

# HOW TO GET INTO THE VORTEX



THE UNIVERSE  
UNVEILED

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## Abraham Hicks Step-by-Step Guide

Follow these daily practices to shift into alignment and enter the Vortex:

### **Appreciation Rampage**

Start listing everything you appreciate-big or small-until you feel your vibration lift. This shifts your focus from lack to abundance.

### **Meditation**

Sit quietly for 10-15 minutes, focusing on your breath. Let go of thought and allow your natural alignment with Source to return.

### **Scripting Your Future Self**

Write about your life as if your desires have already manifested. Use vivid, emotional language to impress the subconscious mind.

### **Reach for the Next Best Feeling**

Don't force joy-just reach for a slightly better-feeling thought than the one you're having now. This builds emotional momentum.

### **Let Go of the Outcome**

Release attachment to how or when your desires will manifest. Trust the Universe's timing and process.

### **Move to Joy**

Do something that brings you joy right now-dance, laugh, create, or play. Joy is the signal that you're in the Vortex.