

## **Allowing Information**

Allowing is the act of opening yourself up to receive the things you desire in life, rather than resisting or blocking them. It's about having a positive and receptive mindset, and being willing to let go of negative thoughts and beliefs that might be preventing you from attracting what you want. Allowing is not about forcing or manipulating the universe to give you what you want, but rather about being in a state of alignment and receptivity to receive what is already available to you.

According to the teachings of Abraham Hicks, allowing is about removing resistance to what you want and letting your desires come to you with ease. It is about getting into a state of alignment with your desires, so that you can attract what you want without struggle or force.

Allowing involves focusing on the positive aspects of what you want, and feeling good about it, rather than worrying or doubting whether it will come. It's about trusting that what you want is on its way to you, and being open to receiving it when it arrives.

To allow, it's important to let go of negative thoughts or beliefs that may be blocking the flow of what you want. This can involve releasing resistance, practicing self-love and self-care, and focusing on positive aspects of your desires.

When you allow, you are in a state of openness and receptivity, which allows you to receive what you want with ease and joy. It's about being

in the flow of life and trusting that everything is working out for your highest good.

According to the teachings, allowing means to let go of resistance and to allow things to come into your experience effortlessly. It's about trusting that the universe is working in your favor and that everything is always working out for you. Allowing involves being in a state of alignment with your desires and having a sense of well-being, knowing that what you want is on its way to you.

Allowing is often described as the opposite of resistance, where resistance is defined as the negative thoughts, beliefs, and emotions that block the flow of abundance, joy, and success into your life. By focusing on allowing rather than resisting, you can create a more positive and fulfilling life experience.