

Receiving

Activity

Introduction

How we receive ourselves and others impacts everything about our experiences. If we choose to receive ourselves and others in love, we create an energetic influence that guides our creative potential harmoniously with that love. If we choose to receive ourselves and others in fear (any form of constriction), we create an energetic influence that guides our creative potential in ways we'd prefer to not experience.

Exercise

We recommend incorporating this daily practice into your routine until you've sufficiently integrated the spirit of the exercise.

In a journal, record daily how you receive yourself, from the moment you woke up until the reflection, and how you received all key players in your day. The point is not to create busy work for yourself, but to create a space and a practice of genuine reflection regarding who you are being in every moment. This is particularly powerful when we observe friction with particular people.

Questions

In addition to journaling your observations, consider these questions:

Is it easier or more difficult to maintain my intuitive self at home? Why?

Is it easier or more difficult to maintain my intuitive self at work? Why?

What is my experience maintaining my intuitive self with family? Why?

In what areas is it the easiest to maintain my intuitive self?

In what areas is it most difficult?

In what areas have I seen the most improvement?

In what areas do I want to see more improvement?

What step can I take tomorrow toward that goal?