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Law Of Attraction Esther Hicks

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Understanding the Law of Attraction: The Teachings of Esther Hicks

The concept of the Law of Attraction has captured the imagination of millions around the world, offering a powerful framework for understanding how our thoughts and feelings shape our reality. Among the most influential voices in this field is Esther Hicks, who, along with her late husband Jerry Hicks, channeled a collective consciousness known as Abraham. Through countless workshops, books, and recordings, Esther Hicks has become synonymous with a clear, practical, and deeply philosophical interpretation of the Law of Attraction. This article explores the core principles of the Law of Attraction as taught by Esther Hicks, providing a comprehensive guide to applying these teachings in everyday life. We will delve into the nature of vibration, the emotional guidance system, the art of allowing, and how to consciously create the life you desire.

Who Is Esther Hicks and What Is Abraham?

Esther Hicks is an American author and inspirational speaker who, since 1986, has been presenting a body of work attributed to a group of non-physical entities that she calls Abraham. She and her husband Jerry began to publish books and hold workshops based on the transcripts of these channeled sessions. The Abraham-Hicks teachings have resonated with a global audience because they offer a systematic and positive approach to personal empowerment. Instead of viewing the Law of Attraction as a mystical force reserved for a few, Hicks presents it as an immutable natural law, as predictable as gravity. The core message is that we are all creators, and our primary tool is our vibration.

The Foundation: What Is the Law of Attraction According to Esther Hicks?

According to Abraham, the Law of Attraction is the most powerful law in the universe. It states that **like attracts like**. Everything in existence is made up of energy that vibrates at a certain frequency. Your thoughts, which are magnetic, emit a specific vibration, and the Law of Attraction responds by bringing you experiences and circumstances that match that vibration. Simply put, you attract whatever you give your attention to, whether you want it or not. This is a key distinction in the Hicks teachings: you are always attracting, whether you are aware of it or not. The goal is to become conscious of your vibration and learn to deliberately align it with your desires. This process is often referred to as **vibrational alignment**.

The Emotional Guidance System: Your Internal Compass

One of the most practical contributions of Esther Hicks to the Law of Attraction is the concept of the **Emotional Guidance System**. Emotions, according to Abraham, are not random or something to be suppressed. Instead, they are your internal feedback mechanism, telling you how closely you are aligned with your true self and your desires. Your emotions range on a scale from high vibration (joy, love, appreciation, passion) to low vibration (fear, despair, anger, guilt). The system works like a thermometer. If you feel good, you are in alignment and attracting experiences that feel good. If you feel bad, you are out of alignment and attracting more of what you don't want. The key is to use your emotions as a guide to adjust your thoughts and vibration, rather than as a signal to give up.

- High Vibrational Emotions: Joy, contentment, appreciation, love, hope, enthusiasm.
- Low Vibrational Emotions: Fear, anger, guilt, jealousy, worry, depression.

Esther Hicks often emphasizes that you cannot fake a high vibration. The universe responds to your essence, not to your words. This leads us to the next essential concept: the Art of Allowing.

The Art of Allowing: Letting Your Desires Come to You

Many people misunderstand the Law of Attraction as a constant effort to think positive thoughts. However, Hicks teaches that the true secret is not about doing, but about **allowing**. The universe knows your desires and is already orchestrating the path to fulfill them. Your job is to get your vibration into alignment with those desires so that you can receive them. The Art of Allowing is the practice of releasing resistance. Resistance is anything that feels bad—doubts, worries, limiting beliefs, or trying to control the 'how' and 'when'.

To practice allowing, you must become aware of the thoughts that cause resistance and consciously choose thoughts that feel better. This is not about toxic positivity; it is about gently directing your thoughts toward a better-feeling place. For example, if you desire more financial abundance but feel worried about money, you can start by looking for evidence of abundance in your life, however small. This shift changes your vibration and allows the Law of Attraction to bring you more abundance.

Key Practices from the Abraham-Hicks Teachings

Esther Hicks offers several practical techniques to help individuals align their vibration and become deliberate creators. Here are some of the most effective and widely used:

1. Segmented into the Feeling of It: This is Abraham's term for meditation or focused thought. Spend a few minutes each day deliberately feeling the emotions of your desire as if it is already yours. This is more effective than affirmations because it creates the vibrational match.
2. The Focus Wheel: When you have a negative thought, write it in the center of a paper. Then, around it, write a series of thoughts that gradually feel better. Each thought should be a step up the emotional scale, not a leap. This retrains your mind to look for relief and improvement.
3. Rampage of Appreciation: This is a powerful practice to instantly lift your vibration. Start listing things you appreciate, from the air in your lungs to a kind gesture from a friend. As you do this, your vibration rises and you attract more things to appreciate.
4. The Pivoting Process: When you notice you are focused on something unwanted, pivot by asking a questions like, "What do I want instead?" or "How can I feel better now?". This redirects your attention to a more productive place.
5. Scripting: Write a journal entry describing your day as if it were perfect, in the present tense. Include feelings of joy, gratitude, and satisfaction. This is a form of creative visualisation that Lincoln aligns your vibration with that reality.

Common Misconceptions and How Abraham-Hicks Addresses Them

The Law of Attraction, especially as taught by Esther Hicks, is often mischaracterized. Let's clarify some common misunderstandings:

- Misconception: The Law of Attraction means you can get anything instantly. Reality: Abraham teaches that it is a law of alignment. You attract the vibration you are predominantly offering. If you are inconsistent, you may experience delays as you work through resistance.
- Misconception: You must ignore negative feelings. Reality: Hicks emphasizes that you must allow and acknowledge negative feelings as guidance. The goal is not to suppress them, but to reach for a better-feeling thought from within the emotional scale.
- Misconception: The Law of Attraction is about being selfish. Reality: When you deliberately align with your own joy, you are in the highest service to others. Your positive vibration uplifts the collective, and you attract circumstances that benefit everyone.

- Misconception: You can “steal” someone else’s desire. Reality: Abraham states that there is more than enough for everyone. The universe is abundant. Your alignment does not diminish another’s; it actually opens the door for abundance for all.

Applying the Teachings to Everyday Life: Relationships, Health, and Money

The teachings of Esther Hicks are not abstract philosophy; they are intended for practical application in every area of life.

Rather than trying to change a partner or force a relationship, Abraham advises focusing on your own vibration around the topic of partnership. If you desire a loving relationship, spend time feeling the appreciation for small gestures you already receive from people in your life. Cultivate a feeling of being loved and complete, and the Law of Attraction will bring the mirror of that vibration into your experience. Trying to control another person only creates resistance.

Hicks teaches that the body is a reflection of your thoughts. Chronic illness and disease are often rooted in negative beliefs or long-term resistance. While not a substitute for medical care, the Abraham material encourages focusing on gratitude for the parts of your body that feel good, and gradually releasing the attention from symptoms. The goal is to create a vibrational baseline of health and well-being.

Money is a common area of struggle, but Abraham teaches that it is simply energy. The key to a better financial experience is to align your thoughts about money from scarcity to abundance. Begin by finding evidence of abundance in your life—a full pantry, a roof over your head, the ability to buy a coffee. Consistently focus on prosperity, and the Law of Attraction will respond with more opportunities and resources.

A Step-by-Step Daily Practice for Aligning with the Law of Attraction

To integrate the Law of Attraction into your daily life, consider this simple routine inspired by Esther Hicks:

1. Morning Pivot: Before getting up, spend five minutes feeling gratitude for a good night’s sleep and for the new day. Intend to look for things that feel good.
2. Segmented into the Feeling of It: For 10 minutes, close your eyes and imagine a scene where your desire is fulfilled. Feel the joy and relief of it. Do not worry about the ‘how’.
3. Throughout the Day, Use Your Indicator: Whenever you feel a negative emotion, pause. Acknowledge it, then ask yourself, "What could I think about right now that would feel slightly better?" Reach for a thought on the emotional scale.
4. Evening Appreciation: Before sleep, list three things you appreciated about your day. This sets your vibration for a restorative sleep and attracts more good things.

The Science of Alignment: Why It Works

While not a scientific theory in the traditional sense, the principles taught by Esther Hicks align with concepts from quantum physics and neuroscience. The idea that observer affects outcome is echoed in quantum experiments. Additionally, the reticular activating system in our brain filters experiences based on our dominant thoughts—a concept very similar to the Law of Attraction. When you focus on something, you begin to notice it more. The teachings of Abraham take this further by emphasizing the vibrational and emotional aspects, suggesting that your relationship to the thought is more important than the thought itself. This integration of mindset and emotion is what makes the practice so powerful for those who apply it consistently.

Conclusion

The Law of Attraction as presented by Esther Hicks and Abraham is a profound and practical system for conscious living. At its heart is the understanding that you are the creator of your own reality, not through effort, but through alignment. By using your emotional guidance system, practicing the Art of Allowing, and incorporating simple daily techniques, you can gradually release resistance and allow the existence of your desires. The journey is not about perfection, but about feeling a little better moment by moment. As Abraham

often says, you are in the process of creating your life, and the universe always says yes to the vibration you offer. Embracing this truth can lead to a life of greater joy, abundance, and peace. The teachings of Esther Hicks offer a timeless roadmap to that end, inviting each of us to become deliberate creators who live in harmony with the powerful Law of Attraction.

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