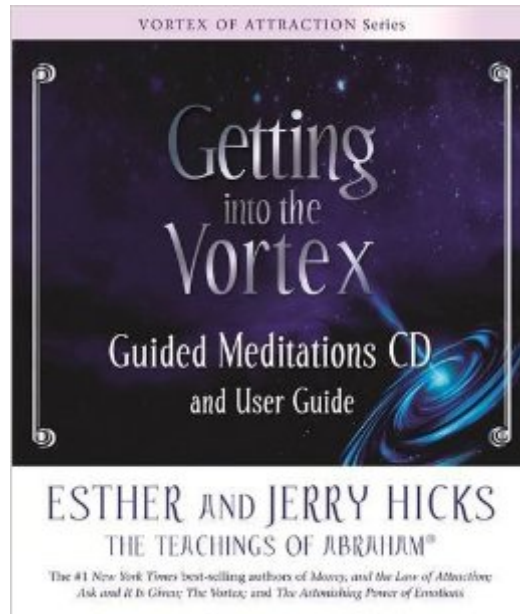


The book was found

Getting Into The Vortex: Guided Meditations CD And User Guide



Synopsis

Living a better-feeling life really comes down to one thing only: coming into alignment with the Energy of our Source. Abraham reminds us that we are truly Source Energy focused into our physical bodies, and that a conscious Connection to that Broader Non-Physical part of us is necessary if we are to be the joyful Beings that we were born to be. Abraham calls that wonderful alignment Getting into the Vortex. Through a series of Leading Edge books (New York Times bestsellers), Abraham has emphasized the importance of our conscious alignment with the Source within us. They have let us know that our natural state of Being is inside our Vortex of Creation in complete alignment with Source Energy and that every aspect of our physical experience reflects our alignment with, or resistance to, that Connection. Everything from the physical well-being of our bodies, the clarity of our minds, and the abundance we allow to flow, to the satisfaction in every relationship we experience is impacted by our all-important relationship with our Vortex. Abraham has helped us to understand that our dominant intent in every day is to get into the Vortex! And now, they have lovingly and specifically guided Jerry and Esther Hicks in the creation of an innovative and valuable tool that promises to get us into the Vortex right now. This unique recording contains four powerfully guided daily meditations that have been designed to get you into the Vortex of Creation in four basic areas of your life: General Well-Being, Financial Well-Being, Physical Well-Being, and Relationships. Jerry and Esther are thrilled to offer this powerful, first-of-its kind, musically scored, breath-enhancing, user-friendly tool from Abraham that will get you into the Vortex.

Book Information

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Customer Reviews

Esther and Jerry Hicks have done it again with an amazing meditation book and cd! This is a User-Guide that contains inspirational meditations. There are a variety of sections in the books that address inspirational messages from all areas of your life including general-well being, physical well-being, financial well-being, and relationships. I would highly suggest this book. It's such a wonderful handbook for getting into the vortex, and a meditation handbook that will give words of high-vibration and words from Abraham that provides inspiring guidance on:-Getting into the flow of money-Increasing the flow of money-Manifesting Abundance-changing your vibrational point of attraction-manifesting perfect health-manifesting general well-being-releasing resistance-how to not worry about what others think of you-how to see the best in others and attract the positive qualities in others and much more amazing inspirational wisdom on working with the vortex of attraction! The Meditation cd is incredible. Abraham's voice is so calming and soothing in this meditation. It's a meditation cd that is just amazing and calming. And Abraham provides inspirational words on getting into the vortex. It's split into 4 different meditation for getting in the vortex: 1. The Vortex of General Well-Being 2. The Vortex of Financial Well-Being (my favorite) 3. The Vortex of Physical Well-Being 4. The Vortex of Relationships Well-Being (my favorite). This cd is about 70 minutes. This is the must-have companion that you have to have if you are the ultimate Abraham fan! The energy of this book and cd is high-vibrational and is already shifting my energy! The cd is attached to the book.

I have been a meditator for 40 years. I have experimented with many different disciplines and have enjoyed consistent benefits through these practices. I have also been an ardent follower of Abraham since 1994. I totally embrace the concept that we live in an attraction based Universe and that whatever events we experience in our lives are symbols of beliefs that we hold. However, I have come to understand that many of those beliefs are so enmeshed in the bedrock of our personalities that they are effectively invisible to us in a discrete form. As such, they are difficult to identify and if they are restrictive in nature, hard to release. Abraham has addressed this problem in a most powerful, yet subtle, way. The book that comes with this CD contains all of the concepts expressed on the recording. It offers a written expansion on each of those concepts so that the reader can intellectually digest them and come to an acknowledgment of their validity. However, most of us have learned that agreeing with a concept intellectually does not necessarily incorporate that concept into the meshwork of our belief system. It remains somewhat outside of who we are. This is where the guided meditation comes in. On the CD are two processes. The first is intended to focus the mind on our breathing - a practice common to a great many meditation techniques. This

has the effect of quieting the otherwise incessant mind-chatter that distracts from connecting with our inner calm. The breathing pattern they establish is three beats of the music for breathing in and five beats for breathing out. The music changes key to signal these two phases, but it still helps to count beats if one is not to lose the sequence.

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