

I am Open to Receive

The Path to Prosperity

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I AM OPEN TO REEIEVE

We live in a culture that calls us to 'make it happen', to 'go out and get it' through 'effort' and 'hard work'.

There's a lot of pushing in this: it's the idea that you can only get what you want if you take action towards it.

While you DO need to take action, 'pushing' does not leave room for the concept of **receiving.**

Old traumas and negative emotions that we may have leftover from childhood can leave us feeling that we don't deserve what we have asked for, fear of success, thinking that things are 'too good to be true', or 'it can't be that easy....'

These old traumas and negative emotions can become obstacles to getting what we want. Being open to receive implies that we become vulnerable - and that is scary for most of us, because we are used to living with a sort of 'wall' or 'shield' behind which we hide for fear of being hurt if we let our real selves show.

I AM OPEN TO RECEIVE

This is where self trust becomes your best friend. The energy of receiving is one of 'feminine' energy associated with accepting, welcoming, allowing in, and trusting.

Abraham- Hicks constanly reminds us that to allow ourselves to receive, we have to be in a state of wellbeing- **a state of relaxation about the thing we have asked for.**

You have probably noticed in your own life that when you stop pushing for things they arrive much *faster and sooner*.

If you are perpetually giving and want to learn to receive, you can practice being open to receive with small things, such as receiving compliments, accepting help from others, picking up a coin you find, or enjoying a positive daily moments in your life- and gratefully accept it all!

Below are some simple ways to help you open up to recieving- money, clients, - in fact, whatever you want.

A F F I R M A T I O N S F O R R E C E I V I N G

I am ready to receive all that I have asked for

I am open to receiving in a multitude of ways

I truly trust and love myself

The more I focus on my wellbeing, the easier things flow to me

I know that I am always taken care of and all is working out in my favour

I welcome money, clients, opportunities (whatever!) in surprising and unexpected ways

I am grateful for all I have and joyfully welcome even more!

I have an unlimited capacity to receive, and it is more than ok to have overflow

I love how it gets to be easy.

Ideas to open us to receive more:

Give freely

Give the sort of praise that makes someone's year, sprinkle joy like confetti, show you're (genuinely) interested, offer up your time if possible.

You'll feel fuller, happier and more deeply satisfied with your life than ever before, and the great news is, while you're basking in the sweetness of heartfelt service, you're actually **expanding that space within you.** This is where the abundance you have opened yourself up to will be able to flow with ease.

Clarity

Get clear on EXACTLY what you want – and ask for it.

Lazer focused clarity is like a jolt of electricity for the soul. Your neck hairs will seriously stand on end. When you're clear about what you want more of (as well as want you don't want) life will always rise up to meet you in that place of absolute knowing. It's a glorious little cycle and the good news is that getting there is super simple. Try these 2 exercises:

STEP 1: **Declare and decree your dreams and desires that you are ready to receive.**

Write them down below and /or create a vision board, tape (or write them onto) your mirror, stuff them in your pockets, anywhere that you will see they daily- multiple times

STEP 2: **Immerse youself in your desires daily. Visualise them, see yourself there.....**

FEEL 'EM, FEEL 'EM, FEEL 'EM

Get dancing and moving AND think of your desires- this helps embed them into nervous system.

Make this part of a morning or evening practice.

IDENTIFY 5 REASONS YOU WILL ACHIEVE YOUR DESIRES

IDENTIFY 5 REASONS YOU ARE ALLOWING YOURSELF TO RECEIVE YOUR DESIRES

OF ALL OF YOUR DESIRES, WHAT IS YOUR **BIG** INTENTION AT THIS MOMENT?

MY **BIG** INTENTION IS .....

HOW CERTAIN ARE YOU ON A SCALE OF 1-10 THAT YOU WILL ACHIEVE THIS?

1 - 2 - 3 - 4 - 5 - 5 - 6 - 7 - 8 - 9 - 10

IF IT IS NOT '10', WHAT IS THE LIMITING BELIEF PREVENTING IT FROM BEING A 10?
CONTINUE ON THE NEXT SHEET OR IN YOUR JOURNAL

Examine each of the limiting beliefs you have written down, and ask:

- Is this belief true?
- Have I always believed this?
- What evidence do I have of this?
- Was there a time when I didn't believe this?
- Are there times when this belief doesn't make sense?
- Is there any evidence that disproves this limiting belief?
- What's the exact opposite way of this belief?
- What's funny about this belief?
- Is this belief helping me get what I want?

N E W E M P O W E R I N G B E L I E F S

CREATE A NEW EMPOWERING BELIEF
Rewrite a new belief that serves you.

(This can be simply the opposite of the limiting belief)

Use these statements as prompts:

I am_____

I believe_____
When reading the above statements, what new energy does this bring to you?

How does it impact your thought, behaviors and actions?

What new energy do these statements bring to you?

TO COMPLETE THIS WORKBOOK, KEEP YOUR BIG INTENTION IN MIND FILL IN EACH COLUMN BELOW. THE MOST IMPORTANT PART IS TO FOCUS ON ***YOUR*** PART IN MAKING YOUR DESIRES HAPPEN AND *THEN LET GO OF WHAT IS NOT YOUR ROLE.* ***TRUST THE UNIVERSE TO DO ITS PART!***
NOW, JUST ALLOW YOURSE;F TO RECEIVE :)

What is MY part in this?

What is the Universe's/ God's role?

