

Guided Meditations

Excerpted from the book, Getting into the Vortex User-Guide

It is nice to have an opportunity to visit about the subject of this recording, for it has been created especially to help you in the following way: When you are in a state of *allowing*, which means you have quieted your mind – or focused your mind in such a way that there is an absence, or a decreasing, of resistant thought your Vibration naturally rises.

Now, what that means is, you are coming closer and closer to Vibrational alignment with *who-you-really-are*, to the frequency of your Source, and to the frequency of your *Inner Being* – and under those Vibrational alignment conditions, you must thrive. And so, this recording has been devised with the intent that you might set aside 15 minutes each day where – as you simply listen and relax and breathe – you will naturally come into a different Vibrational state.

So you will be, so to speak, training your Vibration *away* from patterns of resistance and *toward* patterns of allowing, which will make it, over time, just natural for you to find those better-feeling thoughts. When you find better-feeling thoughts and when you release resistance, your natural Vibration rises; and when your natural Vibration rises, you will have achieved a different and improved point of attraction. And so now, that different point of attraction brings you better-feeling things to observe – and your life just gets better and better.

Our recording is called , and what getting into the Vortex literally means is focusing your mind upon the thoughts that allow your alignment with the broader part of *who-you-really-are*. And *who-you-really-are*, from our perspective, is already *in* the Vortex.

Whenever you know what you *do not* want, there is an equivalent awareness of what you *do* want, an awareness (at some level) sometimes not even conscious to you – an awareness that radiates from you, like a rocket of desire, into what we are calling a *Vortex of Creation: Your Vortex of Creation*. So as that desire, which you have carved out of the life that you are living, moves forward Vibrationally into this Vibrational place that we are calling a *Vortex of Creation, the Law of Attraction (the essence of that which is like unto itself, is drawn) then draws all cooperative components to it.*

Anytime you are feeling negative emotion – or anytime your experience is diminished in any way – it is only because you, in your physical form, because of your physical thought, are not Vibrationally up to speed with this expanded version of you. Our meditation recording is designed to assist you in getting up to speed with *you* and to help you be consistently a Vibrational Match to that furthestmost expanded part of you. When you find a way to stop resisting *who-you-have-become* – you are in the Vortex, and you are in a state of thriving.

Everything that we teach really is about helping you move in the direction of what feels better, but our recording has been specifically created in order to assist you in understanding this very important thing: *Anytime you try hard – from your position of need or pain or concern or worry or anger or hurt, from outside the Vortex – there is a very strong probability that your attempt, your effort, your struggle, your work...is completely counter-productive, because it just amplifies the outside-the-Vortex pattern that you already have going.*

If you can find a way of focusing differently so that you find yourself inside the Vortex, in alignment with who-you-really-are, and then, from inside the Vortex, you do 100 percent of your affirming, it is a shortcut that we think is really worth considering. And that is what this meditations recording is really all about. It is a faster way for you to release resistance, some of it that you have been carrying around for most of your life. It is a faster way of using the leverage of the energy that creates worlds to help you to get from where you

are to the improved state of being that you prefer.

As you move forward with the different segments of the recording, you will find them to be beneficial no matter where you begin. Our encouragement is that you begin, on your first listening, with the segment entitled "Meditation: General Well-Being"; and then progress, as the CD has been laid out for you, into the segment on "Financial Abundance," then to the segment on "Physical Well-Being," and then to the segment on "Relationships."

If you will listen to the recordings in that order for the first week – and then, in the subsequent weeks, just choose any part that you feel inspired to – it is our absolute expectation that the Vibrational patterns that you have developed will gradually begin to shift, and your point of attraction will improve.

There is nothing of greater advantage to you – or that links you more powerfully with the Source from which you have come – than that of your breathing.

As you listen to the recording in an attitude of gentle ease – and as you make some small effort to breathe as the music guides you – your physical body will benefit. And as you do it consistently (every day for a week or so) at least for that time that you are listening to the recording, you will enter your Vortex. And it is also our powerful knowing that once you are inside your Vortex – in utter alignment with *who-you-really-are* while you are hearing the powerful words that we are speaking gently in your ear – you will tune yourself completely to the frequency of your Source. And under those conditions, from *inside* your Vortex of Creation, you will not only align with the power of your Being, with the clarity of your intentions, with the purpose of your existence, and with the worthiness of that which is you, but all things that you have been asking for will now be *allowed* to show themselves to you. And so, this will be an exercise of great fun.

Consistency is of value. If you will sit for 15 minutes every day once you are under way with this – wearing comfortable clothing, sitting in a comfortable space, closing your eyes, and focusing on your breathing as you hear the words of empowerment – you will return to who-you-are.

There is great love here for you. And, as always, we remain – in the Vortex.
~ Abraham

[Click to read an excerpt from Getting Into the Vortex: Guided Meditations](#)

[Click to read a review of Getting Into the Vortex and to watch a video of Jerry and Esther introducing the book and CD](#)

[Click to listen to the guided meditations on general well-being, financial abundance, physical well-being and relationships](#)

[Click to purchase Getting Into the Vortex: Guided Meditations CD and User Guide](#)

Click to learn about [Esther](#), [Jerry](#) and [Abraham Hicks](#)

