



**DEEPENING YOUR
CAPACITY TO RECEIVE
EVERY DAY**



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Deepening Into Receiving

Receiving is a capacity you can continue to cultivate in your everyday life.

Over the coming days, return to your body, notice what you are available for, and begin to recognize the many ways life is already inviting you to receive.

1. Practice receiving through your senses

Give yourself a few minutes each day to slow down and consciously receive what is already here, naturally.

Step outside. Feel the sun on your skin. Notice the air, the sounds around you, the ground beneath your feet. Before eating, take a moment to smell your food and then enjoy the taste of it.

Spend time in nature and practice breathing while noticing the beauty and sounds around you. Focus on your body's sensations while being there. We can only receive when we are present to what is around us.

2. Create space to receive

Receiving requires space. Throughout the week, notice where you are constantly doing, solving, controlling, anticipating, or pushing.

Choose one area of your life (relationships, career, home and environment, money, body and well-being) and experiment with creating a little more space.

You might:

- Ask for support instead of doing everything yourself
- Allow someone else to give to you
- Rest without needing to justify it (while staying present with the sensations in your body if that doesn't feel comfortable to rest).
- Say yes to something that genuinely feels good
- Say no to something that drains you
- Leave space in your schedule for something unexpected
- Organize, remove things that no longer serve (clothes, e-mails..)
- Allow yourself to want something without immediately figuring out how to make it happen

3. Follow the feeling

Return to the emotion you chose during the Receiving Practice. Close your eyes. Take a few breaths. Put both hands over your heart. Feel that emotion in your body.

Then ask:

If I allowed this feeling to lead me today, what would I do now ?

Don't look for the most logical answer. **Listen for the subtle one.**

It might be an action, a conversation, a desire to eat something, drawing, painting or going somewhere. Stay connected and take one action towards it.

This is how your intuition works. It doesn't give you the full plan but one step towards your highest and best path :)

4. Notice what you receive

For the next 7 days, keep a small Receiving Journal. Each day, write down two or three things you received. They don't have to be big:

- A kind message.
- A new idea.
- A moment of beauty.
- Support.
- An opportunity.
- Rest.
- A compliment.
- A synchronicity.
- A solution.
- A feeling of clarity.
- Something your body asked for.

Then ask:

Did I allow myself to fully receive it?
How did receiving it feel in my body?

The more, you'll notice what life is already giving you, the more you'll expand your capacity to receive.

5. Challenge your beliefs system around receiving

Journal around these questions (intuitively without thinking):

- Where in my life am I currently forcing rather than allowing?
- What am I afraid might happen if I truly let myself receive?
- What kind of support am I ready to receive?
- What do I desire that I have been afraid to fully admit?
- Where am I making receiving conditional on achieving, proving, or something that I need to earn ?
- What is my body asking me to receive right now?
- What am I ready to release so I can create more space for what I desire?

6. Create your customized receiving ritual

Reconnect with the feeling you followed during our practice and create a ritual around it. What represents this feeling for you?

Maybe it is a color, image, symbol, word, scent, song, flower, element, place, or object. Let yourself brainstorm without overthinking it.

What would help you remember this feeling and invite more of it into your everyday life?

You might:

- ◆ Create a Pinterest board around your heart's desires and the energy you want to embody.
- ◆ Create a small altar with objects, images, flowers, crystals, or symbols that represent this feeling.
- ◆ Choose a candle, perfume, essential oil, or scent that becomes associated with this energy.
- ◆ Create a playlist that brings you back into the feeling.
- ◆ Choose a piece of jewelry or an object you can wear or carry as a physical reminder.

- ◆ Create a new moon or full moon ritual around your desires, using objects and images that represent what you are calling into your life.
- ◆ Choose a word, affirmation, prayer, or intention that captures the energy you want to live from.
- ◆ Bring this feeling into your body through a particular movement, dance, breath, or gesture that you can return to whenever you want to reconnect with it.

The intention is not to create something perfect. It is to create a sensory reminder of the reality you are choosing to embody.

And then return to it regularly. Let it become a way of reminding your body:
This is the energy I choose to live from and this is what I am available to receive.

Sending Love and Abundance your way,

Noémie

If this practice was helpful for you and you're ready to go deeper, you can explore my programs at www.noemielazaridis.com.

