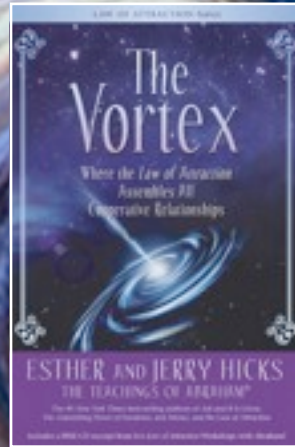




The following is an excerpt from *No Limits* free weekly e-magazine.
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Is There a Way of Staying Positive Around “Lackful” Others?

by Esther & Jerry Hicks

Questioner: How can I remain positively focused when my mate is predominantly focused on lack and makes no effort to be positive? And it gets to me—it’s hard not to also feel lack.

Abraham: We know that it is easier to feel good when you are seeing or hearing something that causes you to feel good, but it is extremely liberating to show yourself that you have the ability to feel good in any situation even when those close to you do not.

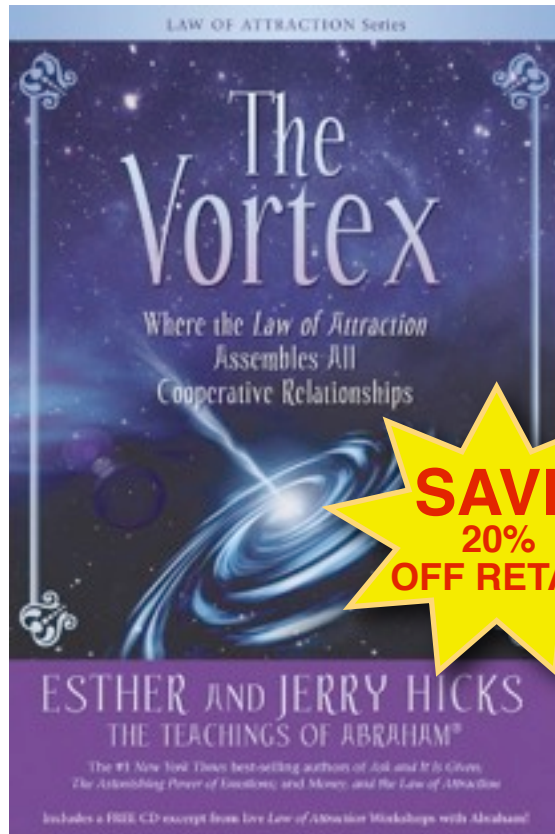
You will discover that it is far easier to learn to direct your own mind than to arrange, through action, the people with whom you spend your time. Even if there is only one person who is with you often whom you need to train, you could not train him or her sufficiently. And, of course, there are many more persons than one to whom you are having an emotional response. When you do become adept at directing your thoughts to things that are pleasing, the unpleasing people (or unpleasing aspects of those people) will leave your experience. It is your attention to the unwanted that holds it in your experience.

Many people disagree about that when they first hear it, because they believe that negative things are in their lives because someone else is putting them there: “My abusive husband asserts himself negatively into my experience.” But we



Continues next page

want you to understand that if you use your power of focus to withdraw your attention from the negativity or abuse, and put your attention upon positive aspects, instead—the abuse cannot remain in your experience. *It is empowering to discover that any and all negative aspects stay in your experience only because of your attention to, and therefore continuing invitation of, them.*



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We acknowledge that holding positive thoughts in the midst of negative conditions is not easy. Especially in the beginning. The best time to begin to make the effort to direct your thoughts really is not when you are the middle of a negative situation. It will be easier for you to reach for better-feeling thoughts when you are alone: *Begin by trying to remember when you did easily feel good about this person. And if you cannot find that beginning place, then choose another topic altogether. The first thing that is necessary to break a negative trend and start it in a more positive direction is the acceptance that your thoughts do create the reality that you live. Next you must accept that you do have the power to direct your own thoughts. And then, what is required is a willingness to direct your thoughts in the direction of what feels better until that pattern is established within you.*

One of the most exciting things about beginning the process of deliberately focused thought is that the Law of Attraction will bring you evidence of your improved thought immediately. And while old patterns may be hard to break, and you may slip back into those old patterns from time to time, the evidence of your effort will be undeniable to you. And, before long—with much less effort than you spend trying to dodge negative conversations, or train another into better behavior—all of your relationships will improve.

A Brief Bedtime Exercise That Transforms Relationships

As you lie in your bed before sleeping, if you will think of good-feeling things from your past or present, or even speculate into your future, you will set the tone of the Vibration in which you will awaken in the morning. In the morning, when

you first return to Consciousness, try to remember what you were thinking about in the evening, and make an effort to reestablish that positive trend of thought. This one small exercise will change the way everyone you meet responds to you in this new day. And as you do that—night after night, and then morning after morning—new patterns will emerge, and your relationships will transform.

What Am I Expecting from a Relationship?

You have the power to evoke from others the relationships that you desire. But you cannot get to a new-and-improved situation by giving your attention to the current situation. The Universe, and all physical and Non-Physical players in it, is responding to the Vibrations that you are offering; and there is no distinction made between the Vibrations that you offer as you observe, and the Vibrations that you offer as you imagine. . . . *If you will simply imagine your life as you want it to be, all cooperative components will be summoned. And even more important, all components that are summoned will cooperate. It is Law.*

You have the power to evoke from others a relationship that is in harmony with the freedom, and the growth, and the joy that you seek, because within each of the others are those probabilities. Within each of them is the probability of someone being very understanding—or not. Of someone being very pleasant—or not. Of someone being very open-minded—or not. Of someone being very positive—or negative. *The experience that you have with others is about what you evoke from them.*

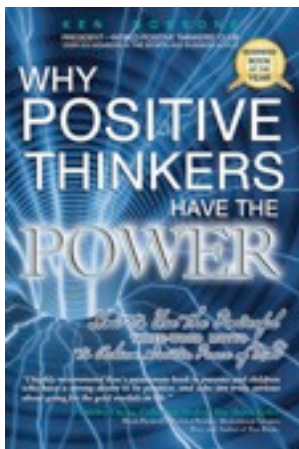
Have you had the experience of behaving with someone in a way that you had not intended? It just sort of came out of you suddenly. That was

you experiencing the power of influence from another's *expectation*. Have you noticed the personality of a child changing depending on which adult it is interacting with? Cooperative and pleasant with one person, and obstinate and cranky with another? You were witnessing the power of influence from another's *expectation*.

When you train yourself into steady alignment with your own Broader Perspective, you will tap into the Energy that creates worlds, and you will be pleased by the positive response that you receive from those around you. No longer blame others with whom you share relationships; and instead, acknowledge that you are the attractor of your experience. True freedom comes from that understanding.

As you tend to your relationship between you (in your physical focus) and the Broader Perspective of your *Inner Being*, as you train yourself into the good-feeling thoughts of your Source, as you come into alignment with *who-you-really-are*, as you learn to love yourself—the others with whom you interact will not be able to buck that current of Well-Being. They will either love you back—or they will gravitate out of your experience. ###

This is an excerpt from *The Vortex: Where the Law of Attraction Assembles All Cooperative Relationships* by Esther & Jerry Hicks



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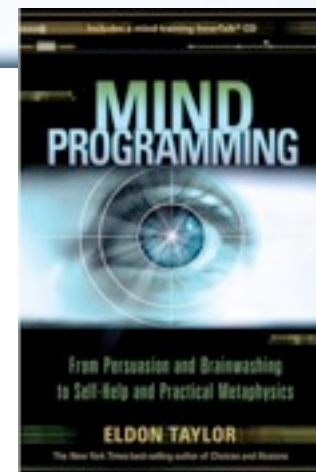
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Mind Programming by ELDON TAYLOR



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