

The Magical Creation Box – Abraham-Hicks Process

This is an activity that you can do as an alternative to the Vision Board. It helps you to focus your energy as well as the Universal Source energy toward the things that you desire. Toward the things that are your personal preferences.

To begin the Creation Box process, find a nice-looking box, one that is pleasing to you when you see it. On the lid, write the words: *Whatever is contained in this box – IS!* in a conspicuous where you will easily see it.

Next, gather magazines, catalogs, brochures, etc, and leisurely look through them for whatever you would like to include in your experience. Then clip out pictures of anything that exemplifies any desires that you hold: pictures of furniture, clothing, landscaping, buildings, travel destinations, vehicles; images of physical characteristics; photos of people interacting with one another... if it feels good or appealing to you in any way, clip it, and drop it into your Creation Box. And say, as you drop it in, “Whatever is contained in this box -IS!”

When you are away from your box, continue to gather more pictures, and then drop them in when you return home. If you witness something you would like to experience, write a description of it, and drop that into your box.

The more things you find for your box, the more the Universe will deliver to you other ideas that match them. And the more ideas you drop into your box, the more your desire will be focused. And the more your desire is focused, the more alive you will feel – for this Energy flowing through you is what life is.

If you have little or no resistance – in other words, if you have no doubt that you can achieve these things, the experience will feel invigorating to you. The more you clip, the better you will feel, and you will begin to see evidence of these things moving closer and closer into your experience. Doors will begin to open to make it possible for many of these things to easily come in right now.

The process will help you focus on your desires. When you do this, you are asking for them. Then in your absence of resistance, things will begin to happen quickly.

If you are usually a good-feeling person who has not established strong habits of feeling unhappy about not having the things you have put into your box, you will experience the immediate positive result of feeling more focused and more excited about life, and the things you have put into your Creation Box will begin to manifest in your experience right away. In other words, for someone who has not been practicing thoughts of resistance, this process will be all that you will ever need to create a wonderful life: You ask; Source answers; you let it in. You ask, and it is given.

If you are enjoying this process, it is serving you in a powerful way; it is helping you focus upon the things you desire; you are practicing the attainment of a consistent vibration that matches your desires: and you are experiencing Deliberate Creation. And, most important, your good-feeling emotion is telling you that you are helping you maintain the vibrational frequency that is required for you to allow what you are asking for unto your experience – you are practicing the Art of Allowing.