SOFTWARE & TECH

Jerry And Esther Hicks Ask And It Is Given

PUBLISHED
November 25, 2026

REFERENCE
#1795582737383180

Unlocking the Vortex: The Core Teachings of Jerry and Esther Hicks's Ask and It Is Given

In the vast landscape of modern spiritual and self-help literature, few works have sparked as much intrigue, devotion, and debate as **Jerry and Esther Hicks's Ask and It Is Given**. First published in 2004, this book serves as the foundational text for the teachings of Abraham, a group of non-physical entities that Esther Hicks says she channels. The central premise—that our thoughts create our reality and that we can deliberately attract what we desire—has resonated with millions. But what makes this book so enduring, and how can readers apply its principles in a practical, grounded way? This article offers a deep dive into the world of Abraham, exploring the mechanics of asking, the art of allowing, and the transformative power of the Emotional Guidance System.

Who Are Jerry and Esther Hicks?

Before examining the book itself, it helps to understand its authors. Jerry and Esther Hicks were a married couple who co-created a series of workshops, books, and audio recordings based on channeled material from "Abraham." Esther Hicks is the channel; Jerry, until his passing in 2011, was the business organizer and co-author. Their joint work, particularly *Ask and It Is Given*, presents a complete, optimistic worldview that places the individual at the center of a responsive, vibrational universe. The term "Jerry and Esther Hicks Ask and It Is Given" has become a shorthand for a specific approach to the Law of Attraction—one that emphasizes feeling good as the primary path to manifestation.

The Core Premise: You Are the Creator of Your Own Experience

The foundational idea in *Ask and It Is Given*is deceptively simple: the universe is made of energy, and everything—including your thoughts—vibrates at a certain frequency. You attract experiences that match the vibrational content of your dominant thoughts and feelings. When you "ask" for something—whether consciously, by making a wish, or subconsciously, by worrying about its absence—the universe immediately answers. But the key to receiving lies in "allowing" the answer to come by matching your vibration to the request.

This process is often summarized as: Ask, Allow, Receive. The ask is automatic; you are always asking, vibrating desires or fears. The answer is always given—the universe responds with people, circumstances, events that match your vibration. The only variable is your state of allowing. If you feel resistance (doubt, worry, fear), you block the answer. If you feel relief, joy, or appreciation, you open the channel.

While the Law of Attraction has become a popular phrase, **Jerry and Esther Hicks's Ask and It Is Given**provides the clearest mechanics. The Law of Attraction is the universal principle that "like attracts like." Every thought you have emits a vibration that calls to itself similar vibrations. This law is impersonal,

perfect, and always at work. Understanding this can be liberating: you are not a victim of circumstance; you are a vibrational magnet. The book emphasizes that you cannot escape the Law of Attraction any more than you can escape gravity, so you might as well learn to work with it.

The Emotional Guidance System: Your Inner Compass

A brilliant innovation of this teaching is the Emotional Guidance System (EGS). Abraham—through Esther—teaches that your emotions are not random or meaningless. They are feedback from your Inner Being (or Source) telling you if you are aligned with your desires or drifting into resistance. Emotions range on a scale from the highest (Joy, Knowledge, Empowerment) to the lowest (Fear, Grief, Despair). The goal is not to jump from despair to joy instantly, but to "move up the emotional scale" gradually, feeling just a little better, thought by thought.

For example, if you feel frustrated about a job situation, the guidance system says, "You are far from your desire of fulfillment." Instead of forcing yourself to pretend to be happy, you can look for a thought that brings slight relief: "At least I have some income," or "I have skills that could lead to something better." This step-by-step improvement is the essence of allowing. The book provides a detailed list of 22 processes to help readers move up the scale and deliberately align with well-being.

The 22 Processes: Practical Tools for Transformation

One of the most valuable sections of *Ask and It Is Given*is the second part, which contains 22 specific processes for improving your vibrational state. These are not mere affirmations; they are step-by-step exercises designed to shift your thoughts and feelings from resistance to alignment. Here are a few notable ones:

- The Rampage of Appreciation: A focused effort to find things you genuinely appreciate—from a warm cup of coffee to a meaningful relationship. This process rapidly raises your vibration.
- The Process of Visualization: Using imagination to create a mental scene that feels good, as if the desire has already manifested.
- The "Wouldn't It Be Nice…" Process: A low-pressure way to dream without needing the outcome to happen immediately, reducing resistance.
- The Process of Pivoting: When you notice a negative thought, you gently pivot to a better-feeling thought, even if it's just slightly better.

Each process is designed to be practiced for 10 to 15 minutes a day, or as needed. The book emphasizes that these are not magic spells; they are tools to help you align with the answer that is already given. The phrase "Jerry and Esther Hicks Ask and It Is Given" often leads seekers to these processes as a practical path to a better-feeling life.

Addressing Common Misconceptions

Critics of the Abraham teachings sometimes accuse them of "blaming the victim" or promoting toxic positivity. However, a careful reading of *Ask and It Is Given*reveals a more nuanced perspective. The book does not claim that you cause your own suffering by having negative thoughts; rather, it acknowledges that everyone has natural resistance and that the emotional guidance system is there to help you navigate back to alignment, not to judge you. The teaching is about empowerment, not blame. You are not wrong for feeling sad or angry; those emotions are valuable signals. The aim is to gradually feel better, not to suppress so-called negative emotions.

How to Apply the Teachings in Daily Life

Integrating the principles of **Jerry and Esther Hicks's Ask and It Is Given**into everyday existence requires consistency and self-awareness. Here are practical steps:

1. Start with your mood: Check in with yourself multiple times a day. Ask, "How do I feel?" Use the emotional scale to identify where you are.

2. Reach for a better thought: When you catch yourself in a low vibrational state, do not try to force happiness. Instead, find a thought that brings a tiny bit of relief. For example, if you are worried about money, think, “I have enough for today, and the universe is always providing.”

3. Practice appreciation: Spend a few minutes each morning listing things you appreciate. This aligns you with the frequency of abundance.

4. Use the processes from the book: Pick one process that resonates with you, such as “The Process of Visualization,” and do it daily for a week. Notice how your feelings shift.

5. Let go of the “how”: A key teaching is that your only job is to feel better, not to figure out how your desire will manifest. The universe (Source) orchestrates the details.

The Legacy of Jerry and Esther Hicks

Since its release, *Ask and It Is Given*has sold millions of copies and influenced countless other teachers and authors. The Hickses’ workshops continue to be popular even after Jerry’s death, with Esther still traveling and channeling Abraham. The book remains a cornerstone for anyone studying the Law of Attraction, offering a comprehensive, loving, and practical system for creating a joyful life. The phrase “Jerry and Esther Hicks Ask and It Is Given” is not just a book title; it represents a paradigm shift from struggle to ease, from waiting to allowing, from fear to love.

Conclusion

Jerry and Esther Hicks’s Ask and It Is Givenis far more than a typical self-help manual. It is an invitation to understand the deepest mechanisms of consciousness and to realize that you are an eternal being having a human experience. By mastering your emotional guidance, practicing the 22 processes, and trusting that everything you ask for is already given, you can transform your life from the inside out. Whether you are new to these concepts or a long-time student, returning to the core message—that you are here to feel good and that the universe supports you—can be a profound act of self-care. As Abraham says, “You are the creator of your own reality, and you have come forth into this physical environment to create through your joy.” Embrace that joy, and the answers will flow.

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