



Receive Your Life Manual

Introduction

Over the years I have found it challenging to describe what it means to receive your life. I *feel* it more than my ability to put it into words, but here goes.

Receiving your life is about living a life of honesty and integrity that is in alignment with what you love and value. It's about living in harmony with the source of your being without compromise. Call it God, Spirit, Soul, whatever works for you. The truth is you can never be separate from your true nature. If you are breathing, you are part of the wholeness of life. You're not a cog in the wheel without purpose and meaning. You matter. What you are being matters, what you are doing matters, what you love matters. You're whole, complete and perfect just the way you are. You came in that way and you will forever be that way. You are an individualized expression of Spirit. If you make yourself wrong, you make the source of your being wrong.

Then you may ask, "If I am whole, complete and perfect just the way I am, why does my life feel so bad, why do I feel like a failure, why do I feel that I am not enough, why am I always confused, why can't I figure out my purpose, why do I struggle with relationships, why am I always sick, why don't I have enough money, why can't I have what I want, why does my life have to be a struggle?"

There is a very good reason. If your life feels unsatisfying, it's because you are living backwards. Don't feel bad. Since birth pretty much all of us have been conditioned to live backwards. Living backwards is when you look to the physical plane to tell you what to be, what to do and what you 'should' want rather than

listening within to your spiritual knowing. It's not too much of a problem at a young age. However, once you begin to individualize from your surroundings and become aware of your spiritual nature you often realize that what you have been taught about the physical plane conflicts with what you are coming to understand about your spiritual nature. You become aware of conflicting messages within yourself.

Worldly rules were put in place to keep you safe often by well-meaning caregivers and community members. After all these are the rules that were passed down to them and what they learned from their experience of life. The intention of these rules is to help you survive, be able to compete, to fit in, to get along and get ahead. These rules are based on a world that's dualistic, good/bad, right/wrong, safe/dangerous, fair/unfair, etc.

The internal spiritual messages we receive have a very different tone to them. They are not dualistic and are cooperative and inclusive such as love, joy, peace, patience, kindness, goodness, etc. In fact, pretty much all spiritual principles we become aware of actually are in opposition to worldly rules.

All spiritual teachings, at least as far as I can tell, teach that beyond the duality of good/bad, right/wrong, success/failure, life/death lies a peace, joy and satisfaction that everyone has access to. As a spiritual being you know this to be true. There is an abundance of love living within you and as you even if you initially may feel uncomfortable acknowledging and sharing it. And yet when we

go out into the world we are often confronted by a reality that seems completely opposite. No wonder we're confused.

There is a belief embedded in worldly rules and that belief is, you are separate. You are alone. You are not connected to anything greater than yourself. You are not a part of the oneness of life. The world is unsafe, chaotic and unpredictable. You have to protect yourself, keep your guard up, be leery of others, don't be a fool, don't be weak. You learn it's your personal responsibility to accumulate a quality life, to win at any cost whether that's in gathering possessions, relationships, worldly success, knowledge, skills, fitness, etc. And if you don't, you'll come up short. No one wants to fail so we're put in an untenable situation. It wouldn't be so bad, maybe we could tolerate abandoning our spiritual nature if we weren't also experiencing soul desires that seem to conflict with the worldly rules.

One of my favorite quotes is by Emilie Cady in Lessons in Truth, "Desire in the heart is always God tapping at the door of your consciousness with Its infinite supply." Everything beautiful in life whether it's a piece of music, a baby, a relationship, a flower, a recipe, a blueprint, has its origin in the seed of desire. You are here to be the expression of Spirit, to say yes to the beauty and truth that wants to be lived through you.

Spirit is that innermost part of you that knows the truth. And the goodness of that truth is what we all share in common. No one is left out. It's the beacon of light that burns in everyone. However, that doesn't mean everyone knows they have

access to it or decides to commune with it. If a person chooses to hide their light or to ignore it, it can appear as if their light is not there even though it's built into all of us. Our work together will be to deepen your communication with Spirit so that you'll feel safe to share your individual expression of life. When you get to that deep place of yes within yourself you will realize your heart's desires and live fully in the giving and receiving flow of life. Even though we'll be using the words true Self, Spirit and Soul interchangeably, what we are referring to is the heart, the core, of your being.

As Henry David Thoreau says, "Most people live lives of quiet desperation." I believe that's because we've been trained to live backwards. We live in opposition to our spiritual nature and living this way doesn't deliver the life we know we came here to live. As you work with the receive your life system you will see for yourself how you can order your life in a way that will deliver soul satisfying success.

The journey of receiving your life is a very personal journey. It's not about gaining others approval or validation, rather it's the journey of you coming home to yourself. You can't expect other people to understand the fullness of what you are and what is important to you. We often have our lives on hold waiting to be understood, acknowledged or granted permission to live the life we've been given to live.

We find ourselves explaining to others what we are, what we want and what we are up to with the hopes of gaining their agreement. We've been so conditioned

to believe that our power lies outside of ourselves. We may say to ourselves it's because they're older, more experienced, more successful, they have a track record, etc. However, worldly markers are very different than the knowing you are personally receiving. You always want to run it through your filter, your truth meter. What is actually very interesting is that the world wants the real you as much as you hunger to express and share the real you. You are the gatekeeper of your life. Another person can't give it to you. It's yours to claim.

In the Bible it says, "For what profit is it to a person if they gain the whole world, and lose their own soul?" That's what happens when you live backwards, when you look to the world as your source and conform to what the world expects of you rather than on what you came here to share.

As you'll see as we go forward, it's not an either/or equation. You don't have to pick between Spirit and the world. You are a spiritual being living on the physical plane. All aspects of your life are of value. What is important is that you lead with your Spirit so what manifests on the physical plane is a result of your soul's desire, not the result of a compromised desire. To live a sustainable and satisfying life, it's imperative that you develop an intimate relationship with the source of your being, your Soul, your Spirit, your true Self.

The good news is that to receive your life the circumstances on the physical plane don't have to change. If you're looking for the people around you to be different, you're looking in the wrong place. It's amazing how when you straighten out your consciousness how much better the world looks.

Section 1 - What Are You Really?

Your true Self is the beauty, truth and purity of what you are. It is the timeless, eternal, unique, permanent energy that is you. By working with the exercise in this section you will begin to identify and experience your true Self.

Knowing and living from your true Self allows you to live a life of grace vs. a life filled with resistance, drama and chaos. It's the difference between going with the river vs. fighting against it. If you've ever had the experience of floating down a river gently allowing the current to carry you along vs. attempting to fight against it, then you know the difference I'm talking about.

Knowing the unique spiritual essence of what you are means you know yourself. It means you can begin to honor what you are and stop fighting against yourself. Once you know what you value, you can stop looking outside yourself to fit into a cultural code of an acceptable way to live life.

What you value, what is important to you, reflects your essence. In nature, some plants thrive in the sun and others in the shade. Some animals run fast while others take it slow. We don't question nature's rhythm and yet why do we question ourselves? Why do we believe there is a right way and a wrong way to be? Without an understanding of your true Self, you'll take the bait of what you believe you 'should' be. What you believe 'should' be important to you. What you

'should' care about or 'should' have an interest in. This is what we refer to as your compromised self.

You were born into and raised in an environment that valued certain things over others. Maybe it was being smart, athletic, creative, sensitive, strong, social, funny, creative, etc. You learned early there is a 'right' way to be and if part of your essence didn't fit, you adjusted to hide or morph those aspects of yourself.

You quickly became aware that you were either too much of something or not enough of something else. You wanted to fix what you perceived was wrong with you so you could survive by staying connected to your family, your community, your culture or whatever you understood to be your source. When it doesn't appear there is another option, it's easy to succumb to feelings of wanting to hide or self-improve.

If what's important to you isn't what's important to others, it's easy to jump to the conclusion that there's something wrong with you. "Maybe I'm missing something, maybe they know something I don't." But what if it was just that what you value is an indication of what matters most in your life? What you are is not good or bad, it just is. It's an is-ness. Your spiritual essence, your value, is not up for grabs. If you're in a train of thought that you don't like the way you are, it's only because you have a misunderstanding of your value. You haven't yet realized – or you've temporarily forgotten – the brilliance of what you are.

I want to jump right into the exercise for this section so our conversation can move from theory to experience. Once you experience the difference between living as your true Self vs. your compromised self you will understand where we are going with this system. It's not possible to be something other than what you are, however you can compromise yourself. We compromise ourselves when we believe we have to be more than what we are or less than what we are. We do this to conform to what we believe we 'should' be.

The intention of working with what you feel as either a push or a pull is to have a heightened awareness of where you are living from so you can make the conscious decision to spend more of your life living as your true Self rather than as your compromised self. Don't be concerned about how your compromised self relates to living backwards. That will make sense as we go along. For now, I just want you to start noticing the difference between 'pushes', that feeling of when you are struggling against the current, and 'pulls', when you are going with the current.

Your Push/Pulls

It's now time to take out your journal. Your mind can be slippery and you can easily forget insights and what you uncover. Your journal will catch what you are seeing and will support you in revealing patterns and blind spots of your true Self and your compromised self. You'll gather your personal data from your push/pulls and then you'll be using that data throughout the other exercises.

Your push/pulls are how your energy naturally flows. Receiving your life begins with the awareness that energy flows through you and as you in a unique way.

Bringing awareness inward to that energy flow is key to this process. The more awareness you have and the more tuned in you are to what you're feeling, the clearer the guidance you will receive. The communication of your push/pulls are the language of your Soul. They are a practical and gentle way to enter the world of your true Self, a tool to help you look deeply into your life.

In this system, we label light, uplifting, feelings of ease, as *pulls*. When you feel yourself being pulled it feels good. You may be feeling inspired, energized, peaceful, joyful. In that particular moment you are not feeling any resistance. When you are experiencing a pull, it's an indication that in that moment you are in integrity with yourself. You are aligned with your true Self and it feels right. You are saying yes to being you and you are sharing the real you without compromise.

You may be in the habit of dismissing pulls believing that the pulls, the good stuff, ease of flow, effortlessness, joy and freedom are not what life is really about. You may think of pulls as something you get to do on occasion as if you are getting away with something. It's a common belief that good is bad, or at least not realistic. We often hear that we shouldn't overindulge in the good stuff. But the essence of what you are IS good. It's only your past beliefs and misunderstandings of your self-worth that keep you thinking the majority of your day can't be an incredibly rich, joyful experience.

Just as important as realizing your pulls you'll be developing awareness around your resistant feelings when you're feeling angry, stuck, lethargic, frustrated, etc. Those feelings we call a *push*. In that moment you are pushing against the way your

energy naturally flows. You're moving in a direction that is effortful and tiresome zapping your energy either in an action or a thought, and yet you push on.

Like 'pull' feelings, you may have been conditioned to ignore or brush off your 'push' feelings. You may rationalize them away. I should be tough, the "no pain, no gain" mentality. Or maybe you are supposed to suppress anger, irritation, disappointment or whatever it is in order to be a good team player. For the sake of our work here, let go of those constraints so you can focus on developing awareness around your own energy flow.

There may be times when it seems like you're not feeling anything, but that's not possible. Developing awareness is about paying attention to what's going on with your energy, push or pull. This information will help you along the path, give you traction, direction and bring your conscious awareness to the fact that you are always connected to your true Self. When you are in harmony with your true Self you feel it as a pull and when you turn away from your true Self you feel it as a push. Even though you may have turned away or are ignoring your true Self, you are never separate from it, it just feels that way.

The good stuff you feel, the pulls, are not just random. It's not something that just happens on occasion. While the undesirable feelings are not just bad luck. What you'll be doing in this program is using this push/pull data to recognize your true Self communicating to you directly through your inner awareness. Your push/pull data will reveal how close you are living to your true Self and also how far you've

travelled from your true Self. Also note that when you bring awareness to the communication of Spirit, you'll see that it has no intention of harming you or harming another. Remember that the ultimate goal here is about bringing the goodness of your true Self out of hiding and sharing it with the world.

I also want to point out that this system is not about just being happy all the time. It's about slowing down enough to become aware of what you are actually feeling, not what you believe you 'should' be feeling in the moment. You want to feel for your connection or disconnection to life, Source, Spirit, your Soul. Let's look at grief as an example. It may seem as if grief would automatically be a push. However, your experience will be dependent on where you are living from. If the grief you are experiencing is a genuine emotion arising from your true Self, it may be raw and heart-wrenching and yet if you are still feeling your connection to life, to your Soul, it will resonate as a pull. You won't feel resistance. Obviously, it won't be the same pull feeling as more joyful experiences, but it also may not be a painful push.

Pushes arise when you are turning away from your true Self, diminishing yourself and feeling disconnected from life. If you are blaming, judging or criticizing yourself around your grief, "I shouldn't be feeling what I'm feeling, I should be responding differently, it's my fault, I should have done more, etc.," you will feel it as a push. Discerning the subtleties of your push/pulls takes practice. Our mind often jumps to what we believe will be a push or a pull, but experientially it may be quite different.

Exercise 1a: Your Push/Pulls

To begin the push/pull exercise simply write PUSHING AGAINST on the top of one page of your journal. On the top of a second page, write BEING PULLED. When you feel yourself pushing against or resisting something as if you are trying to swim against a current, write it down under PUSHING AGAINST. When you feel energy calling you forth or you find yourself gravitating to something, write it under BEING PULLED. The activity itself can be almost anything. Nothing is too trivial. I've worked with many people who said this push or pull is no big deal and yet when they followed the thread they realized it was connected to an important insight and pocket of stuck energy.

It may be easier to notice a push or pull when you are in action, but they also can be noticed from a thought. You may feel a pull while sipping on a cup of tea after a long day. A thought pops in about the work left behind at the office and you find yourself in the middle of a push.

Do this exercise at your own pace. You can't get it wrong. At times, it may appear that you are experiencing a push and a pull simultaneously. This is not possible. What is happening is the thoughts are coming in so quickly that you are unable to separate them and they collapse in on one another. By slowing down what you are feeling you'll be able to recognize when a pull drifted into a push and vice versa.

You may feel resistant push energy in your stomach, shoulders, back, or wherever you hold tension. If you do something that feels in your body like a push or you feel guilty, lazy, angry, resentful, or fatigued, write it down. It's crucial that you not generalize here. You are not listing what you *think* is a push. You are recording how you *feel* as the event or activity is happening.

Be as specific as possible. The more specific you are in gathering your push/pulls the easier it will be for you to gain information from them. Your job is to observe and document without any opinions at this time. There is no need to overcomplicate this or jump to quick conclusions. You are simply starting to more carefully develop your self-awareness muscle and develop a more intimate relationship with your true Self.

The diagram below shows the different tracks of your push/pulls. Notice for yourself what shows up on the physical plane when you are coming from either a push or a pull. You'll start to make the connection that where you are living from in consciousness affects your experience on the physical plane.

