

My
Book
Of
Well Being
by

(your name here)

Your photo here

Find something to be happy about.

With each moment of bliss, more of that which you've identified as your desire flows to you, until another moment of bliss comes and another, and another, and it seems as if the entire Universe revolves around you *ó* and it does.

Excerpted from Abraham-Hicks Workshops
G-8/18/01 *ó* San Francisco, CA
G-10/1/01 *ó* Albany, N

We would say anybody who is diligent within 30 days can shift the dominant vibration within them on EVERY topic that is significant to one that allows the Well-being in the way you want it to be.

Boulder workshop 6/15/02 tape 3

Designed, and edited

By

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Day 1

"Nothing needs to be fixed. Everything is unfolding perfectly. So when you stand in your now accepting that all is well, then from that vibration, you become surrounded by more and more evidence that all is well. But when you're convinced that things are broken, that there is pollution, or that things have gone wrong, or that the government is doing conspiracies... then what happens is you get caught up in that vibration, and you begin to manifest that kind of stuff, and then you say, "See, I told you that things were going wrong."

What am I seeing in and around me that indicates all is well?

[illegible]

[illegible]

Day 2

“Choose what feels good to you and leave everybody else to choose what they want. Don't spend any time saying, "They should choose differently and they'd feel better." Instead say, "They're choosing whatever they're choosing; I'm choosing what I'm choosing, and I'm feeling good while I'm choosing it." And let that be the end of it. Be certain that you are connected to your Source Energy, and let everybody else figure it out for themselves. Some of them will adore you, some of them will hate you -- and none of it has anything to do with you.”

Some things which feel good to me:

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Some things which feel good to me:

Day 3

"The easiest way to let it in is by talking about what you want and why you want it. What you want and why you want it, is usually the purest form of your vibration."

What do I want and why do I want it?

Day 4

"Every time you praise something, every time you appreciate something, every time you feel good about something, you are telling the Universe, "More of this, please. More of this, please." You need never again make another verbal statement of this intent, and if you were allowing your cork to float -- all good things would flow to you."

Today, I am appreciating:

[illegible]

Day 5

"You cannot find a rule that is always appropriate to be lived by everyone in exactly the same way. There is no law that broad that in its rigidity that it would be appropriate."

What can I be easy about this time around?

[illegible]

Day 6

"No matter what the issue is, don't try to justify why you don't feel good. And don't try to justify why you should feel differently. Don't try to blame whatever it is you think the reason is that's keeping you from feeling good. All of that is wasted effort. Just try to feel better right now."

How can I feel better right now:

This image shows a blank sheet of white paper designed for handwriting practice. It features ten sets of horizontal dashed lines, each set consisting of two parallel lines. These are arranged vertically down the page. At the very bottom of the page, there is a single solid horizontal line. The entire sheet is otherwise empty, with no text or other markings.

Day 7

"Those old habits don't have to be erased, they just become replaced by a new habit that is more in vibrational harmony with who you are and what you want."

One old habit which I have is:

I can replace it with:

Day 8

"You could have 99 things going wrong in your life and one thing going right, and if you would beat the drum of that one thing going right, the other 99 would either have to go away, or improve, because Law of Attraction cannot abide in your vibration something that does not match."

One thing that is going right in my life is:

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 9

"We always want to remind you: everytime you think you are getting it all, something else will occur to you. In other words, you are not ever going to get it done, so why not just relax and start enjoying who you are. I am in exactly the right place. I'M IN EXACTLY THE RIGHT PLACE and it's getting better every day."

Think of something you did in the past. How would you improve upon that idea now:

Day 10

"Now let us tell you about prayer. Prayer, from the perspective that we offer is this: Identifying something wanted. That's why you're praying. And opening the valve to receive what it is you are wanting. Most pray from a valve closed. Most see a condition not wanted, so wretched they can't bear it, and with their valve closed, they pray. But they cannot receive the answer or the satisfaction of the prayer because vibrationally they are disallowing it!"

Write out your prayer for something you want. And be prepared to receive it.

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Day 11

"Our strongest wanting for you is that you lighten up. In other words, spend more time looking for things to laugh about and play with. Play your way through this. It really is the key. When you follow your bliss it is always an easy journey."

Some things that makes me laugh:

I like to play with:

Day 12

"You have the ability to control the power of your thoughts. You have the ability to control the power of your mind. You have the ability to make a vibration dominant that matches your desire. You do. And that's all it takes. And that's all any successful person ever has done. It's all anyone who has ever achieved anything that they wanted has ever done. They just wanted it, and talked themselves into believing it."

One thing I really, really want is:

[illegible]

[illegible][illegible][illegible][illegible]

Day 14

"You cannot be all things to all people to keep them in the place of connection because it's not about you. Their connection is about them.

Finally, with enough trial and error, you come away from it saying, "Oh, it's not my job to please them. It's their job to please them. It's my job to please me."

It's your job to find vibrational harmony with you and You.

Sometimes people hear us say these words, and they worry. They say, "Abraham, you teach selfishness." And we say, indeed we do, because if you're not selfish enough to connect to Source Energy, you don't have anything to give anybody anyway.

They say, "But, we worry, if you teach people to just please themselves, then will not they be out there doing all kinds of abhorrent things that will negatively affect the rest of us?" And we say, any abhorrent things that they do, only affect them and others that are a vibrational match to them. They cannot assert themselves into your experience. Everything is about attraction."

Today I am pleasing myself by doing:

Day 15

"Our encouragement to you is that you make a decision today and practice it every day from now on, that says: I am one who makes the best of every situation.

When you are making the best of something, no matter how bad it is, it's got to get better. And as it gets a little better, and you still make the best of it, it's got to get better. And as it's still not very good, but you're making the best of it--it's got to get better.

Sometimes, you catch yourself deliberately making the worst of something, and exaggerating your problem. And we know where you got that. When you were little, you had to plead a pretty needy case to your parents who appeared to be the vortex through which all your Well-Being came. And when you said, "I really want something," their answer was often, "But you don't need that. " And so, you developed, very carefully, deliberately calculated patterns of expressing need to those that you believed were the givers of the goods. "I neeeded it! See how I'm suffering without it?" And we say, it might have worked a little bit with your parents as you eked out a mediocre improved life, but it does not work with the Universe that has the ability to grant all desires."

Write about a situation that you made the best of:

Day 16

"MY LIFE WORKS" When you look at what is working, then you generate a vibration within you that says my life works, and then, in everything that you approach -- your life works.

You could have ninety-nine things not working in your life and only one thing working, and if you would focus upon the one thing that is going right, for a disproportionate amount of time, saying "my life works; my life works; my life works..." the other 99 things would fall in line with what is working.

So when we say to count your blessings or look at the positive aspects, that's just about deliberately activating what is working in your life. Because when you do that, you get more and more, and more of that. That's how the better it gets, the better it gets -- the better it gets. That's when it's easy to accept that Well-Being is the order of this Universe."

Some of my blessings include:

This image shows a full page of white paper with horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and run across the entire width of the page. There are no margins, text, or other markings present.

[illegible][illegible][illegible][illegible]

Day 18

"When you become so determined that you want to feel good --- you have become as your Inner Being is, in such a pure place of Positive Energy --- then that which is "negative energy" simply can't mix with you. It defies Law. If you are very strong and clear about your positive wanting, and feeling it, then "bad" things simply cannot get in. Colds can't get in, car accidents can't get in, anything that you are not wanting cannot be your personal experience."

Some things I am absolutely positive about are:

This image shows a blank sheet of handwriting practice paper. It features two identical sets of horizontal guidelines, one above the other. Each set is composed of three lines: a solid top line, a dashed middle line, and a solid bottom line. The entire page is white and contains no text or other markings.

Day 19

People, all the time, are saying to us, "Abraham, I want to win the lottery!" Well, we know why they want to win the lottery. That is logical. We want you to win the lottery! We would like you to allow the abundance that is natural to you to flow to you. We know that money is synonymous with freedom and that, the more freedom you feel, the more your valve is open and the more of it you spread around to others, you see.

But there's not one in a million of you who has opened enough outlets for that money to flow. You say, "I want ten kajillion dollars to come to me! And we say, "What would you do with it?" And you can only tell us what you would do with a few thousand. "Oh, I'd get out of debt," you say limply. "I'd buy a new car," you say limply.

We say, "You're asking for millions and you're [only] spewing ten thousand to the borders of the Universe." In other words, there's a tremendous imbalance. You've got to blast those Energy Dollars out there. "I'd do this. I'd do this. I'd do this. I'd do THIS. I'd do THIS. I'd do THIS. I'D DO THIS!" And, in the identifying of what you would do, you open valves. You create Energy vortexes. You create a funneling sensation that literally sucks, from the boundaries of the Universe, circumstances and events that will satisfy your desire.

This is what creation is!

Here is what I would do with my lottery winnings:

[illegible]

The image shows a worksheet titled "Day 20" centered at the top. Below the title is a quote in black text: "Because you live in a Universe that is freedom-based, you get to give your attention to anything that you choose. Because you live in a Universe that is joy-based, in a Universe that, at the basis of it, is utter Well-being, Well-being flows abundantly. It is your legacy. It is your birthright. It is what is natural unto you. It is not something that you must earn. It is something that you already deserve. It is not something that you have to achieve worthiness of--you are already worthy of it." Below the quote is a prompt: "Upon hearing the words *I am worthy*, I feel:". This is followed by ten sets of horizontal dashed lines for handwriting practice. The entire page is framed by a decorative border consisting of a repeating diamond-shaped cross pattern.

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[illegible]

Day 21

"It should only be talked about if the talking will make you feel better. It is of no value, ever, to activate and talk about something that doesn't feel good, because it reactivates it in your vibration; it makes it another point of your point of attraction – so you are less clear. In other words, when you focus upon the problems of others, you diminish your ability to help them.

People believe that you've got to focus upon the problem in order to find a solution. And we say, no solution ever comes forth – it's never inspired; you never recognize it, and you are never able to facilitate or achieve it – from your place of focusing on the problem. They are two entirely different vibrations."

Some things which makes me feel better when I talk about it are:

[illegible]

Day 22

When you're vibrating purely, you get only what's a match to that. It's your ambivalence: "I like that but I don't like that... I like that but I don't like that..." that keeps what you like and what you don't like coming at you all the time. You don't have to "turn the other cheek" when you are in vibrational harmony only with what you want. Then, only what you want comes.

Some things I want are:

[illegible]

Day 23

Make more decisions in every day. Because a decision is a summoning of life. That's why a little chaos is good for you, because often you don't make a decision until you get yourself in a jam. And then, in the middle of the jam, you make a decision, but that decision summons Life Force.

Have you ever been a place where you couldn't quite make up your mind and you just felt sort of limp? "Oh, I don't know. I don't know. I don't know." And then you decided, and you felt alive again. We want you to know that you'll never get it done.

So don't approach this from, "I gotta get on this" because you're not ever going to get it done, anyway. And the other thing we want you to know is, you cannot get it wrong. So, make a decision. Let it flow.

Concerning _____ I have now decided:

Day 24

If you're not getting along with your mate. You're not getting along with your employer. Your own physical body is sick. You don't have enough money. People are not treating you right.

There is not one negative thing that you are experiencing that is happening for any other reason other than you are not appreciating yourself. When you are critical of somebody else it's not about them. It's about you.

When you are condemning the World, whether it is the political world or the religious world or the economic world or the ecological world, when you are looking at the flaws in the world, it is not about the world it is about you!! It is about the way you feel about you. And so we say friends, nothing is more important than that you establish your own relationship with you. It is our promise to you that your Inner Being adores you but you close the door when you think thoughts of lack about yourself.

How I feel about myself:

Day 25

"The best thing you could do for anyone that you love is be happy! If it is your Dominant intent to hold yourself in vibrational harmony with who you really are (pure Positive energy) you could never offer any action that would cause anybody else to be Unhappy."

I express my happiness by:

Day 25

"The best thing you could do for anyone that you love is be happy! If it is your Dominant intent to hold yourself in vibrational harmony with who you really are (pure Positive energy) you could never offer any action that would cause anybody else to be Unhappy."

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I express my happiness by:

The page features a decorative border composed of a repeating diamond-shaped cross-hatch pattern. This border frames the central text area, which contains a paragraph of encouragement followed by a writing prompt and ten horizontal dashed lines for notes.

Day 26

It is our wish that you could ease up, be less demanding of yourself, work on that 'worthy' thing, write lists of things that you adore about yourself and others, and practice the art of appreciation. And in doing so, you will put yourself more consistently in vibrational alignment with the well-being that, it is our promise to you, is being held not from you but for you, in nonphysical and physical escrow. You deserve these things that you've been asking for, but you've got to stop worrying about them not being there in order to let them in.

Write a list of things you adore about yourself:

A series of ten horizontal dashed lines provided for writing a list of things one adores about oneself.

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Write a list of things you adore about yourself:

A series of horizontal dashed lines provided for writing a list of things one adores about oneself.

The page features a decorative border composed of a repeating diamond-shaped pattern, likely created by crossing thin black lines. This border frames the central text area.

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The image shows a full-page worksheet or journal entry template. It features a decorative border made of a repeating diamond pattern with small 'X' marks at the corners. At the top center, the text "Day 28" is printed. Below it, a paragraph discusses the concept of working on goals versus visualization, emphasizing the importance of holding a vision because it is pleasurable, rather than trying to make it work to reach a distant goal. The paragraph ends with the question "How much should I work?" and the answer "We would say, work in the sense of joyously moving forward." Following this text is a prompt: "Describe your vision of what you are wanting here:". This is followed by ten horizontal dashed lines for writing. At the very bottom, there is a solid horizontal line.

[illegible][illegible][illegible]

[illegible][illegible][illegible]

Day 29

“Even when we are encouraging you to selfishly seek your own joy,
we are actually saying to you: Your joy is the greatest gift that
you can give to anyone. Because unless you are in your joy, you
have nothing to give, anyway.”

Think about a time when someone came to see you and they
were joyous and happy. What was that like for you? How did
you feel?

Dotted lines for writing.

Day 30

"It is our desire that what you have gathered from this above all other things is: "It is time for me to just relax and chill out and let the well-being that is natural to me play a bigger part in my life." You are magnificent beings who are powerful in your creating... And friends, YOU ARE TRYING TOO HARD!!!

Life is supposed to be good and it is supposed to be fun.

Let more of your moments be about things that interest you.

Let more of your moments be about things that feel good while you are focused on them.

Let more of your moments be about things that make your heart sing. Or things that taste good, or things that look good, or things that smell good. Just relax more of the time! Be the selfishly oriented GENI US that you were born to be and insist that you feel good more of the time. And it is our promise to you that blessings beyond anything that you have lived will flow into your experience...AND FAST! There is great love here for you. We are complete. "

