# Ask and it is given esther and jerry hicks

**Ask and It Is Given Esther and Jerry Hicks**: Unlocking the Secrets to Abundant Living When exploring the profound teachings of the law of attraction and personal development, the phrase "*Ask and It Is Given Esther and Jerry Hicks*" often emerges as a cornerstone. Esther and Jerry Hicks have dedicated decades to sharing insights that empower individuals to manifest their desires and live fulfilling lives. Their groundbreaking book, Ask and It Is Given, offers practical tools and philosophies rooted in the teachings of Abraham—a non-physical consciousness channeled through Esther Hicks. This article delves into the core concepts of Ask and It Is Given, the role of Esther and Jerry Hicks in popularizing these teachings, and how you can apply their principles to enhance your life.

## Understanding the Core Principles of Ask and It Is Given

The essence of *Ask and It Is Given* is rooted in the law of attraction—the idea that like attracts like, and our thoughts and feelings shape our reality. Esther and Jerry Hicks emphasize that by aligning our vibrational state with our desires, we can manifest whatever we want.

### The Power of Asking

The first step in manifestation is clarity and intentional asking. According to the Hicks teachings:

1. Be clear about what you want.
2. Focus your thoughts and feelings on your desire.
3. Believe that you can receive it.

Esther often describes asking as a natural, effortless process. When you genuinely want something, your inner being (or higher self) responds by aligning your vibration with that desire.

### The Importance of Receiving

While asking is vital, receiving is equally crucial. The Hicks believe that many people struggle with allowing their desires to manifest because they block the flow of abundance through negative thoughts or resistance.

1. Trust that your desire is on its way.
2. Maintain a positive expectation.
3. Practice feeling good and being in a receptive state.

### The Law of Attraction in Action

The law of attraction operates continuously. When you focus on what you want, your vibrational energy attracts similar energies into your life. The Hicks teach that:

1. Your thoughts are like magnets.
2. Your feelings are the indicators of your vibrational alignment.
3. Consistent positive focus accelerates manifestation.

# The Teachings of Esther and Jerry Hicks: Who Are They?

Esther and Jerry Hicks have played pivotal roles in bringing the law of attraction and manifestation principles into mainstream consciousness. Their teachings are unique because they involve channeling a collective consciousness known as Abraham.

## Esther and Jerry Hicks' Background

Esther Hicks is a spiritual teacher and motivational speaker who, along with her late husband Jerry, began sharing teachings about the law of attraction in the 1980s. After Jerry's passing, Esther continued to channel Abraham, a non-physical group of entities offering spiritual guidance.

## What Is Abraham?

Abraham is a collective consciousness that communicates through Esther during trance states. The messages delivered focus on:

1. Understanding vibrational energy
2. Aligning with your desires
3. Living a joyful, fulfilled life

These teachings form the foundation of the Ask and It Is Given methodology.

## Key Books and Resources

Beyond Ask and It Is Given, Esther and Jerry Hicks authored several influential works, including:

1. *The Law of Attraction*
2. *Money and the Law of Attraction*
3. *The Vortex*
4. *The Astonishing Power of Emotions*

Their workshops, seminars, and recordings continue to inspire millions worldwide.

# Applying Ask and It Is Given Principles in Daily Life

Understanding the teachings is one thing; applying them effectively is where transformation occurs. Here are practical steps to incorporate *Ask and It Is Given* into your routine.

## 1. Clarify Your Desires

To manifest effectively, you need to know what you want.

1. Write down your desires clearly and specifically.
2. Visualize your goals regularly to reinforce clarity.

## 2. Cultivate Positive Emotions

Your feelings are the compass indicating your vibrational alignment.

1. Practice gratitude daily.

2. Engage in activities that make you feel good.
3. Use affirmations to boost your mood.

## 3. Practice Allowing and Receptivity

Letting go of resistance is key to manifestation.

1. Release doubts and negative beliefs.
2. Trust that the universe is always working in your favor.
3. Stay open to receiving unexpected blessings.

## 4. Use the 17-Second Rule

According to Hicks, focusing on a desire for 17 seconds or more creates a vibrational momentum that attracts it into your life.

1. Pick a desire and think about it for at least 17 seconds.
2. Build positive momentum by focusing on what you want.

## 5. Recognize and Shift Your Emotional Vibration

Your emotions are powerful indicators.

1. If you feel negative emotions, acknowledge them and deliberately shift your focus.
2. Use techniques like meditation, deep breathing, or visualization to elevate your mood.

# Common Questions About Ask and It Is Given

Many people new to Esther and Jerry Hicks' teachings have questions about how to implement the concepts effectively.

## Can I Manifest Anything I Want?

Yes, the Hicks teach that you can manifest anything that is in harmony with your vibrational frequency. However, clarity and emotional alignment are vital.

## What If My Desires Don't Manifest Quickly?

Patience and trust are essential. Sometimes, resistance or limiting beliefs delay manifestation. Focus on feeling good and allowing the process to unfold naturally.

## How Do I Deal With Negative Thoughts?

Acknowledge negative thoughts without judgment and gently redirect your focus to positive aspects or desires.

## Is It Possible to Manifest Money Fast?

Yes, by aligning your vibration with abundance, practicing gratitude, and feeling worthy of wealth, you can attract money quickly.

# Conclusion: Embracing the Teachings of Ask and It Is Given

The teachings of Esther and Jerry Hicks, encapsulated in Ask and It Is Given, offer a powerful framework for creating a life of abundance, joy, and fulfillment. By understanding the importance of asking clearly, cultivating positive feelings, and allowing your desires to manifest naturally, you can harness the law of attraction to transform your reality. Remember, the journey begins with your thoughts and feelings. As you practice these principles daily, you'll find yourself more aligned with your desires and more adept at manifesting the life you truly want. The universe is always listening—ask confidently, believe wholeheartedly, and watch as your dreams become your reality.

Ask and It Is Given Esther and Jerry Hicks: An In-Depth Investigation into the Law of Attraction and Its Promoters

Introduction

In the realm of self-help and spiritual development, few works have garnered as much attention and controversy as Ask and It Is Given by Esther and Jerry Hicks. Published in 2004, this book has become a cornerstone for proponents of the Law of Attraction—a concept suggesting that positive or negative thoughts can bring corresponding experiences into one's life. While many readers report transformative benefits, critics question the origins, authenticity, and scientific validity of the teachings. This article aims to provide an in-depth examination of Ask and It Is Given, exploring its core principles, the background of Esther and Jerry Hicks, the philosophical underpinnings, and the ongoing debates surrounding its claims.

The Origins of Esther and Jerry Hicks

Who Are Esther and Jerry Hicks?

Esther and Jerry Hicks are the primary figures behind the teachings encapsulated in Ask and It Is Given. Esther Hicks claims to channel a group of non-physical entities known as "Abraham," who communicate spiritual wisdom through her. Jerry Hicks, her husband, was a businessman and speaker who collaborated with Esther in disseminating these teachings.

Esther Hicks describes her experiences as a channel for "Abraham," emphasizing that her role is to convey the non-physical entities' messages to human audiences. The couple's work gained popularity through seminars, books, and recordings, positioning themselves as modern-day spiritual guides.

The Channeling Phenomenon

Channeling—a practice where individuals claim to communicate with spirits or non-physical entities—has a long history across cultures. Esther Hicks' channeling of Abraham is part of this tradition, but it has also been subject to skepticism and criticism. Proponents argue that channeling provides access to higher wisdom, while skeptics view it as a psychological phenomenon or even deception.

Core Principles of Ask and It Is Given

The Law of Attraction Explained

At the heart of Ask and It Is Given lies the Law of Attraction, which posits that "like attracts like." According to this principle, thoughts are like magnets that draw similar energies and circumstances

into one's life. Positive thoughts attract positive outcomes, whereas negative thoughts attract undesirable situations.

The Process of Manifestation

The book emphasizes that individuals are inherently capable of manifesting their desires by aligning their thoughts, feelings, and beliefs with their intentions. The authors suggest a step-by-step process:

1. Clarify your desires: Be specific about what you want.
2. Focus on positive thoughts: Maintain a mindset of abundance and gratitude.
3. Feel good: Cultivate emotions that resonate with your desires.
4. Allow the manifestation: Trust that the universe will deliver.

The Role of Emotional Guidance

A significant aspect of the teachings involves emotional guidance as an indicator of alignment. The authors introduce a "Vortex" concept—a metaphorical space where desires manifest when one is in harmony with their true self. Emotions such as joy, love, and excitement signal alignment, whereas frustration, anger, or despair indicate resistance.

Techniques and Practices

Ask and It Is Given offers practical exercises, including:

1. Visualization: Imagining oneself experiencing the desired outcome.
2. Affirmations: Repeating positive statements.
3. Meditation: Quieting the mind to enhance receptivity.
4. Listing positive aspects: Focusing on what is good in life to attract more abundance.

The Philosophical and Theological Foundations

The Non-Physical and the Infinite

The teachings often describe the universe as a non-physical, infinite consciousness from which all things emanate. The law operates constantly, regardless of individual awareness or belief.

The Creative Process

According to Abraham, human beings are creators with the power to shape their reality through their thoughts and feelings. The process involves aligning oneself with the "Vortex" where all desires are already present in potential.

The Power of Belief and Expectation

Belief systems are viewed as critical. Limiting beliefs act as resistance, preventing manifestations, while empowering beliefs facilitate manifestation.

Criticisms and Skepticism

Scientific Validity

Many critics argue that Ask and It Is Given offers no empirical evidence supporting its claims. The Law of Attraction, as presented, lacks scientific backing and is often dismissed as pseudoscience.

Psychological Perspectives

Psychologists suggest that the teachings may promote confirmation bias—where individuals focus on evidence that supports their desires and ignore contrary information. Some also argue that the

emphasis on positive thinking can lead to victim-blaming, ignoring systemic issues.

### Authenticity of Esther's Channeling

Skeptics question whether Esther Hicks genuinely channels non-physical entities or if her experiences are psychological phenomena, such as dissociation or subconscious processing.

### Potential for Exploitation

Critics warn that some individuals may become financially or emotionally dependent on these teachings, leading to exploitation or disillusionment.

## The Cultural Impact and Legacy

### Popularity and Adoption

Despite criticisms, Ask and It Is Given has influenced countless individuals worldwide. Its teachings have permeated popular culture, inspiring workshops, coaching programs, and online communities dedicated to the Law of Attraction.

### Influence on Modern Self-Help Movements

The book's emphasis on the power of thoughts aligns with broader self-help trends emphasizing mindfulness, positive psychology, and personal empowerment.

### Notable Endorsements and Criticism

Prominent figures in the spiritual and self-help communities have praised the book for its clarity and motivational power. Conversely, skeptics have labeled it as pseudoscientific and potentially dangerous if taken as absolute truth.

## Practical Considerations and Responsible Use

While many find value in the practices proposed by Ask and It Is Given, experts recommend approaching such teachings with discernment:

1. Use visualization and positive thinking as tools for motivation.
2. Maintain critical awareness of the lack of scientific validation.
3. Recognize the importance of practical action alongside spiritual practices.
4. Be cautious of financial commitments and overly optimistic promises.

## Conclusion

Ask and It Is Given by Esther and Jerry Hicks stands as a pivotal work within the Law of Attraction movement, blending spiritual philosophy with practical exercises aimed at manifesting desires. Its teachings have inspired millions but have also sparked significant controversy regarding their scientific validity and ethical implications.

Whether viewed as a profound spiritual guide or a pseudoscientific philosophy, the book's influence is undeniable. Its core message—that thoughts and feelings have the power to shape reality—resonates deeply with those seeking empowerment and purpose. However, critical analysis underscores the importance of balancing such teachings with rational inquiry and practical action.

As with any spiritual or self-help resource, readers are encouraged to explore Ask and It Is Given with an open mind, a discerning attitude, and an awareness of its limitations. In doing so, they can harness its motivational aspects while maintaining a grounded perspective on reality.

References

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Note: This article aims to provide an objective, comprehensive review and does not endorse or dismiss the spiritual claims made by Esther and Jerry Hicks. Readers are advised to consider multiple perspectives and consult diverse sources when exploring these topics.

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# Questions & Answers About ask and it is given esther and jerry hicks

| No | Question | Answer |
|---|---|---|
| 1 | What is the main message of 'Ask and It Is Given' by Esther and Jerry Hicks? | The book emphasizes the Law of Attraction, teaching readers how to intentionally manifest their desires by aligning their thoughts and feelings with what they want. |

| | | |
|---|---|---|
| 2 | How do Esther and Jerry Hicks describe the process of manifestation in 'Ask and It Is Given'? | They explain that by focusing on positive feelings and clearing negative beliefs, individuals can attract their desires into their lives through vibrational alignment. |
| 3 | What role do Abraham Hicks' teachings play in 'Ask and It Is Given'? | The book features channeled teachings from Abraham, a non-physical entity, which guide readers on how to effectively use the Law of Attraction to improve their lives. |
| 4 | Are there practical exercises in 'Ask and It Is Given' to help with manifestation? | Yes, the book includes various exercises and processes designed to help readers shift their mindset, raise their vibration, and attract their desires more effectively. |
| 5 | How has 'Ask and It Is Given' influenced the self-help and manifestation movement? | The book is considered a foundational text in the Law of Attraction community, inspiring countless individuals to adopt a positive mindset and take control of their reality. |
| 6 | What are some common criticisms of 'Ask and It Is Given'? | Critics often argue that the book's concepts can be overly simplistic or that it may oversimplify the process of manifestation, making it seem like wishful thinking rather than a practical method. |
| 7 | Can 'Ask and It Is Given' help with specific life challenges like health or relationships? | Yes, the book provides guidance on aligning your thoughts and feelings to attract improved health, better relationships, and other desired outcomes. |
| 8 | What is the significance of 'Vibrational Alignment' in 'Ask and It Is Given'? | Vibrational Alignment is the core principle that suggests when your thoughts and feelings are in harmony with your desires, you attract those desires into your life. |
| 9 | Is 'Ask and It Is Given' suitable for beginners interested in the Law of Attraction? | Absolutely, the book is written in an accessible way and provides foundational teachings, making it suitable for those new to the Law of Attraction and manifestation. |

law of attraction, Esther Hicks, Jerry Hicks, Abraham Hicks, manifesting, spiritual growth, positive thinking, manifestation techniques, manifesting desires, law of attraction books

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