

ABRAHAM TAHITI CRUISE

Notes taken May 4-8, 2009

Barbara Patton

INTRODUCTION

What is the VORTEX? A state of Being you were born from. A vibrational state of being. The vortex assembles all cooperative components. It is done! It is a vibrational state of being where you ALLOW. A vibrational state of being you must achieve before you can control the manifestation of your experience. When you are moving in the direction of something you want to achieve and FEEL GOOD! What you have become is the result of your contrasting experiences. Contrast is a good clarifier!

Learn to manage your relationship with your vortex. You know if you are in the vortex by the way you feel: frisky, love, appreciation, sensation of well being. When you "hope" you are lurking on the edge. With the attitude of hope, your vortex will sweep you in. YOU ARE LOVE! Learn to manage your relationship with WHO YOU ARE! Close the gap of who you really are and what life has caused you to be! You came as genius creators to explore contrast. Remember how you want to feel!

HOT SEATS:

1. Anything that feels a LITTLE better is a step in the right direction. Be intentional about your vibrational countenance. Most people don't know they are offering a vibration. Once you spend deliberate time feeling good, your dominant vibration is a vibration inside the vortex.

In order to have a meaningful experience in a room full of out-of-vortex people, you have to adjust your vibration. Don't let that happen just to have a conversation.

How can you shore up your optimism? Think of things that are working well. You cast your votes vibrationally constantly. You teach by the clarity of your example.

2. Person had a nervous breakdown. She found alignment then lost it. Awful feeling of fear out of the vortex.

She has the ability to find control of her vibration, but she doubts it. Most important: YOU have control of whether you are in or out of the vortex. Inside the vortex you will have no fear. There are so many things you can't control, but you CAN control your relationship with the vortex. All you have to do is direct your own thoughts, and then you can control your world. Because controlling your thoughts controls the way you feel. Bless the emotion that makes you feel free. Anytime you step out of the vortex, you are going to feel negative emotion. Isn't that wonderful? Your emotions are indicating where you are. Your guidance system is working! You are feeling your discord as you analyze what others are doing. Appreciate the Step Oneness (the contrast that causes you to ask) of them.

Instead of saying "A non-Profit" organization, say: "**An incredibly satisfying energy of my life.**" See yourself as a catalyst of upliftment. Teach self-empowerment. The only way you can deal with it vibrationally is to control with the power of your FOCUS from inside the vortex.

3. Regarding co-creation. Your state of vibration is what allows the Universe to respond. Sometimes things that look like they are going to work out don't. Unless opportunity is a cooperative component, it won't come together. Something better is in store. "Things always work out for me eventually."

4. Person enjoys the contrast, enjoys knowing there is expansion, free to decide.... "I love knowing....all factors coming together for more prosperity and abundance." "It did get a little boring in the vortex!" (Abraham said this after the person went on and on about how great his life was!) Vortex⇒ focus⇒ stabilize⇒ evaluate other subjects⇒ as you introduce other aspects of your life to the vortex (one aspect may spit you out),meditate, state of appreciation, no resistance.

5. Awakening. A nonresistant moment in physical form is the great awakening. Fear is looking at the opposite of who you are. The leading edge is where you keep reaching for more and coming into alignment.

6. Twenty-four year old son was defiant, had substance abuse issues. Now sober but has mind of 14 year old. He wants financial assistance. How does the father stay true to himself?

Have to find love for yourself and your son. Nothing is as it seems. His apology is out of vortex. I don't want you to be sorry. I want you to know who you are. You are none of my business. Reintroduce that self to your son. See your son through the eyes of Source.

SECOND DAY

7. What is the name of my inner being or my guide and how do I find out who I am? When Esther started meditating, she focused on her breathing; no resistance; She felt the wholeness of herself. Consistently sitting with the deliberate intention of releasing resistance. She increased her experience of satisfaction of life. Everything kept getting better and better. It is natural to be in alignment with who you are: joy, expectancy, expansion. A name will occur to you. The answer is inside the vortex.

It is in your allowing that you achieve. Feel good, frisky, glad to be alive, interested, clear-minded, fullness of who you are (inside the vortex). Remember that moment of time. **"Don't make me come out of the vortex!"** If you want to help this planet, you get into the vortex, then you don't see anything wrong. Remain in your alignment state. Bring another into the vortex for a glimpse of what it is like. Then you shine your light on them! **Giving your attention to their plight and struggle puts you OUT of the vortex.**

8. Vortex is full of escrow. What are your day-to-moment thoughts in regard to what you want? Thoughts you are thinking and what you know equal the same frequency. When you are in the vortex the whole of you is there. What is being activated or introduced while you are in the vortex? Patterns of thought ⇒ train yourself on thoughts of every subject ⇒ retrain your vibration. Train yourself into positive expectation on some subjects (you have confidence); on some subjects you feel insecure. Do the focus wheel to shift vibration. It takes 68 seconds to get into the vortex.

Your vibration is what you observe and it doesn't match what you want. It is worth the effort to get into the vortex. In the vortex is you in creation; it is you in clarity; it is your life; your state of being; it's what you are creating! Most of the world does not understand the vibratory cause of results.

9. It's not your lover leaving that makes you feel bad. It is your attention to it that puts you out of the vortex.

Person said she only wants to do more of the fun things to make more money. However, not enough money comes when she does fun things. She had the "starving artist syndrome." Own your vibration--recognize how you feel so you can know how you feel when you improve. Say to yourself: "I love knowing..... I know there is an abundance of financial fulfillment regarding exhilarating fun things to do. I know that!" Find the words to give clarity. When you hear the words you move a little bit. Softly get on the focus wheel. There are plenty of people doing things and having fun. The whole point is to soothe you! What do you know that confirms your knowledge that there are fun-filled ways to make money? Find the evidence in your life of doing fun things and making money. "I know for sure people who work relatively easily and still earn SO MUCH!" You talk yourself on to the focus wheel. It's like giving someone a pep talk! When you get in the vortex, inspiration comes. Vibration shifts. You joined who you really are on this subject and you can't go back.

10. Person has an opportunity to write a book. When he starts to write it gets boring. Abraham told him to write two versions of the book. The first one would have footnotes; book 2 would be the fun-filled version. When you see your audience in the vortex, you will fill the exhilaration. The writing will flow. Write the book you want to write and let the Law of Attraction bring them to you. Stay true to your message and the audience finds their message.

Everything that comes to you or doesn't come to you is about what is going on in your vibration. You want something but you don't believe you can have it. Find the words that soothe you. Write "I know....."

11. Person's first son is an amazing being; however, he is defiant. Abraham said "Is anyone ever defiant unless they have something to defy? It is just a reclaiming of their own power." The son seems to have been born with a feeling of insecurity. Abraham told him to focus inside the vortex. Find a premise of appreciation inside the vortex. Regain understanding of who he is.

It's your fear base. "I see you; you see me; sometimes I am outside the vortex ⇒ you don't look too good! Sometimes I am inside the vortex ⇒ you look beautiful." Beauty is in the beholding. There is a whole misbehaving world out there who is not contributing to your being in the vortex. **You can't focus on something that bothers you and feel good.** In the vortex you come into alignment with what you want. The vortex is a vibrational state of being where all cooperative components are assembled. Everything you want is already assembled.

See your son as the powerful being that he is. When you are in the vortex, you get all the good stuff. You put the stuff in when you were out of the vortex!

12. The parent is the most singular activator of negative influences. Child wanted to know why someone was homeless and why people get sick. Abraham said you would have to talk to the homeless person to really know. About sickness: Esther said their next book should be "Think and get sick." You get sick by **harboring** thoughts that weigh on you. Resistance ☹️→worried about this and that. Causes friction.

13. How do we no when a person is in their vortex? It's not your business! Can someone who is sick be in the vortex? A person who is sick who gets in the vortex cannot maintain sickness. When you find the vibrational (emotional) root, you are on to something. What side affects are -- the medicine cures- - side affects are resistance coming out in another way.

Financial imbalance: spending more than coming in. Overwhelmed - committing myself to more than my alignment allows. Any imbalance feels off. Get in the vortex.

Esther said she is going to think more clearly about what she says. Example, she inadvertently used the expression: "bit in the butt." When she sat down on a commode seat, it had a crack in it and she literally was bit in the butt!

THIRD SESSION: INTRODUCTION

Savor the good times; feel so great, so stable, so worthy, so whole! Standing in the whole of who you are. Know your worthiness so that when you are in resistance you know your Step One worthiness. (Asking is Step One)

14. Dealing with the vortex: Focusing is who you are. You are a creative, focusing mechanism. You came forth to explore contrast in order to feel expansion. The best of life is releasing the resistance. Relax into understanding that you will always be reaching. Step 1 is my reason for being here: ASKING; Step 2, it is GIVEN; Step 3 ALLOW. In meditation if you focus resistance away (breathing, etc), you experience the emotional sensation of letting go of resistance.

It is **the vibratory journey** to the end result that is the reason for life.

Without expansion there is nothing to reach for and without something to reach for, there is nothing. Reach and find; reach and find →all options will open to you →finding the best feeling thought about what you want!

15. Power of thought or intuition. Person wanted to know if she created a situation or did she sense it. Abraham: Very little difference in the two. One criteria is "Is this something I want to participate in?" How aligned am I with my vortex? Or Am I letting what is going on around me determine my vibration? You always get what is active in your vibration. The more she talks about something the quicker it manifests. Everything matches what you are getting. Universal response to an attitude. There is a temptation to let what you observe set your vibration. Accept 100% for your creation. Then tune yourself to the parts that feel best to you. The life you live at any point in time in this vortex is a magnificent place.

The more deliberately you control your thoughts the more deliberately you create. Creation is a series of rendezvous with life's vibration. You can't know what you DO WANT without knowing what you DON'T want. The fun of life is loving life and seeing how it turns out. If the essence of your thought is doom and gloom it becomes a prophesy. Whatever you have going on is magnified by your attention to it. "The rich get richer etc." You can tune into ANY frequency.

Know well-being is becoming MORE not less. Things always work out for you; the Universe is working for you. Tweak-- find the better thought.

16. Man had a boxer with hives. Beast will choose freedom every time. Best thing you can do is be in the vortex before you interact with your animal.

17. The economy increases, then declines. Woman knows all is well; however, it is hard to find words and feelings to get there. Abraham said she had a flawed premise. 1. Asking 2. Law of Attraction answers. 3. Allow. When you think about creating, what is the most important step in expansion? Asking. Stronger asking during a down turn. More putting into vortex. When you observe conditions you may feel negative emotion, discouraged. People do not understand about vibration or vortex; what is coming! Law of Attraction is responding. What could be a better plan? Those with understanding do look to the vortex; they are the ones who will be thriving! Your discouragement is about opposing what is in their vibrational reality. Improvement happens slowly when you hold yourself in "what is." Many people feel better when they are looking optimistically.

When you say "it's hard" it is just a decision, but when you say "it's hard" you don't try. The joy and fun and success of your life is to learn to navigate the waters. Manage your energy. The creation you are working on is a creation of a state of being of alignment. You can't listen to two radio stations at one time (the opposing view and the optimistic viewpoint). Look at what you WANT more than what you have!

18. It is easier to live positive emotion rather than negative. You are a focuser of thought. How you feel is the creation. Focus on the positive aspects of where you stand only. Appreciate the fact of where you are now. This is the basis of launching more. You can focus where you are. Can you hear the ADVERTISEMENT you are sending to the cosmos? A refocusing in a place of appreciation will cause you to release resistance. Be who you really are. These processes are your reason for being. For the exhilarating experience of living and aligning. About the thriving of their body and the excellence of vitality. It's about achieving alignment.

19. Do you want your lover or do you want the way you feel with your lover? Find a way of feeling good without your lover. Focus for the feeling of focusing, not for the ulterior motive. You are the creator of wonderful beingness.

Expand into your Vortex. That is where the manifestation is. The vortex is a feeling place; a vibration of Being.

Man has a vibrational blind spot: when he notices a "blemish" it puts him out of the vortex. He has an active vibration that creates its own vortex. Abraham said he can determine to see the situation through broader eyes. You come into awareness that you have an active vibration that doesn't serve you. YEA! Step into something that sweeps you away. The stronger the negative emotion, the better your indicator. "Why is it the one thing that sucks me out of well being?" Everything you fuss and worry about is ridiculous! You are focused away from who you really are. "Bogus thought" looks in opposition of who you are.

The uninhibited experience of pure desire being fulfilled (nonresistance). That is who you are and what you have come to be. That is reality from the non-physical perspective.

20. One who is connected to the stream is more powerful than a thousand who are not. A woman felt she was not in alignment with those around her! Abraham said this is a focusing thing. She is choosing an aspect of them that takes her out of harmony with who she is. She thinks others need to be different or she needs to find others who are in alignment! Abraham said she is a lazy focuser. It is easier to find what you don't want. How you feel depends on where you are focused! It is about the "looking" not about "the looked at." There are aspects of them that are in alignment with you. Source knows the perfection in the Step 1 contrast moment. Love the contrast. Without a question there can be no answer. When you love the contrast, the opportunity is expansion; then you feel the potential to expand.

21. We are both physical and non-physical. The larger part is in non-physical. What life at its best is is being consciously aware of the two vibrational aspects of who you are. Merging is powerful. When you feel lonely you are not merging. If you are feeling emotion, there is an active belief. (Could be a bogus thought). Redirecting of attention lifts sadness. There is so much that is fabulous in the now where your power is. The powerful NOW--this is where all your power is. How are you managing your merging? The vibration of the problem and the vibration of the solution are two different vibrations. Look at the positive aspects right where you are. You will find the vibration of the solution. Vibrational **reality** of the vortex. Get in the vortex and look and appreciate. That is where the **POWER OF ALL THAT IS** is. Do your work inside the vortex.

Being "grateful" is about the past. It is better to feel appreciation when you are in the vortex. Can you be in the vortex and focus on a problem? From inside the vortex, you begin to see from the eyes of Source. Source does not see contrast as unpleasant.

Friday, last day

22. Man said he enjoys striving! Abraham said he came for expansion. Striving from a place of knowing the laws of the Universe is extra powerful.

23. Woman said she has been tapping into a source that is trying to help her cure cancer. Abraham said the cure is understanding the vibrational cause. There is no cure outside vibrational empowerment. She has many that she is in conflict with → wanting and not having. Soothe them where they are. Deactivate the vibration that is causing angst. Combination of soothing and empowering.

24. Man said he needed help understanding why he can handle the bigger things but the little things really bug him. Crises causes focus (something big); your focus is a habit. Give attention to PATTERN of thoughts. Where the predominant thought is. Jerry says: "All right that is it". Accept negative emotion as a friendly reminder (something that you can't control). Compliment yourself on any negative emotion. Say: "**This is something I don't prefer and it is all right!**" Give yourself permission to want something because you don't believe you can control it. The only thing you CAN control is the direction of your thoughts. Better feeling thoughts will cause you to control your environment.

Pre-paving: Imagine in advance how lovely something is going to be. It's going to be fun in this way and this way. The DIRECTION of your thoughts have power.

There is a big thing at the basis of the nit picking thing. You will have a freedom beyond your imagination when you give up trying to control the uncontrollable.

25. Woman trying to ignore the contrast. Focus on a certain subject takes you out of the vortex. Think about things that work; get back in the vortex. You feel frisky; turn your attention to the subject up close. Now you feel you are losing connection and out you go. State of being → feeling whole and clear. That is in the vortex.

26. Woman has a twin sister who she feels is one entity with her. In your love for your sister, you are reaching for your alignment with Source. You don't miss that person (when her sister is not with her), you are missing the way you felt with the person. What you feel is this alignment with the higher part of yourself. Say to the person: "You are a catalyst to my connection, but it is the connection that is the main intention." Connect with Source then love the person.

Your wholeness and completeness have nothing to do with her (the sister). Make your relationship with your vortex your primary intention or desire them you are empowered. If your being in the vortex depends on another person, then you are NOT free! The Source within you is what you are striving to connect with and not your sister. Misunderstanding of who you really are is looking for love in all the wrong places.

27. Man has a "feathered nest". The experience has changed you vibrationally. What comes next is more. Expansive experiences take you to a higher place. Some of you, it was just the next logical step. Your creation is YOU in this experience. What is your favorite part? Feeling of well being and exhilaration! This is a vibrational change. You have moved to a new standard. Where do we go from here? You can maintain the beingness you came to - - the experience. You have a new found standard. Know this: "I am a powerful creator and I can reach into new places." You stand eternally in a new place.

28. What is the Zulu bear to Abraham? Everything that is inspired through you in inspired through asking. You are the creator of YOU. Deliberate creation is managing your relationship with your vortex by being aware of how you feel. Demand of yourself your observation of reality from inside the vortex. Loving and making peace with where you are. You can be in the vortex wherever you are then that is when you begin to see the world from the eyes of Source.

29. Leaving her children for the first time. How does she cope? Abraham: Your happiness is not dependent on another only on your alignment of who you are. Loneliness is the best description of every negative emotion - the emptying out of who you really are.

Praying inside the vortex. What is the purpose of an "inside-the-vortex prayer?" One of pure appreciation (for answered prayer). Outside-the-vortex prayer: something is lacking. Whenever you focus on anything, get inside the vortex. You are already in the place where the prayers have been answered! When you say to someone, "I will pray for you", you are really saying: "expanding to a new place."

Is resistance the only reason for unmanifested desire? Yes. Resistance is always a departure from something you have become. You just over-think this. What you have now is a focal point of desire. You cannot lose the expanded vibratory YOU!

30. What is artistic talent? Accept that you did not begin at that moment of physical birth. The consciousness that is you and the intentionality that is you did not just begin when you were born.

What is the difference between non-physical energy and physical energy? No difference in energy, but there are frequencies in vibration. Non-physical energy has no resistance. You were Source energy and a part of you came in in your body. Greater contrast causes greater expansion. Non-physical energy has become physical form (extension of Source). You are here to explore through contrast. FOCUS is the stuff that allows the thought to become manifested reality. Inside the vortex the talent is apparent. Once you have established the expectation, you must achieve it to maintain your balance.

31. Why do we cry? All emotion is a relationship thing; all energy is in motion. You are either going into or out of the vortex. When you first get into the vortex and you are getting up to speed with it, you cry with tears of JOY! The more you come into alignment, the less tearful you will be.

From inside the vortex, is the "outer peeling" relevant? NO. Then it's a non-issue. There is no difference between energies of male and female, protestant and Jewish, gay or straight etc. It is a vibrational Universe! Vibration is the foundation of everything.

Contrast that exists in VARIETY is a good thing. How could contrast be utilized in a beneficial way? And in a non-beneficial way? Avail yourself of the expansion it

offers. Convince yourself that contrast is good no matter how it feels in the moment, but turn your attention to something you want as quickly as you can. It always feels better to release resistance, and that is why we cry!

32. Moving through emotional pain. Before you answer anyone, claim your place in the vortex first.

"I am good and I love me," and you are beautiful; and contrast is good for this reason: it is an opportunity for expansion. Tune yourself to be the APPRECIATOR of who you are!