

asking it is given

asking it is given is a phrase that has gained significant recognition within the realm of personal development, spiritual growth, and the law of attraction. It encapsulates a profound principle: that the universe is inherently responsive to our thoughts, feelings, and beliefs, and that we can manifest our desires by aligning ourselves with positive intentions. This concept has been popularized by various self-help teachings, most notably by Esther and Jerry Hicks through their work on Abraham-Hicks, emphasizing that what we seek is always available, provided we ask for it in the right way and are open to receiving it. In this article, we will explore the depths of the "asking it is given" principle, its origins, practical applications, and how you can harness this powerful idea to create a more fulfilling life.

The Origins of "Asking It Is Given"

The Law of Attraction and Its Foundations

The phrase "asking it is given" is rooted in the broader philosophy of the law of attraction—a universal principle suggesting that like attracts like. The law of attraction asserts that our thoughts and feelings emit vibrations that attract similar energies, shaping our reality. The idea is that by focusing on what we desire, feeling good about it, and believing it is possible, we attract those very things into our lives.

Esther and Jerry Hicks: Bringing the Concept to Life

Esther and Jerry Hicks are credited with popularizing the phrase and concept "asking it is given." Through their teachings and books, such as *Ask and It Is Given*, they explain that the universe is always responding to our vibrational signals. They emphasize that everything we desire is already available in the vibrational realm, and our role is to ask clearly and align ourselves emotionally to receive it.

The Core Message

At its core, "asking it is given" reflects a simple yet powerful truth: the universe is abundant and ready to provide. Our job is to recognize what we want, ask for it consciously, and cultivate the belief and feelings that allow us to receive it. When these elements are in place, manifestation becomes not just possible but inevitable.

Understanding the Principles Behind Asking and Receiving

The Importance of Clarity in Asking

One of the key aspects of manifesting what we desire is clarity. The universe responds to our precise intentions. Vague wishes often lead to vague results. For example, instead of saying, "I want a lot of money," a clearer request would be, "I am attracting a steady flow of income that allows me financial freedom and peace of mind." Clearer asks help focus your energy and intentions.

The Role of Feelings and Vibration

According to the law of attraction teachings, feelings are the vibrational currency of the universe. When you feel good, you emit high-frequency vibrations that attract positive outcomes. Conversely, negative feelings can block or delay manifestations. Therefore, aligning your emotions with what you desire is crucial.

The Concept of "Already Having It"

Another vital idea in "asking it is given" is the belief that your desires are already fulfilled in the vibrational or non-physical realm. Your role is to align your thoughts and feelings with this reality, effectively "receiving" what has already been given in a non-physical sense. This shift in perspective transforms the process from one of effort and struggle to one of alignment and allowing.

Practical Steps to Apply "Asking It Is Given"

Step 1: Clarify Your Desires

- Take time to identify what you truly want.
- Write down specific, positive statements about your desires.
- Use present tense language, e.g., "I am perfectly healthy," rather than "I want to be healthy."

Step 2: Feel the Emotions of Having It

- Visualize yourself already in possession of your desire.
- Engage in mental movies that evoke feelings of joy, gratitude, and satisfaction.
- Practice gratitude for what you already have to raise your vibration.

Step 3: Release Resistance and Doubt

- Recognize limiting beliefs that may block your manifestation.
- Use affirmations and positive self-talk to reinforce your belief.
- Practice mindfulness or meditation to quiet doubts and fears.

Step 4: Trust the Process and Allow

- Detach from the outcome by focusing on the feeling state rather than the specifics.
- Practice patience and trust that the universe is working on your behalf.
- Be open to opportunities and signs that align with your desires.

Step 5: Take Inspired Action

- While manifestation involves alignment, taking inspired steps can accelerate results.
- Follow intuitive nudges and opportunities that feel right.
- Avoid forcing or obsessing over the outcome.

Common Misconceptions About Asking and Receiving

Misconception 1: It's All About Wishful Thinking

Many believe that simply wishing or thinking positively is enough to manifest desires.

However, manifestation requires emotional alignment, belief, and action. It's not passive; it's active in aligning your vibration with your intentions.

Misconception 2: The Universe Will Give You Everything Instantly

Patience is often necessary. While the universe responds to your vibrational signals, manifestations may take time, depending on your alignment and the complexity of your desire.

Misconception 3: Desires Must Be Material or Big

Manifestation applies to all areas of life, including relationships, health, personal growth, and more. Small desires are just as valid as big ones; the key is consistency and genuine alignment.

Enhancing Your Practice of Asking and Receiving

Incorporate Meditation and Visualization

Regular meditation can help you connect with your inner self and clarify your desires. Visualization amplifies your emotional energy, making your ask more potent.

Use Affirmations and Mantras

Create positive affirmations that reinforce your belief in receiving what you ask for. Examples include:

- "I am worthy and deserving of all good things."
- "I am a powerful creator, and my desires are manifesting now."

Maintain a Gratitude Journal

Expressing gratitude daily shifts your focus from lack to abundance, raising your vibration and aligning you with your desires.

Surround Yourself with Positivity

Limit exposure to negativity and surround yourself with supportive, inspiring people and environments that uplift your vibration.

The Role of Patience and Trust

Patience and trust are essential components of the "asking it is given" process. Trust that the universe is always working behind the scenes to bring your desires into physical form. Sometimes, manifestations occur unexpectedly or in ways you didn't anticipate, but maintaining faith keeps your vibration high and open to receiving.

Real-Life Examples of Asking and Receiving

Example 1: Attracting a Job Opportunity

- Clarify: "I am attracting a fulfilling job with a positive work environment."
- Feel: Visualize yourself enjoying your work and feeling grateful.
- Act: Follow job leads and network confidently.
- Receive: Opportunities appear, interviews happen, and you accept a position aligned with your desires.

Example 2: Improving Health

- Clarify: "I am healthy, vibrant, and full of energy."
- Feel: Imagine yourself active and pain-free.
- Release doubts: Replace negative thoughts with affirmations.
- Trust: Your body responds positively, and you notice improvements.

Final Thoughts: Living in Alignment with "Asking It Is Given"

Living by the principle of "asking it is given" is about understanding your innate power to create your reality through thought, feeling, and belief. It encourages a proactive yet relaxed approach—clarify your desires, align your emotions, trust the process, and take inspired action. Remember, the universe is abundant, and what you seek is always within reach when you open yourself to receive it.

By integrating these principles into your daily life, you cultivate a mindset of abundance and possibility. Over time, you'll notice that your life begins to mirror your highest intentions, affirming that indeed, asking it is given.

Frequently Asked Questions

What is the main concept behind 'Ask and It Is Given'?

'Ask and It Is Given' emphasizes that our thoughts and feelings influence our reality, and by aligning our desires with positive feelings, we can manifest what we want.

Who are the authors of 'Ask and It Is Given'?

The book was written by Esther Hicks and Jerry Hicks, based on teachings from the collective consciousness known as Abraham.

How can I apply the principles of 'Ask and It Is Given' in my daily life?

You can apply its principles by focusing on positive thoughts, practicing gratitude, and aligning your emotions with your desires to attract what you want.

Is 'Ask and It Is Given' considered a spiritual or self-help book?

It is primarily a spiritual self-help book that combines New Thought philosophy with the

law of attraction to help individuals manifest their desires.

What are the key techniques recommended in 'Ask and It Is Given'?

Key techniques include visualization, affirmations, emotional guidance scales, and focusing on positive feelings to manifest desires.

Can 'Ask and It Is Given' help with overcoming specific life challenges?

Yes, by shifting your mindset and emotions, the book suggests you can attract solutions and positive outcomes to various life challenges.

What is the significance of the 'Emotional Guidance Scale' in the book?

The Emotional Guidance Scale helps individuals identify their current feelings and move gradually towards more positive emotions to manifest their desires.

Are there any criticisms of 'Ask and It Is Given'?

Some critics argue that the book's principles oversimplify complex life situations and may overlook practical action in favor of positive thinking alone.

How does 'Ask and It Is Given' differ from other law of attraction books?

It provides detailed exercises, emotional guidance tools, and a structured approach to aligning thoughts and feelings, making it more practical than some other texts on the law of attraction.

Additional Resources

Asking It Is Given is a transformative book that has profoundly influenced the landscape of self-help and spiritual literature since its publication. Co-authored by Esther and Jerry Hicks, the work centers around the teachings of Abraham, a collective consciousness that offers insights into the Law of Attraction. The book's core premise revolves around empowering individuals to manifest their desires by aligning their thoughts and emotions with their true intentions. Over the years, "Asking It Is Given" has garnered a dedicated following, inspiring countless readers to take control of their lives and create realities that reflect their deepest desires. This review aims to explore the book's principles, structure, strengths, weaknesses, and its overall impact on personal development.

Overview and Context

"Asking It Is Given" was first published in 2004 and quickly became a bestseller within the self-help community. It builds upon the foundational ideas introduced in earlier works like "The Law of Attraction" and "The Secret," but offers a more detailed, practical approach to applying these principles. The Hicks' teachings are rooted in a spiritual perspective that emphasizes the importance of feeling good and maintaining a positive vibrational frequency to attract desired outcomes.

The book is structured around the concept that our thoughts and emotions act as signals to the universe, which responds by delivering experiences aligned with those signals. It aims to guide readers through understanding how to consciously direct their thoughts and feelings to manifest health, wealth, relationships, and overall well-being.

Core Principles of Asking It Is Given

The Law of Attraction

At the heart of the book lies the Law of Attraction—that like attracts like. According to the Hicks, everything in the universe is interconnected, and our vibrational energy influences what we attract into our lives. The book emphasizes that our thoughts, beliefs, and feelings create a vibrational frequency that the universe responds to.

Vibrational Alignment

A key concept is the importance of aligning one's thoughts and feelings with one's desires. When there's harmony between what we want and how we feel, manifestation becomes effortless. Conversely, negative emotions act as signals that our vibrational frequency is out of sync with our desires.

The Emotional Guidance Scale

The authors introduce an "Emotional Guidance Scale" that ranks emotions from the highest (joy, appreciation) to the lowest (fear, despair). The goal is to move upward along this scale to reach a state of better-feeling emotions, thereby attracting positive experiences.

Deliberate Creation

The book encourages readers to take an active role in their manifesting process. This involves setting clear intentions, focusing on what they want, and cultivating positive feelings to attract those outcomes.

Features of Asking It Is Given

Practical Techniques and Exercises

The book is rich with practical tools designed to help readers shift their mindset and vibrational state:

- Segment Intention: Focusing on specific areas of life and setting intentions.
- Visualization: Engaging the imagination to vividly picture desired outcomes.
- Appreciation and Gratitude: Cultivating feelings of thankfulness to elevate vibration.
- Emotional Management: Techniques to move from negative to positive feelings.

Structured Approach

The Hicks offer a step-by-step guide that makes complex spiritual concepts accessible:

- Recognizing your current emotional state.
- Practicing techniques to improve your feelings.
- Allowing your desires to manifest naturally.

Accessible Language and Examples

The authors communicate in a conversational tone, using relatable examples and anecdotes, which helps demystify the law of attraction and makes it more approachable for newcomers.

Pros and Strengths

- Empowering Message: Encourages personal responsibility and emphasizes that individuals have the power to shape their reality.

- Practical Tools: Provides actionable exercises that can be integrated into daily life.
- Positive Focus: Shifts attention from problem-solving to feeling good, which can improve overall well-being.
- Clear Framework: The Emotional Guidance Scale and techniques create a structured approach to manifestation.
- Inspirational Anecdotes: Real-life success stories motivate readers and reinforce the teachings.

Cons and Criticisms

- Simplification of Complex Issues: Critics argue that the book oversimplifies life's challenges and may suggest that negative circumstances are solely due to one's vibrational state, which can be dismissive of external factors.
- Lack of Scientific Backing: The principles are spiritual and anecdotal, with limited empirical evidence supporting the Law of Attraction's efficacy.
- Potential for Misapplication: Some readers may interpret the teachings as a guarantee to get everything they desire, leading to frustration when results aren't immediate or as expected.
- Overemphasis on Feelings: While emotions are crucial, some may find the focus on feeling good at all times unrealistic or emotionally taxing.
- Commercialization and Popularity: The popularity has led to a proliferation of related products, which may dilute the core teachings or lead to commercial exploitation.

Impact and Reception

"Asking It Is Given" has profoundly impacted the self-help genre by making spiritual and vibrational concepts accessible to a broad audience. Many readers report life-changing experiences, citing improved mental health, increased clarity, and tangible manifestations such as new jobs, relationships, or financial gains.

However, it has also attracted skepticism from skeptics and critics who question the scientific validity of the Law of Attraction. Some argue that the book's focus on positive thinking may overlook structural inequalities and external circumstances beyond individual control.

Despite this, the book's influence remains strong, inspiring workshops, seminars, and a vibrant community of followers who regularly discuss and practice the teachings.

Who Would Benefit Most from Asking It Is Given

- Individuals seeking a spiritual approach to personal growth.
 - Those interested in understanding the power of thoughts and emotions.
 - People looking for practical tools to manifest specific desires.
 - Readers open to combining spiritual principles with their personal development routines.
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Conclusion

"Asking It Is Given" stands as a compelling and accessible guide to harnessing the power of vibrational alignment to manifest desires. Its strengths lie in its positive messaging, practical techniques, and clear framework, making it a valuable resource for those eager to take control of their lives through the principles of the Law of Attraction. Nevertheless, it is essential for readers to approach the teachings with a balanced perspective, recognizing that manifestation is just one aspect of personal growth and that external circumstances also require practical action. Overall, the book offers an empowering philosophy that encourages individuals to focus on their emotional well-being as a pathway to creating a fulfilling and abundant life.

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