

esther and jerry hicks meditation

Esther and Jerry Hicks Meditation: Unlocking the Power of Alignment and Inner Peace

esther and jerry hicks meditation is a transformative practice inspired by the teachings of Esther and Jerry Hicks, who introduced the world to the concepts of the Law of Attraction and the guidance of a non-physical entity known as Abraham. Their approach to meditation is not just about calming the mind but deeply connecting with your inner being to align with your desires and the universal flow of energy. If you're curious about how meditation can amplify your manifestation abilities and bring greater clarity and joy into your life, exploring Esther and Jerry Hicks meditation techniques offers a unique and empowering path.

Understanding Esther and Jerry Hicks Meditation

When you hear about Esther and Jerry Hicks meditation, it's important to realize that their method is rooted in the philosophy of deliberate creation. Esther Hicks channels Abraham, a collective consciousness that provides insights into how our thoughts and emotions shape our reality. Meditation, in this context, becomes a tool to quiet the mental chatter and tune into the vibrational frequency that attracts what you want in life.

Unlike traditional meditation styles focused solely on mindfulness or relaxation, this meditation encourages participants to focus on their feelings and deliberately shift their vibration. The goal is to reach a state of alignment where you resonate with your desires, allowing the Law of Attraction to work effortlessly.

The Role of Vibration and Alignment

At the core of Esther and Jerry Hicks meditation is the idea that everything in the universe vibrates at a certain frequency. Your thoughts and emotions emit vibrations that attract similar energies. When you meditate using their techniques, you are consciously raising your vibration to match the positive outcomes you want to manifest.

This process of alignment means you're not forcing or struggling to get what you want. Instead, you're becoming a magnetic force, naturally drawing opportunities, people, and circumstances that align with your highest good.

Key Elements of Esther and Jerry Hicks Meditation

To practice Esther and Jerry Hicks meditation effectively, understanding its essential components can make the experience more impactful.

1. Setting a Clear Intention

Before beginning, it's vital to set a clear and positive intention. What do you want to attract? Whether it's abundance, health, love, or peace, stating your intention helps focus your mind and directs your vibrational energy toward that goal.

2. Focusing on Positive Emotions

Esther and Jerry Hicks emphasize the importance of feeling good. During meditation, you're encouraged to evoke emotions like joy, gratitude, and love. These feelings elevate your vibration and create a receptive state for manifestation.

3. Guided Visualization

Visualization is a powerful tool in their meditation practice. Picture yourself living the reality you desire with vivid detail and emotion. This technique helps your subconscious mind accept the new vibrational pattern.

4. Listening to Abraham's Teachings

Many practitioners use recordings or written excerpts of Abraham's guidance during meditation sessions. These messages reinforce positive beliefs and provide clarity on how to maintain alignment amid everyday challenges.

How to Practice Esther and Jerry Hicks Meditation at Home

You don't need any special equipment or extensive experience to start meditating in this style. Here's a simple step-by-step guide to help you get started:

1. **Find a Quiet Space:** Choose a comfortable and peaceful spot where you won't be disturbed.
2. **Set Your Intention:** Clearly state what you want to focus on during the meditation.
3. **Relax Your Body:** Take deep breaths and release tension from your muscles.
4. **Focus on Your Feelings:** Bring to mind positive emotions connected to your intention.
5. **Visualize Your Desire:** Imagine your ideal scenario as if it is already happening.

6. **Listen or Read Abraham's Words:** Incorporate inspirational messages to deepen your alignment.
7. **Maintain the Feeling:** Stay in this elevated state for as long as you feel comfortable.
8. **Gently Return:** Slowly bring your awareness back to the present and carry the positive energy with you.

The Benefits of Esther and Jerry Hicks Meditation

People who regularly practice Esther and Jerry Hicks meditation often report profound changes in their lives. Here are some of the notable benefits:

- **Enhanced Manifestation Abilities:** By tuning into the right vibration, manifesting desires becomes more natural and effortless.
- **Reduced Stress and Anxiety:** The focus on positive feelings helps calm the nervous system and reduce negative thought patterns.
- **Greater Emotional Awareness:** Meditation encourages recognizing and shifting limiting emotions to more empowering ones.
- **Improved Clarity and Focus:** Aligning with your inner being sharpens intuition and decision-making.
- **Stronger Connection to Universal Energy:** Feeling connected to the larger flow of life increases peace and confidence.

Incorporating Meditation into Daily Life

Consistency is key when it comes to any meditation practice. Setting aside even 10-15 minutes daily for Esther and Jerry Hicks meditation can lead to noticeable shifts over time. Many find it helpful to start the day with this practice to set a positive tone or use it in moments of frustration to regain alignment.

Additionally, journaling your experiences and any insights gained during meditation can deepen your understanding and track your growth on your manifestation journey.

Common Misconceptions About Esther and Jerry Hicks

Meditation

Despite its popularity, some misunderstandings surround this meditation style. Clarifying these can help you approach it with an open and informed mindset.

Meditation Is Not Just Wishful Thinking

Some believe that simply meditating on desires will magically bring results without any action. However, Esther and Jerry Hicks meditation is about aligning your vibration so that inspired actions and opportunities naturally flow. It's a co-creative process, not passive daydreaming.

It's Not About Suppressing Negative Emotions

Rather than ignoring or pushing away negative feelings, this meditation teaches you to acknowledge them and gently shift towards better-feeling thoughts. It's about emotional mastery, not avoidance.

Anyone Can Practice It

You don't need to be an expert or have prior experience with metaphysical teachings to benefit. The meditation is accessible and adaptable to various lifestyles and belief systems.

Exploring Additional Resources for Deeper Practice

If Esther and Jerry Hicks meditation resonates with you, diving into their broader teachings can enhance your understanding and results. Consider exploring:

- **Books by Esther and Jerry Hicks:** Titles like "Ask and It Is Given" and "The Law of Attraction" offer extensive insights.
- **Audio Recordings:** Listening to Abraham's channeled sessions during meditation can be deeply inspiring.
- **Workshops and Seminars:** Attending live or virtual events provides interactive guidance and community support.
- **Online Communities:** Joining forums or social media groups where practitioners share experiences and tips.

These resources help solidify the principles behind the meditation and encourage sustained growth on your path to deliberate creation.

Embracing Esther and Jerry Hicks meditation invites you into a powerful relationship with your inner being and the universe. It's more than just a practice—it's a way to live with greater ease, joy, and intentionality. By regularly tuning into your emotions and focusing on alignment, you open doors to a life filled with possibilities and positive transformation. Whether you are new to meditation or looking to deepen your spiritual connection, this approach offers a refreshing and practical way to harness the Law of Attraction and live your best life.

Frequently Asked Questions

Who are Esther and Jerry Hicks?

Esther and Jerry Hicks are authors and speakers known for their teachings on the Law of Attraction, channeling a group of spiritual entities called Abraham to provide guidance on manifesting desires and improving life through meditation and positive thinking.

What is Abraham-Hicks meditation?

Abraham-Hicks meditation is a practice based on the teachings of Esther and Jerry Hicks that involves focusing on positive thoughts, feelings, and alignment with one's inner being to attract desired experiences and maintain a high vibrational state.

How does Esther and Jerry Hicks suggest using meditation for manifesting goals?

They suggest using meditation as a way to quiet the mind, align with your inner being, and focus on the feeling of already having what you desire, which helps to raise your vibration and attract your goals more effectively.

Can beginners benefit from Esther and Jerry Hicks meditation

techniques?

Yes, beginners can benefit as the teachings emphasize simple steps like focusing on positive emotions, using affirmations, and practicing daily meditation to gradually shift mindset and energy towards attracting better experiences.

Where can I find guided meditations based on Esther and Jerry Hicks' teachings?

Guided meditations inspired by Esther and Jerry Hicks' teachings can be found on platforms like YouTube, meditation apps, and through their official website, often incorporating Abraham's messages and focusing on alignment and Law of Attraction principles.

Additional Resources

Esther and Jerry Hicks Meditation: Exploring the Path to Alignment and Inner Peace

Esther and Jerry Hicks meditation practices have garnered significant attention within the spiritual and self-help communities for their unique approach to achieving emotional alignment and manifesting desired realities. Rooted in the teachings of the non-physical entity Abraham, as channeled by Esther Hicks, these meditation techniques emphasize the power of thought, vibration, and deliberate focus to shape one's experience. This article undertakes a professional and investigative review of Esther and Jerry Hicks meditation, exploring its core principles, practical applications, and how it compares to conventional meditation methods.

Understanding the Foundation of Esther and Jerry Hicks Meditation

Central to Esther and Jerry Hicks meditation is the concept of vibrational alignment. According to their

teachings, every individual emits a vibrational frequency that corresponds with their thoughts, emotions, and beliefs. Meditation, in this context, is not merely about quieting the mind but about consciously shifting one's vibration to a state of harmony with one's desires. This intentional alignment facilitates the Law of Attraction, whereby individuals draw into their lives the circumstances and experiences that match their vibrational state.

Unlike traditional meditation forms that often focus on mindfulness or concentration, Esther and Jerry Hicks meditation incorporates specific affirmations, visualizations, and emotionally attuned exercises. These are designed to elevate the practitioner's emotional state, thereby enhancing receptivity to positive manifestations. The practice is often presented in workshops, recorded sessions, or personal study of Abraham-Hicks materials, which include audio recordings and books.

The Role of Emotional Guidance in Meditation Practice

A distinguishing feature in Esther and Jerry Hicks meditation is the emphasis placed on the "emotional guidance scale." This scale ranges from negative emotions such as fear and despair to positive emotions like joy and love. During meditation, practitioners are encouraged to tune into their current emotional state and then gently guide themselves upwards along the scale. This process is considered essential for achieving the vibrational alignment necessary for manifesting desired outcomes.

By integrating this emotional calibration into meditation, individuals develop greater emotional awareness and control. This contrasts with some traditional meditation techniques that promote emotional detachment or neutrality. The Hicks approach encourages engagement with emotions, viewing them as vital signals rather than distractions.

Techniques and Practices within Esther and Jerry Hicks

Meditation

Several specific techniques characterize Esther and Jerry Hicks meditation, each aiming to foster a stronger connection with the self and the broader universal energy.

Visualization and Affirmation

Visualization is a cornerstone technique wherein practitioners vividly imagine their goals or desires as already fulfilled. This mental imagery is coupled with affirmations—positive statements that reinforce belief in the manifestation process. For example, a common affirmation might be, “I am aligned with the energy of abundance.” These practices are intended to create a clear and compelling vibrational signal that attracts matching life experiences.

Focused Breathing and Relaxation

While distinct from mindfulness meditation’s emphasis on breath awareness, Esther and Jerry Hicks meditation uses focused breathing as a tool to relax the body and quiet mental chatter. This relaxation facilitates a receptive state, allowing the individual to engage more deeply with the emotional guidance process and visualization exercises.

“Rampage of Appreciation” Technique

One innovative method promoted by Esther Hicks is the “Rampage of Appreciation,” a meditation or journaling practice where practitioners list things they appreciate. This activity is designed to elevate mood and vibration quickly, countering negative thought patterns that may hinder manifestation. By centering attention on gratitude, the meditation shifts the emotional state toward positivity and alignment.

Comparative Insights: Esther and Jerry Hicks Meditation vs. Traditional Meditation

When examined alongside traditional meditation styles such as mindfulness, transcendental meditation, or Zen practices, Esther and Jerry Hicks meditation presents both similarities and differences worth noting.

- **Purpose:** While traditional meditation often aims for mental clarity, stress reduction, or spiritual awakening, Hicks meditation explicitly targets vibrational alignment for manifesting desires.
- **Emotional Engagement:** Hicks meditation encourages active emotional tuning, whereas many traditional forms advocate emotional neutrality or non-attachment.
- **Structure:** Esther and Jerry Hicks meditation incorporates guided affirmations and visualization, adding a goal-oriented dimension absent from many conventional meditation techniques.
- **Accessibility:** Some may find Hicks meditation more accessible due to its pragmatic approach to emotion and desire, while others might prefer the non-directive nature of traditional methods.

Such distinctions highlight that Esther and Jerry Hicks meditation may appeal particularly to individuals interested in the Law of Attraction framework or those seeking a more interactive meditation experience.

Potential Benefits and Critiques of Esther and Jerry Hicks

Meditation

Practitioners and observers have noted several benefits attributed to engaging with Esther and Jerry Hicks meditation practices:

- **Enhanced Emotional Awareness:** The focus on the emotional guidance scale helps practitioners recognize and shift their feelings more effectively.
- **Improved Mental Focus:** Affirmations and visualizations cultivate deliberate attention, counteracting scattered or negative thought patterns.
- **Greater Sense of Control:** By understanding the relationship between thoughts, emotions, and vibration, individuals report feeling empowered over their life circumstances.
- **Increased Positivity and Motivation:** Techniques like the Rampage of Appreciation can quickly elevate mood and inspire proactive behavior.

However, the approach is not without critique. Skeptics question the empirical basis of the Law of Attraction and by extension, the efficacy of meditation geared specifically toward manifestation. Additionally, some mental health professionals caution that overemphasis on positive thinking might inadvertently invalidate genuine emotional struggles or delay seeking professional help.

Scientific Perspective on Esther and Jerry Hicks Meditation

Scientific research on meditation largely focuses on its effects on brain function, stress reduction, and emotional regulation. While there is limited empirical study directly examining Esther and Jerry Hicks meditation, its components—such as visualization, affirmations, and gratitude—have been individually

studied with positive outcomes.

For instance, visualization techniques have shown to improve motivation and goal achievement, while gratitude practices are linked to increased well-being and reduced depression. These findings offer indirect support for the potential benefits of Hicks' meditation framework, though rigorous controlled studies specifically involving the Abraham-Hicks methodology remain sparse.

Integrating Esther and Jerry Hicks Meditation into Daily Life

Many followers of Esther and Jerry Hicks meditation incorporate the practice into their daily routine through concise sessions focusing on intentional thought and emotional alignment. Some practical tips for integration include:

1. Setting aside 10-20 minutes for a structured meditation session focusing on affirmations and emotional tuning.
2. Keeping a journal to record moments of appreciation and track emotional shifts throughout the day.
3. Utilizing Abraham-Hicks audio recordings or guided meditations to deepen understanding and practice consistency.
4. Applying the emotional guidance scale as a real-time tool to identify and adjust mood states beyond formal meditation times.

This flexible approach allows individuals to tailor the meditation to their lifestyle and personal goals, fostering sustained engagement and growth.

Esther and Jerry Hicks meditation thus represents a distinctive method within the broader meditative landscape, blending metaphysical concepts with practical emotional work. Its focus on conscious vibrational alignment and the Law of Attraction provides a framework for those curious about manifesting change through focused mental and emotional practices. Whether embraced as a spiritual path or a tool for personal development, this meditation invites users to explore the interplay between thought, feeling, and reality in a uniquely interactive way.

Esther And Jerry Hicks Meditation

esther and jerry hicks meditation: Getting into the Vortex Esther Hicks, Jerry Hicks, 2020-07-21 Now available with a free audio download, *Getting into the Vortex* by Esther and Jerry Hicks will change readers' lives by teaching them how to align themselves with the Source that exists within all of us. Living a better-feeling life really comes down to one thing only: coming into alignment with the Energy of our Source. Abraham reminds us that we are truly Source Energy focused on our physical bodies and that a conscious Connection to that Broader Non-Physical part of us is necessary if we are to be the joyful Beings that we were born to be. Abraham calls that wonderful alignment *Getting into the Vortex*. Through a series of Leading Edge books (New York Times bestsellers), Abraham has emphasized the importance of our conscious alignment with the Source within us. They have let us know that our natural state of Being is inside our Vortex of Creation in complete alignment with Source Energy-and that every aspect of our physical experience reflects our alignment with or resistance to, that Connection. Everything-from the physical well-being of our bodies, the clarity of our minds, and the abundance we allow to flow, to the satisfaction in every relationship we experience-is impacted by our all-important relationship with our Vortex. Abraham has helped us to understand that our dominant intent in every day is to get into the Vortex! And now, they have lovingly and specifically guided Jerry and Esther Hicks in the creation of an innovative and valuable tool that promises to get us into the Vortex right now . . . and that tool is included with the *Getting into the Vortex* User Guide in the form of a 70-minute audio download. This unique recording contains four powerfully guided daily meditations that have been designed to get you into the Vortex of Creation in four basic areas of your life: General Well-Being, Financial Well-Being, Physical Well-Being, and Relationships. Jerry and Esther are thrilled to offer this powerful, first-of-its-kind, musically scored, breath-enhancing, a user-friendly tool from Abraham that will get you into the Vortex.

esther and jerry hicks meditation: Getting Into the Vortex Esther Hicks, Jerry Hicks, Abraham (Spirit), 2010 Provides guided meditations to help you come into alignment with the energy of your Source, and thus become a joyful Being.

esther and jerry hicks meditation: Summary of Esther & Jerry Hicks's Ask and It Is Given Milkyway Media, 2022-04-22 Please note: This is a companion version & not the original book. Book Preview: #1 All physical humans have NonPhysical counterparts. There is no exception to that. All who are physically focused have access to the broader perspective of what is NonPhysical. However, most physical beings have developed strong patterns of resistance that thwart their clear connection to their own Source. #2 This book will help you understand who you are, where you come from, and where you are going. It will teach you how you create your own experiences and why all your power is in your present moment.

esther and jerry hicks meditation: Spiritual Two-by-Fours and Other Wake-Up Calls

Kimberly Rooney, 2013-08-09 Are you feeling stuck, unfulfilled, and without purpose? Do you feel like a cast member, deck crew, employee, or stagehand in your own life? In this book, author Kimberly Rooney shows you how to take control of your life and become your own director, captain, CEO, choreographer, and policymaker. It's the wake-up call you've been longing for—the doorway to finding your inner strength and voice. Kim's own dance with adversity began at age twenty-nine, when she was diagnosed with rheumatoid arthritis—which she affectionately refers to as "Arthur." In *Spiritual Two-by-Fours*, she shares her journey—her "dance with Arthur"—to find the mix of "gifts" that made her director and choreographer of her life. With openness and vulnerability, she shares what you need to know so that you too can overcome any adversity—whether physical, emotional, or spiritual. Whether you have created your challenges or they have "cut in" to your life dance, you get to choose how you respond. You get to take responsibility for your happiness, inner peace, and overall well-being. You have what it takes. You have the power within. And you can shift your life to make it spectacular. So make yourself head policymaker of your own life and get ready for the ride—knowing that *Spiritual Two-by-Fours* will guide you every step of the way.

esther and jerry hicks meditation: God I Am the Christ I Am Presenting! Barbara Clark, 2012-07-10 HOW MAY I SERVE? This Person This Situation Mother Earth! GOD I AM The SOUL TUNER! Join me in providing the Divine Tune- Up through Soul Tuning. A Soul Tuner presents The Christ Consciousness to every individual, to all humanity and creation, which allows the observation of The Christ in everyone, everywhere, and everything! When this presence and connection is allowed, only Divine Perfection is recognized in all. This loving, healing process can be shared throughout daily living, from as intimate as family interactions to as expanded as meditations for worldwide situations. Soul Tuning is my answer to the question How May I Serve? What will your answer be?

esther and jerry hicks meditation: Attraction Based Consciousness Corinne Collier Cram, 2012-08-13 The Beatles told us Love is all you need. But did they realize it is the secret to manifesting all you want to be, do, and have? We are vibrating energy beings in an attraction-based universe where the Law of Attraction rules. If you vibrate love, if you master the energies of love, you can attract vibrant health, abundant wealth, loving relationships, fulfilling work, and spiritual enlightenment. This book guides you through the simple steps to loving unconditionally. The practice takes dedication. The rewards are boundless.

esther and jerry hicks meditation: *The Way It Is* R Preston Todd, 2016-07-25 RPTodd has been involved with Scientific Consciousness for well over 30 years. Here you will find a synopsis of how he sees the evolution of consciousness, as well as his learnings, in order that you, too, may apply these concepts. In *The Way It Is*, items looked at differently than usual, or brand new, are: The three pieces of existence are given new labels You can re-program your brain! The evolution of consciousness Stories, as given by Organized Religion The Infinite Roadmap-of-Life analogy aka the Akashic Records $E = mc^2$ Einstein got it almost right You can turn your ideas into reality! Affirmations and Meditation also fit with reality Emotions and Creativity have no words attached The ego cannot be used to provide brand new solutions You will find humorous comments interspersed here-and-there to keep anyone with a sense-of-humor engaged. If indeed consciousness is evolving, the fact you are reading this is proof. You will see how within!

esther and jerry hicks meditation: Earth Angel Realms Doreen Virtue, 2014-12-02 Learn about the newest Earth Angel realms in this revised and updated edition of Doreen Virtue's best-selling book *Realms of the Earth Angels* (formerly titled *Earth Angels*). In addition to exploring chapters about Incarnated Angels, Starpeople, Wise Ones, and such, you will identify the newly discovered realms - Cherubs, Atlanteans, Aladdin Genies, Galactic Angels, and more - all of which are described in detail, including their patterns with respect to personality, relationships, physical characteristics, and lifestyle. With *Earth Angel Realms*, you'll find out how to fully enjoy the unique qualities of your particular realm, as well as receive tailor-made guidance focusing on your specific life purpose!

esther and jerry hicks meditation: The Life-Changing Power of Group Psychometry Kim

McCauley Ph.D., 2025-01-15 The meditation/psychometry group that I started in my own home is unique. Although it's just one version among a myriad of other kinds of spiritual circles, it's very special—so special that most of the women in the group call it “life-changing.” I'm writing this book to share some of these wonderful experiences and guide others who might want to create a similar group of their own. My hope is that you remember three key takeaways from this book. 1) First, everyone has the ability to give a helpful message. We can label it as the product of intuition, Spirit, God, our higher self, inner guidance, or sensory information that works like a radio signal from our body's electromagnetic field. There is nothing to fear with that. Nothing. 2) Second, no one needs to have any experience in being a “psychic reader” to participate. 3) Third, and most importantly, meeting with others for the purpose of sharing helpful intuitive information deepens each person's sense of belonging, selfconfidence, spiritual insight, and personal growth. I hope that as you read, you'll be picturing yourself seated among us and growing with us. I also hope that eventually you will become part of a group that meets regularly or consider starting a group of your own.

esther and jerry hicks meditation: Jeffrey L. Cslc Scholl, 2010-01-01

esther and jerry hicks meditation: *The World According to YOU!* Carla L Picardi, 2012-03
Would you like to understand your role in the events of your life and learn to make the kinds of choices that support your dreams? *The World According to YOU!* helps us understand how every relationship, event, and drama in our lives reflects back to us who we are being. We are essentially generating our reality, moment to moment, through our feelings of worthiness or unworthiness, and the thoughts, words, and actions that arise as a result. When we are capable of seeing ourselves clearly and recognizing that our choices create our lives, we can begin to understand that we actually have a role in creating our micro and macro world after all.

esther and jerry hicks meditation: *The Wellness Seed* Hillary Polednik,

esther and jerry hicks meditation: *Speed Manifesting: The Method* LL Mitchell, 2013-03-22
Have you just stumbled upon some key wisdom and found the way to change your life? You may know many of the principles for success, but when you finally discover the missing steps and practice them all together, you'll know how to turn your life around quickly each time you stumble.

esther and jerry hicks meditation: *The Cancer Odyssey* Margaret Brennan Bermel, MBA, 2011-03-10
Chemotherapy is the greatest fraud ever perpetrated upon the American public. This statement must reach the public consciousness. The Big Pharma-FDA complex must be exposed as a cartel colluding, not on curing cancer, but on generating profits. Does chemotherapy work? Maybe, sometimes, with some specific cancers. But very often, it does not work. The “best weapon” used in the “war on cancer” traces its genesis to mustard gas. The cancer may die, but the collateral damage is the patient's life. Approximately 600,000 Americans die each year ostensibly from “cancer”—but are they actually dying from treatment? A very provocative question. Bill Henderson interviews Margaret Bermel about her new book called “*The Cancer Odyssey*.” Bill says, I really enjoyed your book. If everyone would read it BEFORE they get the cancer diagnosis (and go into fear orbit), the millions of unnecessary cancer deaths would end. Here is a direct link where you can listen to it or download it (plain mp3 audio file).

<http://webtalkradio.net/?s=bill+henderson&task=search> How to Live Cancer Free - “*The Cancer Odyssey*” by Margaret Bermel

esther and jerry hicks meditation: *IS* Faith Freed, 2013-01-29
If you're someone who embraces spirituality based on what rings true from a range of traditions and, above all else, personal experience – how do you ground your beliefs and practices? Where does such a seeker turn for a structure to build upon? Until now, there's been very little guidance. *IS: Your Authentic Spirituality Unleashed* serves as a home base, a shortcut, and a jumping-off place to find spiritual sustenance as you go your own way. Within these pages, Faith Freed rocks a Holy Disco Ball symbolizing four dimensions that illuminate the party of life. She describes each of these aspects to help you connect with your higher power and ignite your higher self. You'll learn timeless wisdom principles and practical tools to cultivate your own fun and fiercely authentic brand of independent spirituality.

esther and jerry hicks meditation: Who Pooh Poohed in Your Magic Lamp? R. Jeannie Self, 2011-10-20 Who Pooh Poohed in Your Magic Lamp? R. Jeannie was searching to find the truth to: Who am I? And Man Know Thyself. She also had a burning desire to, Know the Truth that will set you Free. Her quest was not unique, but even she was not fully prepared for the enlightenment that she is now sharing with you. She has found the answers to these questions and more. She scoured The Holy Bible, the dictionary, and the web to gain insight and inspiration as she dissected many powerful words and their divinely inspired meanings and intentions. She has discovered and is now sharing information that may cause you to cry and shake in your boots, just as she did. R. Jeannie looked up Genius and found it meant: Genie: an attendant spirit allotted to each person at his birth, to attend a person through his life. This took her to the story of Aladdin and its hidden truths. Going to the dictionary again, she found that I means Ego, and this led her to the Truth that will set You Free. She knows that she could not have written this book by herself, she felt divinely inspired. She has unraveled it, not written it, and the truths have been benevolently revealed to her. With Bible and dictionary in hand she will take you step by step, unfolding how the story (myth) about Aladdin (A-lad-in his magic lamp) contains hidden truths about Jesus and his mission here on earth. She will show that we all have a magic lamp and a Genie within us. We are the Lamp and your Genie is the light of Christ, given to be within every person ever born. Accept your God given heritage, grasp this gift, and become whole.

esther and jerry hicks meditation: The Soul Solution Vanessa Loder, 2022-10-04 “Vanessa is to women and power what Brené Brown is to vulnerability.” —Andy Dunn, author of Burn Rate, cofounder of Bonobos Are you so busy fulfilling everyone else’s expectations that you’ve lost touch with yourself? Do you find yourself filling up your “free” hours with mundane tasks, soaking up podcasts to improve yourself, and rushing around, never getting it all done? For many women, it’s the same kind of story—we hustle to overachieve at work and at home, all in the hopes that we can “crush it” until we finally feel fulfilled. Vanessa Loder invites you to consider this question: “What if the point isn’t to crush it in life, but to savor it?” With The Soul Solution, this sought-after women’s leadership expert shares a powerful and practical guide to help women who feel overwhelmed and exhausted to recover our true selves—and our joy in living. Here she presents a road map for coming home to yourself, including: • The Whispers of Your Soul—the three key steps for tuning out the noise and accessing authenticity • Your Energetic Bread Crumbs—how the universe signals to you when you’re on the right path • Discover Your Superpower—why you’ve been ignoring your most valuable gifts, and how to reclaim them • From Tunnel Vision to Visionary—ways to break out of the “shame cycle” of patriarchal culture and own your destiny • Quieting the Inner Critic—how to retrain your inner voices to encourage and support you • The Upward Spiral—using the SAT method (Surrender, Allow, Trust) to get more of what you want with ease Filled with practical guidance and inspiring personal stories, The Soul Solution is a nonstrategic, nonlinear—but entirely effective—guide to help you reclaim your feminine, intuitive soul power to fulfill your most meaningful and satisfying desires.

esther and jerry hicks meditation: The Outrageous Joy Journey: Where Abraham Meets the Buddha and You Meet Yourself Mary Mac, 2010-02-15 OUTRAGEOUS JOY is that inexplicable feeling of love and oneness with All That Is and the Extreme Joy you experience when you connect with this, your Source, your own Inner Wisdom. Have you ever asked yourself the BIG questions? Who am I and what am I doing here?? What is real happiness, real love? What is the meaning of this life? What is death and what is fear? What is this body and how do I get a new one? Who are these creatures I call my children? The OUTRAGEOUS JOY Journey will take you through the BIG questions and give you a chance to commune with yourself to find your own personal answers. It will show you how one woman got from who she really wasn’t to who she only had a tiny inkling that she ever could be. It will show you how to take yourself on your own personal journey to your wildest dreams. On the way, the teachings of Abraham (The Law of Attraction) and the teachings of The Buddha (The Law of Nature) are highlighted and their deep value and wisdom brought into focus.

esther and jerry hicks meditation: Your Psychic Self Melissa Alvarez, 2024-11-06 Ever

Wondered If You're Psychic? Discover Your Intuitive Abilities Now! Recognize and enhance your natural intuitive talents with this essential guide, which is specially designed to strengthen your psychic edge in daily life. With an easy, conversational tone, professional intuitive Melissa Alvarez helps you find where your skills and interests lie within the psychic and metaphysical worlds. Your Psychic Self is great for beginners or as an all-around reference. This valuable manual shows you the various ways psychic ability can manifest, and also teaches how you can work with these abilities. Inside this book you'll discover: How to identify signs of psychic intuition and experiences How to protect yourself from negative influences Practice exercises and techniques to develop your abilities in everyday life Types of intuitive communication and spirit beings with whom you can connect Praise for Your Psychic Self: This comprehensive reference book contains excellent information to help anyone—regardless of their degree of expertise—to recognize, enhance, harness, and clarify their intuitive abilities.—Tess Whitehurst, author of *The Good Energy Book* and *The Art of Bliss* This book covers all aspects of intuitive abilities. Perfect for the inquisitive beginner.—Elizabeth Owens, author of *Spiritualism and Clairvoyance for Beginners*

esther and jerry hicks meditation: *Things I Wish My Mother Had Said... (Or Maybe She Did)* Genie Lee Perron, 2013-05-10 A compilation of original artwork and motherly advice that spans generations. The author ties her own mothers words of wisdom to present day life with her own children. A loving tribute to a very wise woman. This work contains whimsical art which symbolizes and brings life to the words and suggestions contained in the text. Simple yet effective practices are highlighted in a way that make putting them into practice in ones own life easy. A relaxing read and awesome way to make life, in general, more simple and joyous.

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