

Exercise – Receiving

This is a practice that you can do for 30 days in a row to help you step into the Receiving mode. It is playing the Receiving game.

You want to do this to offer a greater awareness in 2 areas.

- 1) To help with your feelings of worthiness and deserving. As well as your self-love. You want to not only receive the good things around you to you, but you want to receive from the Universe as well. You want to be able to step into a place of allowing all of your desires and the things that you ask for, to come to you. You want to receive them. You do that by getting out of your own way. And getting in the habit of looking for the good things, all around you, that are being given or offered to you on a daily basis. When you see them, it is evidence for you that things are coming to you. It then helps you to establish the belief or knowing that You do deserve good stuff to come to you. And that more good stuff is coming. It is on its way to you; you just have to receive it. Where you get to the place of “I deserve it, it is coming to me.” This plays into the bigger picture of you stepping into your power.
- 2) You also want to begin receiving guidance from the Universe. Guidance, hits, insights, or synchronicities into the inspired action steps to take to lead you to your desires. You want to be able to receive guidance on the best steps for you to be taking. What you need to do in order to achieve your aspirations. So, you want to be open to the guidance and the signs, synchronicities, etc that are being given to you. So, you are, also, doing to Receiving Exercise in order to be open to getting the guidance. Signs and guidance are being sent to you all of the time. You are always getting information. It is quieting yourself down, getting into

alignment, getting into a state where you are receiving guidance. It is quieting down, centering yourself, and aligning to receive it. You need to be downstream, aligned, and in the flow to best hear the guidance.

Exercise:

As you go through the day, look for all of the good things that are being offered to you and make sure that you Receive them when they are.

These can include things like (but not limited to, use your imagination):

- Smile
- Compliment
- Hug
- Gift
- Unexpected money
- Kindness
- Helpful advice
- Someone offering to do something for you
- Inspired Idea
- Something in the mail/email/message

Like with the Gratitude Practice, the more you do this, the easier it is to see it. That is why you want to put it into a practice for at least 30 days.

You are saying YES to yourself and to the Universe.