



Ask and It Is Given

Learning to Master Your Desires

by Esther & Jerry Hicks

Hay House © 2004

314 pages

The Big Ideas

The Law of Attraction

Tune in, baby!

A Visionary

I create my reality.

Emotional Fuel Gauges

Source Energy Full or “E”?!

Your New Job

You’re hired! 1st Question:

“What do you want?!?”

Can You Imagine?

Of course you can.

Appreciation

Ticket to Source Energy.

22 Processes

Live the Law of Attraction.

Segment Intending

What do you intend f!?!?

Scripting

It’s your show!!

“There is nothing that you cannot be, do, or have.”

~ Esther & Jerry Hicks from *Ask and It Is Given*

For those unfamiliar, *Ask and It Is Given* is a book written by Esther and Jerry Hicks who channel the wisdom of a group of beings from another dimension who are collectively called “Abraham.”

If you’re like me, that freaks you out a bit. :)

Maybe it’s my Catholic upbringing or a lack of imagination, but I still get a little uncomfortable with the idea that people channel other beings. In any case, this book rocks. If you haven’t read it yet, I recommend you go get it. If it’s been awhile since you read it, I think it might be time for a re-read!

The book is one big quote. It’s pretty much The Bible for the Law of Attraction and (with *The Science of Getting Rich* (see my *Notes* on that as well)) the foundation of *The Secret*.

I’d pretty much have to copy/paste the book to share all the goodness in it. Alas, that’s not the point of these notes; so, I’m going to bring you some of my favorite big ideas and trust you’ll enjoy them!

And, of course, much more importantly, I trust you’ll live the ideas the resonate with you!

■ The Law of Attraction

“Every thought vibrates, every thought radiates a signal, and every thought attracts a matching signal back. We call that process the Law of Attraction. The Law of Attraction says: That which is like unto itself is drawn. And so, you might see the powerful Law of Attraction as a sort of Universal Manager that sees to it that all thoughts that match one another line up.”

That’s the best definition of The Law of Attraction I’ve read. (Like I said, this book is pretty much The Bible for The Law of Attraction. :)

In the book, Esther and Jerry compare The Law of Attraction to tuning a radio. You want to listen to something on 102.7FM? You don’t expect to hear it if your radio’s set to 98.7 do you? Of course not. The radio waves of one frequency can only be received by a matching tuner, right?