

Law of Attraction Process of Asking, Receiving, Allowing according to Abraham-Hicks

According to the teachings of Abraham-Hicks in the book "Ask and it is Given," the Law of Attraction works through a process of asking, receiving, and allowing.

First, you must ask the universe for what you desire by setting clear intentions and focusing your thoughts and emotions on what you want, rather than what you don't want. This involves getting clear on your desires and visualizing yourself already having what you want.

Second, the universe responds to your request by delivering the people, circumstances, and opportunities that are in alignment with your desires. This can come in the form of ideas, synchronicities, or coincidences that help you move closer to your goals.

Finally, you must be open and receptive to receiving these gifts from the universe, and align your vibration with what you desire. This involves cultivating a positive mindset, focusing on gratitude, and taking inspired action towards your goals.

Abraham-Hicks emphasizes that the key to manifesting your desires is to align your vibration with what you want, rather than what you don't want. This means focusing on positive thoughts and emotions, rather than negative ones, and being open and receptive to the gifts that the universe has to offer.

In summary, the process of "Ask and it is Given" involves setting clear intentions, receiving guidance from the universe, and aligning your vibration with what you desire in order to manifest your dreams into reality.