

abraham hicks the secret behind the secret

abraham hicks the secret behind the secret is a fascinating topic that delves into the deeper meanings and teachings behind the widely popular law of attraction. Abraham Hicks, a collective consciousness channeled by Esther Hicks, provides unique insights that clarify and expand upon the principles introduced in "The Secret." This article explores how Abraham Hicks' teachings go beyond the surface level of manifestation, revealing the true nature of alignment, vibration, and deliberate creation. By understanding these elements, individuals can harness their inner power more effectively to attract desired outcomes in life. This comprehensive guide will cover the origins of Abraham Hicks, the core concepts of their philosophy, how it relates to "The Secret," and practical applications for everyday life.

- Understanding Abraham Hicks and Their Teachings
- The Core Philosophy Behind Abraham Hicks
- The Secret Behind The Secret: Law of Attraction Explained
- Practical Applications of Abraham Hicks' Teachings
- Common Misconceptions and Clarifications

Understanding Abraham Hicks and Their Teachings

Abraham Hicks refers to a group of non-physical entities communicated through Esther Hicks, who has been channeling these teachings since the 1980s. These teachings emphasize the power of thought, vibration, and emotional alignment to create reality. Abraham Hicks is credited with popularizing concepts that explain how individuals can deliberately attract experiences, relationships, and material goods by aligning their thoughts and feelings with their desires.

The Origin of Abraham Hicks

Esther Hicks began channeling Abraham in the early 1980s, and since then, their teachings have spread globally through books, seminars, and workshops. The material presented by Abraham Hicks offers a unique perspective on the law of attraction, focusing extensively on emotional guidance and vibrational frequency as keys to manifestation.

Key Teachings of Abraham Hicks

The core messages from Abraham Hicks revolve around the idea that individuals are creators of their

own reality. Their teachings include:

- Everything is energy and vibrates at certain frequencies.
- Emotions are indicators of vibrational alignment.
- Deliberate focus shapes experience and reality.
- Allowing and receiving are as important as asking.
- Life is meant to be joyful and fulfilling through conscious creation.

The Core Philosophy Behind Abraham Hicks

The philosophy of Abraham Hicks is grounded in the concept that everything in the universe vibrates and that individuals can control their life experiences by matching their vibration to what they desire. This vibrational alignment is the foundation of the law of attraction as taught by Abraham Hicks.

Vibrational Frequency and Emotional Guidance

Abraham Hicks teaches that emotions serve as a guidance system, signaling whether a person is in alignment with their desires. Positive emotions indicate alignment and high vibration, while negative emotions suggest resistance or misalignment. By consciously choosing thoughts that elevate emotions, individuals can raise their vibrational frequency.

Deliberate Creation and Allowing

Deliberate creation involves focusing attention and energy on what one wants to manifest. However, Abraham Hicks emphasizes that this process must be balanced with allowing, which means releasing resistance and trusting the universe to bring forth the desired outcomes in the right timing and manner.

The Secret Behind The Secret: Law of Attraction Explained

"The Secret," a popular book and film by Rhonda Byrne, introduced the law of attraction to a mass audience. Abraham Hicks' teachings provide a deeper understanding of what the law of attraction truly entails, often described as the "secret behind the secret."

How Abraham Hicks Expands On The Law of Attraction

While "The Secret" focuses primarily on asking, believing, and receiving, Abraham Hicks clarifies that the emotional state and vibrational match are what ultimately attract desired results. They teach that manifestation is not just about thinking positively but about feeling good and maintaining a high vibrational state to align with one's desires.

The Importance of Inner Alignment

According to Abraham Hicks, the key to successful manifestation lies in inner alignment rather than external circumstances. This means that before external desires can become reality, a person must first be in harmony with their own thoughts, feelings, and beliefs. This inner work is what differentiates Abraham Hicks' approach from more simplistic interpretations of the law of attraction.

Practical Applications of Abraham Hicks' Teachings

Implementing the teachings of Abraham Hicks in daily life involves several practical steps that enhance vibrational alignment and facilitate manifestation. These practices empower individuals to consciously create their preferred reality.

Techniques to Raise Your Vibration

To align with desired manifestations, Abraham Hicks recommends various techniques to maintain a positive emotional state, such as:

- Practicing gratitude regularly.
- Engaging in meditation and mindfulness.
- Visualizing desired outcomes vividly.
- Using affirmations to shift limiting beliefs.
- Spending time doing activities that bring joy and peace.

Using the Emotional Guidance Scale

Abraham Hicks introduced the Emotional Guidance Scale, a tool that helps individuals identify and

move away from negative emotions toward better-feeling ones. Progressing up this scale step-by-step improves vibrational alignment and opens the door for manifestation.

Daily Habits for Manifestation

Consistent daily habits such as focusing on positive aspects of life, setting clear intentions, and practicing allowing help maintain alignment with one's desires. This consistency is essential for the law of attraction to work effectively according to Abraham Hicks.

Common Misconceptions and Clarifications

Despite widespread interest, there are common misunderstandings about Abraham Hicks and their connection to "The Secret." Clarifying these helps prevent misapplication of the teachings.

Misconception: Manifestation Is Instant

One frequent misconception is that manifestation happens immediately upon thinking positively. Abraham Hicks teaches that while alignment attracts outcomes, timing depends on vibrational match and release of resistance, meaning patience and trust are necessary.

Misconception: Ignoring Negative Emotions

Another error is attempting to suppress or ignore negative emotions. Abraham Hicks emphasizes acknowledging emotions as valuable feedback and using them to guide toward better feeling thoughts rather than denying their existence.

Clarifying the Role of Action

Contrary to some beliefs, Abraham Hicks does not advocate for passive waiting. While vibrational alignment is crucial, inspired action based on intuitive guidance is an important component of manifestation.

Frequently Asked Questions

Who is Abraham Hicks and what is their connection to 'The

Secret' documentary?

Abraham Hicks is a group of spiritual entities channeled by Esther Hicks. They are known for teaching the Law of Attraction, which is a key concept featured in 'The Secret' documentary.

What is the main teaching of Abraham Hicks in relation to 'The Secret'?

Abraham Hicks emphasizes the importance of aligning one's thoughts and emotions with positive feelings to attract desired outcomes, which aligns closely with 'The Secret's' message about using the Law of Attraction to manifest goals.

How does 'The Secret Behind the Secret' expand on the original 'The Secret' teachings using Abraham Hicks' philosophy?

'The Secret Behind the Secret' delves deeper into the practical application of the Law of Attraction by focusing on Abraham Hicks' teachings about emotional guidance, deliberate creation, and the art of allowing, providing a more detailed framework than the original 'The Secret.'

Can Abraham Hicks' teachings help someone apply the Law of Attraction more effectively than just watching 'The Secret'?

Yes, Abraham Hicks offers detailed guidance on how to manage emotions, focus thoughts, and maintain vibrational alignment, which helps individuals apply the Law of Attraction more consciously and effectively beyond the introductory concepts presented in 'The Secret.'

Are there any criticisms or controversies surrounding Abraham Hicks and their interpretation of 'The Secret'?

Some critics argue that Abraham Hicks' teachings oversimplify complex life challenges by suggesting that all circumstances are a result of individual vibration, which can lead to blaming the victim. Additionally, skeptics question the metaphysical claims about channeling non-physical entities.

Additional Resources

1. Ask and It Is Given: Learning to Manifest Your Desires

This book by Esther and Jerry Hicks introduces readers to the teachings of Abraham, focusing on how to consciously create the life you want. It explains the Law of Attraction in practical terms and provides 22 processes designed to help align your vibration with your desires. The book emphasizes the importance of feeling good and allowing positive manifestations.

2. The Law of Attraction: The Basics of the Teachings of Abraham

A foundational book that distills the core principles behind Abraham Hicks' philosophy, this book outlines how your thoughts and feelings attract your experiences. It breaks down the mechanics of the Law of Attraction and offers insights on how to harness it intentionally. Readers learn to shift their

mindset to achieve greater happiness and abundance.

3. Money, and the Law of Attraction: Learning to Attract Health, Wealth & Happiness

This book explores the relationship between finances and the Law of Attraction through the lens of Abraham's teachings. It guides readers on how to improve their financial situation by changing their beliefs about money and cultivating a positive money mindset. Practical exercises help readers remove blocks and attract prosperity.

4. Manifest Your Desires: 365 Ways to Make Your Dreams a Reality

A daily guide filled with affirmations, exercises, and insights from Abraham Hicks, designed to support consistent manifestation practice. Each day offers a new way to align your thoughts and emotions with your goals. The book encourages a year-long commitment to transformation and joyful creation.

5. Living the Law of Attraction: Practical Applications of the Work

This book focuses on applying Abraham's teachings in everyday life, providing real-life examples and strategies. It helps readers understand how to shift their vibration in various situations such as relationships, health, and career. The practical approach makes the sometimes abstract concepts more accessible.

6. The Vortex: Where the Law of Attraction Assembles All Cooperative Relationships

In this book, Abraham Hicks explains the concept of the Vortex, a vibrational place where all your desires exist before manifestation. It shows how to enter and remain in this Vortex by aligning your emotions and thoughts. The book offers insights on attracting ideal relationships and experiences.

7. Getting into the Vortex: Guided Meditations to Get into the Vortex, Where the Law of Attraction Assembles All Cooperative Relationships

A companion to "The Vortex," this book provides guided meditations and exercises to help readers reach a state of alignment with their desires. It emphasizes emotional well-being as the key to manifesting what you want. The meditations are designed to be easy to follow and effective.

8. Power vs. Force: The Hidden Determinants of Human Behavior

While not directly by Abraham Hicks, this book by David R. Hawkins complements their teachings by exploring the energetic levels of consciousness. It explains how different emotions and attitudes influence your personal power and ability to attract positive experiences. Readers gain a deeper understanding of the forces shaping their reality.

9. The Secret Behind the Secret: Unveiling the True Power of Abraham Hicks

This book offers an in-depth exploration of the teachings of Abraham Hicks, going beyond the popular "The Secret" to reveal practical and spiritual aspects of the Law of Attraction. It delves into how to truly embody the principles for lasting transformation. Readers are guided to access the deeper wisdom behind manifesting desires.

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