

Manifest Like a Mother™

WEEK THREE

RECEIVE

The exercises in this workbook are all geared towards helping you to identify areas in which you have been closed to receiving or have been receiving without a clean energy, and then to help you practise receiving. We want you to be able to receive the things you want in life, right??

How Have You Been Receiving?

We're going to do a review of how you have been receiving (if at all!) so you can identify which areas you need to work on to finish clearing the path and to focus on practising receiving in that area.

Time

- > How have you been at receiving time? That is, making time for yourself, asking for or engaging the support or help of others with the purpose of creating time for yourself?
- > If you have a few hours to yourself, how do you feel about that?
- > If you have a few hours to focus on your business, how does that make you feel?
- > Have you been making time for yourself at all or have you been closed to receiving the gift of time?
- > Note any differences you observe between how you have been typically receiving time and how you are feeling now about it.

Manifest Like a Mother™

WEEK THREE

Time

Notes continued...

Manifest Like a Mother™

WEEK THREE

Help / Support

- > How have you been at receiving help and support?
- > Have you accepted offers of help from others or have you been closed to such offers?
- > Have you been honest about when you need help/support?
- > Have you actively sought out help/support when you have needed it or tried to figure it out on your own (i.e. closed to asking for it)?
- > Have you received help/support with a clean energy?

Manifest Like a Mother™

WEEK THREE

Money / Investment

- > How do you feel about receiving money in your business?
 - > How do you feel about telling a prospective client your fees? How do you feel about asking for payment due/owed?
 - > How do you feel about your prices?
 - > How do you feel about investing in your business (a.k.a. you!)?
 - > If you became aware of an investment that you knew would help you in your business and make a positive impact but the price was high, what would be your feelings about going forward with that investment?
 - > Try to determine the energy with which you have been receiving money in your business.
-
- > How do you feel about spending money on yourself in general?
 - > How often do you spend money on things that are only for you?
 - > When you do buy yourself something (i.e. receive a gift from yourself) how do you feel about receiving it?
 - > Think about the financial dynamic in your household. Do you feel empowered to make spending decisions on all things? Or only on certain things? How do you feel about spending money that you haven't earned (if that is part of your situation)?

Manifest Like a Mother™

WEEK THREE

Money / Investment

Notes continued...

Manifest Like a Mother™

WEEK THREE

Wellbeing / Health / Happiness

- > How much of a priority is your wellbeing, health and happiness?
- > How do you feel about spending time and/or money on things/experiences for the sole purpose of making yourself feel good?
- > When you have done something which is just for you, how have you felt when receiving that?

Manifest Like a Mother™

WEEK THREE

Love / Relationships

- > How are you at receiving love from yourself?
- > Have you been finding ways to show yourself that you are worthy, important, enough?
- > How does the thought of loving yourself (i.e. receiving love from within) make you feel?

- > How does receiving love from others make you feel?
- > Are you closed or open to receiving acts or displays of love from the special people in your life?
- > How does it make you feel to acknowledge that you are loved?

Manifest Like a Mother™

WEEK THREE

Love / Relationships

Notes continued...

Manifest Like a Mother™

WEEK THREE

Receiving Review

Now go over the notes you just made. Look for examples when you are or have been:

- > Open to receiving
- > Closed to receiving
- > Receiving in an empowered way
- > Receiving in a disempowered way
- > Feeling a clean energy when receiving
- > Feeling resistance when receiving

See if you can notice where you are experiencing in a more positive way of receiving and identify ways to carry that positive receiving energy over to the areas where you are either closed to receiving or more resistant.

For any areas that you have been previously closed or resistant, see how you feel about receiving in those areas now - has your work at Clearing The Path helped to clear up your energy and feelings about receiving in that area now?

Manifest Like a Mother™

WEEK THREE

Mentally Opening Up to Receiving

There are two ways that you can begin to open up mentally to receiving.

1. // The first is by visualising yourself as open. Sit somewhere quiet for 5 minutes (you could do this in bed before you go to sleep even) and picture yourself being open to receiving. You could imagine yourself as a rosebud, tightly curled at first, each petal slowly moving and opening until the rose is fully in bloom and basking in sunlight. You could imagine yourself arms wide open (you can do this physically too) and a warm golden light flooding into your body, warming you from within, making your heart glow. Or you can use whatever imagery you find useful.

2. // The second is by journaling. Writing affirmations about being ready and open to receive can be very effective. Especially if you focus in on some of the aspects you have identified as being more closed to. When you are writing down that you are open to receiving a particular thing, keep observant for any resistance that shows up and honour it, question it and dismantle it to clear that path.

Manifest Like a Mother™

WEEK THREE

Self-Signalling & Receiving From Yourself

It is time to give to yourself... and receive! Look at the notes you made in the first exercise, where have you been closed or resistant to receiving from yourself. It could be time, support, help, care, money, anything. Make some notes below of how you plan to start treating yourself. It could be a nap, could be a new top, could be locking yourself in the bathroom to luxuriate in the bath for half an hour. Find something you can give yourself, however big or small EVERY DAY for at least a week. No excuses.

Keep a log of all the ways you are now receiving from yourself and also note how it makes you feel. You will be practising receiving AND doing some great positive self-signalling to reinforce your self-belief and self-worth. Good work!!

Manifest Like a Mother™

WEEK THREE

Ask For Guidance

The next time you have a decision to make or you want to know the next step, try asking to receive inner guidance. You can literally ask out loud, or write out your question or request in the space below or in a journal.

Then stay open and in easy expectation - that is, keep your energy clean, not fraught in any way or trying to force it - and wait. It might come quickly or you might need to keep asking. You might need to create space - by which I mean mental space. A nap is great for slowing down the brain waves which creates space for ideas and intuition to flow in.

Meditating is even better for slowing your brain waves and inducing alpha wave brain state - that's where you have easier access to inner guidance.

Here's an example to get you thinking:

I am open and ready to receive guidance on the next best step for me in my business. I would like to receive clear and specific guidance.

Manifest Like a Mother™

WEEK THREE

Ask The Universe For A Sign

This one is fun! If you want the Universe to send you a sign, all you have to do is ask!

First, decide what you want the sign to be and what you want it to signify. Go with the first thing that pops into your mind.

Next, make your request. As with asking for guidance you can make your request out loud or write it down.

Example:

Universe, I would like you to send me a sign that shows me that you are listening and working together with me. I would like to see [insert your sign here] in the next two days please.

Be open to the sign coming to you in an unexpected way. Just wait and be open to receiving the sign.

Write your request in the space below:

Manifest Like a Mother™

WEEK THREE

Notice - Ask - Believe - Receive

From now on, try to get into the habit of noticing any fleeting desires that cross your mind. If the desire is something small and easily obtainable, see if you can think of a way to make it happen. If it is something not so easily obtainable, consider adding it to your Dream Life list.

Either way, find a way to ask for it. You could literally ask another person in your life to help you in some way that facilitates you having/doing the thing you desire. You could ask the Universe to send it to you, or ask for inner guidance on how to bring it about.

Whatever your course of action, critical to this is to believe. To believe you are worthy of your desire. To believe it can and will be yours.

Lastly, receive. When you notice your desires, make a request, take action and believe then things will start coming to you. Get ready to receive with that clean energy we talked about!

Manifest Like a Mother™

WEEK THREE

Appreciation

Start keeping an appreciation journal and each day appreciating - yes the great things in life - but specifically noting down the things that you asked for and received. The things you brought about. The things you made happen. This will help to reinforce your belief, which in turn will increase your budding powers of manifestation. Win-win!