SOFTWARE & TECH

Law Of Attraction Esther And Jerry Hicks

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Introduction: The Phenomenon of the Law of Attraction

The Law of Attraction has become a cornerstone of modern personal development, but no one has popularized and explained it quite like Esther and Jerry Hicks. Through their decades of work, they have brought the teachings of a collective consciousness known as Abraham to a global audience. The phrase **Law Of Attraction Esther And Jerry Hicks**has become synonymous with a transformative approach to life that emphasizes the power of thought, emotion, and vibrational alignment. This article explores the origins, core principles, and practical applications of their teachings, offering a thorough understanding of why this philosophy continues to resonate with millions.

Unlike many self-help concepts that focus purely on positive thinking, the Hicks' interpretation of the Law of Attraction is deeply rooted in the idea that everything in the universe is composed of energy vibrating at different frequencies. According to their teachings, your dominant thoughts and feelings emit a specific frequency, and the universe responds by bringing you experiences that match that frequency. This is not about wishful thinking; it is about aligning your entire being with what you desire.

Who Are Esther and Jerry Hicks?

The Beginnings of a Spiritual Partnership

Esther Hicks and her husband Jerry Hicks began their journey in the mid-1980s after Jerry had a successful career in sales and event management. The couple was deeply interested in personal development and metaphysical topics. Initially, Esther was not a public speaker; she was a quiet woman who enjoyed reading and studying. However, everything changed when she discovered that she had the ability to channel a group of non-physical entities who called themselves Abraham.

Jerry, who had been a student of many spiritual traditions, recognized the depth and coherence of the messages coming through Esther. He encouraged her to develop this ability further. Together, they began holding small workshops in their home, sharing the teachings that would eventually become the foundation of a worldwide movement. The **Law Of Attraction Esther And Jerry Hicks**brand was not something they planned; it evolved organically from their genuine desire to help people understand the nature of reality.

The Role of Jerry Hicks

While Esther is the channel for Abraham, Jerry played an indispensable role as the questioner and the grounding force. In their live workshops, Jerry would often ask the kinds of questions that the audience members were thinking but were afraid to voice. He brought a practical, down-to-earth perspective to the abstract concepts that Abraham presented. Jerry's background in business and his ability to explain complex ideas in simple terms made the teachings accessible to everyone, regardless of their spiritual background.

Esther Hicks as the Channel

Esther describes the process of channeling as a form of focused meditation. When she allows Abraham to speak through her, she enters a state of relaxed concentration where her own personality steps aside. The resulting voice and mannerisms are distinctly different from her own, and the information flows with a clarity and depth that she does not possess in her everyday consciousness. Many people who have attended their workshops or listened to their recordings attest to the profound shift in energy that occurs when Esther begins to channel.

Core Teachings: Understanding the Vibrational Universe

The Law of Attraction Explained

At the heart of everything Abraham teaches is the simple yet profound statement: **That which is like unto itself is drawn**. This is the essence of the Law of Attraction. According to Hicks, this law is as precise and reliable as the law of gravity. It is always operating, whether you are aware of it or not. Your thoughts emit a vibration, and the universe responds by bringing you people, circumstances, and objects that match that vibration.

Many people misunderstand this as meaning that you only attract what you consciously think about. However, Abraham emphasizes that it is not your conscious thoughts that matter most; it is your **dominant vibration**. Your dominant vibration is the sum of all your thoughts, both conscious and subconscious, as well as your emotional patterns and deeply held beliefs. This is why simply repeating affirmations does not always work if your underlying vibration is one of lack or unworthiness.

The Art of Allowing

One of the most important concepts introduced by the Hicks is the **Art of Allowing**. This is the process of letting go of resistance so that your natural alignment with Source Energy (or God, Universe, Consciousness) can shine through. According to Abraham, you are a physical extension of a non-physical Source. When you were born, you came into this world with a connection to that Source, which knows no lack, no limitation, and no suffering.

However, as you grow up, you accumulate limiting beliefs, fears, and negative thought patterns that create resistance. This resistance is like a dam that blocks the flow of well-being that is naturally meant to come to you. The Art of Allowing is about systematically releasing that resistance so that the good things you desire can flow into your life without effort.

The process of allowing involves several key practices:

- Recognizing resistance: Becoming aware of the thoughts and feelings that indicate you are out of vibrational alignment.
- Reaching for a better feeling thought: Not forcing yourself to feel great when you feel terrible, but gradually moving up the emotional scale.
- Pivoting: Deliberately turning your attention away from what you do not want and toward what you do want.
- Focusing on what is going right: Training your mind to look for positive aspects in every situation.

Vibrational Alignment and the Law of Attraction

Vibrational alignment is the state of being in which your thoughts, feelings, and actions are all in harmony with your desire. According to Esther and Jerry Hicks, this alignment is the only requirement for manifestation. You do not need to force anything to happen; you simply need to get your vibration into alignment with what you want, and the universe will arrange the details.

This is where many people get stuck. They say, "I want more money," but they feel poor. They say, "I want a loving relationship," but they feel lonely. The inconsistency between their words and their vibration creates a mixed signal, and the universe responds to the dominant vibration, which is the feeling of lack. The key is to find ways to feel the essence of what you desire before it physically arrives.

The Emotional Guidance System

One of the most practical tools that Abraham offers is the **Emotional Guidance System**. This is the idea that your emotions are not random; they are a precise indicator of your vibrational alignment. When you feel good, you are in alignment with your Source and the Law of Attraction is working in your favor. When you feel bad, you are out of alignment and your vibration is attracting more of the same negativity.

Abraham provides a 22-point emotional scale, ranging from the highest emotions like joy, appreciation, and love down to the lowest emotions like fear, grief, and despair. The goal is not to jump from the bottom to the top in one step, but to gradually move up the scale by finding thoughts that feel slightly better. This process is gentle and sustainable.

1. Joy / Knowledge / Empowerment / Freedom / Love / Appreciation
2. Passion
3. Enthusiasm / Eagerness / Happiness
4. Positive Expectation / Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration / Irritation / Impatience
11. Overwhelment
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred / Rage
20. Jealousy
21. Insecurity / Guilt / Unworthiness
22. Fear / Grief / Depression / Despair / Powerlessness

Working with this scale is a core practice for anyone following the **Law Of Attraction Esther And Jerry Hicks** teachings. It transforms the way you relate to your own emotional experience, helping you see every negative feeling not as a problem but as a guide pointing you back toward alignment.

Key Concepts: The Vortex, Segment Intending, and the Law of Attraction in Action

The Vortex

The Vortex is one of the more mystical concepts introduced by Abraham. It is described as a vibrational space where all your desires already exist in their fully realized form. When you align with the Vortex, you are in vibrational harmony with everything you have ever wanted. According to the Hicks, your Inner Being (your non-physical counterpart) lives in the Vortex, and there is a version of you there who already has everything you are seeking.

The process of manifestation, then, is simply a matter of matching the vibration of that version of you. When you feel aligned with the Vortex, synchronicities occur, opportunities appear, and things fall into place with surprising ease. Being in the Vortex is not about forcing external conditions to change; it is about changing your

internal state so that you become a vibrational match for what you desire.

Segment Intending

Segment Intending is a practical technique that Esther and Jerry Hicks recommend for staying in alignment throughout the day. A segment is any distinct period of activity in your day: waking up, taking a shower, driving to work, having a meeting, eating lunch, and so on. Before beginning each segment, you take a moment to set a clear intention for how you want that segment to go.

For example, before a meeting, you might say to yourself, "I intend for this meeting to be productive, collaborative, and enjoyable. I intend to feel relaxed and focused, and I intend for the outcome to be beneficial for everyone involved." This simple act of intention-setting aligns your vibration and primes the Law of Attraction to bring you the experiences that match your intention.

Books and Resources: The Core Library of Teachings

Esther and Jerry Hicks have produced a vast library of books, audio recordings, and videos. Some of the most influential books include:

- Ask and It Is Given: A foundational book that includes 22 practical processes for improving your vibration.
- The Law of Attraction: The Basics of the Teachings of Abraham: A clear and concise introduction to the core concepts.
- Money and the Law of Attraction: A focused guide to attracting financial abundance.
- The Vortex: Where the Law of Attraction Assembles All Cooperative Relationships: A deep dive into relationships and alignment.
- Amazing: A collection of Abraham quotes and insights on the art of allowing.

Each of these books builds upon the central premise of the **Law Of Attraction Esther And Jerry Hicks** teachings: that you are the creator of your own reality and that alignment is the key to a joyful, fulfilling life.

Practical Applications: How to Live the Teachings Daily

Morning Alignment Routine

Abraham recommends starting each day with a deliberate focus on alignment. Before you pick up your phone or engage with the outside world, take a few minutes to breathe, relax, and connect with the feeling of well-being. You might think of things you are grateful for, recall a pleasant memory, or simply tune into the sensation of your breath moving in and out of your body. The goal is to start your day from a place of alignment rather than reacting to external circumstances.

Using the Emotional Scale Throughout the Day

When you encounter a situation that triggers a negative emotion, pause and acknowledge it. Then, ask yourself, "What thought would feel slightly better right now?" You are not trying to skip from anger all the way to joy in one instant; you are simply looking for a thought that feels a little bit better. This might be a thought of acceptance, a thought of understanding, or a thought of hope. Over time, this practice trains

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