Quick Reference Guide

Processes to Raise Your Emotional Set Point – Deliberately

You can always feel better!

Process #1 - The Rampage of Appreciation (good mood to better; enhance relationship; maintain or improve a mood; something that could be neg, but keep control; change the way you feel)
Use in the Emotional Ranges: Joy/Knowledge/Empowerment/Freedom/Love/Appreciation; Passion; Enthusiasm/ Eagerness/ Happiness; Positive Expectation/ Belief; Optimism

Easily played anywhere by directing thoughts in your mind. Notice what pleases you. Hold your attention for 17 sec. Notice improved feeling, hold it. Choose another pleasing object of attention. The longer you focus on things that feel good, and the longer you maintain it, LOA brings other good feeling thoughts. Strengthens connection to Source. Puts you into position of receiving Guidance from IB as it decreases resistance. You become accustomed to higher vibrations. The better it feels, the more you do it; vice verse. Creates an exaggerated state of allowing. Continue for as long as it feels good. If you don’t feel a momentum, then choose a process with a higher number.

Process #2 - The Magical Creation Box (when in mood for a pleasing activity; give Universal Manager specific details)
Use in the Emotional Ranges: Joy/Knowledge/Empowerment/Freedom/Love/Appreciation; Passion; Enthusiasm/ Eagerness/ Happiness; Positive Expectation/ Belief; Optimism

Find a nice looking box. On lid write “Whatever is contained in this box...IS”. Clip out pictures from magazines of things/places/situations that please you. When you are away from box, continue to find pictures. Write out descriptions of what you desire, drop into box. The more you clip, the better you feel. Helps focus your desires. Consciously amplifies Step 1 (asking). By dropping them into the box, you turn it over to the Universal Manager, increasing your allowing. You can also mentally drop things into your box if you’re away from the box. Helps focus you on what you WANT.

Process #3 – The Creative Workshop (focus on what is important to you personally; improve state of allowing; practice a point of attraction so it becomes dominant)
Use in the Emotional Ranges: Joy/Knowledge/Empowerment/Freedom/Love/Appreciation; Passion; Enthusiasm/ Eagerness/ Happiness; Positive Expectation/ Belief; Optimism

Best effective when done in writing. 4 pieces of paper: My Body, My Home; My Relationships; My Work. Write a short list of things that you want with respect to each topic. Focus on Each statement and focus on why. Answer it. Because...; Do this with each of the four headings. Focus on what is most immediate and important. When you make more specific statements and why, you soften resistance and increase clarity. Why is powerful. Do not concern yourself with when.

Processes are Taken from the Book, Ask and It Is Given – Part II; The Processes by Esther and Jerry Hicks (The Teachings of Abraham) ©2005 Hay House

Compiled by Applied Spirituality
Copyright 2010, All Rights Reserved. http://www.appliedspirituality.com
Quick Reference Guide

Processes to Raise Your Emotional Set Point – Deliberately

Process #4 – Virtual Reality (feeling good, practice allowing; extend/expand a good feeling)
Use in the Emotional Ranges: Joy/Knowledge/Empowerment/Freedom/Love/Appreciation; Passion; Enthusiasm/ Eagerness/ Happiness; Positive Expectation/ Belief; Optimism; Hopefulness; Contentment; Boredom

Your point of attraction is now, what you’re giving your thoughts. Deliberately activate a pleasant scene in your mind. Imagine it anyway it feels good to you. You have a million bucks; you’re running a triathlon; you’re in love with the perfect mate… fill in and imagine it any way that feels wonderful to you. The moment it doesn’t. Stop. Get in. Get out.

Process #5 – The Prosperity Game (expand ability to imagine; add clarity; enhance flow of money; enhance feeling of abundance in any area)
Use in the Emotional Ranges: Joy/Knowledge/Empowerment/Freedom/Love/Appreciation; Passion; Enthusiasm/ Eagerness/ Happiness; Positive Expectation/ Belief; Optimism; Hopefulness; Contentment; Boredom; Pessimism; Frustration/Irritation/Impatience; Overwhelmment; Blame; Discouragement

Use a notebook as a checkbook register or use an old register. On day one deposit $1000. Now write checks for the entire $1000. Be descriptive on the memo portion of your checks. Spend it all today or save some for another day. On second day deposit $2000. Write out checks. On day 3 deposit $3000 and write out the checks and so on. If you do this for a year, you will have spent >$66 million dollars. It expands your ability to receive and the fun of receiving money and spending. Universe doesn’t know if it’s pretend or not. Have fun with it. Be frivolous, descriptive. Actually write out those checks. Keep it FUN.

Process #6 – The Process of Meditation (Works for Everything) relief from resistance; immediate raising of your vibration; awareness of your Inner Being
Use in the Emotional Ranges: Joy/Knowledge/Empowerment/Freedom/Love/Appreciation; Passion; Enthusiasm/ Eagerness/ Happiness; Positive Expectation/ Belief; Optimism; Hopefulness; Contentment; Boredom; Pessimism; Frustration/Irritation/Impatience; Overwhelmment; Blame; Discouragement; Anger; Revenge; Hatred/Rage; Jealousy; Insecurity/Guilt/Unworthiness; Fear/Grief/Depression/Despair/Powerlessness

Use your breath. Slowly breathe in to the count of 4 and out to the count of 8. Do this for at least 5 minutes until you can feel that you are not activating any resistant thoughts. Now you’re in Well Being. If thoughts come into your mind, just don’t attach to them; let them go, return your focus to your breath. Feel it in your body, nose, and chest. Breathe deeply, slowly, evenly. Keep returning your focus to your breath. Continue until there are no more negative thoughts being activated, then continue for a few more minutes until you feel the peace and calm throughout your body. Use this anytime, anyplace,

Processes are Taken from the Book, Ask and It Is Given – Part II; The Processes by Esther and Jerry Hicks (The Teachings of Abraham) ©2005 Hay House

Compiled by Applied Spirituality
Copyright 2010, All Rights Reserved. http://www.appliedspirituality.com
anywhere. How about every time you need to go to the bathroom, a break. Good time to renew your connection with your Inner Being and begin a new segment refreshed.

Process #7 – Evaluating Dreams (why you had dream; what you’re in the process of creating)
Use in the Emotional Ranges:  Joy/Knowledge/Empowerment/Freedom/Love/Appreciation; Passion; Enthusiasm/ Eagerness/ Happiness; Positive Expectation/ Belief; Optimism; Hopefulness; Contentment; Boredom; Pessimism; Frustration/Irritation/Impatience; Overwhelmment; Blame; Discouragement; Anger; Revenge; Hatred/Rage; Jealousy; Insecurity/Guilt/Unworthiness; Fear/Grief/Depression/Despair/Powerlessness

Dreams match the thoughts you’ve been thinking. If in your dreams, you’ve given significant thought to it. They tell you what you are in the process of creating. Better to evaluate dream before manifestation.

Before sleep say to yourself, “It is my intention to rest well and wake up refreshed. I acknowledge that my dreams can inform me of what I am on the way to creating.” In the morning when you awaken, lay there quietly for a few minutes and ask yourself, “Is there anything that I remember from my dreamtime?” As you begin to recall, try to remember how you FELT during your dream. Your meaningful dreams are accompanied by emotion. How did you feel as that was happening? A good feeling dream points to a manifestation coming that you will enjoy. If negative feelings, you can change your attraction point by raising the beliefs revealed in your dream. Now you’re aware, and you can deliberately change by your awareness. You do not create while you’re dreaming. Once awake, those thoughts create. It’s helpful to create a journal. Record settings, others, and above all, you’re feelings. Then go to process #22 if you need to move up the emotional scale...or use process of Virtual Reality to enhance a really good one.

Process #8 – The Book of Positive Aspects (when positive emotion is present and you want to ride the wave; improve on a topic)
Use in the Emotional Ranges:  Joy/Knowledge/Empowerment/Freedom/Love/Appreciation; Passion; Enthusiasm/ Eagerness/ Happiness; Positive Expectation/ Belief; Optimism; Hopefulness; Contentment; Boredom; Pessimism; Frustration/Irritation/Impatience

Process #9 – Scripting (Telling another story)
Use in the Emotional Ranges:  Passion; Enthusiasm/ Eagerness/ Happiness; Positive Expectation/ Belief; Optimism; Hopefulness

Processes are Taken from the Book, Ask and It Is Given – Part II; The Processes by Esther and Jerry Hicks (The Teachings of Abraham) ©2005 Hay House

Compiled by Applied Spirituality
Copyright 2010, All Rights Reserved. http://www.appliedspirituality.com
Processes to Raise Your Emotional Set Point – Deliberately

**Process #10 – The Placemat Process**
Use in the Emotional Ranges: Passion; Enthusiasm/ Eagerness/ Happiness; Positive Expectation/ Belief; Optimism; Hopefulness; Contentment; Boredom; Pessimism; Frustration/Irritation/Impatience; Overwhelment

**Process #11 – Virtual Reality**
Use in the Emotional Ranges: Joy/Knowledge/ Empowerment/Freedom/Love/Appreciation; Passion; Enthusiasm/ Eagerness/ Happiness; Positive Expectation/ Belief; Optimism; Hopefulness; Contentment; Boredom

**Process #12 – Segment Intending (when you want your influence to dominant; see potential not going right and want to correct; want to make the most of a situation)**
Use in the Emotional Ranges: Positive Expectation/ Belief; Optimism; Hopefulness; Contentment; Boredom; Pessimism; Frustration/Irritation/Impatience; Overwhelment

It’s easier to create an improved future experience rather than try to change an already not good feeling experience. Define the vibrational characteristics of a future time experience. Prepare how you want something to be experienced, especially when you’re already feeling good. Best done when you already feel good. If you don’t, use another process to feel good and come back to this. You enter a new segment every time your intentions change. You set the tone of a future experience. E.g. Phone rings, remember an important call is coming; you set intention to listen carefully, the call goes well, it is completed to everyone’s satisfaction. Immediate or distant experiences. If new activity you’ve never enjoyed doing, use #13–#22 instead. If struggling for a new scenario, abandon this process. You have the ability to bring forth more clarity to any subject if you stay focused long enough to develop the thought enough. See yourself as a magnet attracting to you what you feel. When you feel happy, healthy, prosperous, loved, you attract circumstances of like feeling. Pause many times during the day to determine what you want from the next period of your day. Segments are effective because you do not try to focus on too much at any one time. It focuses clarity, power and speed to your experience.

**Process #13 – Wouldn’t It Be Nice If... (Won’t it be nice when...) (Use when you find yourself leaning towards the neg; or you already feel good, want to feel better; or want to guide a situation to a better feeling place.)**
Use in the Emotional Ranges: Positive Expectation/ Belief; Optimism; Hopefulness; Contentment; Boredom; Pessimism; Frustration/Irritation/Impatience; Overwhelment; Blame; Discouragement

This raises vibration and improves attraction naturally orienting you towards a more positive place. Wouldn’t it be nice if I had a productive day at work; Wouldn’t it be nice if I find someone who appreciates me; wouldn’t it be nice if I found someone looking for someone just

Processes are Taken from the Book, Ask and It Is Given – Part II; The Processes by Esther and Jerry Hicks (The Teachings of Abraham) ©2005 Hay House

Compiled by Applied Spirituality
Copyright 2010, All Rights Reserved. http://www.appliedspirituality.com
like me. You’re being soft and easy about something. Wouldn’t it be nice if I stumbled on something that helped me lose weight? Wouldn’t it be nice if I could reclaim the body weight when I was 18? Wouldn’t it be nice if I came into alignment with prosperity? Wouldn’t it be nice if I could feel ease about money? Wouldn’t it be nice if I could feel ease with exercise?

Process #14 – Which Thought Feels Better (Become consciously aware of how you feel right now; faced with a decision want best direction; determine emotional set point; become aware of Internal Guidance System)

Use in the Emotional Ranges: Positive Expectation/ Belief; Optimism; Hopefulness; Contentment; Boredom; Pessimism; Frustration/Irritation/Impatience; Overwhelmment; Blame; Discouragement; Anger

Helps determine if you are really focused on what is wanted or the lack of it; every subject is really two subjects. Only sensitivity to how you feel, can you know if you are in the fullness of having what is desired or the lack of it. Leave everyone else’s ideas and opinions aside. Especially helpful when something has happened that elicits negative emotion within you. Sit and write your thoughts on paper. Eventually you’ll get better and you can do it in your mind. Write a brief statement on how you feel right now on the subject. Write another statement that amplifies how you feel.

E.g. You argue with daughter about how sloppy and unhelpful she is. “She is deliberately making my life difficult.” “She doesn’t come close to doing her work.” Now, I’m going to reach for thoughts that feel better, evaluating if they feel better or worse or better. “I shouldn’t have to pick up after here – feels same”. A clean house is important to me...better. I remember how it feels to be a teen. – better. I don’t know what to do about this – worse. I don’t have to figure it out today – better. It’s alright that I want a clean house – better. You become more aware how your thoughts feel. You become more adept at choosing better thoughts. When you change your thoughts, everyone around you shifts to match your feelings on any subject.

Take the limitations of time or dollars out of the equation. We want to remodel out kitchen. Can you say, Soon....and take pleasure out of the growing idea? Hmm, I love what I’m conjuring for the future. If the desire feels good to you, it’s good. If the desire is raging, hold it out to the future. Which thought feels better: we can have it right now and go into debt or we can milk the idea for more delicious feelings as the desire develops. There is no right or wrong. Which feels better? To say that you’ve settled for less or this is part of your future experience. Which feels better to appreciate or condemn?
Process #15 – Clearing Clutter for Clarity (When feeling stress due to disorganization; spending too much time looking for something; rather be in someone else’s home rather than yours)

Use in the Emotional Ranges; Boredom; Pessimism; Frustration/Irritation/Impatience; Overwhelmment; Blame; Discouragement; Anger

Cluttered environment can cause cluttered attraction. Everything carries its own vibration, personal belonging have impact. Don’t want to throw out the wrong things, but project is too big and would take too much time. Begin. Get several sturdy boxes with lids, same size and color. Minimum of 20 boxes. Procure alphabetized index cards. Number each box. Pick up an item. Is it essential to my immediate experience? If yes, leave it there. If no, put it into the box. Into a recorder, say, “Old cell phone box #1, magazines box #2. Speak the item and which number box. On cards, Cell phone goes on “card C”. You have record of all your stuff and confidant you can retrieve it easily by referring to the cards. If you realize you aren’t using the items in box 3, you can further dispense with those items...or move the box out to the garage or storage.

You gather things, and things are like your “score”. You spend too much time looking for things, and it’s contrary to freedom. Also things don’t satisfy the void. Discard everything that is not essential to your NOW. Release those things that you are not wearing or using. You have the capacity for attraction, which is slowed when you feel bogged down. When stuff comes very fast, it has to be sorted, filed, etc. Imagine yourself in an environment of great order and clarity. Imagine...the feeling of relief. Find the feeling place of a job well done. In only an hour or two you can clear a room. Often you soon realize that things boxed are no longer needed/wanted and can be given away.

Process #16 – The Wallet Process (attract more money, feel better about money; want to get your juices going; feel there’s a shortage of money in your life)

Use in the Emotional Ranges: Hopefulness; Contentment; Boredom; Pessimism; Frustration/Irritation/Impatience; Overwhelmment; Blame; Discouragement

Many are really focused on lack of money, holding themselves apart from their desires for prosperity. Abundance is a natural flow. Obtain a $100.00 bill and keep it in your wallet. Remember it there and feel the sense of security it gives. As you see something in a store, remind yourself you could purchase it. You pass a nice restaurant; remind yourself that you could purchase a meal there if you want to. Spending it 30 times a day, you have spent over $3000. You practice the vibration of well being, security, and satisfaction many times a day. You are practicing the vibration of abundance many times a day. Even things you were willing to spend on will now come; it will feel as if a floodgate of abundance has opened. You are saying, “I can have that. I could have that.” It will change your point of attraction. You can change the bill to $500.00 bill or $1000.00 and enhance your point of attraction. Deliberately

Processes are Taken from the Book, Ask and It Is Given – Part II; The Processes by Esther and Jerry Hicks (The Teachings of Abraham) ©2005 Hay House

Compiled by Applied Spirituality
Copyright 2010, All Rights Reserved. http://www.appliedspirituality.com
Quick Reference Guide

Processes to Raise Your Emotional Set Point – Deliberately

offers more thought to the prosperity that is wanted by noticing how many times a day you could spend/have. Spend $100, 1000 times a day, you’ve spent $100,000. Gives deliberate attention to what makes you feel Good.

**Process #17 – Pivoting (Change the channel) (when you want improved point of attraction; feel good want to feel better; realize you’ve just said something and you want to change it)**

Use in emotional ranges Boredom; Pessimism; Frustration/Irritation/Impatience; Overwhelment; Blame; Discouragement; Anger

Helps you realize which side of the topic you are focused on (having or lack of it). First step in shifting your habits of attraction. Increases your awareness of how you are really thinking. At first your awareness of what you don’t want, makes you aware of what you do what. Neg. emotion is focus on something unwanted. Stop. As yourself, I know what I don’t want, now what do I want. Refocuses you on what you do want.

Important to remember you are the attractor of your experience. Thoughts are magnetic. When you can become aware when you are feeling negative emotion; then you can stop and intentionally shift it from what is not wanted to what is wanted. Remember a negative emotion means that you are thinking something that your Inner Being is not joining you in. In other words, a negative emotion means your thought is not True; you’re not in harmony with your Greater Knowing. I want to feel good, means I want to be in a place of positive attraction; I want to be in harmony with my Inner Being.

**Process #18 – The Focus Wheel Process** (set point is negative; change point of attraction; get relief)

Use in Emotional Ranges: Boredom; Pessimism; Frustration/Irritation/Impatience; Overwhelment; Blame; Discouragement; Anger. 15-20 min. during times of heightened negative emotions or seeing things you do not want.

Draw a large circle. Draw 2” smaller circle in center. Identify what you do not want. Identify what you do want. I feel fat. I want to feel slender. I feel powerless; I want to feel powerful. Start in center with where you are. Write your starting place in the center circle. At 12 points around the outside of the circle starting at 1:00 position, write a statement that feels just a wee bit better than the beginning statement. Hold that thought for 17 seconds. Move on to 2:00 position and write a statement that feels just a bit better than the 1:00 statement. Again, hold it for 17 seconds allowing another better thought to join it. Proceed around the “clock”. The Final statement goes into the center above your starting statement. Hold that for 17 seconds. Stabilize here. This is your beginning point for your next focus wheel on this same subject.

**Process #19 – Finding the Better Feeling Place** (want to improve feeling, more money, better body, better job, better circumstances; living something you don’t like)

Processes are Taken from the Book, *Ask and It Is Given – Part II; The Processes* by Esther and Jerry Hicks (The Teachings of Abraham) ©2005 Hay House

Compiled by Applied Spirituality
Copyright 2010, All Rights Reserved. http://www.appliedspirituality.com
Processes to Raise Your Emotional Set Point – Deliberately

Use in Emotional Range: Pessimism; Frustration/Irritation/Impatience; Overwhelment; Blame; Discouragement; Anger

Conjure images and find the feeling place of having what you want. Not words, but perhaps a memory of a time when you felt good on the subject that you are now in lack. See money stashed under the bed, in your cupboards. See yourself having a credit card with an unlimited credit line and yourself writing a check for the entire amount once a month. Imagine the fullness of what you want. The object is to change your emotional vibrational offering from lack to having (fullness).

Process #20 – Releasing Resistance to Become Free of Debt
Use in Emotional Range: Frustration/Irritation/Impatience; Overwhelment; Blame; Discouragement; Anger; Revenge; Hatred/Rage; Jealousy; Insecurity/Guilt/Unworthiness; Fear/Grief/Depression/Despair/Powerlessness

Get a columnar writing pad. Write across the top “It is my desire to keep my promise to keep my financial obligations or more each month.” Enter the largest payment you have in top left column; beneath that the amount of the payment; beneath that the outstanding total debt. Do this with all your debt accounts across the tablet. Write “It is my desire to keep my promise to keep my financial obligations or more each month.” In the far right column is your smallest debt with the smallest monthly payment. Write a check for double the amount of that one. Beneath it, calculate the new smaller amount owed. Every time you make your monthly payments, write in the NEW smaller amount of debt now owed. Keep doubling the smallest one until you have it paid off and celebrate! Notice how the debt is diminishing. Feel how good that feels. Now take the next smallest amount of debt and monthly payment and double it. You vibration begins to change as you see yourself keeping your promise, debt decreasing, this positively activates your attitude and experience around money. Notice bargains; unexpected money. Record the extra money, and apply it to the column; as the columns disappear, you feel better and better.

Process #21 – Turning It Over To the Manager (feel you have too much to do)
Use in Emotional Range: Frustration/Irritation/Impatience; Overwhelment; Blame; Discouragement; Anger

You are the owner of a large corporation. 1000’s work for you. You don’t work with them directly, but your Manager does. The Law of Attraction is your Manager who will execute your directions, requests, instructions for you. Put your Manager to work. Make Requests expecting results, delegating your work. Allow the Universe to yield to you. Allowing is trusting your Manager to execute. When you need to make a decision, the Manager will bring it to your attention. Action is fun, but in this process you allow yourself to be Inspired to Action.

Processes are Taken from the Book, Ask and It Is Given – Part II; The Processes by Esther and Jerry Hicks (The Teachings of Abraham) ©2005 Hay House

Compiled by Applied Spirituality
Copyright 2010, All Rights Reserved. http://www.appliedspirituality.com
Process # 22 – Reclaiming One’s Natural State of Health *(don’t feel well, feel fear about your body; just got a diagnosis)*; Frustration; Anger; Revenge; Hatred/Rage; Jealousy; Insecurity/Guilt/Unworthiness; Fear/Grief/Depression/Despair/Powerlessness

Do lying down comfortable, undisturbed for 20 minutes. Breathing deeply, read these statements to yourself:

- It is natural for my body to be well.
- Even if I don’t know what to do to get better, my body does
- I have trillions of cells with individual consciousness; and they know how to achieve their individual balance
- When this condition began, I didn’t know what I know now
- If I had known then what I know now, this condition would never have started
- I don’t need to understand the cause.
- I don’t need to explain how it is that I am experiencing this illness,
- I have only to gently, eventually release this illness
- It doesn’t matter that it got started. It’s reversing its course right now
- It’s natural that it takes a bit of time for my body to align to my improved thoughts of Well Being
- There’s no hurry about any of this
- My body knows what to do
- Well being is natural to me
- My inner being is intricately aware of my body
- My cells are asking for what they need to thrive; Source Energy is answering
- I am in very Good Hands.
- I will relax now to allow communication between my body and my Source to communicate with my cells
- My only work is to relax and breathe.
- I can do that I can do that easily

Focus on breathing, as deeply as possible to remain comfortable. Relax and Breathe. Feel the soft gentle sensations answering your cellular request. Don’t help it. Just allow it. If feeling pain, add:

- This sensation of pain indicator that is Source responding to my request.
- The sensation of pain means that Help is on the way.
- I will relax into the sensation of pain, as it indicates improvement.
Process #23 – Moving Up the Emotional Scale (having difficult time feeling better; a big thing has happened; someone has died; you are thrown for a loop)

Use in Emotional Range: Anger; Revenge; Hatred/Rage; Jealousy; Insecurity/Guilt/Unworthiness; Fear/Grief/Depression/Despair/Powerlessness

There is only a Stream of Well Being. Your job is to allow it. The worse you feel, the more you are resisting. This exercise helps lower your resistance. You’re moving your feeling state to feeling the fullness of what you desire. Improve the feeling. Discover a better FEELING place. Here’s the emotional scale:

Joy/Knowledge/Empowerment/Freedom/Love/Appreciation;
Passion;
Enthusiasm/ Eagerness/ Happiness;
Positive Expectation/ Belief;
Optimism;
Hopefulness;
Contentment;
Boredom;
Pessimism;
Frustration/Irritation/Impatience;
Overwhelment;
Blame;
Discouragement;
Anger;
Revenge;
Hatred/Rage;
Jealousy;

Processes are Taken from the Book, Ask and It Is Given – Part II; The Processes by Esther and Jerry Hicks (The Teachings of Abraham) ©2005 Hay House
Insecurity/Guilt/Unworthiness;

Fear/Grief/Depression/Despair/Powerlessness
Identify the emotion. Consider the two extreme ends. Am I feeling powerless or powerful? Does it feel more like powerlessness or worry? Continue until you can state accurately your feeling place. Now find thoughts that help you find a little better feeling place about the situation. Talk out loud. Write it out. Use the scale, begin where you are. Fashion words that lead you into a slightly higher feeling place. E.g.:

Feeling guilt. Feeling rage. Feeling blame. Each is better than grief or powerlessness. Each improvement gives you access to a higher feeling. It may take a day or two, but you can reclaim your connection to Source in a short time.

You are vibrational Creator. These processes are here to help you realize how important your focus is.

17 seconds of “pure” thought is = 2,000 hours of action hours
another thought just like it joins it

34 seconds of pure thought is = 20,000 hours of action hours

51 seconds of pure focus = 200,000 hours of action hours

68 second of pure focus = 2 million hours of action hours

“pure” is uncontradicted THOUGHT FOR THE PLEASURE OF THE THOUGHT AND HOW GOOD IT FEELS. Don’t visualize to make something happen, do it for the joy of it. Let it in.

Processes are Taken from the Book, Ask and It Is Given – Part II; The Processes by Esther and Jerry Hicks (The Teachings of Abraham) ©2005 Hay House
Processes to Raise Your Emotional Set Point – Deliberately

Processes are Taken from the Book, Ask and It Is Given – Part II; The Processes by Esther and Jerry Hicks (The Teachings of Abraham) ©2005 Hay House

Compiled by Applied Spirituality
Copyright 2010, All Rights Reserved. http://www.appliedspirituality.com