



3 Steps to Receiving

1) Heart Connection

- Connect to your heart before you use your gifts so you are open to receive.
- When receiving someone else's gifts, open your heart and connect and them heart-to-heart.

2) Express Your Love and Appreciation

- For yourself, tell yourself what you loved and appreciated about how giving this gift made you feel.
- For another, tell them what you loved and appreciated about how they gave their gift and how it made you feel.

3) Express Deeper Meaning

- Tell yourself the difference giving this gift made for you.
- Tell them about the difference receiving this gift made for you.