

The Incredible Power of Receiving



by Jennifer Carson

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Meet Your Coach: Jennifer Carson



Thank you for downloading this eBook. Learning to receive was a HUGE lesson for me, and as I spoke with other people about their challenges I realized that it is an issue for most people. After you're done reading and trying some of the exercises, **I'd love your feedback!** My intention is that you will discover some new ways to allow the power of receiving

and allowing into your own life - to create a life that is both more peaceful and more exuberant.

My journey didn't begin with a sudden flash of total enlightenment under a bhodi tree - there wasn't a single "aha!" moment when I realized that my life was not what I wanted it to be. It was a gradual process of admitting to myself that, **although from the outside my life looked pretty good, I was unhappy, a little lost, and felt like I was going through the motions rather than really living.** The question became "Am I going to continue to live this life that society would judge to be successful even though I'm miserable or am I going to step out in faith and create a life that delights MY innermost being?"

How could I make a positive impact on the world and set a great example for my children if I was living my life on 'medium'? How had I convinced myself that mediocre was okay? I decided to **make some big changes, stop settling and start living life on my own terms.** Following through on that decision wasn't always easy, but it was always worth it. By working with a coach, I was able to change how I showed up in my life and my work in ways that transformed both me and the situations I faced. I

was able to let go of relationships, work, and beliefs that no longer served me. I was able to clarify what I really wanted and to create a life that delights me and makes me excited to wake up every morning.

You deserve the same, and it is absolutely possible for you to create it. As a certified professional life coach, I work with people who are committed to transforming their lives by changing their mindsets, taking daily action steps and breaking out of their old comfort zones. I love watching my clients find their own inner fire and achieve so much more than they believed they could!

Why Should You Care About Receiving?

Have you ever watched a small child receive something that delights her? She will be beaming with joy! She will positively radiate delight! Perhaps the feeling is so wonderful that she has to



let it flow through her by wiggling, dancing or clapping her hands! When is the last time you allowed yourself to feel that kind of delight?

Little kids are not afraid to show excitement and anticipation of getting

something great, whether it's a

present, a walk in the park, or snuggling up to read their favorite book. Somewhere along the way, we lose that. **As we absorb the expectations of others, we lose the ability to feel our own joy in receiving.** We're told it's selfish, unbecoming, or socially unacceptable, so we learn to contract, get smaller, play it safe, and not expect too much. It may feel unsafe to express our delight, so we don't.

You may shut down and become a closed, reluctant receiver instead of the open, conscious receiver you are designed to be. As a result, you may work very hard to attract good things into your life, but then not allow them to manifest by sabotaging yourself, or not truly enjoy them when they do show up.

Women especially are natural givers and nurturers. This is wonderful, but if you only give, give, give you will end up burned out, exhausted and wondering "Is this all there is?"

- Do you feel that you don't deserve to have your needs met or that you only deserve the bare minimum, the leftovers?
- Have you taken on the belief that it is NOT OK to have needs, and if you do, you should never express them because that's selfish and dangerous?
- **Do you often hear yourself saying "No, no, I can do it myself. I don't need anything?"**
- Were you told "It's more blessed to give than to receive?"
- Does the thought of being open and allowing make you feel vulnerable?

You may find it difficult to ask for what you want or to ask to have your needs met. You may have been taught that you should be self-sufficient and not be "a burden" to others.

You may judge "needy" people as selfish and immature, so if that part of you (I have needs!) shows up, you smash and judge it and deny that you have a need to receive anything.

To say out loud "I REALLY want this!" may make you feel vulnerable, because what if you don't get it? You may fear facing ridicule, disappointment and the judgment of others.

Our society focuses on hard work, on pushing, getting things done, achievement, giving. We undervalue things we create with ease because we are gifted at creating them. We don't focus on stepping back and celebrating and taking credit and appreciating what our hard work has accomplished.

The truth is that a key component of a successful life is the ability to ask to have your needs and wants met and then receive the help that shows up with delight! You cannot be your highest self without receiving. Giving and receiving is a natural cycle, but many people have all of their energy flowing out,



with nothing flowing in. This is a recipe for depression, ill-health, burn-out and giving up. Receiving fills you up so you have more to give. Because you are getting filled up, you can give to others and feel that delicious energy of giving instead of feeling resentful and drained.

I am not advocating that you become a selfish monster; I'm advocating that you learn to receive in a healthy, natural way.

When my private clients start working on receiving they find it gives them new clarity and allows them to see who and what in their lives is draining their energy and giving nothing back. They are able to find and create new structures and people who support them with enthusiasm and take real joy in their successes.

Suddenly the world is a kinder place (although it hasn't changed at all - they have.)

Why Do You Say No?

How do you react when someone compliments you or when someone offers to help?

Do you deflect it? Most people do. The three most common ways I see people deflect are:

- Humor - shrugging off the compliment or offer with a smile and a humorous comment.
- Distraction - quickly change the subject.
- Force it away - "Are you kidding? My hair looks *dreadful* today!" "Oh, no, thank you, I can do it myself."

What's important for you to understand are the underlying thoughts and beliefs that cause you to deflect. Here are the three most common obstacles to receiving. Do you see yourself here?

1. Control

Many people learn that **it's not okay to look like you have needs**. You are supposed to be self-sufficient, competent, perfect. You are supposed to be able to do it all yourself. When you're giving, you're in control. When you're receiving, you're open and vulnerable, which can feel uncomfortable. Consider that in the same way you reach out to help others, it's okay to be a little bit about letting others meet your needs and support you so you can rest and truly be your best self.



2. Feeling Unworthy

You don't believe the compliment. You don't believe you deserve the help or the gift. The shaming, critical voices in your head rise up to tell you all kinds of lies. They drown out the evidence that you are a totally unique, lovable, deserving person RIGHT NOW! Just as you are.

3. Fear of Being Seen

Most people feel at some level that it is dangerous to be truly seen. That if people *really* knew them, they'd run away in horror and disgust. This can lead to a fear of true intimacy, which requires allowing your true self to be known and loved. There is no danger of intimacy if you hold people and things away from you, but constantly defending yourself requires an exhausting amount of energy. Changing this pattern creates the possibility of deep connection because you are able to be open, vulnerable, and present.

When you give someone something (a compliment, a gift, doing something for them) how do you feel when they say "No, no, no - you shouldn't have, I can do it myself?" How do you feel when they say "Thank you!" and you can feel their delight and gratitude? Do you feel the difference in the energy? If you receive what's given to you in delight and gratitude you are giving a gift to the other person! It feels delicious for both of you!

How Can You Be a Powerful Receiver?

Here are some practices that my clients have found helpful. Try one, or try them all.

1. Your "100 Things" List

Receive appreciation and acknowledgement from yourself! Write a list of 100 things you appreciate about yourself. These can be qualities, accomplishments, things you are proud of, or everyday things. Acknowledge the wonder and uniqueness of you. Appreciate that you're willing to do the work. Stand in what you've created. Take credit. When you're done, read the list to yourself out loud.



I cannot tell you the number of people that get stuck after 20-25 items. What does this tell you about how you treat yourself?!

2. Self-Appreciation Journal

In your journal, every day for a week, write 5 great things you appreciate about yourself today. Qualities. Things you thought. Things you did. Things you didn't do. "I went to the gym." "I didn't yell at my kids." "I'm an upbeat person." "I have unusually attractive hands." Whatever! This exercise requires you to become aware of the blessings of being you.

3. Create a Receiving Alter-Ego

Really have fun with this! Give her a name, a style, a car, a career...whatever you fancy. What would it feel like to BE the kind of person who expects to receive what they ask for? Step into that energy. What kind of thoughts would this person have? How would she carry herself? Embody this person in your day. She is part of you. When you embody receiving energy, it allows you to ask, receive, and allow from a place of power, not weakness. You step into your own power when you allow your needs to be met.

4. Noticing

As you go through your day, notice your first reaction when someone tries to gift you. Is it "No, no, I don't deserve it, I can do it myself?" If it is, I invite you to take a deep breath and instead say to yourself "Thank you Universe for sending me all the abundant blessings of my life. Thank you for loving me unconditionally," and see where your energy is in regard to receiving whatever the gift is. Tap into the energy of DELIGHT! If you can feel delight while receiving, it really opens your heart.

5. Create Affirmations

Say these throughout the day, especially when you feel that you're having a hard time. Here are a few to get you started:

- I am surrounded by people who love me and support me in all the ways that I need
- I am willing to let other people meet some of my needs
- I deserve to have my needs met
- I easily ask for what I want and others are happy to give it to me



6. Ask for what you want

People love to give. They want to say yes! Become aware of all the love coming at you. Allow the energy to run through you, over you around you. Accept that delicious energy.

When my clients first get started with this practice, they sometimes get overwhelmed by the delicious energy of receiving. It feels too big to fit in their bodies. A helpful practice when this happens is to be in the present moment - slow down - hear what's said to you. Breathe deeply into your abdomen. Wiggle your body or dance. Go outside and walk around the block whispering "Receive!" under your breath and feel the energy move through you. You deserve it!

Next Steps:

- Are you ready to step into your own unique power and let yourself shine?
- Are you tired of trying to go it alone and getting discouraged?
- Are you looking for a way to access your own inner wisdom?
- Are you tired of settling and yearning to live life on your own terms?



I would love to talk with you about working together.

To schedule your **FREE Get Acquainted Call**, please send an email to:

Jennifer@DiscoveryLifeCoaching.com

During this 20 minute call, we'll explore your current challenges and I'll answer all of your questions about Life Coaching and whether it's the right step for you now.

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