

## **The Teachings of Abraham**

**You Are a Physical Extension of That Which is Non-Physical.**

**You Are Here in This Body Because You Chose to Be Here.**

**The Basis of Your Life is Freedom; the Purpose of Your Life is Joy.**

**You Are a Creator; You Create With Your Every Thought.**

**Anything That You Can Imagine is Yours to Be or Do or Have.**

**As You Are Choosing Your Thoughts, Your Emotions Are Guiding You.**

**The Universe Adores You for it Knows Your Broadest Intentions.**

**Relax into Your Natural Well-Being. All is Well. (Really It Is!).**

**You Are a Creator of Thoughtways on Your Unique Path of Joy.**

**Actions to Be Taken and Possessions to Be Exchanged Are By-Products of Your Focus on Joy.**

**You May Appropriately Depart Your Body Without Illness or Pain.**

**You Can Not Die; You Are Everlasting Life.**