

Creation Box - an Abraham process (<http://www.abraham-hicks.com>)

Process: Get a box - any kind of box will do. I prefer a pretty box approximately 10 x 12 x 5. This is the place where you put symbols (pictures, clippings, doodles) of things that you want to have show up in your life. You put the symbols in and then you let it all go!

This process was first introduced in the Abraham-Hicks Quarterly Journal in 1996:

We want to give you a new game -- we call it the Creation Box Process -- it will serve you in two very powerful ways. One, it causes you to be a better visualizer. It causes you to use your power of observation more constructively and be a better visualizer. The other thing that it does for you is that it helps you to be aware of how many things you're bringing to your box that you really don't mean to bring there.

All you have to do is get into vibrational harmony with your desire, and your desire must be given to you -- and the Universe will find endless ways of bringing it to you.

Imagine that you are sitting in a chair, and next to your chair is a fairly good sized box and you accept that this box is your creative arena. It's your point of attraction. Now, you are like a giant sitting here in this chair, and you have the ability to reach out anywhere in the Universe and anything that you see that you like, you can just pluck it and bring it back to your box -- and as you do so, it will vibrate there, and then the Universe will match it with a physical vibrational equivalent.

In the beginning, Esther played this game mentally only -- just imagining -- and then it became so much fun, she actually got a box and started tearing things out of magazines and dropping them in. Doodlings. Esther does not draw very well, but she is an effective doodler. She would doodle on little note cards and drop them in or put snapshots in. And what she began to notice, right from the first day, is that whatever was in the box, the Universe began to respond to.

Now, friends, the thing that you've got to do even though it's very hard and you don't want to, you've got to stop facing reality. In other words, you have to begin to say, "It doesn't matter what-is, I'm working in my Box." Have you ever awakened from a dream that was so magnificent that when you woke up you were disappointed to be awake and you wanted to go back to sleep and dream that dream some more? That's the way we want you to feel about this Creation Box. A place you go for fun, a place that soothes you, a place that you go often, a place that you go with the singular intent of purifying your vibration. As you begin to play in your Box, you will be knocked over by the speed and efficiency with which the Universe responds to your purer vibration in the Box.

For complete article go to

<http://www.abraham-hicks.com/Knowledge/Abraham/Newsletters/V09/box.html>