



## The Amazing Power of Deliberate Intent

Living the Art of Allowing

by Esther and Jerry Hicks

Hay House © 2006  
304 pages

### The Big Ideas

#### Life on Planet Earth

Rocks!

#### Desires & Beliefs:

Compatibility?

#### Deliberate Creation

vs. creating by default.

#### Emotional Guidance

You & YOU.

#### Correcting Course:

The sooner the better.

#### A Process:

Book-of-Positive-Aspects.

#### Feeling Good

NOW!

#### Start

w/something easy, yo!

#### The Thrill

Of creative genius.

“So, this leading edge book is really about understanding the importance of having a *deliberate intent* for an end result, while at the same time, tending to the balance of your Energy along the way. But it is much more about awareness of the balance of your Energy than it is about goal-setting or focusing on end results. And it is from this very important distinction that this book, *The Amazing Power of Deliberate Intent*, has come forth.”  
~ Esther and Jerry Hicks from *The Amazing Power of Deliberate Intent*

Esther and Jerry Hicks. Love ‘em.

This is the third Note I’ve written on their work (check out the first two: *Ask and It Is Given* and *Money, and the Law of Attraction* for more mojo). I’m absolutely in love with them and the clarity with which they express their wisdom.

(I might still be a little freaked out by the whole “channeling” thing, but O.M.G. They rock. Remarkably lucid and equally transformative! :)

For now, we’ve got a lot of Big Ideas to get to, so let’s. :)

### ■ Life on Planet Earth Rocks

“Contrary to what many of our physical friends believe, life on planet Earth is at its all-time best... and getting better!”

I love that.

Have you seen the YouTube video “Everything’s amazing and nobody’s happy”? If not, check it out. Pretty funny. A comedian on Conan O’Brien’s show goes off on how ridiculous it is that we ignore all the \*AMAZING\* things going on in the world and focus on all the stuff that isn’t quite perfect. And, in the process, make ourselves miserable!

My favorite part: he says we shouldn’t be allowed to EVER complain when we’re flying in an airplane. We should all be beaming with joy at the fact we’re SITTING IN A CHAIR IN THE AIR (!!!!) getting to places in hours that used to take years or decades to get to. So, next time you feel inclined to get your grumpy on when you’re experiencing the miracle of FLYING, please pause for a moment and realize you’re going 500+ miles per hour while sitting in a chair thousands of feet off the ground and see if you can’t swap a little appreciation for your complaining. :)