribe Called Bliss* Lori Harder bridges the gap between inspiration and action, providing a lasting resource for positive change and a guidebook for establishing a support tribe. With crucial and fascinating lessons and contextual self-work exercises, this is the ultimate guidebook to discover the key to a lifetime of blissful happiness.

abraham hicks affirmations: Awakening Consciousness Lindsay S Godfree, 2017-02-27
Shifting from a deep depression to a spiritual awakening experience and seeing Divinity everywhere is not something that anyone expects or that someone sets off to accomplish. But that is what happened to Lindsay as she does everything she can think of to feel better. It is quite an amazing journey of discovery. While this type of spiritual experience is not exactly main stream, she has been able to make sense out of her life story and connect with people who seem to have had similar experiences. To those who are awakening to an expanded version of self, Lindsay wants to say, “You are not alone. Everyone is waking up into greater consciousness and eventually to experience Oneness.” For those who are trying to make sense of this epic shift in consciousness that is happening through us—Lindsay offers some insight and choices. The message she wants to share from experiencing God or Cosmic Consciousness is this; “I want everyone to know that everything that happens is perfect. We are perfect and loved just the way we are. There is nothing that you need ever fear, because you are loved beyond anything that you can imagine. You are one with that love and all that is.”

abraham hicks affirmations: Eternal Energy and Information Jimmy Ninja Chaikong, 2021-04-20
Eternal Energy & Information is a book about life, life's lesson seen thru the Eyes of an Immigrant and Retired Professional MMA Fighter. A little bit Real, a little bit Spiritual and some Hypothetical Guesses about what makes the Cosmos and Life tick!

abraham hicks affirmations: Shamanic Reiki Drumming Fay Johnstone, 2023-08-15
A complete guide to shamanic drumming for enhancing Reiki practice • Shares Reiki drum techniques and step-by-step shamanic practices to strengthen the potency of Reiki symbols and treatments and bring empowerment, healing, connection, and clarity to you and your clients • Looks at selecting a drum, attuning to its unique power, and how to use it for self-healing and for work with clients • Explains the essence of shamanic journeying with a drum, including how to set intentions, access and navigate the three shamanic worlds, meet spirit guides, and connect deeply with your intuition Combining the drum with reiki allows a practitioner to deepen their practice by integrating vibrational sound and shamanism. In this guide, reiki master and shamanic teacher Fay Johnstone explores reiki drum techniques and step-by-step shamanic practices to bring empowerment, healing, connection, and clarity to you and your clients. Exploring the magic of the drum, Shamanic Reiki Drumming explains the essence of shamanic journeying, including how to access and navigate the three shamanic worlds, meet spirit guides, and connect deeply with your intuition. Outlining different techniques of drumming for yourself and others, the author presents a shamanic reiki treatment flow protocol for the basic structure of a session, whether in person or distant healing. Simple, practical exercises are offered to help restore connection to our true self through drumming with nature, exploring the cosmos, and honoring the ancestors. The book includes guidelines for conducting ceremony and holding drum circles or reiki shares for group healing and shamanic journeying. Welcoming all reiki practitioners into the rhythm of the drum and the path of shamanism, this guide will inspire you to journey deeper into the unseen web that connects us all.

abraham hicks affirmations: 369 Manifesting Journal Michelle Chira, Manifesting can be difficult, but this journal makes it easy. Unleash the power of manifestation with 369 journaling! The 369 manifestation journal is designed to help you connect with the universe and manifest your desires more easily. It's filled with insightful pages that will help you understand the rhythm of the universe and how to align yourself with higher energy. With this journal, you can appreciate love every day and see quick results from activating the law of attraction in your life. - The 99 days of journaling will change your life - Experience the transformative power of affirmations - Get inspired by real-world examples of how to use 369 - 33 Powerful Journal Prompts to help manifest faster - Make time each day for yourself and your dreams - The perfect gift for anyone looking to change their life for the better Use this journal to keep track of each step on your sacred path toward experiencing joy like never before. With its special numbers 369 guiding you forward along the way, you'll find success in manifesting easier than ever before! Purchase your own copy of the 369 manifestation journal today!

abraham hicks affirmations: Pandeism: An Anthology of the Creative Mind Knudsen Mapson, Amy Perry, 2019-07-26 Following on from Pandeism: An Anthology this new volume brings you three returning authors and a dozen new ones, including renowned physicist and theologian Varadaraja V. Raman, communications professor and poet John Ross, Jr., mixed martial artist turned musician Jimmy Ninja Chaikong, Judaism author Roger Price, and mythohistorian Julian West. The theme of this volume is the creativity of the human mind - in art, in poetry, in recasting historical events in mythological terms, in film and television, and, indeed, in prose theological writing. A creative mind is a fire which gives light to the head, warmth to the heart, and nourishment to the soul, and we are blessed to present talents sufficient to fuel many a conversation to come. Indeed, perhaps the creativity of the human mind is a flickering echo of a greater mind which we all occupy.

abraham hicks affirmations: Finally Becoming Her Kathrine Louis, 2025-01-18 Finally Becoming Her is a groundbreaking 6-month transformation journal created by Kathrine Louis, a leading expert in women's empowerment and a renowned Business and Life Coach. This journal focuses on the two key elements for true success: mindset and self-worth. Kathrine Louis provides proven self-development strategies and transformative techniques within these pages to guide you step by step toward uncovering your potential and creating the life you have always dreamed of. Combining innovative exercises with reflective prompts, Finally Becoming Her helps you gain clarity, set bold goals, and align your actions with your deepest desires. Whether you are seeking personal growth, self-discovery, or a renewed sense of confidence, this journal is your ultimate companion on the journey to becoming the most empowered version of yourself.

abraham hicks affirmations: Unassisted Childbirth Laura Kaplan Shanley, 2012-02-22 This book reveals how giving birth is an inherently safe, relatively painless process that is best performed without the assistance of doctors or midwives, and how confidence and a positive attitude reduces fear—and therefore the pain—of labor. According to Laura Kaplan Shanley, a renowned leader in the natural-birth movement, human birth is inherently safe and relatively painless—provided we refrain from physical or psychological interference. The problems often associated with birth can be traced to three main factors: poverty, unnecessary medical intervention, and fear. When these causes are eliminated, most women can give birth either alone or with the help of a partner, friends, or family. This second edition of Unassisted Childbirth leads with a history of childbirth and then describes how most deliveries occur today, detailing why these processes don't serve mothers or babies. The information in this unique book gives women yet another legitimate choice in childbirth that doesn't rely on doctors and technology, and allows parents, birth professionals, and general readers to reexamine their most basic ideas about birth and learn to think in new ways.

abraham hicks affirmations: Making Life Easy Christiane Northrup, 2016 Ever since medical school, Dr. Christiane Northrup has been guided by an essential truth about the way our bodies, minds, and souls are intertwined. It's the same truth Edgar Cayce expressed in this famous formula: The Spirit is Life. The Mind is the Builder. The Physical is the Result.

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know Dr. Christiane Northrup as the best-selling author of books such as *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause*—a beloved and trusted expert on everything that can go right with the female body. Now she brings her wisdom and insight to illuminate the mind, soul, and spirit as well. In this joyfully encouraging new book—as useful for men as it is for women—Dr. Northrup explores the essential truth that has guided her ever since medical school: our bodies, minds, and souls are profoundly intertwined. Making life flow with ease, and truly feeling your best, is about far more than physical health; it's also about having a healthy emotional life and a robust spiritual life. When you view your physical well-being in isolation, life can become a constant battle to make your body “behave.” When you acknowledge the deep connection between your beliefs and your biology and start to tune in to the Divine part of yourself, it's a whole new ballgame—and the first step in truly making your life easy. Take your well-being into your own hands as you learn to:

- Untie the knots of blame and guilt that harm your health
- Use sexual energy consciously to increase vitality
- Balance your microbiome through healthy eating
- Cultivate a healthy ego that serves you (not vice versa)
- Communicate directly with the Divine
- And much more

Drawing on fields from epigenetics to past-life regression to standard Western medicine, Dr. Northrup distills a brilliant career's worth of wisdom into one comprehensive user's guide to a healthy, happy, radiant life.

abraham hicks affirmations: Become Unstoppable Nathalie Guerin, 2022-01-06 In *Become Unstoppable*, Nathalie Guerin lays out the essential elements to becoming unstoppable as an entrepreneur. This book is a roadmap to stepping into your power and leveraging the universe to manifest a business you love. You'll learn to heal your confidence, let go of past failures, and start playing full out. This book teaches you how to get unstuck, motivated and into action so you can move through challenges at lightning speed. No more being stuck for days, weeks, and years. It's time to unlock your success as an entrepreneur.

abraham hicks affirmations: Venus and I Anja Schäfer, Dr. Raymond Keller, 2023-06-20 A Story about Initiations, the Transformation of the Earth, and Love If you count yourself among the millions seeking a greater spiritual enlightenment and understanding, then Anja's *Venus and I* is definitely written specifically for you. Inasmuch as the Moon is the most splendid reflector of the Light of the Sun to the Earth, so also is Anja's *Venus and I* a reflector of the cosmic consciousness one attains from the illumined masters of our sister planet who have come before us. In the Light of Venus! Dr. Raymond Keller Cosmic Ray Contents: Venus Ambassadors, Omneconec, Dr. Raymond Keller Cosmic Ray, Phaistos Disc, Atlantis, Cyclic Time Linear Time, Venus-Germany-Connection, Transformation and Future of the Earth, Ascension, Awakening, Artificial Timeline (2D) and Natural Timeline (5D), Spiritual Practices, Levels of Consciousness, Journey of Soul, Twin Flames, Unconditional Love, Jo Conrad Interview with Omneconec. I am certain today that I have incarnated as one of the Souls to break down encrusted structures and to help both myself and people to allow true, divine love to rise within and be embodied. We are here to help Mother Earth, by returning home to divine love, to raise herself to a higher vibrational frequency and end the age of darkness and ignorance. Anja Schäfer * venus-spirit.com

abraham hicks affirmations: Let's Understand You Are Your Own Healer Rhonda Morris, 2024-05-20 Get ready to find a new YOU within YOU from this book. Do you often feel stuck in negative thoughts that hold you back from growing? Wonder why challenges seem hard to overcome no matter how hard you try? How different would your life be if you could use your inner strength to heal and confidently face your journey? What if you could learn powerful techniques that many successful people are using in their daily lives? Imagine having a complete set of tools for self-healing, ready to tackle every aspect of your health. See yourself gaining confidence as you learn these transformative practices, guiding you towards a stronger, happier future. *Let's Understand You Are Your Own Healer* is the perfect guide for you. Within its pages, you'll discover practical insights and effective techniques to kickstart your journey toward holistic healing. This is your guide to breaking free from limitations and finding clarity in the chaos. This book serves as your comprehensive roadmap, offering you the most effective self-healing techniques (some may seem unconventional) to empower you on your healing journey. Explore the basics of self-healing

techniques and get ready to start your healing journey. Each chapter is packed with easy steps, helpful practices, and valuable insights to help you embrace self-healing. Here is what you will learn from this book: · The concept and significance of self-healing in your life · Insights from real-life stories like Barbara Arrowsmith-Young's journey · Understanding the mind-body connection and its role in self-healing · Identifying common obstacles to self-healing and strategies to overcome them · Cultivating self-awareness through introspection and reflection · Practicing mindfulness techniques for enhancing self-healing · Different types of self-care and their importance in supporting healing · Introduction to various self-healing techniques and their applications · Harnessing the power of thought leaders and high performers for self-healing · Navigating through actionable steps and transformative practices for embracing self-healing Louise Hay once rightly said: Remember, you have been criticizing yourself for years, and it hasn't worked. Try approving of yourself and see what happens. Are you prepared to take that crucial first step towards unlocking your inner healing potential? Begin your transformative journey today and unleash the full potential of your mind.

abraham hicks affirmations: The 369 Journal Keila Shaheen, 2024-10-15 From TikTok sensation Keila Shaheen, author of *The Shadow Work Journal*—which has sold more than a million copies worldwide—a journal that explains the numerology-inspired 369 method of manifestation and offers neuroscience-based prompts to help you channel it every day. What is the 369 Method? Scientists swear by its core principles. Genius inventors use it to change the world. Social media influencers turned it into a viral new trend. And now, the bestselling author of *The Shadow Work Journal* has created this interactive journal to help you execute the method flawlessly. At its core, the 369 method combines numerical patterns with the power of your mind to help you manifest your biggest dreams and transform your life. Inside this journal, you'll find a wealth of resources to support you on your journey toward limitless living: -A comprehensive look at the 369 method, including its origins and how it's worked for luminaries throughout time. -Themed affirmations for relationships, wealth, health, and abundance, and more. -A self-care menu to help you cultivate a positive mindset and take care of yourself on a daily basis. -Guided daily 369 journaling to help you take inspired action. -Weekly reflections to record your emotional vibrations and celebrate your successes along the way. -Advice on how to pivot and adjust your intentions when you're not getting results. Based on cutting-edge neuroscience research, *The 369 Journal* is an incredibly powerful tool that supports the 369 method with guided journaling and reflective practices to help you rewire your brain for success and unlock your limitless potential. Whether you're looking to manifest abundance, attract love and happiness, or achieve any other goal, *The 369 Journal* can help you stay focused, motivated, and on track. Start rewriting your future today!

abraham hicks affirmations: Whispers of Miracles Yeganeh Karimi, 2021-01-28 After my divorce, I felt free and reborn, I wanted to explore a new of me, I became friendly with my inner child, I wanted to meet new Yeganeh to know her, and to see her power. I wanted to see, how she can deal with her new life., if she was able to stand up for her rights and being able to take care of herself. She wants to tell her story, the story about love, passion, and unity. Yeganeh wants to evaluate herself and remembering her power to stay strong. Perhaps, she could be swearing to herself never give up on her tough life. The author believes that, life is like a rough school. Based on the abilities and our talents, we may enhance the creativities to understand that what types of skills we can learn to better fit in the society. In order to move forward for the better life. On the other hand, the self-love, value, and respect, could be important for a living in this universe. Most part of this book is operated as a flash back method. Based on my true life and belief system. During these years, it was my choice to surround myself with positive people to be able to growth with them. My story could tell you, how to be open to other cultures and ethnicities.

abraham hicks affirmations: The Ultimate Guide to Psychic Abilities Karen Frazier, 2021-11-09 Learn how to develop your intuition safely and effectively for joy and personal empowerment with best-selling author and psychic Karen Frazier as your guide. Psychic ability is the capacity to know the unknowable. We are all born with this gift—but we need to know how to access it. *The Ultimate Guide to Psychic Abilities* teaches you how to awaken your different psychic

abilities: Mediumship—the ability to talk to Spirits Telepathy—the ability to read what’s in someone else’s mind Precognition—the ability to know events before they occur Precognitive dreaming—the ability to use dreams to predict the future or know events Remote viewing—the ability to see events at a distance Channeling—the ability to glean information from other people or Spirits Astral travel—the ability for your spirit to leave your body and explore other places Psychokinesis—the ability to affect and move objects with your mind You’ll also learn how to use your psychic abilities in conjunction with other divinatory tools such as tarot and astrology. Setting energetic boundaries and protection is discussed as are strategies for managing psychic information if you are empathic or highly sensitive. Exercises and games allow you to explore and learn at your own pace as you strengthen and refine your abilities. The practice includes meditations, asking for and recording psychic dreams, charging crystals, and card play, among others. Written in an accessible style and featuring luminously beautiful illustrations, The Ultimate Guide to Psychic Abilities is the essential guide for developing your most important ability. The Ultimate Guide to... series offers comprehensive beginner’s guides to discovering a range of mind, body, spirit topics, including divination, crystal grids, numerology, witchcraft, chakras, aromatherapy, and more. Filled with beautiful illustrations and designed to give easy access to the information you’re looking for, each of these references provides simple-to-follow expert guidance as you learn and master your practice. Also available from the series, find Ultimate Guides to: Channeling, Crystals, Energy Healing, Astrology, Shamanism, Chakras, Divination, Crystal Grids, Tarot Spreads, Tarot, Witch’s Wheel of the Year, Aromatherapy, CBD, Witchcraft, and Numerology.

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