



Ask and It Is Given: The Processes

Esther Hicks , Jerry Hicks

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Ask and It Is Given, by **Esther and Jerry Hicks**, which presents the teachings of the nonphysical entity **Abraham**, will help you learn how to manifest your desires so that you're living the joyous and fulfilling life you deserve.

As you listen, you'll discover powerful processes that will help you go with the positive flow of life.

It's your birthright to live a life filled with everything that is *good*—and this CD set will show you how to make it so in every way!

Ask and It Is Given: The Processes Details

Date : Published June 1st 2005 by Hay House

ISBN : 9781401907358

Author : Esther Hicks , Jerry Hicks

Format : Audio CD 13 pages

Genre : Spirituality, Self Help, Audiobook

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From Reader Review Ask and It Is Given: The Processes for online ebook

Arianna Helen says

I wish that so much of this book was not repeated from the first part of Ask and it is Given, it made it feel not worth it and very redundant having just finished part 1. The Amazon Audible version of this recording did not come with the "companion included in the CD" that was mentioned many times, also making it not seem worth it and wishing I had that as a reference. They need to offer a way to download that for buyers of the Audible version (I did look for it online). A paper format of the processes and reference materials would be more helpful. That said, the processes are all great activities, a few of which I've been practicing and do help with how I feel.

Carolina says

I still take it to a lot of my trips. A good one to improve any mood

Lisette Schudel says

I am in great appreciation of the teachings offered.

Wolf Laguerra says

Pretty good.

Rachel Sutcliffe says

I am not really a fan of how most people interpret the law of attraction at all. But this book is easy to understand and I imagine these processes could work for everyone. Highly recommend giving this a go.

Brett Dewey says

Actually listening on audio CD... inspiring and gives the tools make your life what you want it to me...

Kristin says

This is the appendix of the book (see my previous review of part one) and I really liked it-- though the actual reading experience via audiobook is pretty dry. But I think it's a great reference if you believe in this law of attraction/emotional scale stuff.

Landry says

This book is a nice collection of techniques to find the positive in any situation. No miracles here, but good, solid ideas on how one's attitude can make a bad situation better or a good situation great.

The author claims to have channeled this book from a non-physical entity named Abraham. Suspend disbelief and just go with it.

Susan says

The process helps to find those little ways to start turning our thought process around. From a creation box of magazine pictures of things you want to include in your life, to lists of what you want in your job, home, and relationship and why. Understanding what we do want and putting our focus on the creation of and not the lack of.

Charmin says

The law of attraction: appreciation and self-love are vibrational match to source (God) energy. Emotions indicate alignment with “well-being”.

Highlights:

1. 68 seconds of focus on what I want.
 2. Thoughts I think = point of attraction.
 3. Desire needs purity, like it is on the verge of the next step.
 4. Allow or resist.
 5. Draw in what you focus on.
 6. Be mindful of what you focus on. Self-appreciation.
 7. Vibrations (feelings) determine if you are in allowing mode.
 8. Practice thought - belief - vibration - matches attraction - creation - Your truth
 9. Emotions tell you what your point of attraction is.
 10. You can guide yourself to focus on what you want vs. absence of what you want.
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Waseem says

I think I preferred part one of the book better and made more sense (I just reviewed it before this one) so you can check out the review for that on my profile

This book made more sense - because I read part 1 - before this part 2 (the processes) are still a bit themed like what I thought about the first book I read from Esther (The Astonishing Power of Emotions) which I didn't enjoy - but I understand more now due to help of Part 1 of this book

The idea of upstream or downstream thoughts - although I now I understand more - but still sound more like delusional talk vs positive affirmations which I believe what they are some derivative of

But like I said still worth the read as it helped me understand Esther's "The Astonishing Power of Emotions" book more which I didn't get much from at all in my first introduction to her material

To Our Continued Success!
Waseem Mirza
<http://www.WaseemMirza.net>

PS - I learned this PART 2 of their book via their audio vs booklet as this review suggests

Kathleen says

(for the open minded) The processes of the law of attraction... all I can say is Wow.
Manifest Destiny!

Toofan says

If you ignore the stuff about channeling and non-physical entities or just look at it as a Convenient marketing strategy, you will find a collection of strategies to improve your mood or change your mind set. Obviously not all of them will work for you but you will find a number which do.
I recommend a printed or E-copy for easier navigation and reference sake.

Kim Eales says

Here is the how to implement book! Get on with it!

Debby Eubank says

This is one of my favorite books of all time and most influential for understanding that our thoughts (via our emotions) do bring forth and attract into our experiences like energy. Practical in application unlike many books of this kind which are more conceptual and leave one thinking....okay, now how do I apply this?
