



STEP 3 TO *receiving*

RELEASE, RE-WIRE & RECEIVE MINI-COURSE

Can you trust that what you are asking to receive is already within you? We complete a crucial step in the process when we ACT from the energy of what we desire to receive.

Energy cannot be created or destroyed. Energy knows and *is* balance. Balance is not our responsibility, our responsibility is to get clear on the energy we want to act from.

Remember from the last audio that coming from lack will balance itself out and only create more lack, more want and more chasing. Whereas when you act from confidence, joy, love and gratitude, then the balance that is created by the universe is more of the same confidence, joy, love and gratitude.

Go back through what you specifically asked to receive. Feel into that list. Feelings that might be coming up could include confident, empowered, strong or loved.

When what you desire is fully realized, what (or how) will you feel?

Now that you are clear on the internal feeling, recall back to three different times in your life when you felt that same emotion. What are these moments?

When you are in that emotion – that feeling – think about your posture. What is your body position that matches this energy? Write this down: