Your Book of Positive Aspects - as offered by Abraham-Hicks

“You are upon the brink of magnificent, deliberate creating. You have been the creators of your experience from the day that you emerged into this body. Now you will be the deliberate creators of your experience. Trust that which comes forth from within you.

If you will buy a new notebook, and call it your Book of Positive Aspects, and spend 10 minutes each day writing positive aspects about your home, your body, your work, your relationships...If you will wake up every morning acknowledging that you have re-emerged into the physical and that today you will look for reasons to feel good...And if you will pay attention to the way you are feeling, and utilize the process of pivoting...it is our absolute promise to you, that -- within 30 days -- you will see such a dramatic turn of events in your life experience, that you will not believe you are the same person."

Suggested directions for topics in your Book of Positive Aspects:

1) Write about situations (people, experiences, opportunities) that are going well for you (the better it gets, the better it gets!!!!)

2) Write about situations (people, experiences, opportunities) that you want to have show up for you in a new, bigger way. Send out positive, expectant energy in advance around all related topics -- for example, if you are wanting to attract more money, positive aspect the experiences of abundance that you have right now. If you are wanting to attract a new romantic partner, positive aspect all of the wonderful partners you have had in the past (only their positive qualities), positive aspect the people in your life right now (love surrounds you!!!!) and find positive aspects of all the new people you meet. This will create a vacuum that the Universe will have to fill.

3) Write about situations (people, experiences, opportunities) that are NOT going well for you so that you can turn the tides and begin the creation in a positive direction.

4) Additional track-specific notes and suggestions:

   a) Money:

      1. Money follows joy, freedom and choice in the emergent field (instead of the story we have been telling ourselves that it occurs the other way around.) You want to shift your focus from any “lack-filled” energy around money, to an appreciation of the true wealth and prosperity that you have in your life.
So create a specific page in your Book of Positive Aspects dedicated to celebrating joy-filled moments and another page dedicated to celebrating experiences of freedom and another to celebrate moments of choice.

Even if you are a mom and you get 5 minutes alone in the bathroom - by acknowledging that as freedom you claim the energy of “freedom” in your life and you invite that energy to expand.

The more we savor and appreciate the gifts we currently have, the more our experience of being “gifted” will expand.

2. Celebrate all the money that shows up - including coins and perfectly-tied coupons and money as you are playing the Prosperity Game or Monopoly. Nothing is too small to bypass. Acknowledge everything!

3. Describe and celebrate moments that you felt “abundant” in the past. As you describe them you will activate and re-awaken those vibrations in your field.

4. Celebrate other people’s money. Celebrating other people’s abundance makes you a better match to abundance because you allow yourself to attune to the vibration of it. Even acknowledging and celebrating abundance of people on TV or in the movies - any example is appropriate. Think of it this way - as you mention anything in your book of positive aspects the energy of what you have described becomes active in your field.

b) Career and Life Purpose

1. Right-livelihood also follows joy, freedom and choice in the emergent field. You want to shift your focus from any “lack-filled” energy around work or career to an appreciation of the areas of true purposefulness and fulfillment that you experience at any time.

So create a specific page in your Book of Positive Aspects dedicated to celebrating moments that you feel on purpose, opportunities that you have had to be a contribution and experiences where you are actively utilizing your unique gifts.

2. Create an “If I could have it my way” page in your Book of Positive Aspects and describe the essences of your ideal work/career situation. Then be on the lookout and fill your book with descriptions of experiences that match up in any way.

c) Relationships and Self-Love

1. The best way to improve a relationship with anyone (including your relationship with yourself) is to focus on what you appreciate about that
individual. Abraham has said that if someone has 100 qualities and 99 are unpleasant but you keep your focus on the 1 quality that is pleasant, that is the quality that person will express towards you whenever you rendezvous with them.

2. The best way to attract a new partner is to make a list of the essences of the relationship that you desire. It is best if this list is a list of characteristics of the relationship - e.g. warm, playful, stimulating - and not a list of the characteristics of a person. Then, once you have this list, be on the lookout for every indication of those elements criss-crossing with your life. I had a list of positive relationship aspects and I wrote in my “Book of Positive Aspects” every time I noted those elements expressed in a relationship on TV, in the movies or between real people in my life. For example, when I would watch my brother with his daughters I’d acknowledge that as evidence that men who adore and are committed to their children are everywhere.

3. It is also important to be aware that when you are appreciating someone or something, and they are unable to uplift themselves to the level of your vibration, they may vibrate right out of your experience. Most people you love will be uplifted by your appreciation to a new level of appreciation and connectedness for themselves - but it is essential that we do not diminish ourselves and our intentions for a joyous life in an effort to keep people in our lives.