

Welcome to Module 8
THE RECEIVING



Recap

You've changed.

Recap

- 1 - Learned to see differently
- 2 - Learned to value differently
- 3 - Learned to decide differently
- 4 - Learned to resource & heal differently
- 5 - Learned to create differently
- 6 - Learned to self-motivate differently
- 7 - Learned to BE differently
- -----
- 8 - Learn to RECEIVE differently: yourself, life and all the goodness.

Recap -> This Week

You've become more of who you are,
less of who you thought others wanted you to be

Receive her, celebrate her, enjoy her.
Let yourself feel GOOD being her.

Recap -> This Week

You've put a lot in place for YOU
to be who you are, value what you value & *to enjoy and savor your life*

Receive those gifts you've given yourself, let them in
deeply, savor them and let your nervous system get
acclimated by this level of care.

This Week

1. Expanding your capacity
to receive and feel good.
2. Acknowledge, see &
hear yourself



Expand your capacity to feel good

The Upper Limit Problem:

We have a tolerance point for feeling good. Go beyond it? The illusions wake up!

UPL is a term coined Gay Hendricks
in "The Big Leap"

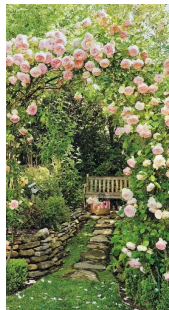
Expand your capacity to feel good

We've been developing a fantastic toolkit to go beyond our upper limit (and catch those illusions!), but there's one important piece missing.

Expand your capacity to feel good

YES, we go beyond our Upper Limit by not buying into the illusions (VERY important).

We also build **CAPACITY** to feel good by **SAVORING** the good feelings.

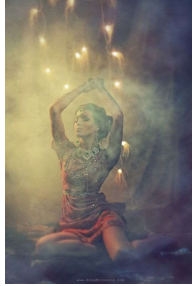


Expand your capacity to feel good

The more we open to life, the more we open to our sensitivity and that can be quasi-painful.

We need to build a tolerance for feeling that good.

It takes practice.



Expand your capacity to feel good

Your practices this week:

1. Gratitude Journal
NO forced sh't though. Ever.
2. **Savoring:** When you're feeling good, let it all the way in. Experience it all the way, with all of your senses, for as long as you can.



A note about receiving

As we expand our capacity to feel good, we expand our capacity to let the good in too:

- ❖ Creativity
- ❖ Money
- ❖ Love

Let yourself feel good by receiving these also.

It might help to recognize certain tripwires that exist around these.

A note about receiving: The tripwires

Receive more than our capacity and:

Prostitute, Child, Victim, Saboteur show up and might look and feel like:

- ❖ Receiving comes with too much responsibility
(e.g. victim thinking they're not up to it or bad things are going to happen)
- ❖ Receiving comes with indebtedness
(e.g. prostitute not owning her value and thinking it'll cost her something)
- ❖ Receiving comes with vulnerability
(e.g. child interpreting that they can't without the bigger person giving)

A note about receiving: The tripwires

1. Question the hesitancy:
"Is it true? Is it really true? Who would I be if it weren't true?"
or
Is there an illusion archetype behind this?
2. If it's NOT true:
Get into the truth archetype and act from there.
Be who you would be if it weren't true.
- SAVOR -
3. If it IS true:
You TOTALLY get to put a boundary. You don't have to be grateful for or receive everything that comes your way. **You get to choose.**

Receive yourself

..not so much..

In a cognitive way

In a "I am" story-making way

..more in a..

Take the time to enjoy:

What you've created

What you've made room for in your life

What you enjoy (your lover's values)

Recognize the fruits of your labor and savor them

Receive yourself

You can:

Observe how others are responding to you differently (and enjoy it)

Observe how "Work" feels different (and enjoy it)

Observe how you're feeding yourself differently (and enjoy it)

Observe how your energy is different and creating a whole new reality (and enjoy it)

Receive yourself - Practice

Gratitude Journal

+

Savoring

(both already mentioned)

+

Peace with continued "flows":

Truth - Action - Soften

RECEIVE + CONTINUED CREATION
