

## Ep #60: Lessons from Abraham



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**Brooke Castillo**

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Welcome to the *Life Coach School Podcast*, where it's all about real clients, real problems and real coaching. Now, your host, Master Coach Instructor, Brooke Castillo.

Hey there. Episode 60. What is up? It's so awesome, so stoked. You know, every 10th episode, I do one of my teachers. The teacher that I'm doing or I should say the teachers that I'm doing this time are called Abraham. Now, for some of you, this is going to be a very strange episode. If you don't know who Abraham is, you're going to be like, "Now, she's really gone off the rails."

A lot of people tell me that they think Abraham, the whole concept and the whole theory is very weird. I have to agree because here's the deal. There was this couple, Jerry and Esther Hicks, and they were learning about meditation. They found a teacher who basically claimed to be able to channel some wisdom from the ether-yond, let's call it. Basically, when Esther started to do it, she started to be able to access wisdom that was beyond her, is the way I like to describe it.

The way she describes it is that she's literally listening to entities that are giving her wisdom. Then, she speaks in their voice. There was someone, when I first was learning about Jerry and Esther Hicks, there was someone who said, "Everything they say is brilliant. Why do they have to say that some alien told it to them?" That was so funny.

I do think it's a bummer that much of their teachings and their wisdom gets missed by a lot of people because it's kind of capsulated with this weird channeling thing which a lot of people find very out there and spooky and maybe against their own religion. Here's what I want to offer you. I just want to offer you that wisdom is wisdom. I believe that any human who writes a book that provides any kind of wisdom is getting it from a place that may be deeper than just the human experience. Whether they call it channeling or whether they call it accessing wisdom from a deeper place, whatever it is, don't miss the wisdom because of the person communicating it.

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A lot of what they teach was in the original secret. I know that many of you roll your eyes when I say the secret because there was such a big uproar about this secret and so many people buying it and talking about it. Then, a kind of this backlash that all the secret was teaching was that you just have to think about what you want and then you'll have it in your life.

That is not what the secret was teaching, by the way. That isn't what the Law of Attraction teaches at all. In fact, much of what I've used to create the model is the Law of Attraction. I think that people miss the part of that you're thinking creates your feelings then your feelings create your actions and your actions create your results.

I think people just have interpreted it as, "Oh, your thoughts create your results," when, let's face it, folks, they do. Your thoughts do create your results, not immediately, you can't just think although there have been stories, people, about thinking about something and having it appear. I've had it happen in my own life. I can usually trace it back to how I was feeling and where I was, right place, right time, because of how I was feeling but your mind is a powerful, amazing, incredible thing. If you can allow yourself to be opened up to the possibility of the Law of Attraction, I think that your life will be richer and deeper and better.

I think their information is cutting-edge awesomeness. I'm in love with every single thing I read or hear from them. I used to listen to them all the time. I don't listen to them quite as much anymore. It's interesting how teachers come in and out of your life when you most need them. I think when I was really at the beginning of building my business, I really needed to hear everything. It was possible for me.

If you get weirded out by woo-woo things, just trust me on this one and give this material a try. I think you will really, really enjoy it. You can go to their website; it's [abraham-hicks.com](http://abraham-hicks.com). I'll put it in the show notes. They have written many, many books. What's cool about, I think their audios that you can get from the website. It is basically them coaching live. People will come to their events and present a question to them and they will coach them right there live.

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When I say they, I'm referring to Abraham. Esther is the one that talks and shows up and does the work. Jerry has since recently passed away but Esther is still doing the work. As far as I know, it's still rocking awesome. That's it. One of the concepts that I got from them, I would say that one of the most, I would say, life-giving lessons that they've given me is that a belief is just a thought you keep on thinking.

If you're around me for any amount of time, you will hear me say that because it's a concept, it's a truth that has served me very well in understanding that any thought that I'm well-practiced at doing is a belief and it's just easy for me to think. Another thing that they say that completely changed my life was nothing has gone wrong here. You can pretty much say that to anything. They don't believe that there's anything wrong in the universe. They believe that the Law of Attraction just happens and that's the way it is and that nothing has gone wrong.

If you don't want it in your life, don't think about it. Now, be careful not to interpret that as delete, delete, delete, delete, feelings or thoughts because you need to pay attention to them. But what they mean by that is, a lot of people spend a lot of time thinking about their misery, thinking about horrible things that have happened to them, thinking about what could go wrong, thinking about people they don't like and all of the negativity in their life. They're basically saying if you don't want more of that in your life, stop focusing on it, stop thinking about it so much.

The next one is resistance is giving your attention to the very thing you don't want to attract. I love the way they talk about resistance. I love the way how they talk about putting your energy toward something and how that creates it. You know, when you think about the model, what you think about is how you're going to feel, is how you're going to act, is what result you're going to get.

They say what you are living is always an exact replication of your vibrational patterns of thought. Nothing could be more fair than life as you are living it. For as you are thinking, you're vibrating. As you are vibrating, you are attracting. For by the Law of Attraction, you're always getting back

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the essence of what you are giving. I love that, love that, love that. It reminds me of what Mary Williams says when she says, "It's only what you aren't giving that can be missing in any situation and whatever you want more of just give, give that."

That's what creates that abundance. Abundance is what the Law of Attraction is all about. It's attracting like to like. If you are abundant, you're going to attract abundance. Everything is valid and everything is truthful because the Law of Attraction lets everything be. The question is not whether it's right or wrong, whether their approach is right or wrong or whether my approach is right or wrong. The question is does their approach feel good to me? If it doesn't, then I choose a different approach.

I think that's true with our thinking, too. We don't have to make it wrong or right. We don't have to make philosophies wrong or right. We can just let it be. That's why I really like that they say everything is truthful. A lot of times, people will want to question whether a thought is true or not. It's actually from Katie's work. She does that, is it true?

Here's the thing. I don't think it matters if a thought is true or not. If you're thinking it and it feels good, keep it. If you're thinking it and it doesn't feel good, you don't have to keep it, but acknowledge it and own it as a thought you're having. This is what they're saying. Tell everyone you know, my happiness depends on me. You're off the hook. Then, demonstrate it. Be happy no matter what they are doing. Practice feeling good no matter what. Before you know it, you will not give anyone else responsibility for the way you feel. Then, you'll love them all because the only reason you don't love them is because, the only reason you don't love them is because you're using them as your excuse not to feel good.

Oh, my goodness, preach that. I'm reading it again. Stay with me, you guys. That is so good, I want you to hear it again. Tell everyone you know, my happiness depends on me. You're off the hook. Then, demonstrate it. Be happy no matter what they are doing. Practice feeling good no matter what. Before you know it, you will not give anyone else responsibility for the way you feel. Then, you'll love them all because the only reason you don't

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love them is because you're using them as your excuse not to feel good. Please don't use other people as your excuse not to feel good. Oh, my God, they said that so beautifully.

Who made you believe that focusing on the problem will bring the solution? If I want it, I can have it. If I want it, I can take pleasure from having it before it manifests. Now, that, I read their stuff and I feel like I just want to explode. It's so good. There's an example I use all the time about going to Hawaii. If you believe that you're going to have something in your life, like you plan your trip to Hawaii and you want to go to Hawaii and you're not in Hawaii yet but you're really enjoying the idea of going to Hawaii and you're anticipating it and there's pleasure and the anticipation of it, you don't have to rush it. You don't freak out. You're not upset that you're not there yet. You're just in glad anticipation of it.

That's what they're saying here. They're saying if I want it, I can have it. If I want it, I can take pleasure from the having it before it manifests. So good. Then, they say, our encouragement is that you let your opinion of you be your top priority, that you put your greatest effort into examining yourself with the intent of discovering wonderful things, that you let the way you feel be the most important aspect of your work, for it is our absolute knowing that the way you feel is your point of attraction from a place of self-appreciation, you will attract all sorts of wonderful things, from a center place of liking yourself, you will allow all wonderful things to come unto you. You're never going to get to any final place. We want to remind you to relax and start having fun along the way.

I think this one might be one of the most important ones because I think so many of us think that when we arrive somewhere, then that's where we're going to be happy. We're going to arrive there. We're going to take a deep breath. The problem is as soon as we arrive there, then we have our eye on the next horizon, the next thing we want. That's a beautiful thing. That's how we evolve.

If you postpone feeling good until you arrive, you will never feel good because you'll never arrive. That is a really important thing to remember.

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One of the absolute cornerstones of my life in terms of being a parent was given to me by Abraham and one of their teachings and here is the teaching. The best gift you could ever give your children is your own happiness. I couldn't believe anything deeper in my bones than that. I think that I grew up with a mom that wasn't happy, that sacrificed everything in order for us to be happy.

It was her theory. It made us miserable to have a mom that was miserable. Her effort to make us happy through her misery did not work even though it was very well-intended. When I learned that from Abraham, it really made a difference to me and helped me to know that when I'm focusing on my own happiness and living a life that sets an example for them and sets an example of living a happy life, that is the best gift I can give them and I really do believe that. I really do thank Abraham for that.

I'm going to go through a few more gems. I know that many of you have listened to these and then re-listened to them. I really want to encourage you to do that because I think so many of the teachings can be heard differently on different days and in different times in our lives. Some of these that when I was preparing for this, as I was reading them, affected me differently now than the first time I read them.

Is it possible to be the visionary and the actionary of your own life? Not only possible, it's the way most of you intended it to be. It's the best of all worlds. What can be more exhilarating than to find a dream from the contrast, to fixate on the dream and to let it give you pleasure as it grows, and then to watch the Law of Attraction bring it into manifestation while you help with your action? Does it get any better than that? You didn't think so as you made the decision to come forth into these physical bodies. You said, "This is the best time in all eternity for a Creator to Create."

I love that they see us as a co-creator with God, with the universe, whatever word you most relate to with the force of energy, whatever it is that you connect with. You have more harmony points with every person on the planet than you have disharmony points because there is much more of you that is in harmony with your Core than you realize or that most of you

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allow. The closer you come into being in harmony with your Source Energy, the more harmony you are in with each other.

When you think about other people and what they think of you, do you understand that what they think of you has very little to do with what you are? It has mostly to do with the habits of thoughts they have developed. It has more to do with them as thinkers than it does with you as the subject of their thought. If nothing is more important to you than that you feel good, you can form a fantasy about someone who is in your life and they will begin to modify to meet your fantasy, because that's what the Law of Attraction does. What they mean by that is if you look for the good in people, if you look for the great in them, if you look for the similarities, if you look for the wondrous, that's what your brain will find. When you tell your brain to look for those things, that's what it finds.

Use whatever excuse you can to vibrate in harmony with those things you've been saying you want. When you do, those things that are a vibrational equivalent flow into your experience in abundance. Not because you deserve it, not because you've earned it, but because it's the natural consequence of the Law of Attraction. That which is like unto itself is drawn.

Here's the last one. Within the seed of your desire is everything necessary for it to blossom to fulfillment. The Law of Attraction is the engine that does the work. Your work is to give it a fertile growing place in order to expand.

Go check out Abraham. Read some of their books. Take this stuff in, even just one of these quotes. I gave you four that were life-altering for me. Do not underestimate the power of these teachings even if their source might be a little bit weird to you. For some of you, it's not weird at all. You think it's amazing and awesome. Of course, that's how would happen. My hat's off to you as well. All right everybody, I'll talk to you next week. Take care. Bye-bye.

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