

RAISE YOUR WORTH — OPEN TO RECEIVING Learnings

Receiving Is a Capacity

You don't receive what you want... you receive what your system is available for.

Worth Is a Birthright

Worth is not something you earn or prove. It is something you allow yourself to experience.

The Nervous System Is the Gatekeeper

Your system allows what feels safe and familiar... and resists what feels unfamiliar, even if it is desired.

Protection Limits Receiving

The same patterns that protect you from pain also limit how much love, ease, and support you allow in.

Control Blocks Receiving

Control tries to secure an outcome. Receiving requires space, trust, and letting go.

Allowing vs Forcing

You cannot force receiving. It begins when your system softens and allows something to reach you.

Desire Shows Direction

Desire is not random. It points you toward what you are ready to expand into.

Familiar Does Not Mean Aligned

What feels familiar is not always what is true or supportive. Growth often feels unfamiliar.

Receiving Is a Skill

Receiving can be trained through small, repeated experiences of allowing and staying present.

What You Allow Becomes Your Standard

What you accept and allow shapes your identity and defines what you are available to receive.



EMPOWERED FREEDOM

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