



VEIL *of* CHANGE

Learn The Art Of Receiving

DISSOLVING THE VEIL OF OVERWHELM

Are You Able To Receive?

Giving is what we do...we like to help others, and be available so others can achieve what they need to accomplish, yet the art of receiving is just as important.

Too many times we seem to avoid asking for help ourselves or for our families.

The ability to receive is, in fact, essential to our physical health, and our balance between psychological and spiritual selves.

Do you find it difficult to receive?

If you do find it difficult to receive maybe it is your pride. Maybe you are ashamed or embarrassed about what you were experiencing.

Perhaps you convinced yourself no one else in the world has ever been in the fix you were in.

But even if this may seem contrary to what you were taught as a child, it's okay and even smart to ask for assistance when you need help.

Receiving is just as important as giving

Receiving is just as important as giving; and don't think that a lack of acknowledgement, or refusal to receive is unnoticed by the person that gives it.

A simple expression of gratitude is one of the ways that we can acknowledge and accept help that is given.

Such as saying **'Thank You'** for the actions of others that do for you in their daily routine, for example the person on the checkout, the bank teller, or the waitress.

Do you downplay compliments?

Many people are uncomfortable about accepting compliments but receiving something as simple as a compliment is a huge statement about your willingness to receive good things into your life.

Can We Learn How To Be More Open To Receiving?

These are crucial questions if you want more happiness and love in your life. Take the time to look at how you behave and react in situations where you are receiving.

If we give then we must receive.

If you don't allow others to give back to you, you are not only shutting down the energy of receiving but you are denying the other person their opportunity of giving.

It is important to re-frame the way you feel about receiving help and also how you view yourself on asking for help.

Asking for help demonstrates:

your humanness

an effective way to solve challenges

provides your loved ones with the chance to reach out to you

Asking for assistance also lets friends know that they can ask you for help later on and this can only enrich your relationships. Go ahead and reach out the next time you need help!

How to receive graciously

In essence if you like to give then be aware that you must also learn to receive graciously in order to keep the energy of give and take flowing.

If this is a bit challenging for you then try using affirmations or empowering phrases that will help you open up and allow yourself to do it.

- ✓ *I allow myself to say YES*
- ✓ *I allow myself to receive*
- ✓ *I accept the help I need*
- ✓ *I thank for all that is given to me*

Keep your energy levels high by learning to

“Receive well as well as give”

**“Truth comes as conqueror
only because we lost the art of receiving it as a guest”**

-
Rabindranath Tagore

