

ABRAHAM —DALLAS, TX

May 8, 2010

When a desire launches, often you stand in a place of discomfort because you don't know "how." It doesn't feel good when desire is surrounded with belief and expectations and doubt. Observation is "what is." It is the vortex vibrational reality that precedes manifestation.

Become a conscious vibrational being. Give attention to vibrational version. Feel your way into alignment. Celebrate your idea before it is manifested. Look forward to where you are going.

Evolution is requesting things to be a little better. When you have a desire, the God part of you becomes the desire. You are the creator of you. You know what you don't want → you know what you DO want → the God part of you becomes the equivalent of your request. The question is: Are you a cooperative component or are you in justification and resisting your own alignment with your own creation? Create an environment of: "Wouldn't it be nice if"

Things happen as you expect them to be. People train you into vibrational patterns. Law of Attraction (LOA) treats you the way you vibrate. Train yourself into vibrational alignment of who you really are! You have created a version that is not your vortex of creation. Create a version in your mind of a vibrational reality. When you focus on a reality that defies that version you have negative emotion. Create a vibrational match to your version.

Your lover leaves → you are sad → in the moment of your discomfort you are not living up to the vision in your vortex. How do you

reconcile? Discord → feeling of out of control - not living up to the version in your vortex. Look at it differently. Get past the shock and into the solution. Every aspect of life has a version in your mind; if it does not meet expectation, there is discord. **CONTRAST EXISTS FOR JOYOUS EXPANSION!** Let go of the manifestation part and take the emotional journey. Find the vibrational attitude in order to stop the resistance. Find the vibration first → the emotional journey. Feel elation, not resistance. Feel your way into the vortex with positive expectation without manifestation. When doubt meets desire there is discord. When hope meets desire it borders on the vortex. You are extension of Source energy. You choose how you feel, LOA meets that feeling and that equals manifestation.

Listen to the rhythm of your **WORDS**. Attitudinal adjustment. Your mood is everything → your ability to **ALLOW** the manifestation of what is in your vortex. When you have conscious awareness of the **Laws of the Universe**, you can use them to your advantage. Art of allowing is about releasing resistance. Teach yourself the vibration of what you want.

(1) First person in hot seat has a problem with commitment.

When you want things that you don't have patterns of resistance, they come easily. Joy is in the journey. Present tense is in the vortex. Accept the **REALITY** of the vibrational reality. Get into the vortex and do your thinking. Outside the vortex **AFFIRMATIONS** are not helpful. This is an inclusion based universe. You get what you say **YES** or **NO** to. When you affirm from your place of **NON-resistance**, it feels wonderful. You practice being in the vortex and make it your **CHRONIC** vibration. **AFFIRM** from in the vortex. When you feel like you are in the vortex, **MILK** the feeling. What is the magic? Using the moment to hold the feeling to practice the vortex, so that when you

are out of the vortex, you can get back in easily. Get in the vortex — whatever you are doing and love the feeling of appreciation, joy, expansion, well being — practice the feeling from inside the vortex.

In the vortex, think about what you want, plan for it, FEEL GOOD → the vortex delivers. We have only one story — go into the vortex and care about how you feel. Notice you CAN do something about how you feel. You have two choices: To feel a little better or to feel a little worse.

If you go to sleep out of the vortex, you wake up out of the vortex. You can tell by the way you feel. Make a commitment to your vortex and let LOA take care of everything else.

(2) Do we create our reality or do we solicit from Infinity? You create your reality. Sharply define desire. Replay good experiences - remember the feeling. With lack of resistance you get explosive manifestation. Emotion is not contingent on reality. If it is contingent on Vibrational Reality, then you are soaring all the time.

Talk about what is in your vortex rather than "what is." Who you really are is who you are when your heart is singing. Convince yourself of your power of clarity, worthiness. Stop worrying, stop complaining; that takes training. You cannot look back and forward at the same time. Current reality is looking back. We are not meant to stand still. What is next? I want what I want! Hooked on the feeling of vitality, clarity, love and well being. Every emotion you feel is an OPINION indicator. Nobody will feel about something like you do because it's your creation. How YOU feel about it matters the most. You can be your own stumbling block. While a problem is coming into focus, a solution is coming into focus at the same time. Expansion is occurring

and there never was a problem. Something going wrong makes something go right. Then you can focus on the solution. Lean toward the solution. Accept the responsibility of creating your own reality — care about how you feel. Offer the clarity through an example of what you are living. Deliberate creating is joyful. Your vibrational reality is REAL and you can tell your proximity by the way you feel.

(3) Divorce attorney

Have you ever had actual blows with another person? Once it comes to that, it is not pretty. Just before it comes to blows, you have the option of pulling back. Imagine for a moment that you pull back your words instead of your fist. Imagine pulling your thoughts back → practice vibration! Everything you think about becomes a pattern. Opposing views → created a version of themselves that is not being met → blaming, resentment. You cannot push against the other person. You are not really mad at him; he helped you create a new and improved version of yourself; you just are not living up to it. Neither would be who they are if it were not for the other person. **Most people do not get married in the vortex.** Law based fact: You get what you expect. You both think you are right. The less resistance you have, the more you are going to come away with. Win/win is the only alignment with your inner being. When you are in the vortex, the energy that creates worlds is at your back.

(4) Man who is allergic to fish, eggs, etc.

It doesn't matter when it got started. If it isn't pleasing you now, put in a request...immediately answered; feel you way into vibrational alignment. Allergies are about your association with something that causes you to put up resistance. Something going on at the introduction of those foods.

Mind, negative emotion, stronger, chronic → manifestation. Evidence of resistance. Pay attention to how you feel relative to the subject. In the manifestation is information.

Inside the vortex response to life; outside the vortex response to life. What you are observing teaches you a vibrational pattern. Vibrational patterns that carry forward; cells develop those patterns too.

(4). Woman just divorced .

Develop a vocabulary to go forward; let go of resistance.

Relationships: in your mind's eye you have a version of what a relationship should be. You continue to create a version in your mind; you are every day creating a new and improved version; then you get out of shape when the other person doesn't live up to YOUR version. Orient YOURSELF into the version you created. Only YOU can live up to it. When we say "you are a creator" - what are you the creator of? You have "WHAT IS" it.

Make PEACE with it. When you contemplate the version from out of the vortex, blame is a natural emotion. In the vortex, you are in the vibrational version of what you have carved out. Make a list of positive aspects of your husband; what have you been striving for in all that you have lived? Realize the expansion they have helped you to achieve!

(5) Woman wants to get to a balanced place in her life. Wants more but can't imagine it.

The picture in the vortex is all that matters. Reality is vibrational interpretation. You may think vibrational reality is "Abs imaginary friend"; however, it is REAL. Vortex of creation; at fi`r1st you feel your way in; teach yourself the vibrational feelings. Train yourself into a frequency that lets you see what is in the vortex. When you look for

REASONS to feel good you are free, clear minded and the entire Universe assists you around every turn.

(6) Jerry: Can we create larger than our imagination? The "IS" just held every piece and put it all together for you to come into alignment. "The rising tide raises all ships." (Does not raise the rocks). ASK - that is the creation point. Feel the fullness of it's done! Set receiver on the frequency of what is there-GET HAPPY!

Their new house began with Desire; piece by piece it came together. They could feel it. Their waiting was a readiness to receive. Alignment to well-being of the moment. It was your vortex you were feeling in advance (the desire); you followed your vortex there.

(7) Fitness trainer wants clients to be motivated like he is. Hold a vision of them as you know they can be. Motivation is telling them what they "should" or "need" to do; inspiration is helping them find their vision of what they want to do. How to inspire them? You have to be in the vortex before you show up. Spend time visioning them as you want them to be —joyfully in the moment, believing in themselves.

Get your thoughts and words lined up with your Source. For example, say: "You know why I enjoy working with you? Because I know how enthusiastic you are to learn. I am going to hold a vision of your potential until you believe it like I believe it." Work on seeing them as you want them to be. Believe in their ability to achieve. It is about inspiration and alignment. Also, envision class two or three days ahead of them. Imagine conveying to them in the face of their doubt your belief in them.

(8) Woman has gift of seeing discarnate energies. She feels under attack - claustrophobic.

You have to be on the wave length to tap into their vibration. Tune herself to a higher frequency. You are able to translate vibration. Tune yourself to a frequency that feels good to you. You can't push against. Acknowledge where you are and put the entities on notice that you are changing your vibration. Remember moments that felt wonderful and try to remember them as much as possible. Nothing has the power to assert into your experience. What is happening is a vibrational match to where you are today. Get yourself out of their range.

(9) Man wants to understand the analogy of "the vortex" better. You are the fuel of the expansion in the vortex. You get what you think about whether you want it or not. Your emotions let you know which direction you are focused . In the vortex, you are INSPIRED to act.