

Abraham-Hicks ~ The universe is responding to you, what are you responding to?

<http://youtu.be/5V9G2KV5-Rs>

What are you giving the universe to respond to? How are you feeling? What's the core feeling of you? What is active in your vibration? And you can tell from what the universe is setting you up with, from what you're rendezvousing with.

The things that are coming are not just coming in response to what you're doing just right now, because there is this residual thing that you've been doing. But you're sort of cleaning it up. Cleaning it up is by adjusting focus. By focusing on what makes feel good. By looking for reasons to feel good. Find simple things that make you feel good and focus on it. Or: the feel good despite of what is going on. De-focus, re-focus. For me that resonates with de-condition.

We are conditioned to focus on certain things in our "reality", our the direction of our focus (and the meaning we attach to what we observe) are for many of us greatly influenced or determined by our conditioning. However, when our "responding" (i.e. "focus") comes from conditioning, then the saying comes to work where is stated "when you keep doing what you done, you keep getting what you got ... when you keep focusing, giving attention to what you have been giving attention to, you keep getting more of the same ... of that of what you don't want if what you're getting, observing is what you don't want).

Let old momentum peter out by re-focusing, by directing our attention to what feels good and by knowing that manifesting is vibrational "work" in the first place (opposite to our conditioning, saying things like we need to "do" things, preferably effort, that we need to "earn" things – even worthiness)

So if conditioning determines where we focus, determines what is active in our vibration, then de-conditioning would be to consciously, by decision, deliberately change our focus, to deliberately chose what to respond to and what not to respond to. And how to respond to what we rendezvous with ... always focused on finding the best feeling place.

Caviat! This is not to be done by disregarding negative emotion! We can't fool the universe. That is why "positive thinking" and affirmations often don't work ... they differ from what is really active in one's vibration. Be honest, by real (with yourself) and see where you can go from there

Abraham-Hicks ~ Dealing with Disappointment

<http://youtu.be/QreKkHvmHu0>

So then as people, you get pretty good at attempting the impossible, you try to control the conditions, so that you can feel better. We want you to return to the knowledge that not one other person on the planet or not one other circumstance on the planet has to change at all in order for you to get in the Vortex (=align with Source, with Inner Being, True Self, with what we've become).

NB the asking is DONE! If you would let one hundred percent of your attention and emphasis (focus) for the rest of your days of your life be: "get in the Vortex"!

Nothing matters other than the way I feel. And the way I feel is dependent on the thoughts I think (on what I'm giving my attention to and how I interpret, value that, what meaning I give to it).

Our emotional guidance system tells us where we are and we can focus, train ourselves step by step up the emotional scale. That is not a one time process, that's a every day, every moment process. It is never done! Because there will always be contrast.

You have to do the work to bring yourself (step by step, gradually, from where you are to what is within reach) into the releasing of resistance and into the raising of allowance. That's what is referred to as 'the emotional journey' (moving up the emotional scale). Raising the vibration that is (most) active within us.

Interesting quote (re. conditioning ao):

"You actually believe that your unhappiness will get you where you want to be. (..) That's a flawed premise!"

Abraham-Hicks ~ Will meditation help me to connect with my Inner-Being

<http://youtu.be/hFal4IRJA0s>

Premise: we are ALWAYS connected with our Inner-Being (to some degree):

"You can NOT be disconnected from your Source energy. (..) There always is a degree of connection."

When you say "I need to quiet my mind ...

and you're thinking about those thoughts that you want to stop thinking and you're thinking them, and there thinking you (!!!)

... instead: find something to focus upon, define what you ARE going to focus on rather than what you want NOT to focus on. Chose something to focus on to think about (to engage your mind) rather than try to put your brain on pause, which is more difficult.

Connecting with Inner-Being, or closing the gap, or alignment ... think of it as tuning yourself to that dominant vibration that is YOU. You tune away from those chattering vibrations that aren't you. Re-orient your thinking. Or faster: tune yourself there by FEELING. By reaching for the feeling of alignment = a feeling of detachment, relief, elation, appreciation, love.

In a state of appreciation your mind is active, it's just active on the kind of things that who you really are is active on. It's not natural to quiet a human mind. You've trained it to be responsive! Not natural to shut it all down.

Relax and "just" (re-)focus, (re-)direct your thoughts where in you reach for the feeling place of well-being, of appreciation.

[on guidance, on "signs" from Source, or God, or ...]

When you tune in to your Source energy, it's surprising to discover that Source has not a lot of declarative statements to make. Source is not trying to get you to do something you're not doing. And that surprises a lot of you, because many have (from conditioning) superimposed their mother over this Source energy. And so, they think: "oh, I've connected with infinite intelligence, it should start bossing me around soon".

But it's not like that. When you tune in to who you really are, you tune in to confidence, you turn in to clarity. You're not tuning in to a definition to what you should or should not do! You're tuning in to this energy of clarity, you're getting yourself in to the space where things begin to occur to you.