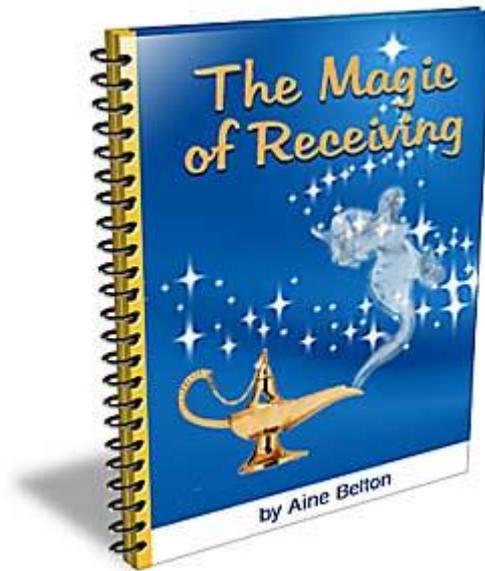


The Magic of Receiving

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Your ability and willingness to receive affects every area of your life, from your relationships, work and financial success, to your depth of happiness and connection to self, others and the world.

Receiving is a powerful force yet one that is often overlooked in today's do-oriented approach to success. Whilst striving and reaching for goals can be valuable and rewarding, by receiving alone you can allow into your reality successes, synchronicities and serendipities beyond the limits of your expectations,

and open to the visions and dreams of your Higher Self. You will also experience the joys of deeper love, intimacy and connection and the richness and rewards that come with that.

Receiving engages co-creation and creates a gateway through which the universe can bountifully gift your life. It is synonymous with openness, vulnerability, trust and a sense of deserving, and enables greater intimacy with the Creator/Source/God/the Universe.

The magic of receiving can allow the manifestation of realities beyond the confines of your imagination, and the materialization of opportunities in alignment with your soul and higher purpose. It opens you to divine timing and flow, and that which is in your highest interest.

When lacking in an ability or willingness to receive you may limit the amount of love and success that is available to you and miss out on not only gifts themselves, but the love, joy and appreciation that comes from receiving - both receiving new gifts and wonders your life, as well as receiving to a greater extent the existing bounty already present in your world.

Receiving is less acknowledged than more will-oriented dynamics of creation such as choice, focus and intent. This is in part because it is less understood and more nebulous. It is also because without a spiritual

perspective and a belief in a loving, intelligent, limitless universe, you may fail to recognise the true power of receiving and the extent that it can impact your life by virtue of your co-creative relationship with the all-loving, infinitely abundant source of all.

Receiving can be the missing piece in the puzzle of manifesting success. Many rely on drive, action and determination to succeed, yet fail to nurture and develop the self-love, sense of worth, value and deserving that will enable them to 'allow' success into their lives by receiving the opportunities and abundance they desire and deserve.

With intent, focus and belief aligned, receiving can expand the magnitude of success that dawns in your world, and enhance the speed and elegance of its arrival.

"Receiving is a natural healing gift, which allows us to have whatever is needed and moves us forward in the easiest possible way. We can receive anything as soon as we are not frightened to do so. When the receiver is ready, the giver appears. It typically takes courage to open ourselves to receive. In general we must feel worthy and deserving and not be afraid to receive."

- Chuck Spezzano

At times when your heart is most open, when it is filled and over-flowing with love, happiness and joy, or in the

heights of love or romance, your life becomes enriched in all areas. There is flow, success reigns, and abundance abounds. It is during these exalted times, when your heart is open to receiving, that many blessings 'drop into' your reality as you allow in the goodness of life and the gifts the universe ever wishes to bestow upon you.

Receiving is regarded as something you do in response to a gift, yet developing the ability to receive in and of itself enables those very gifts to appear in your reality. As the saying goes, when the receiver is ready the gift appears.

You are loved beyond measure. There is nothing you can do to lose that love and nothing you need do to win it, for you are loved completely. The more you open to receive this love, the more it will fill every aspect of your life.

In opening to receive you will begin to experience just how much is waiting to be given to you in every moment. The universe is a cornucopia of gifts waiting to be received!

You exist in a limitless, abundant universe. The source of All That Is/God/Creator, loves you totally and unconditionally and wishes only the very best for you.

Your Higher Self is the aspect of your consciousness closest to Source - the fully-realized eternal being

that you are. It knows all you have been, all you are now, and all you are becoming, and is aware of the countless possibilities available for your growth and success and that which will serve you optimally.

You also have unseen spiritual friends and allies - guides and helpers - that also have love, guidance, support, healing and assistance to offer you.

The gifts of life and love are yours to receive. The more you do so, the more you realise just how rich, blessed and abundant you inherently are, and your reality will continue to blossom and bloom as a result.

One way to receive the blessings, love and guidance available to you is through your intuition and inner senses and channels of awareness, heightened during meditation, for example. You can also receive insights and communication via signs and pointers that exist in your outer world and everyday life.

Your external reality is always communicating to you and is rich in meaning and significance, nudges and whispers. It is offering you gifts all the time, as well as revealing and reflecting dynamics of your consciousness, such as beliefs, attitudes, agendas, and hidden or denied aspects of self, light and dark. It is a metaphoric platform and is not separate from you. You and your world are intrinsically linked.

Decoding these outer signs, as well as opening to receive guidance internally is one way you can augment your capacity to receive from your Higher Self and the universe, as well as become more conscious of any internal processes within your heart and mind that may be currently shaping your world and that you can change to be more productive for outcomes you desire.

You have free will and create your reality through your choices, beliefs, thoughts and feelings, yet you also co-create your reality by allowing in the gifts and guidance of your Higher Self and the Universe as it conspires to assist you in creating a life in accordance with your heart's desires and soul's calling.

Giving and Receiving

"To receive is the truest and best act of giving, because you are allowing the person to express their highest power, and this is the best gift of all."

- Lazaris

Giving and receiving are inextricably linked - you can't have one without the other. Each renders the other alive or redundant by its presence or absence. Many of us are more comfortable giving than receiving, yet what value would a gift be if it was not received. If everyone gave yet no one received there would be a lot of wasted gifts!

When we do not allow ourselves to receive, be that emotionally, physically or mentally, we not only deny ourselves the gift, but deny the giver the inevitable joy and happiness that comes through giving.

True giving is a wondrous experience born of love that elevates and expands us. It is a way to reach out our hearts to touch another's, and express the love that is so much of who we are.

“Once we receive we naturally give at a higher level, just as our giving opens us to greater receiving.”

- Chuck Spezzano

There are many reasons we resist receiving, or may find it difficult. Some of these are explored below.

Blocks to Receiving

1. Deserving

A sense of deserving is integral to the extent you allow yourself to receive. The more you recognise your inherent worth and value and the greater you love and honour yourself, the more you will allow yourself to receive. Your reality reflects back to you your ability and willingness to receive.

When you doubt or fail to recognise your value and worth you will be less 'attractive' and open to receiving. You will also likely be cynical of the love that does come your way, or discount and deny it and fail to truly receive and let it in. Cynicism is merely a reflection of your own self-doubt.

Feelings of undeserving can stem from childhood experiences, negative self-beliefs and/or past failures and mistakes you have yet to forgive yourself for.

Guilt, shame and self-judgement all compound feelings of undeserving. Self-forgiveness is powerful in healing issues of undeserving, as is opening and awakening to your inherent innocence and worth, your divine goodness, truth and beauty.

Facing your darker, shadow aspects with compassion and forgiveness and not identifying with them will facilitate their release. These aspects are not who you are. What you acknowledge and accept you can more easily let go of and release. It is what you deny, repress or resist that sticks to you like glue.

2. Beliefs

Your beliefs are powerful determinants of your experience. Some beliefs can inhibit your ability and willingness to receive. Negative self-beliefs (such as 'I am not good enough', 'I am unlovable', 'I don't deserve', 'No one loves me', 'I am bad', 'I am wrong', etc.) can

affect your sense of deserving and deeply impact the extent you are open and receptive to allow goodness into your life.

Negative beliefs about others and your world (which may also be a projection of hidden beliefs about yourself), can also affect your experience of receiving. Beliefs such as 'Life's tough', 'There's no such thing as a free ride', 'People are out for themselves', 'People are selfish and mean', 'The world is cold and uncaring', could all diminish how much you would expect to receive, and as such, how much you would.

If you do not trust others or doubt the loving nature of reality and the universe, or your own worth and lovability, you can become hardened and unreceptive to love and giving that comes your way, and distrust the intentions of others.

Lastly, there may be beliefs about receiving itself that can hinder your experience of it and mar your relationship with it, such as 'It's selfish to receive', 'It's weak to receive', or 'If I receive I will get hurt', or 'It is not 'manly' to receive', and so on.

3. Independence

The independent personality views receiving as weakness or associates it with neediness or dependency which they strive to avoid in their

attempts to dissociate from these unhealed aspects within.

Dysfunctional independence is a compensatory reaction to avoid feelings of neediness and attachment by dissociation. The overly independent type fears the position of vulnerability receiving would entail and prefers the sense of control and emotional safety that being independent ensures, albeit lacking the connection, intimacy, trust and interdependence when giving and receiving are mutually exchanged.

Independence is not the same as self-reliance which does not exclude the help of others and is not a compensatory mask of dependency. Self-reliance is a mark of maturity, responsibility and wholeness. As an independent person, the extent you are repelled by needy and attached people can be a measure of the extent you have yet to resolve these very aspects within you.

Dysfunctional independence can be a place you reach to protect yourself from hurt, rejection or abandonment you may have experienced at a time in the past. The problem is, since independence hides unresolved hurts or heartbreaks and rejections, and the negative beliefs that may be associated with them, these very scenarios may eventually surface in your reality to be healed.

They will either be played out by the people you attract and potentially reject through your own independence, or you will attract someone more independent than you that will trigger the hurt/neediness/dependency that lies beneath your dissociation and independence.

4. Fear of Obligation and Control

Many fear unseen strings attached with receiving. This is because some people use giving as a manipulative tool; they give to get, and throw a guilt trip when their hidden expectation is not met. Phrases like 'You owe me' or 'After all I've done for you', demonstrate where acts of giving may have been laced with expectation and control.

If we have experienced this from someone significant in our life, we may be resistant to receiving and the obligation we associate with it. In truth, we do not owe anyone anything. We can choose to act out of conscience, not duty.

When giving is used as a self-serving means to an end it is not true giving but a means of manipulation. When any behaviour is expected, demanded or forced upon us, subtly or overtly, we resist it. When someone is 'giving to get', the in-authenticity of the act is sensed and met with resistance rather than gratitude. When people give to take there is no true giving and hence nothing to receive.

The pattern or behaviour of 'giving to get' is itself born out of an inability to receive, either because of a doubt in the giving nature of others and hence a belief you must control to get, or a lack of deservability or self-love that would allow you to expect to receive and attract what you desire by virtue of your self-value.

The more you love yourself, the more love you are able and willing to give, and the more love you attract and receive.

5. The Unfamiliar

Childhood experiences may have not been loving and nurturing for some, and as such the experience of receiving can be an unfamiliar one. What you are not used to can feel uncomfortable at first, even adverse, much like trying on clothes that don't fit.

You can even be numb to receiving if you are very unaccustomed to it and lack inner pathways to experiencing it.

In life you may create and attract that which is emotionally familiar to you and reflects your beliefs about self, others and the world.

Your relationship to receiving is linked to your relationship and beliefs around love.

If you have experiences, stories and beliefs that associate love with sacrifice, suffering, abandonment or pain, your reality may continue to reflect this.

To be open to receive means first being open to and allowing in the possibility. Imagine, expect and allow this possibility, as well as the possibility of being unconditionally loved.

You can align your beliefs, thoughts and feelings to support these inherent truths.

6. Martyrhood and Victim

To give yet not receive can be a position of sacrifice or martyr, and can lead to self-righteousness, anger and resentment, as well as exhaustion and burn out.

Of course, there may be many times when you give beautifully and wondrously without any expectation to receive, and this is the nature of true giving and not what I am referring to here.

I am referring to inauthentic giving with a hidden agenda, be that to prove your worth, as a compensation for feeling valueless (I'll sacrifice myself for others), out of a desire to control through giving, as an attempt to feel 'better than' (look how giving I am, I'm so righteous/special), etc.

Also, the victim personality will resist receiving for it will disable their game. You cannot be a victim and play the martyr if you receive.

Receiving collapses victim positions and scenarios and heals patterns of struggle and hardship. It allows you to be nurtured, nourished, supported, loved, cared for and sustained. The ego may resist this if it is invested in the game of suffering.

When you open to receive love for yourself or to receive that which you desire, be it from yourself, others, life or God, your pathway to success becomes more and more effortless and enriched with gifts, blessings and synchronicities.

The universe loves you more than you can fully comprehend. The more you acknowledge the universe as a loving ally and open to that love, the more you'll be amazed at how much wishes to come your way. All you desire is yours to receive!

7. Fear

Receiving, being so connected to issues around love, can trigger a multitude of fears; the fear of intimacy, loss, rejection, abandonment, commitment, humiliation, and so on.

When you receive, you create greater intimacy and are more vulnerable. Giving and receiving is at the heart of relating; without it, love and intimacy is blocked.

You may be more 'safe' emotionally if you choose to remain closed and not open up to receive and allow in love, but you will have missed out on the best experience in life.

As the saying goes, "It's better to have loved and lost than never to have loved at all".

We all make mistakes in love. We are not perfect. We may get hurt or hurt another, yet at least we are alive and living, learning, growing and connecting to more of who we truly are. We all desire love, both to give and to receive it.

The more you take responsibility for your reality and realise there are no victims in love, you can more consciously co-create the relationship you desire.

Allies to Receiving

1. Choice

You can make the conscious choice to receive. You can intend and commit to your willingness and openness to receive. By your choice and intention you will begin opening to receive and the universe will endeavour to assist you in healing that which stands in the way. It can begin with choice.

2. Love and gratitude

Gratitude, appreciation and love open the heart to receiving. In appreciating something or someone, you receive it (the very essence you appreciate), as well as give to it from your heart.

When you feel grateful you get to experience the beautiful qualities of that which you feel grateful for. Gratitude turns an experience, person or event into a gift that is received, for when you appreciate and feel grateful, you literally let the experience/quality in, and you also give to it. It is a wonderful exchange of energy.

Gratitude is also magical in its generative qualities. The more grateful you feel, the more you attract for there to be grateful for. You cannot truly feel grateful unless you have genuinely received and thus experience heart-felt thanks as a result.

Acknowledge and be grateful for the love and goodness in your reality and in that gratitude you will open to receive it at a whole new level as well as invite more of the same into your life. As you open to receive the gifts and bounty that are already in your life, you will become more open to receive new gifts, love and successes in your life.

3. Worth and Deserving

You are inherently worthy and deserve all that your heart desires. There is nothing you need do or be to deserve. You deserve simply by being alive. You are a spark of *God/Goddess/All That Is*, or whatever name you hold for the source of creation. Start to acknowledge and own your inherent value and worth. You are born of love and light. Know and believe in your lovability and the loving nature of yourself, others and the universe.

4. Self-Forgiveness

Self-forgiveness is immeasurably powerful and transformational. It heals your relationship with self and others, births space to receive, and brings peace, freedom and resolution, creating a new plateau for greater love and success in your life.

Self-forgiveness can heal feelings of guilt, shame and undeserving, and open you up to a new level of receiving

in your life. When you forgive yourself you are less likely to deny yourself love and abundance or punish yourself with lack, limitation and struggle. You are also less likely to judge, condemn or separate from others which would diminish giving, receiving and partnership.

5. Practice Receiving

Practice receiving in your day-to-day life. Notice when someone pays you a complement and observe how you react. Do you let it in? Or do you try to deflect, deny or resist it? Do you welcome or accept it easily and naturally, or do you feel self-conscious, embarrassed or uncomfortable.

When you receive good news, a success, or the manifestation of something you desire, acknowledge and celebrate it, for you have received and allowed something wonderful.

Get in touch with what it feels like to receive. Cultivate it. Get acquainted and familiarize yourself with the energy and essence of receiving and affirm your openness and willingness to receive.

When you experience the positive feelings of receiving, acknowledge them so they can grow.

Become conscious of what areas you do and don't allow yourself to receive, or find it more or less easy. The

more aware you are of any resistances, the more empowered you are to make conscious change.

6. Vision

What would you and your life be like if you received more?

Connect to the future you that is already open to receiving. Create an image and vision of you as a receiver and experience the energy of that. How would you think, feel and be? How different would your life be? What struggles and hardships might not be there if you allowed yourself to receive the love that is there for and the kindness and giving from people, life and the universe?

Imagine yourself receiving from the world, from others and from yourself.

7. Beliefs

Just as limiting beliefs can be blocks to receiving as discussed earlier, positive self-beliefs that support a sense of self-value, worth, deserving and lovability, as well as positive beliefs about love, success, the world at large, people, life, and receiving itself even, can all augment your capacity to receive and allow more love into your life.

Explore if you hold any beliefs that hinder your

capacity to receive, and choose new ones that encourage and invite the love, success and abundance you deserve.

Love and joy,

Aine Belton

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