



# *The Art of Receiving*

So many of us misunderstand the purpose and power of emotions. Masters of manifestation use their bodily functions to take control of their outside circumstances, as they can move their moods and attitudes like a moving the dial on a thermostat.

Vibration is the key. What tone are you putting out to the universe? It's time now to be thrilled at the prospect of receiving what you desire. Getting excited is simply having fun. You have permission to have fun--GO FOR IT!

Even before we receive anything, materially speaking, we must be able to experience satisfaction from alignment with what we want. This satisfaction includes gratitude and joy!

So often we give up just a little early when discouraging thoughts set in; this is a typical and unfortunate experience. Jealousy has no place in manifesting something for yourself; it simply precludes the jealous from receiving. Any judgment will inhibit the well of creativity and dry out the well.

There is also GOOD NEWS! This is NOT about BEING PATIENT! Thank God for that. All that is important in this exercise is to allow what you want into your experience RIGHT NOW!

Be a vibrational match for what you want; you are in control. You allow it. You resist it. It's your choice to receive or not to receive.

Your instructions:

1. DECIDE WHAT YOU WANT, FEELING AS YOU HAVE RECEIVED IT AND GIVING THANKS (This is your responsibility!)
2. THE ANSWER COMES TO YOU (And this comes from universal forces, just be aware and alert!)
3. RECEIVE THE ANSWER, ALLOWING IT IN (This is your responsibility.)

SET the TONE! Feel gratitude all day. Love your life. Thrill at the success of others, genuinely. Feel your success and take baby steps toward your desire with joy and your desire will meet you. There is no need to struggle. What could be more fun? Let the work be fun and the receiving will be easy.