



STEP 1 TO *receiving*

RELEASE, RE-WIRE & RECEIVE MINI-COURSE

You are here with your big vision and desires, and they seem to be just out of reach. This course is about helping you shift your belief systems so that you can receive everything that you desire.

Remember from the audio that giving and receiving are equal forces. Many of us here know quite well how to give, but, if we do not learn to receive as well, we will assuredly stop the eternal life-giving flow of good things into our lives.

I'm curious to know the beliefs YOU have around receiving. A peek of mine would include thoughts like, 'I have to work hard to receive.' 'Receiving is selfish.' 'Am I good enough to receive?'

What have you been told about receiving?

List as many of them as you can recall.

Know that when you are full, the giving happens automatically.

When it comes to receiving, what are the unconscious beliefs you were taught (from friends, family and your life experiences) as you grew up?

What are your beliefs around money, and how much money you are allowed to have?

What are your beliefs about success? (Are they true?)

If your belief tells you in order to receive more, you have to do more, then you are immediately setting up a system where perfectionism and procrastination are going to block your success.

Up until now, who did you have to be to receive what you desire? Let's get deep....

In order to receive the love we want, we create rules about what we need to do or be. Do we feel that we need to be:

Responsible?

Perfect?

Pretty?

Know all the answers?

Personally, I spend so much time focusing on being responsible that I get caught up in the process of trying to prove that I'm good enough — and then I miss the very thing I desire. How about you?

**** Now take some time to feel into the energy that arises in this exercise.** Let it soften, trickle down and release. Remember that as we release old beliefs and expectations the rules we created to protect ourselves can begin to soften and dissipate.

Take a moment and write down:

Every course you have taken:

Every book you've read:

Important life experiences:

Failures:

Successes:

Your adventures:

Your insights and aha's:

Advice you've given:

Videos, TED talks and podcasts you've experienced:

Please see that you've already done the doing to receive what you desire.

You are already qualified.

Can you trust that the energy you've already invested is more than enough?

REVISIT: *Invite more in of what you desire...*

Listen again to the guided exercise at 16:45 anytime you'd like to refresh your commitment to receiving and opening yourself to the miracle of you.