

Money Practice

The Art of Receiving



The Practice + Willingness to Open our Hearts, Minds + Hands to Life's Abundant Gifts...fully...unapologetically...and unabashedly...in receiving all forms of abundance (money, health, support, relationships, life's work, family, all material and non material things)

As women, we are often better givers than receivers. Sometimes, our giving and receiving energy is out of balance in our lives. Unconscious beliefs can be at play here. Hidden below the surface of our being, let us take a look at what contributes to this imbalance.

Understanding Our Receiving Blocks

See if you can relate to any of these possible reasons why we may be better “givers” than “receivers” in our lives. This is important for us to explore, because it is hard to “break through” an earning ceiling, if our nervous system won’t allow more in and our belief system pushes “more abundance” away from us unconsciously.

1. Giving can make us “feel more in control.” Our culture places “giving” in a power position, over receiving. We have all heard “it is better to give than to receive.” After being told this repeatedly, we can begin to internalize this and hold this as a truth in our body and mind.
2. Our ego can often get in the way of us fully receiving. We can feel “needy.” We can feel like we have to reciprocate and might not have the means or desire to do so.
3. Another way our ego can get in the way is to believe that asking for what we need, is a sign of weakness. That instead, not to ask and do things ourselves is a sign of strength. All of us need support, we are not an island.
4. Sometimes, we may feel “we don’t deserve” to receive and our deserving is linked to low self worth and comparison. This invites in the feeling of guilt, another way to distance ourselves from receiving. We often rationalize and tell ourselves things like, “I feel guilty to receive because I have so much more than others do.”
5. Receiving may also be unconsciously linked with negative experiences in our earlier life. For example, we may have unconscious beliefs that if the going gets good, and we get what we want, something bad is going to happen. It is almost as if our nervous system can’t fully hold the capacity for unlimited goodness.

We may connect the dots in a way that, receiving is linked to punishment, weakness, or that someone will readily take away from us, that which was just given. If this is the case, why would we want to receive in the first place?

6. Sometimes, co-dependency or enabling behaviors get in our way, when it comes to earning / receiving in more money. Instead of our focus being on what we need, which is needed in order to continue to serve up our gifts to the world...we may be focused on and project out what we think others can afford to pay us. We usually under ask for what we need (clients, raises, etc), while projecting onto others, they won't be able to afford our services or pay us what we ask for.
7. As women, we are culturally taught to place the needs of others before our own. Often, we identify as caretakers. When we chronically place the needs of others before our own, we can become disconnected from our own needs, dreams and desires. Over time, this disconnect can lead to a life of deprivation on all levels. It is a way we place ourselves in poverty.

**You can see how complex THE ACT
and ART OF RECEIVING can be.**

**There are many somatic and psychological
forces at play that can get in our way.**



Body, Mind, Spirit Effects of Chronic Under-Receiving

- don't get what we want or deserve in our lives
- earn less money and don't stand up for ourselves in the way of negotiating for more or creating a life by design
- lose touch with the desires of our hearts and soul
- resentments and anger
- live in chronic deprivation in our body, mind and soul
- robbing ourselves of joy and pleasure
- exhaustion at all levels (it is hard to give give give and never fill ourselves up)

Cognitive Exercises To Help You Become A Better Receiver

These exercises will support you in opening yourself to become a better receiver and inviting all forms of abundance fully into your life

Daily Affirmations

- I am open to receive all the gifts and blessings this day offers me
- I bless others when I receive their acts of kindness and generosity
- When I receive in fully, I fill my tank and I can then give generously to my world
- My nervous system loves to receive and feels safe in doing so
- The act of receiving is an act of pure love for myself and the one who is giving to me
- I no longer need to associate a bad outcome with “asking” or “receiving”

Bring Awareness To Everyday Ordinary Gifts You Are Given And Write Them Down

Say thank you to these gifts, allow your heart to appreciate them, so you can begin the energy exchange of receiving “in” and condition your nervous system...that it is OK to receive.

Examples of every day gifts are things like:

- a smile from another
- the beauty of a flower
- a kind word spoken to you
- a compliment
- an act of kindness, such as someone holding a door open for you

Neural Re-Programming

Neural re-programming is about re-programming the circuitry in our brain and nervous system so that having abundance around is a good feeling...comfortable...and when we get used to this...we can stop sabotaging and pushing it away.

1. One way to begin to strengthen your receiving muscle is to give yourself “cushions” of money in your checking account and savings accounts...without depleting the cushions month to month. Just allow the “cushions” to be in place and allow your nervous system to adjust to the presence of the cushions...and over time, you will grow the capacity to “have more” and “want more” if you desire.
2. Looking at your savings / investment accounts weekly...or as you begin to grow these accounts. This builds new neural networks too. So often, we are myopic in our view. We only view our debt balances or think about how much more money we need / want. Looking with eyes wide open as you grow money in your accounts, begins to shift you from a narrow vision to a wider view of your money life...and allows more to come in as well energetically speaking.

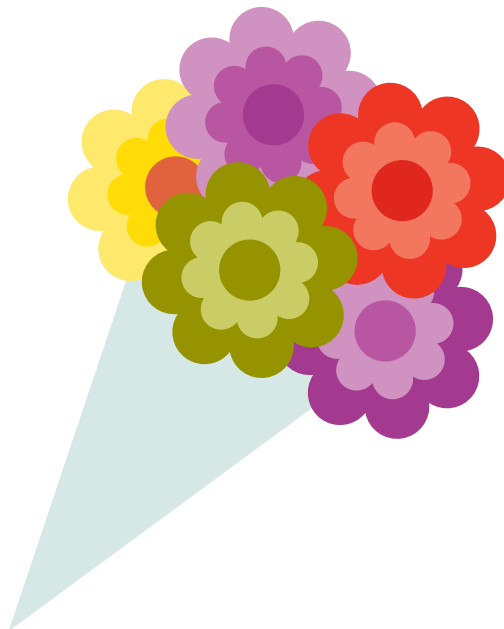
3. Language is part of our neural re-programming. Instead of using language that pushes away the gift you are receiving, you can use language that acknowledges the gift and allow it into your heart space.

Here are some examples of pushing away language:

- Oh you shouldn't have
- Why did you do this, you didn't have to do this
- This is too great a gift for me to accept

Here are some examples of language that accepts the gift into your space

- Oh my gosh, thank you! I so appreciate this and YOU!
- Your appreciation is one of the high points of my day!
- This gift touches my heart in such a big way, thank you!
- Your generosity of spirit is profound. Thank you so much!



Energetic Receiving Exercises

The Receiving Cup

Form a cup with both of your hands, all fingers touching with thumbs to the sides

Close your eyes and imagine something you desire to receive. Imagine the universe places your desire in the cup of your hands. You are now holding your desire. It is YOURS.

Now take what you received, and allow your cupped hands to fold in prayer position with your desire still tucked inside.

Then place your prayer-ed hands to your heart and chest area. Give thanks and feel the appreciation in your heart.

Now open your hands, allowing your desire to be free and to come back to you in the physical realm, whenever you are ready to receive it.

Arms To The Sky

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- Standing with your feet about shoulder-width apart, hold your arms at your sides, about 6 inches from your body, with your palms out and your elbows relaxed. With an inhalation, gently let your arms float up until they form a wide funnel, fingertips pointing to the sky. Keep the arms relaxed as your face tips upward slightly.
- Let yourself embrace the space, with the sense that you are opening to and welcoming in the energy of the universe.
- Slowly draw your arms down the front of your body, with your palms open, until your arms are about a foot away from your body. The let your arms relax at your sides.
- Repeat 5 times.

A Journal Exercise

the strongest story I tell myself about why I don't fully receive is....

one receiving exercise I commit to daily is...

my new receiving story is... *(write it out in positive language, current day time)*

