

## Positive Affirmation – Spoken and Written

Oct 25, 2014 Judith Morales

Positive Affirmation has been a core component of Unity since its inception.

Positive affirmation is believed to convince the subconscious mind that its secret, hidden negative beliefs can be overridden or can be discovered, eradicated and replaced.

From the time the power of the subconscious mind began to be recognized and addressed, the evidence and experience usually was that sometimes the desired results were there and sometimes not.

Attempts were made by numerous seekers, many of whom became bestselling authors to address the deficiency, but nothing worked all the time and that is true today.

However, having read and applied most of the available material of using the power of the mind, in conjunction with the healing/ change modalities in which I am certified, I believe I have discovered the reasons affirmations don't always work and solutions for those blocks.

The idea of affirmations is even in the Old Testament!

Job 22:28 [King James Bible](#)

Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways.

A few years ago, The Prayer of Jabez was resurrected by Bruce Wilkinson as a failsafe means of manifestation. Millions of copies of that little book sold like funnel cakes at a fair.

And Jabez called on the God of Israel saying, 'Oh, that You would bless me indeed, and enlarge my territory, that Your hand would be with me, and that You would keep me from evil, that I may not cause pain.' So God granted him what he requested" (1 Chronicles 4:9-10)

New thought ( Unity's category) Affirmations in [New Thought](#) and [New Age](#) terminology refer primarily to the practice of positive thinking and self-empowerment—fostering a belief that "a positive mental attitude supported

by affirmations will achieve success in anything." More specifically, an affirmation is a carefully formatted statement that should be repeated to one's self and written down frequently. For an affirmation to be effective, it needs to be present tense, positive, personal and specific.

[New Thought](#) pioneer [Wallace D. Wattles'](#) 1910 book [The Science of Getting Rich](#).

A related belief is that a certain critical mass of people with a highly spiritual consciousness will bring about a sudden change in the whole population. And that humans have a responsibility to take part in positive creative activity and to work to heal ourselves, each other and the Earth.[\[4\]](#)

In 1984 [Louise Hay](#) a [Religious Science](#) Practitioner published [You Can Heal Your Life](#), a guide to changing thoughts and beliefs. Hay's affirmations are designed to help the user re-program their thought patterns, the intention being that harmful underlying beliefs which Hay believes psychologically support illness will be replaced with healing beliefs, and thus remove a barrier to healing.

Excellent affirmations from Louise Hay:

“I am in the right place, at the right time, doing the right thing.”

“Every thought we think is creating our future. ”

“No matter where we live on the planet or how difficult our situation seems to be, we have the ability to overcome and transcend our circumstances.”

“I say “Out” to every negative thought that comes to my mind. No person, place, or thing has any power over me, for I am the only thinker in my mind. I create my own reality and everyone in it.”

“I have noticed that the Universe loves Gratitude. The more Grateful you are, the more goodies you get”

“I will not be distracted by noise, chatter, or setbacks. Patience, commitment, grace, and purpose will guide me.”

“You are the only person who thinks in your mind! You are the power and authority in your world.”

“The point of power is always in the present moment.”

“The mental thought patterns that cause the most dis-ease in the body are CRITICISM, ANGER, RESENTMENT and GUILT. For instance, criticism indulged in long enough will often lead to dis-eases such as arthritis. Anger turns into things that boil and burn and infect the body. Resentment long held festers and eats away at the self and ultimately can lead to tumors and cancer. Guilt always seeks punishment and leads to pain.”

– [Louise L. Hay, The Golden Louise L. Hay Collection](#)

“In the infinity of life where I am, all is perfect, whole, and complete. I believe in a power far greater than I am that flows through me every moment of every day. I open myself to the wisdom within, knowing that there is only One Intelligence in this Universe. Out of this One Intelligence comes all the answers, all the solutions, all the healings, all the new creations. I trust this Power and Intelligence, knowing that whatever I need to know is revealed to me, and that whatever I need comes to me in the right time, space, and sequence.”

– [Louise L. Hay, You Can Heal Your Life](#)

From the Unity perspective, we have the documented examples of Myrtle and Charles Fillmore, each using affirmation to cure physical conditions, which were incurable by medical science in their lifetimes.

Fillmore Affirmations:

It is not advisable to hold for too specific a demand. You might visualize a hundred dollars and get it when a thousand was coming your way. Do not limit the substance ... Make your statements broad and comprehensive so that your mind may expand to the Infinite rather than trying to cram the Infinite into your mind. -- [Daily Fillmore](#)

To develop the love center, begin by affirming: From this time forth and forevermore I shall know no man after the flesh. I shall not see men and women as body and mortal thought. I shall always behold them with the eye of love, which sees only perfection. Ask daily that love be made alive in you, that it take up its abode at your magnetic center, and make it alive with strong, steady pulsations of spiritual energy.

47. Let your attention rest for a few moments every day at the heart center in your body, the cardiac plexus, while you declare silently: You are the abode of love. You are filled and thrilled with the mighty magnetic forces that love uses in doing its work. You are powerful and active to do only good, and you see only goodness and purity everywhere.

"First, God is good and all His creations are good. When you get that firmly fixed in your mind, you are bound to demonstrate good and nothing but good can come into your world ... Pray thus: I am a child of the absolute good. God is good, and I am good. Everything that comes into my life is good, and I am going to have only the good." (Charles Fillmore)

"God is the one perfect life flowing through us ... God in the midst of us is a great steady stream of renewing and cleansing and vitalizing life, and we can have the use of this life if we will open up the channels of its flowing and ourselves draw from this source." (Myrtle Fillmore)

"The spiritual substance from which comes all visible wealth is never depleted. It is right with you all the time and responds to your faith in it and your demands on it. It is not affected by our ignorant talk of hard times, though we are affected because our thoughts and words govern our demonstration. The unfailing source is always ready to give." (Charles Fillmore)

"Why not on first awakening remind ourselves that this is a fresh new day, full of opportunities and fragrant with possibilities? ... The restrictions of

yesterday have no power to overshadow our lives today, when we realize that we are in the eternal now. Let us begin our day with newness of thought and courage." (Myrtle Fillmore)

If it is health you want, say so. God's universe is overflowing with unfailing Substance." (Myrtle Fillmore)

Every cell in my body vibrates with energy and health. Loving myself heals my life.

I nourish my mind, body and soul.

My body heals quickly and easily.

Substance is everywhere, filling all the universe. There is no lack. If we have not been successful in forming it into the things we have needed and wished for, it is not because of lack of substance but of lack of understanding how to use our imaging power. -- [Daily Fillmore](#)

"Make up your mind that you are going to live in a little world all your own, a world of beauty, peace, happiness, health, and simple pleasures." (Myrtle Fillmore)

"We draw spiritual substance to ourselves just as the magnet draws the iron. When we think about the love of God drawing to us the substance necessary for support and supply, that substance begins to accumulate all around us, and as we abide in the consciousness of it, it begins to manifest itself in all our affairs." (Charles Fillmore)

I am a child of the absolute good. God is good, and I am good. Everything that comes into my life is good, and I am going to have only the good." (Charles Fillmore)

Charles Fillmore's favorite affirmations:

- \* The joy of the Lord is your strength.
- \* God in me is infinite wisdom.
- \* He shows me what to do.
- \* In all thy ways acknowledge Him, and He will direct thy path.
- \* I can do all things through Christ which strengthens me.
- \* Naught can disturb me, for Christ is my peace and my poise.
- \* All things work together for good.
- \* In quietness and in confidence shall be your strength.
- \* Faith is the strength of the soul inside, and lost is the man without it.
- \* The greatest teaching ever given is: Christ in you, the hope of glory.
- \* God is my help in every need.

I fairly sizzle with zeal and enthusiasm and spring forth with a mighty faith to do the things that ought be done by me." (Charles Fillmore at age 94)

Catherine Ponder, a Unity minister, is a very well known author of super-charged metaphysical books. She has written over 14 books over the past few decades. Some of her best work involves the power behind affirmations.

Here are a few inspirational affirmations from Catherine Ponder's book *Open Your Mind To Prosperity*. To use these affirmations yourself, speak the words out loud. Speak slowly and deliberately. Change the words around so that they work for you. Substitute any words you don't like with those of your own. Make these affirmations your own, if you like. As you speak these words, feel these declarations go out into the universe and come alive!

**I NOW LET GO OF WORN OUT THINGS, WORN OUT CONDITIONS,  
AND WORN OUT RELATIONSHIPS. DIVINE ORDER IS NOW  
ESTABLISHED AND MAINTAINED IN ME AND IN MY WORLD.**

**I NOW RELEASE AND AM RELEASED FROM EVERYTHING AND  
EVERYBODY THAT ARE NO LONGER PART OF THE DIVINE PLAN FOR**

MY LIFE. EVERYTHING AND EVERYBODY THAT ARE NO LONGER PART OF THE DIVINE PLAN FOR MY LIFE NOW RELEASE ME.

I AM SURROUNDED BY DIVINE SUBSTANCE AND THIS DIVINE SUBSTANCE NOW MANIFESTS FOR ME IN RICH APPROPRIATE FORM.

GOD IS MY SUPPLY AND MY UNLIMITED ABUNDANCE OF EVERYTHING NOW.

DIVINE LOVE IS NOW WORKING THROUGH ME TO ADJUST ALL THE DETAILS OF MY LIFE. LOVE TRANSFORMS MY LIFE NOW.

I AM RECEIVING MY HIGHEST GOOD OF MIND, BODY AND AFFAIRS NOW! MY ACCUMULATED GOOD OF PAST AND PRESENT NOW POURS FORTH INTO MY LIFE AS RICH BLESSINGS. THIS IS A TIME OF DIVINE FULFILLMENT. I WELCOME MY ACCUMULATED GOOD NOW. I GIVE THANKS FOR DIVINE RESTORATION IN MIND, BODY AND AFFAIRS.

Catherine Ponder:

Large sums of money, big happy financial surprises and rich appropriate gifts now come to me under grace in perfect ways for my personal use and I use them wisely.

"I give thanks that I am beautifully and appropriately:

- clothed with the rich substance of God.
- housed with the rich substance of God.
- transported with the rich substance of God."

"Divine order is now established and maintained, harmony reigns supreme."

"I am now activated by Divine Love and guided by divine power into my right work, which I perform in a perfect way for perfect pay. The divine plan of my life now takes shape in definite concrete experiences, leading to perfect health, happiness, success and prosperity."

"Divine intelligence is in charge of my life. I am now open, receptive, and obedient to its rich instruction and guidance."

"There is a divine solution to this situation. The divine solution is the

sublime solution. I give thanks that the divine solution quickly appears now!"

"God's almighty power goes before me, making easy, successful and delightful my way."

"You walk in the charmed circle of God's love, and you are divinely irresistible to your highest good now."

"As I lie down to peaceful sleep, I thank God for my successful day. I rest easily, knowing that divine intelligence is renewing my mind and body, and preparing me for an even more successful day tomorrow."

Seth mentions combining

Seth preceded Abraham first appearing in the late 1970's through Jane Roberts going into a deep trance while her husband, Robert Butts transcribed the sessions by hand.

Numerous books resulted and today, there are several Facebook pages dedicated to the study of the Seth material.

" The inner ego always identifies with its source-identity as a beloved, individualized portion of the universe. It is aware of the universal love that is its heritage. It is also aware of the infinite power and strength that composes the very fabric of its being. Through being made aware of these facts, the exterior ego can begin to feel a quicker sense of support and nourishment. The knowledge can let it relax, let go, so that it feels its life couched and safe, and knows itself to be indeed a beloved child of the universe, both ancient and young at once, with an identity far beyond the annals of time. It is of great value, then, that each person remember this universal affiliation. Such a reminder can often allow the inner self to send needed messages of strength and love through the various levels, appearing as inspiration, dreams, or simply pure bursts of feeling. The inner ego draws instant and continuous support from the universal consciousness, and the more the exterior ego keeps that fact in mind, the greater its own sense of stability, safety, and self-esteem."

Seth:

“Books on positive thinking alone, while sometimes beneficial, usually do not take into consideration the habitual nature of negative feelings, aggressions, or repressions. Often these are merely swept under the rug.

“The authors instead tell you to be positive, compassionate, strong, optimistic, filled with joy and enthusiasm, without telling you what to do to get out of the predicament you may be in, and without understanding the vicious circle that may seem to entrap you.

“Such books, again, while sometimes of value, do not explain how thoughts and emotions cause reality. They do not take into consideration the multidimensional aspects of the self or the fact that ultimately each personality, while following definite general laws, must still find and follow HIS OR HER OWN WAY OF ADAPTING these to personal circumstances.”

Lynda Madden Dahl: “ only one thing triggers the action of All That Is into creation, and it is expectation. True, expectations are formed by thought, imagination and finally emotion, but it is the actual built-in acceptance within an expectation that does the trick.”

Part A (Seth gave this exercise to Jane and Rob Butts)

Several Times a day give yourself the following set of suggestions. Say all three in the morning, in the middle of your day, at night, and just before sleep. Say it slowly and feel what you are saying. Realize that you are exerting your power by directing your thought.

- 1) I am only open to constructive and healthful suggestions and influences
- 2) I am automatically protected against any negative suggestions or influences.
- 3) I am free of any past negative suggestions or influences.

Part B - Every morning for repeat the following affirmations. Say them slowly one, twice or 3 times each (your choice) and feel what you are saying.

1. What I am is good through and through.

2. I am an important part of All That Is
3. I am a God in Training.
4. All that is loves me, honors me, approves of me and respects me.
5. I approve of myself. I treat myself with a gentle hand.

“Those goals are usually conceptualized desires, and once formed they act in a fashion like magnets, drawing from those vast fields of interrelatedness the kinds of conditions best suited to their fulfillment.”

A Seth Reminder... (short and sweet, without annotation )

"Say to yourself, "That is in the past. Now in this new moment, this new present, I am already beginning to change for the better."

Seth says that when life is going well, we are living in a state of grace.

Abraham tells us that if we want to change something, to tell a new story - a story of how we want life to be and to Vibrate to the frequency of what it is we want.

The way you vibrate to the frequency is Seth's description of imagination, emotion, intensity and expectation.

[The Law of Attraction](#) series by [Esther Hicks](#) and Jerry Hicks. Esther Hicks is a proponent of using affirmations that change the energy of what you are emanating.

Abraham has described themselves as "a group consciousness from the non-physical dimension" (which helps a lot!). They have also said, "We are that which you are. You are the leading edge of that which we are. We are that which is at the heart of all religions."

Abraham has told us through Esther that whenever we feel moments of great love, exhilaration, pure joy, stoned-out bliss....when we feel that Energy Flow rushing through our bodies, that is the energy of Source, and that is who Abraham "is".

I see myself in perfect health. I see myself in absolute prosperity. I see myself invigorated with life, appreciating, again, this physical life experience which I wanted so very much as I decided to be a physical Being. It is glorious to be here, a physical Being, making decisions with my

physical brain but accessing the power of the Universe through the power of the Law of Attraction. ---Abraham

Excerpted from the workshop: The Law of Attraction, The Basics of the Teachings of Abraham on July 01, 2006

- 1. I am feeling my financial well being now.**
- 2. The universe knows and responds to the whole of me.**
- 3. I am relaxing my way into receiving my well-being**
- 4. I notice the small signs of good each day, and I remember to savor them.**
- 5. I am willing to release angst and fear – and trust the universe.**
- 6. The universe has already lined everything up for me**
- 7. I release mental stress and ask spirit to work through me for the good of all.** “One person aligned with the universe is more powerful than a million who are not.” – Abraham as translated by Esther Hicks.

Your prayer causes you to focus, and the **Law of Attraction** causes everything in the Universe that's in vibrational harmony with your focus to come to you. --- Abraham

Excerpted from the workshop in Lincroft, NJ on Tuesday, October 15th, 1996

There has never been an injustice anywhere in this physical time/space reality or anywhere else. **Law of Attraction** does not promote injustice. **Law of Attraction** amplifies the vibration that is within you. --- Abraham

Excerpted from the workshop in Tarrytown, NY on Saturday, May 8th, 2004

Use whatever excuse you can to vibrate in harmony with those things you've been saying you want. And when you do, those things that are a vibrational equivalent flow into your experience in abundance. Not because you deserve it, not because you've earned it, but because it's the natural consequence of the Law of Attraction. That which is like unto itself is drawn. --- Abraham

Excerpted from the workshop in Silver Spring, MD on Saturday, April 19th, 1997

## LAW OF ATTRACTION QUOTES

Is it possible to be the visionary and the actionary of your own life? Not only possible, it's the way most of you intended it to be. It's the best of all worlds. What can be more exhilarating than to find a dream from the contrast, to fixate on the dream and let it give you pleasure as it grows, and then to watch *Law of Attraction* bring it into manifestation while you help with your action? Does it get any better than that? You didn't think so as you made the decision to come forth into these physical bodies. You said, "This is the best time in all eternity for a Creator to Create." --- Abraham  
Excerpted from the workshop in Kansas City, KS on Sunday, September 27th, 1998

You have more harmony points with every person on the planet than you have disharmony points, because there is much more of you that is in harmony with your Core than you realize or that most of you allow. The closer you come to being in harmony with your Source Energy, the more in harmony you are with each other. When you think about other people and what they think of you, do you understand that what they think of you has very little to do with what you are? It has mostly to do with the habits of thought that they have developed. It has more to do with them as thinkers than it does with you as the subject of their thought. If nothing is more important to you than that you feel good, you can form a fantasy about someone who is in your life and they will begin to modify to meet your fantasy, because *Law of Attraction* is a very powerful thing. --- Abraham  
Excerpted from the workshop in Asheville, NC, on Saturday, September 5th, 1998

As you perceive something, you give birth to a thought, and this thought now thinks. Now that it exists, now that it has been conjured, now that it has been focused, now it vibrates. Now, by *Law of Attraction*, other thoughts that are vibrationally same will come to it. So it begins its expansion immediately. --- Abraham  
Excerpted from the workshop in Philadelphia, PA on Thursday, October 15th, 1998

It's not your work to make anything happen. It's your work to dream it and let it happen. **Law of Attraction** will make it happen. In your joy, you create something, and then you maintain your vibrational harmony with it, and the Universe must find a way to bring it about. That's the promise of **Law of Attraction**. --- Abraham

Excerpted from the workshop in Larkspur, CA on Sunday, August 16th, 1998

Genius. It is just attention to something specific. That's all it is. **Law of Attraction** makes it happen, and so anyone who gives attention to any subject for a period of time will evolve in the direction of that understanding. --- Abraham

Excerpted from the workshop in San Diego, CA on Saturday, February 7th, 1998

**Law of Attraction** is Universal, and every person is affected by it. And it is always true that what I think and what I feel and what I get are always a match, and there is not a person on the planet that did not know that when they were born, and there is not a person on the planet that would not benefit by knowing it. But many, many, many are not yet asking and therefore are not yet ready for the answer. And so, we would say that -- although everyone wants this information -- everyone is not necessarily ready for it. We would not spend any time trying to convince anybody of anything because if they're not asking, your answers are just irritating. --- Abraham

Excerpted from the workshop in San Diego, CA on Saturday, February 7th, 1998

Use whatever excuse you can to vibrate in harmony with those things you've been saying you want. And when you do, those things that are a vibrational equivalent flow into your experience in abundance. Not because you deserve it, not because you've earned it, but because it's the natural consequence of the **Law of Attraction**. That which is like unto itself is drawn. --- Abraham

Excerpted from the workshop in Silver Spring, MD on Saturday, April 19th, 1997

If you've got somebody's aspects in your experience that you don't like, there's only one reason they're there. You keep evoking them with your attention to them. Without knowing about **Law of Attraction**, you have -- through your old habit of observation -- achieved vibrational harmony with

the parts of them that you do not like, and you keep summoning those parts from them by your constant vibrational offering of them. --- Abraham  
Excerpted from the workshop in San Francisco, CA on Saturday, January 1st, 2000

As you identify the thing that you want and you achieve vibrational harmony with it, by **Law of Attraction** you summon the Energy through you, and that is what life is. When someone stops desiring, Life Force no longer flows through them, and then they re-emerge into the Nonphysical where you have all kinds of goals and intentions. --- Abraham  
Excerpted from the workshop in Lincroft, NJ on Tuesday, October 15th, 1996

Your prayer causes you to focus, and the **Law of Attraction** causes everything in the Universe that's in vibrational harmony with your focus to come to you. --- Abraham  
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There has never been an injustice anywhere in this physical time/space reality or anywhere else. **Law of Attraction** does not promote injustice. **Law of Attraction** amplifies the vibration that is within you. --- Abraham  
Excerpted from the workshop in Tarrytown, NY on Saturday, May 8th, 2004

The thought that you think, you think, which attracts to it; so you think it some more, which attracts to it; so you think it some more. In other words, when you have an expectation, you've got a dominant thought going on, and **Law of Attraction** is going to deliver that to you again, and again and again. And you say "The reason that I believe this, is because it is true." And we say, the reason that you believe it, is because you've practiced the thought. All that a belief is, is a thought that you keep practicing. --- Abraham  
Excerpted from the workshop in Indianapolis., IN on Tuesday, May 28th, 2002

Just love everybody that interacts with you no matter how personally, or how peripherally, involved with you they are. The efficiency of the people who deal with you... everything is orchestrated by the manager called **Law of Attraction**. And your vibration is setting all of it into motion.

Everything affecting you is a reflection of the vibration that you are emitting. Spend more time focused upon your dream than upon the reality. The reality gives birth to the dream -- but the dream is where you are wanting to put your attention. --- Abraham

Excerpted from the workshop in Houston, TX on Saturday, January 13th, 2001

Enlightenment means literally aligning to the Energy of my Source. And genius is only about focusing. **Law of Attraction** takes care of everything else. Physical humans often want to make enlightenment about finding some process and moving through the process that has been pre-described. But true enlightenment is moving to the rhythm of the internal inspiration that is coming in response to the individual desire. Enlightenment is about allowing my Connection to the Source that is me for the fulfillment of the things that I have individually defined here in my time-space-reality. That's as good as it gets! --- Abraham

Excerpted from the workshop in Boulder, CO on Saturday, June 7th, 2003

*We are all Vibrational Beings. You're like a receiving mechanism that when you set your tuner to the station, you're going to hear what's playing. Whatever you are focused upon is the way you set your tuner, and when you focus there for as little as 17 seconds, you activate that vibration within you. Once you activate a vibration within you, **Law of Attraction** begins responding to that vibration, and you're off and running-- whether it's something wanted or unwanted --- Abraham*

Excerpted from the workshop in North Los Angeles, CA on Sunday, August 18th, 2002

Think of this random Universe where everything is possible. The organizational skills belong to **Law of Attraction**. If you will relax and allow **Law of Attraction** to do the organization, the managing, then you can spend your time doing the things that please you. --- Abraham

Excerpted from the workshop in Cincinnati, OH on Saturday, September 21st, 2002

**Law of Attraction** says, "That which is like unto itself is drawn." Vibrations are always matched. So, as you experience the contrast which inspires the new desire, this new desire, whether it is a strong one or a soft

one, is summoning unto itself proportionately. And as it summons, it is always answered. It is the basis of our Universe: When it is asked, it is always given. Humans think they are asking with their words, or even with their action, and sometimes you are, but the Universe is not responding to your words or your action. The Universe is responding to your vibrational calling. --- Abraham

Excerpted from the workshop in Cincinnati, OH on Saturday, July 15th, 2000

***Law of Attraction abounds***, and when it is said to you, "Ask, and it is given," there is no more powerful statement that is at the basis of what makes things happen than that. Now, how is it that you think you ask? With your words? The Universe doesn't hear your words. You ask with your desire. The desire that is born out of the contrast. That desire. That wanting. That's what summons the Life Force. --- Abraham

Excerpted from the workshop in Seattle, WA on Sunday, June 21st, 1998

When you begin to understand ***Law of Attraction***, and you understand that which is like unto itself is drawn, then it is easier and easier to understand that you are offering a signal, and the entire Universe responds. And when you finally get that, and you begin to exercise some deliberate control about the signal that you offer, then it really begins to be fun, because then you recognize that nothing happens outside of your creative control. There are no things that happen by chance or by circumstance. There is nothing that is happening because of something you vibrated a long time ago or in a past life. It is not about what you were born into. It is only about what you are, right now, in this red hot fresh moment emitting. -  
-- Abraham

Excerpted from the workshop in Seattle, WA on Saturday, June 20th, 1998

***Law of Attraction*** says, "That which is like unto itself is drawn." Which means vibrations are always matched. So as you experience the contrast which inspires the new idea within you, this new idea --this desire -- whether it is a strong one or a soft one, is summoning unto itself proportionately. And as it summons, it is always answered. It is the basis of our Universe: When it is asked, it is always given. The confusion that humans feel is that they think they are asking with their words -- or even

with their action -- and sometimes you are. But the Universe is not responding to your words or your action. The Universe is responding to your vibrational calling. --- Abraham

Excerpted from the workshop in Cincinnati, OH on Saturday, July 15th, 2000

If you examine your history, you cannot help but repeat it! ***Law of Attraction*** says it is so: "Whatever I am looking at, I am including in my vibration." --- Abraham

Excerpted from the workshop in Boston, MA on Sunday, October 10th, 1999

Within the seed of your desire is everything necessary for it to blossom to fulfillment. And ***Law of Attraction*** is the engine that does the work. Your work is just to give it a fertile growing place in order to expand. ---

Abraham

Excerpted from the workshop in Albuquerque, NM on Sunday, May 9th, 1999

You have more harmony points with every person on the planet than you have disharmony points, because there is much more of you that is in harmony with your Core than you realize or that most of you allow. The closer you come to being in harmony with your Source Energy, the more in harmony you are with each other. When you think about other people and what they think of you, do you understand that what they think of you has very little to do with what you are? It has mostly to do with the habits of thought that they have developed. It has more to do with them as thinkers than it does with you as the subject of their thought. If nothing is more important to you than that you feel good, you can form a fantasy about someone who is in your life and they will begin to modify to meet your fantasy, because ***Law of Attraction*** is a very powerful thing. --- Abraham

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Excerpted from the workshop in Larkspur, CA on Sunday, August 16th, 1998

All of the above is an abridged version of the most predominant influences on the processes and thinking necessary to effective manifestation.

What none of them addresses effectively, except Seth in several places, is that as appealing as all this sounds and as convincing as it seems when we hear the stories of immediate manifestation, of rags to riches, etc is why the diligent application does not work all the time.

From my training with Dr. Kam Yuen, based on physics, chiropractic and ancient Chinese qui gong, it is now obvious that the reason manifestation does not always occur is that there are weaknesses within us that prevent it.

There are also weaknesses externally from collective consciousness and a number of other factors as well as the conflicts of beliefs within ourselves and among others in our reality who have a direct influence on us and on every aspect of our world.

Those weaknesses can be at any level of existence or being, but usually are unidentified beliefs, often the opposite of what we think we believe or other influences of which we are unaware. Once the weaknesses are identified and strengthened and the effects deleted with a very specific protocol, the blocks are cleared and connection with the universal intelligence established. When all weaknesses are deleted, the intelligence of the universe ( God) can bring into our reality whatever our energies, frequencies, and vibrations dictate/ attract.