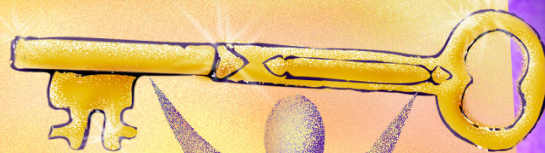


# THE KEY TO YOUR DESTINY

Spirit Expressing 2021



A seven-week intensive based on the book "Ask and It Is Given" by Esther and Jerry Hicks

# Dear Friends,

Congratulations on your decision to participate in First Unity's annual Spirit Expressing program! There is a tremendous vibration of energy which occurs with all of us expanding our minds and hearts at the same time, and we invite you to participate as you feel comfortable. Join us as we further explore the ancient idea of asking and receiving.

Within these pages you will find a guide for your seven-week study of the book "Ask and It Is Given" by Esther and Jerry Hicks. Please use this journal to document your thoughts, your gratitude, your feelings and even your disappointments while on this journey. Keep it with you at all times – in your car and at work – as your constant companion for the next seven weeks. The power of this process can change your life!

As you enter into this exciting phase of your spiritual growth, please consider the following from "Lessons In Truth," by Dr. Emilie Cady:

"In entering upon this course of instruction, each of you should, so far as possible, lay aside, for the time being, all previous theories and beliefs. By so doing, you will be saved the trouble of trying, all the way through the course, to put 'new wine into old wineskins' (Luke.5:37). If there is anything, as we proceed, that you do not understand or agree with, just let it be passively in your mind until you have read the entire book, for many statements that would at first arouse antagonism and discussion will be clear and easily accepted a little further on."

Love and Blessings,

Your Friends at First Unity Spiritual Campus



460 46th Avenue North  
St. Petersburg, FL 33703

727-527-2222  
[www.firstunity.org](http://www.firstunity.org)

# Event Calendar

## SHOWING OF “THE SECRET” MOVIE

Friday, September 10, 7pm, Sanctuary

You will not want to miss “The Secret” movie. It directly corresponds to our Spirit Expressing text, “Ask and It Is Given”, and the book’s author, Ester Hicks, makes an appearance in the movie. If you’ve seen the movie before, this is an amazing opportunity to re-watch it in commUnity and prepare to receive all that is for you!

## THE MAGICAL CREATION BOX

More details will be announced Sunday, September 12

This is an opportunity for all of us to participate collectively with this modified version of the Magical Creation Box in the book. Gather pictures and words that you desire and place them in an envelope. Your envelope will be placed in the MAGICAL CREATION BOX in the Sanctuary during the seven-week series. Imagine the fun and power in that! Prepare to RECEIVE! We recommend doing your own personal box as well and/or a group box (see page 149, “Ask and It Is Given”).

## CHAKRA CONNECTION

Tuesdays October 5, 12 & 19

As part of our tradition, we will be dressing the Sanctuary in the Chakra Color of each week of study, beginning with the lowest vibrational color (red) to the highest (violet/white). We invite you to visually raise your vibration by dressing yourself in these colors each week as well! See the listing of important dates or the calendar of events for each week’s colors. For more on the connection, register and attend Rev. Kimberley’s Class “Chakras – Beyond the Basics”, offered FREE of Charge.

## WOMEN’S GRATEFULNESS RETREAT

Saturday, September 11, 10am – 4pm,  
LaGattuta Hall & Sanctuary

GRATITUDE is the simplest, instantly available, cost-free practice there is. Attract more of the things you love most into your life every day with gratitude. Go with us on a RAMPAGE OF APPRECIATION (page 141, “Ask and It Is Given”). Discover how you can use this “wonder tool” called gratitude to create a perpetual experience of ‘great fullness’ and great joy in your life and in the life of those around you. You will be renewed, relaxed and inspired on this day in a powerful and supportive Women’s Circle designed especially by women and for women to manifest your heart’s desire. Pre-Registration required. Cost is \$45.

## SPIRIT EXPRESSING

### BANQUET & COSTUME BALL

Friday, October 29, 2021 6pm

LaGattuta Hall & Sanctuary turned Ball Room

This year we are very excited to kick up our heels with divine abandon on a Friday night! Yes! A time to dance like nobody is watching, A time to reflect on new friendships formed, old ones renewed and a celebration of the consciousness that has changed in us...individually, and as a collective CommUNITY. There will be entertainment, delicious food, and a cash bar. The Spirit Expressing Banquet is also our First Unity Spiritual Campus awards presentation, silent auction and costume ball. Come as who you long to be (ask and it is given).

Tickets will go on sale when the program begins. Sign up sheets for decoration team volunteers are now available, if interested email [admin@firstunity.org](mailto:admin@firstunity.org). Donate to the silent auction or volunteer to seek donations for the silent auction, by emailing [reverendkim@firstunity.org](mailto:reverendkim@firstunity.org).

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# Ask and It Is Given: *The Key To Your Destiny*

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# Heart Agreements

Heart Agreements are affirmations that will ensure the smooth functioning of the group during our time together. The facilitator and host have committed their time and energy to this wonderful ministry. The group as a whole will now review, revise (if necessary) and commit to the following heart agreements.

We honor the value of each person's time.

We will begin our time each week at \_\_\_\_\_.

We will end our time together each week at \_\_\_\_\_.

We honor each person's voice. We will not speak when another person is speaking.

We honor each person's opinion. We will allow each member to share.

We honor our Spirit Expressing/Small Group team's time and wisdom in preparing the materials we are using. We follow the guidelines that accompany our spiritual journey as noted in this workbook.

We honor our facilitator's guidance. We graciously allow him or her to guide us back to our topic if we get off course.

We do not use our group time to argue or defend our position. We understand growth comes from the art of allowing. If we discover we have the same beliefs at the end of this course, then we have grown in our own validation.

We practice our belief in the power of prayer. We open with prayer and close with prayer.

Additional Heart Agreements:

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Name

Date

# *Chapter 1*      *The Power of Feeling Good Now*

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This book is about learning that you are the creator of your own experience and that all of your power is in your now. What are you hearing (feeling) about your life right now?

About your body?

Your relationships?

Your job?

Your well-being?

Abraham says "... most physical Beings have become so distracted by the physical nature of your planet that you have developed strong patterns of resistance that thwart your clear connection to your own Source." Do you think that you have patterns of resistance like this? If so, what are they and how do they interfere?



*“We radiate that which we are.”*

*“You and your physical world are extensions  
of the Non-Physical Source Energy.”*

*“You have come forth into this  
physical time-space reality to  
**joyously** create.”*

*“When you understand the power  
of feeling good now, no matter  
what, you will hold the key to the  
achievement of any state of being.”*

*“All of your power is in your now.”*



## *Chapter 2*

## *We Are Keeping Our Promise to You...*

---

What does it mean to you that you knew before your physical birth that you were “Source Energy”?

Do you ever feel that you have lost that connection to Source? How did that happen?

Do you feel limitless or do you sometimes feel limited?

What does it mean to be “enjoying the evolution of your desire”?

Are you “enjoying the evolution of your desire”? If “no,” what is it that keeps you from being able to say “yes”?





**“There is *nothing* that  
you cannot be, do, or have.”**

If you knew the statement above to be true, what would you create with your life?

**What do you most want in your life?**

*What does it look like and feel like?*

**Be specific. Write, draw, or cut out pictures** to help you best express your desires. Remember, there is nothing that you cannot do, be or have!

## *Chapter 3*

## *You Do Create Your Own Reality*

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Do you believe that you create your own reality and that no one else can create your experience? Why?

How does the creation of this planet and the creation of the Universe fit together for the perfection of your experience?

What is the “static” blocking your well-being?

What thoughts are keeping you from joy?

How do you know if you are allowing the “true nature of your Being to flow through you”?

Abraham encourages us to look for evidence of the blessed nature of our Being. What is the blessed nature of your Being?

## *Chapter 4*      *How Can I Get There From Here?*

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If Source created you, then can you/are you creating your world? How?

What is the difference between separation from Source and different vibrational nature or resistance?

When have you felt the “joy/peace connection”? What were your feelings and thoughts?

How have resistant thoughts interfered with your getting what you want? How do you release them?

What does it mean to “create by default”? When have you done that?

What does Abraham mean by “You never grow tired of expansion or creation”? Do you have examples?



“The basis of your life is  
**absolute freedom.**”

*“Joyous creation, beyond physical description, awaits you”*

“Well-Being is the  
**basis of this Universe.**”

“Do you understand how **adored** you are?”

“You are here to experience  
**outrageous joy.**”

**“You cannot be separated from Source.”**

*“You ask through your attention, through your  
wanting, through your desire.”*



## *Chapter 5* This Simple Basis of Understanding Makes it All Fit Together

How are emotions “vibrational interpreters”? When have you looked at your own emotions in this way? What happened?

How are emotions as Vibrational Interpreters different from/or the same as “listening to your gut instinct”?

What is Source Energy?

How do you know if you are fully connected to Source Energy? Can you be partially connected?

Do you have examples from your life?



“Understanding the basis of the world you begin to look for, or better said, feel for, ***your awareness of Source Energy that is the basis of all things.***”

“*You are . . . a ‘Vibrational Being’ and everything you experience in your physical environment is vibrational.*”



## *Chapter 6 The Law of Attraction, the Most Powerful Law in the Universe*

Who, what, when, where guides you to connected thoughts?

What are the signals that you are “tuning in” to well-being? What channels do you listen to most frequently?

In Unity, we hear, “Thoughts held in mind reproduce after their kind.” Is this the same thing or different from the Law of Attraction?

What is the Law of Attraction? How have you experienced this law working in your own life?

What is vibrational harmony? How does vibrational harmony help us manifest our desires?

What is the “art of allowing”? How does it work? What is your experience with it?





“Nothing can occur in your life experience without **your invitation** of it through your thought.”

*“...you get what you think about.”*

*“If you can desire it, the universe can produce it.”*

*“...you are in the perfect place, **right now**, to begin.”*



## *Chapter 7* You Are Standing on the Leading Edge of Thought

How do you connect to your well-being?

When do you “tune out”?

What pulls your thoughts off the channel? How do you know you’re “off the channel”?  
Through thoughts? Feelings? Physical Signs?

People experiencing intense hardships or trauma ask from a heightened and intense place. How do you think this might apply to someone such as a displaced victim of Hurricane Katrina, or the person just having received word of a serious illness?

How can we move more towards a “state of allowing” and away from a “degree of resistance”?

How can we differentiate between feeling that this is not a good vibrational match and that of making decisions and/or judgments?

How is each of us the “Leading Edge of Thought”?

What does Abraham mean by the statement “You (and how you feel) is all that is responsible for whether you let in your inheritance of Well-Being or not.”



How do others react to my to my signal vibrations?

What do I believe about me?

If the only way to deliberately withdraw your attention from one thought is to give your attention to another thought, does that mean we should only focus on one thought at a time?

What does it mean when Abraham says that the way you feel indicates your alignment with Source – and your alignment with your intentions?

Abraham explains that you can attract something into your life by shouting “yes” at it – or by shouting “no” at it. How has this happened to you?



“Your powerful beliefs were  
once gentle thoughts.”



## *Chapter 9*      *The Hidden Value Behind Your Emotional Reactions*

---

How does your reception affect your emotions?

Do you often feel harmony coursing through your physical body? How is that different from emotional harmony?

Do you feel that you are your authentic self most of the time or do you have different masks for different roles in our lives?

What are the different roles and different masks you wear?

What is the “Emotional Guidance System”? How has it worked for you?

How can you use your emotions to feel your way back into Well-Being? Would doing that be challenging for you?



***“ . . . you create by molding energy.”***



## *Chapter 10* The Three Steps to Whatever You Want to Be, Do or Have

“It is not possible for you to consistently feel positive emotion about something and have it turn out badly.” Do you agree?

“Even when you believe you are thinking about something you desire – you are actually thinking about the exact opposite of what you desire.” What does that mean?

How can we differentiate between feeling that this is not a good vibrational match and that of making decisions and/or judgments?

Which of these three steps of the creative process seems most challenging? What has happened when you’ve tried these steps?

What does it mean when Abraham says, “Your attention must be on it, not on the lack of it”?



*“Anything you give your  
attention to will become your Truth.”*

*“... once you expect something,  
**it will come.**”*

*“Learn to pay attention to your feelings.”*



## *Chapter 11* With Practice, You Will Become a Joyous, Deliberate Creator

How often do you “check-in” with your feelings? Check your receptions?

What adjustments do you make? Environmental? Actions?

How often/long do you think about your desires?

Identify three “new thoughts” about your desires.

- 1.
- 2.
- 3.

What can you do to get more in alignment/misalignment with Source?

Can you think of how the two factors of creative energy operate in your life?

Is it easy or difficult for you to accept yourself as a vibrational being? If it is difficult, what makes it difficult? How is it helpful to see yourself as a vibrational being?



## *Chapter 12*      *Your Emotional Set Points Are Within Your Control*

---

If we manifest more unwanted things by pushing against unwanted things, how can we change that – especially in difficult and challenging times?

How can we become more aware and in tune with our “set-point”?

How can you change a “vibrational groove”?

Do you have a “vibrational groove” you would like to change?

Abraham said “Truth only exists because someone gave their attention to it.” What does this mean to you? Can you give examples of this?

What are your emotional set points?

How can we consciously “feel our way into alignment”?

How can we pay more attention to our emotions? Are they talking to us?

How do you know you are “allowing” Source to flow?

Pick a desire. What are your thought options?

What do your emotions tell you about the intensity of your desire, the degree of your allowing, and the degree of your resistance?

How would you respond to this question Abraham asks: “How can I bring myself into vibrational alignment with the desires that my experience has produced”?



# “Well-Being abounds.”

“By ***always reaching for joy***, or  
Well-Being, you would always be  
**moving toward** that which you desire.”

“There is ***never a reason*** for you to  
be without something that you want.”



## Chapter 14

## Some Things You Knew Before You Arrived

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Do you accept the idea that “There is never a reason for you to be without something that you desire”?

Give an example of how the “Law of Attraction” has worked for you.

What emotions are present on your current path?

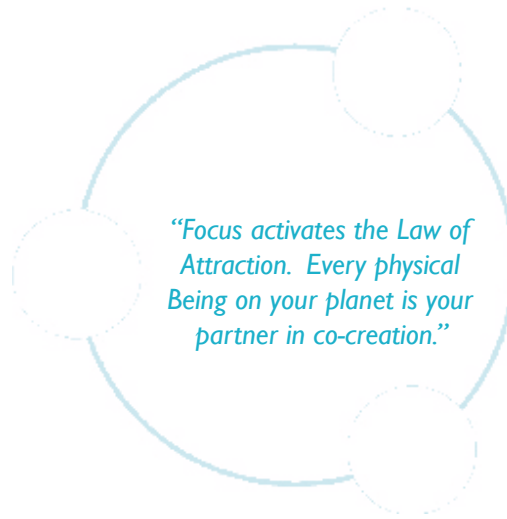
What are your current feelings telling you about your direction?

How do your emotions help you know if you are moving toward or away from your intended goal or desire?

“Once you understand the clarity that your emotions provide, you will never again not know what you are doing with your current thought.” How can you apply this in your life?



**“You live in an  
expanding Universe.”**



**“You are an  
expanding Being.”**



## *Chapter 15* You Are a Perfect Yet Expanding Being, In a Perfect...

If we in Unity believe that we are a perfect children of God, then we should be in alignment with this chapter title statement? Why?

Does the idea that our desires are always expanding and are limitless fit for you? How are you expanding?

Pick one statement from pages 77 – 79, and think about what it means to you, with examples from your life.



## *Chapter 16 You are Co-creating Within a Magnificently Diverse Universe*

Are you often unclear about what you want, but more clear about what you do NOT want, or are you generally more clear about what you DO want?

Do you relate to the example of simply dismissing the items in the kitchen not needed for your particular recipe? You do not judge or condemn those unused ingredients; you simply do not incorporate them into the recipe.

Imagine your joy, bring to mind all the ingredients. Now, put them to paper. Use them to center yourself.

Abraham says “This is an expanding Universe, and all things must be allowed.” What does that mean to you?

What do we have to do to “enjoy the journey”?



## *Chapter 17* Where Are You, and Where Do You Want to Be

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Would you feel selfish if you put your own happiness as your number one priority?

If your happiness does not depend on what others do, does this fit with the slogan “Live and Let Live”?

If giving your attention to something you desire, or something you do NOT desire, is including that in your vibration, how does this fit with our ability to make judgments and decisions?

Where are you in relationship to where you want to be?

Why is your happiness the greatest gift that you can give another?

Has this been true for you?

What does your happiness depend on?



“You cannot instantly jump to a thought that has a vibrational frequency very different from the thoughts you are usually thinking.”

“You **can** gradually change your vibrational frequencies.”

**“The greatest gift to give  
is your happiness.”**

*“Your happiness does not  
depend on what others do.”*



## *Chapter 18* You Can Gradually Change Your Vibrational Frequency

How do you feel right now? How do you want to feel? What is the next allowing thought which will get you closer to how you want to feel?

According to Abraham, what process can we use to change our vibrational frequencies?

What does it mean to “reach for the best-feeling thought you have access to”? Have you done this?

## *Chapter 19*

## *Only You Can Know How You Feel About You*

---

Do you ever think you have feared something so much that you have brought it to you?

How do you go about changing your belief about something so that your experience can change?

Do you ever have someone else tell you how you feel or how not to feel? What is your reaction to that?

How do you separate your desires from what others desire for you?

What happens to our experience when our belief changes? Do you have examples from your life?



*“The standard of success is **absolutely the amount of joy you feel.**”*

*“Choosing different thoughts requires focus and practice.”*

*“When you believe something,  
**it is on the way.**”*

*“No one else knows what is appropriate for you.”*





***“You make whatever you give your attention to....your Truth.”***

*“Unwanted things cannot jump into your experience uninvited.”*

*“Any feelings of insecurity and hatred are born from your disconnection with who you are.”*

***“If you are not expecting it, you are not allowing it.”***



## *Chapter 20* Trying to Hinder Another's Freedom Always Costs You...

What does it mean when Abraham says, "You must be selfish enough to align with Well-Being"? Has this been true in your life?

"Appreciation and self-love are the most important aspects you could ever nurture." When you consider that thought, do you feel a little guilty or self-indulgent?

Does the idea of "the pie expanding in proportion to the vibrational request of all of you" fit for you, or is that a little over-indulgent?

Identify several predominant thoughts in your life and how you feel when they come to your attention. What are you attracting?

Abraham says, "But if you are predominantly focused on the results of your focused thoughts rather than feeling your way within the thoughts, it is easy to lose your way." How do you feel your way to your thoughts?

Abraham says, "... freedom from the fear of unwanted experiences will never be achieved by trying to control the behavior or desires of others." Have you had an experience like this?

How does appreciation help you manifest your desires?

## *Chapter 21*     You Are Only 17 Seconds Away from 68 Seconds...

Focusing for 17 seconds, then maintaining it for 68 seconds sounds very quick and easy. But in today's work of instant and multi-tasking most of the time, do you think this is easier said than done? Give examples of how the 17 second and the 68 second focusing has worked in your Well-Being.

How does a thought become a dominant thought?

What does Abraham say about uncontrolled thoughts? What is your experience with uncontrolled thoughts?





“You get what you think about,  
whether you want it or not.”

*“Your emotions are indicators of  
your vibrational frequency.”*

“Once you feel in control,  
*you will enjoy it all.*”



## *Chapter 22* The Different Degrees of Your Emotional Guidance Scale

Do you ever have trouble with anger such as fear of anger, anger turning to rage, etc? Do you view anger as “bad”?

What are the thoughts which make you feel better? How often do you allow these thoughts to enter? Identify your times of “good” anger. Where is this anger taking you?

What is the role of anger when we are trying to align with Source Energy? How has anger affected your ability to feel connected to source Energy?

What are your emotions telling you about your vibrational frequency?

According to Abraham, what do you know when your alignment with Source Energy is absolute?

Which emotions are most strongly associated with allowing Source Energy? Which emotions are most strongly associated with resistance to Source Energy?



*“Ask, and it shall be given to you; seek, and you shall find;  
knock, and it shall be opened unto you.” -Matthew 7:7*



# Emotional Guidance Scale

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Use this emotional scale as a guide to figuring out your present emotional states and how to get out of them. Any time that you are thinking thoughts that cause you to know your true nature, you are in absolute alignment with who you really are, for this is the state of absolute alignment. And the way those thoughts *feel* is the ultimate emotion of connection.

Imagine a gauge or scale with gradations or degrees, which indicate the position of the (fullest) allowance of your connection with your Source Energy all the way to your (emptiest) most resistant disallowance of your alignment with your Source Energy.

1. Joy/Knowledge/Empowerment/Freedom/Love/Appreciation
2. Passion
3. Enthusiasm/Eagerness/Happiness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience
11. Being Overwhelmed
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealousy
21. Insecurity/Guilt/Unworthiness
22. Fear/Grief/Depression/Despair/Powerlessness



# MAYHEM TO MIRACLES

THE DIVINE POWER OF HOPE

Mayhem births Miracles, as heaven's rains birth flowers. Recognize and embrace your miracles with this special 2021 Influencer message, followed by a booksigning for Kathleen's latest book on this topic.

**Sunday, October 31**  
11:30 EST LIVESTREAM + IN-PERSON



**Kathleen O'Keefe Kanavos**  
*Author, Speaker, Dream Expert, Coach, Radio & TV Host*

# Notes



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A series of horizontal dotted lines spanning the width of the page, providing a template for handwriting practice.

## Sunday, September 12 — Week #1

Chapters 1, 2 & 3 | COLOR: RED

## Sunday, September 19 — Week #2

Chapters 4, 5 & 6 | COLOR: ORANGE

## Sunday, September 26 — Week #3

Chapters 7, 8 & 9 | COLOR: YELLOW

## Sunday, October 3 — Week #4

Chapters 10, 11 & 12 | COLOR: GREEN

## Sunday, October 10 — Week #5

Chapters 13, 14 & 15 | COLOR: BLUE

## Sunday, October 17 — Week #6

Chapters 16, 17 & 18 | COLOR: PURPLE

## Sunday, October 24 — Week #7

Chapters 19, 20, 21 & 22 | COLOR: WHITE

**FRIDAY**  
**October 29**

**6pm** LaGattuta Hall &  
Sanctuary turned Ball Room

Tickets: \$20 each / 2 for \$35

Spirit Expressing  
**Banquet &  
Costume Ball**

*Come as Who You Long to Be  
(Ask and It is Given)*