



Awakend Life School

Self Mastery Training Module 9: Receiving

TEACHING

Learning to activate the energy of receptivity in your body and mind allows you to receive the gifts life has to offer. This is key to manifesting what you want from the inside out. On this theme, the focus is on activating all other 8 principles in harmony with the energy of receiving the vibrational quality of the fulfillment you truly desire.

AFFIRMATION

I am open and willing to receive that which is in alignment with my heart's desire, higher self and the best interest of all beings.

INQUIRY

1. What does it FEEL like to be receptive?

- From within (intuitive, spiritual guidance)
- With colleagues? Friends?
- In partnership?
- With nature, plants, animals?
- In regards to receiving gifts?

2. How do you feel in your body when you are not receptive? Breathe and Notice.

- From within (intuitive, spiritual guidance)
- With colleagues? Friends?
- In partnership?
- With nature, plants, animals?
- In regards to receiving gifts?

PRACTICE

Ask yourself what you really desire in your future...

- In your personal life?
- In your home?
- Your work in the world?
- Regarding personal health?
- Do you notice any resistance in claiming what you want? If so, return to the clearing module and move through themes again.

PRACTICE: *Receiving Meditation*

Set an intention for running the themes on something you want to either heal or create.

- GROUNDING: Anchor yourself into Mama Earth.
- FEELING: Tune into your feeling body in regards to your intention. Decode your feeling body messages as you have already learned how to do
- SELF LOVE: Tune into your heart and smile love into all of your cells. Behold the joy and give yourself full permission to experience the fulfillment of your inner desire.
- CLEARING: Do practices to let go of that which is not serving you. Use your breath. Exhale energies, feelings, and thoughts to clear and then inhale positive energy into your being.
- PRESENCE: Close your eyes and be present with what you are feeling right now.
 - Look into your inner eye in meditation.
 - Witness any thoughts that arise and be present. Ask your guides if there is anything post - clearing that wants to be revealed about your path.
 - Notice and know that it may or may not be answered right now. Witness.
- EMPOWERMENT: Next, acknowledge the choices you have made, seen and unseen in your life.
 - Remember that your Higher Self has chosen all you have experienced through the laws of vibration, free will, and karma.
 - Acknowledge you have the freedom to create a choice with your future rooted in the fulfillment of your intention while aligning your personal desire with the Highest Good of all. (That includes you!)
- GRATITUDE: Give thanks for every aspect of your life throughout time and space.
 - Specifically, feel that gratitude in your body NOW as if you have manifested that which you are going to be calling in.
- BOUNDARIES: Tune into how it feels to be saying yes! to your life right now.
 - If you become aware of what you do NOT want in your life, give thanks, breathe, let go and return your attention to what you are saying yes to.
 - Smile into your heart and feed the YES!

- Continue to return your awareness to the feeling of GOODNESS of having the experiences of what you are grateful for.
- RECEIVING: Allow yourself to receive the positive energy aligned with your desires as if you already have everything you just said YES to.
 - Imagine you are a magnet and attracting all of the energy, people and things that you need
 - Let your body and energy field fill with subtle frequencies your desire
 - Practice absorbing and magnetizing energy and filling you up till you feel you are overflowing

Kaballah Manifesting Secret

When you activate with the intention of ***receiving for the sake of sharing,*** you allow the bounty of life to come through you, around and within you on all levels. When creating something new, the awareness key to success is to desire to receive for something greater than yourself for the sake of being generous with others.

Practice Homework

- Embodied Mindfulness Practice: Practice letting in energy from one penny at the grocery store to everyday compliments.
- Embodied Mindfulness Practice: Notice when you deflect someone's attention
- Sitting Practice: Run themes and when you get to receiving, imagine all of your YESes coming in and towards you and filling you up.