



## “Wouldn’t It Be Nice If...?”

Excerpted from *Ask and It Is Given: Learning to Manifest Your Desires*, by Abraham-Hicks, pp. 225–229.

### **When to use this tool:**

When you find yourself leaning toward the negative, and therefore generating/offering resistance, and you want to turn it around to something more positive.

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When you say, “I want this thing to happen that hasn’t happened yet,” you are not only activating the vibration of your **desire**, but you are also activating a vibration of the **absence of your desire** -- so nothing changes for you.

And often, even when you do not speak the second part of the sentence and you say only, “I want this to happen,” there is an unspoken vibration within you that continues to hold you in a state of not-allowing your desire.

But when you say, “Wouldn’t it be nice if this desire would come to me?” you achieve a different sort of expectation that is much less resistant in nature.

Your question to yourself naturally elicits from you a more positive, expectant, open energy and frame of being. And so, this simple but powerful game will cause a rising of your vibration attraction because it naturally orients you toward the things that you **want**, rather than what you **don’t want**. The game will help you let in the things that you have been asking for, on all subjects.

Wouldn’t it be nice if we had the best time ever with these friends?

Wouldn’t it be nice if the traffic was light and we had a wonderful trip?

Wouldn’t it be nice if I had a really productive day at work?

Wouldn’t it be nice if I find the most wonderful partner who adores me in the same way I adore him/her?

Wouldn’t it be nice if there’s someone wonderful out there looking for somebody just like me?

The reason this game is so important and so powerful is because when you say, “Wouldn’t it be nice if...?” you are choosing something that you want, and you’re being soft about it. In other words, it is not heavy. It is a much softer, light, more open vibration.

For example, let us say you want to reduce your body weight. Here is a “Wouldn’t it be nice if…” set of examples for you:

Wouldn’t it be nice if I stumbled onto something that really worked for me?

Wouldn’t it be nice if my metabolism began to cooperate with me a little more?

Wouldn’t it be nice if the desires that I’ve been holding for a long time sort of came to a peak, like a guiding light?

Wouldn’t it be nice if I met someone who’s just run across something that really worked for them, which would light a fire in me?

Wouldn’t it be nice if I could reclaim the body weight I had at such-and-such an age?

Wouldn’t it be nice if I looked like I did in this picture?

Your logic would tell you, “Hey, I’ve been at this a long time. If I knew how to do it, or if I was good at it, I’d have already gotten it done.” So you are contradicting your own desire. And so you would hold yourself in **that** vibration. However, when you are playing this game, much of that vibration is suspended or diffused. What happens is you hold yourself in this place of alignment, and thus, allowing.

Wouldn’t it be nice if my physical body came into alignment with my dream?

Wouldn’t it be nice if I discovered this to be much easier than it’s ever been before?

Wouldn’t it be nice if I came into Energy alignment, and everything around me came into vibrational harmony with that?

Wouldn’t it be nice if the cells of my body cooperate with the mental picture I’m holding?

Wouldn’t it be nice to feel at ease about my body?

Wouldn’t it be nice if my physical body began responding differently to food?

Wouldn’t it be nice if I began to feel a greater inspiration to exercise?

Wouldn’t it be nice if the food-burning characteristics of my body kicked into high gear, and this process turned into an easy, almost effortless scenario?

Wouldn’t it be nice if my ideas about food came into alignment so that I find myself taking pleasure from foods that are really in vibrational harmony with what my body wants and needs?

**Relax when you are playing this game.** Trust that things will come in to alignment, and they will. One more thing: do not expect instant results. Know that it is coming into being in its perfect time. In other words, you have been encouraging, through your thought and behavior, a cellular community. What is happening is that there is a sort of collective alignment. Your cells are getting ready. And in that preparation and in that readiness, all kinds of things are beginning to come in to alignment; things that you could not orchestrate even if you tried.