GENERAL

jerry and esther hicks ask and it is given

Published: September 3, 2026 | Index ID: #-

Introduction

For decades, millions of people have sought a simple yet powerful principle that could transform their lives. The phrase **“Jerry and Esther Hicks ask and it is given”**has become synonymous with a universal method of manifestation that promises to align thoughts, feelings, and actions with the desired outcome. This article explores the origins, philosophy, and practical applications of the Hicks’ teaching, providing a detailed guide for anyone ready to unlock the potential of the Law of Attraction in everyday life.

The Origin of Jerry and Esther Hicks and the Philosophy Behind “Ask and It Is Given”

The Hicks Teachings

Jerry and Esther Hicks first introduced the world to the concept of “Ask and It Is Given” during a series of seminars and books that began in the early 1990s. Their work is rooted in the metaphysical teachings of Abraham, a collective of non-physical entities that communicate through Esther. The central idea is simple: the universe responds to the energy you emit, and by consciously asking for what you desire, you invite the universe to deliver it.

Core Principles

Three foundational principles guide the Hicks philosophy:

- Alignment of Vibrations: Everything in the universe vibrates at a specific frequency. Your thoughts and feelings generate a unique vibration that attracts similar energies.
- Thoughts as Intentional Requests: The act of asking is not a passive wish; it is a deliberate, focused intention that sets the universe in motion.
- Positive Emotions as Fuel: The higher the emotional state, the stronger the vibration, making the desired outcome more likely to materialize.

Understanding the Law of Attraction Through the Hicks Perspective

Energy and Frequency

According to the Hicks, all matter, emotion, and consciousness are energy. This energy travels in waves, and the frequency of these waves determines what you attract. When you focus on a particular desire, you shift your frequency to match that of the outcome you seek. The universe, in turn, responds by presenting circumstances and opportunities that resonate with that frequency.

Thoughts as Vibrational Emitters

Thoughts are more than fleeting mental images; they are powerful vibrational emitters that influence your reality. By consciously choosing thoughts that align with your deepest desires, you send a clear signal to the universe. The phrase **“Ask and It Is Given”** encapsulates this process: ask with clarity, and the universe delivers.

Practical Steps to Apply “Ask and It Is Given”

Clarify Your Desire

Clarity is the first step toward manifestation. Write down exactly what you want, using specific, vivid language. Avoid vague statements like “I want success” and instead say, “I am earning $10,000 per month in my online business.”

Align with Positive Emotions

Once your desire is clear, pair it with a feeling of gratitude, joy, or excitement. Visualize yourself already living the experience, and let the emotion surge through your body. This emotional alignment raises your vibration, making the universe more receptive.

Maintain a State of Appreciation

Gratitude is a powerful anchor. Keep a daily gratitude journal, noting both small blessings and significant achievements. By focusing on what you already have, you reinforce a positive vibration that attracts more of the same.

Release Resistance and Doubt

Doubts and negative thoughts act as obstacles that block the flow of energy. Use techniques such as mindful breathing, affirmations, or the Hicks’ “Feel the Feeling” method to shift your emotional state back into alignment.

Common Misconceptions and How to Avoid Them

It’s Not a Simple Wish List

Many people mistakenly believe that “Ask and It Is Given” is a wish list that magically grants desires. In reality, it requires consistent, focused intention, emotional alignment, and active participation in the process.

It Requires Ongoing Practice

Manifestation is a skill that improves with practice. The more you refine your ability to focus, feel, and release, the more effectively you can use the Hicks’ method to achieve your goals.

Success Stories and Testimonials

Personal Transformations

Numerous individuals have credited the Hicks philosophy with profound life changes. One woman, for example, used the “Ask and It Is Given” technique to heal a chronic illness, while another man leveraged it to secure a dream job abroad. These stories illustrate that the method works across a wide range of situations.

Business and Financial Gains

Entrepreneurs frequently report that the Hicks teachings helped them attract new clients, partnerships, and investment capital. By maintaining a high vibrational state, they created an environment conducive to business growth.

Integrating Hicks’ Teachings into Daily Life

Meditation and Mindfulness

Daily meditation helps quiet the mind and heightens awareness of your thoughts. Use guided meditations that incorporate the Hicks’ affirmations to reinforce your intention.

Affirmations and Journaling

Write affirmations that reflect your desired reality, such as “I am living a life of abundance.” Review them daily to keep your focus sharp and your emotions aligned.

Community and Support Networks

Join groups or online communities where members share experiences and provide encouragement. Collective energy amplifies individual intentions, making the universe's response even more potent.

Conclusion

"Jerry and Esther Hicks ask and it is given" is more than a catchy phrase; it is a gateway to a deeper understanding of how thought, emotion, and intention shape reality. By mastering the art of clear asking, aligning with positive vibrations, and consistently releasing resistance, anyone can tap into the vast potential of the universe. Whether you're looking to heal, grow, or simply live a more intentional life, the Hicks methodology offers a practical, accessible framework to bring your deepest desires into fruition. Start today, and let the universe respond to your ask.

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