

CLASS SEVEN: SELF-WORTH
& RECEIVING MORE

Divine Feminine

“You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You, yourself, as much as anybody in the entire universe, deserve your love and affection.”

~ Sharon Salzberg

WELCOME TO CLASS SEVEN!

In today's class we will be taking a deeper look at your patterns of giving and receiving, and how this relates to your feeling of self-worth.

As a big hearted, generous woman, you may often focus your energy on giving - giving to others, giving to your work, giving to the world, and you may forget to also focus on what you are receiving. You may find it hard to receive support, ask for help and receive love, affection or attention.

Feminine energy is all about receiving. As a woman, we deserve to receive in big ways, and opening up our energy to receive is a beautiful way to come deeper into our feminine.

Today, will be exploring any blocks you may have around receiving. You may have self-protective barriers preventing you receiving more love, inner stories preventing you receiving more money, or you may feel safer being in a giving role.

Receiving more often asks us to explore our sense of self-worth. It is important for us to remember that we don't have to do anything to earn what we want to receive. Instead, we must know and believe that we are worthy and deserving, just as we are now.

As you continue to love, honour and value yourself, your feelings of worthiness will increase. You will hold a higher standard for how you want to be treated, you will ask for more and you will create a life that brings you joy, abundance and fulfilment because you believe you deserve it.

With love,

Connie x

IN THIS CLASS, WE WILL COVER:

- Balancing giving and receiving, and healing patterns of over-giving.
- Creating clarity on what you truly desire to receive.
- Opening your mind and expanding your energy field to receive more.
- Clearing the blocks you hold to receiving the money you desire.
- Exploring and healing your blocks or wounds around receiving love.
- Upgrading your self-worth and raising the standard of what you desire to receive from life, and others.
- Releasing unhealthy patterns that you use to get what you want.
- Seeing your value, and exploring what makes you loveable, worthy and whole.
- Re-writing your inner story about what you deserve.
- Asking for and communicating what it is you want and need.



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DO YOU FEEL MORE COMFORTABLE GIVING OR RECEIVING. WHY?

IF YOU ARE SOMEONE WHO TENDS TO OVER-GIVE TAKE A MOMENT TO REFLECT ON WHY THAT MIGHT BE. IS THERE SOMETHING YOU ARE TRYING TO GET OR FEEL THROUGH THIS GIVING? REFLECT BELOW:





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WHAT IS ONE AREA WHERE YOU FEEL THAT YOU ARE GIVING MORE THAN YOU ARE RECEIVING?

WHAT ARE YOU WANTING TO RECEIVE IN THIS AREA THAT YOU ARE NOT RECEIVING?

WHAT ARE SOME STEPS YOU COULD TAKE TO BALANCE THIS OUT?



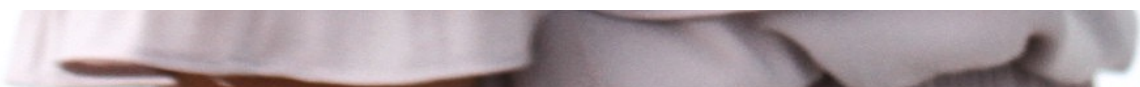


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WHAT DO YOU WANT TO BE RECEIVING MORE OF IN YOUR INTIMATE OR ROMANTIC RELATIONSHIPS?

WHAT DO YOU WANT TO BE RECEIVING MORE OF IN YOUR FRIENDSHIPS?

HOW MUCH MORE MONEY DO YOU WANT TO BE RECEIVING?





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WHAT DO YOU WANT TO BE RECEIVING MORE OF IN YOUR CAREER?

WHAT DO YOU WANT TO BE RECEIVING MORE OF FROM LIFE AND THE UNIVERSE?

WHAT DO YOU WANT TO BE RECEIVING MORE OF FROM YOURSELF?





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IN WHAT WAYS DO YOU WANT TO RECEIVE MORE ABUNDANCE?

IN WHAT WAYS DO YOU WANT TO RECEIVE MORE LOVE?

IN WHAT WAYS DO YOU WANT TO RECEIVE MORE SUPPORT?





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WHAT HAS BEEN BLOCKING YOU OR STOPPING YOU RECEIVING ALL THAT YOU WROTE DOWN ON THESE PAST FEW PAGES? REFLECT ON PATTERNS OF BEHAVIOUR WHICH BLOCK YOU RECEIVING, OR ANY FEELINGS OF UNWORTHINESS OR DOUBT THAT ARISE AROUND WHAT YOU WANT:



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REFLECT ON WHAT MAKES YOU FEEL THAT YOU ARE WORTHY AND DESERVING OF WHAT YOU WANT TO RECEIVE.

WHO DO YOU FEEL YOU NEED TO BE IN ORDER TO BE WORTHY TO RECEIVE WHAT YOU WANT?

WHAT DO YOU FEEL YOU HAVE TO DO IN ORDER TO BE WORTHY TO RECEIVE WHAT YOU WANT?

IN WHAT WAY DO YOU FEEL YOU HAVE TO GIVE IN ORDER TO BE WORTHY TO RECEIVE WHAT YOU WANT?





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IMAGINE THAT YOU BELIEVED YOU WERE COMPLETELY WORTHY AND DESERVING OF EVERYTHING YOU DESIRED, NO MATTER HOW BIG IT WAS OR HOW MUCH YOU WERE ASKING FOR.

IMAGINE BEING A WOMAN WHO FELT SAFE TO RECEIVE AND FULLY CLAIMED ALL THAT SHE DESIRED.

DESCRIBE WHAT IT WOULD BE LIKE TO BE THIS WOMAN. HOW DOES SHE FEEL, THINK AND ACT? WHAT DOES RECEIVING LOOK LIKE FOR HER? WHAT IS HER SENSE OF SELF WORTH AND CONFIDENCE LIKE? EXPLORE AS MUCH ABOUT HER AS YOU CAN.





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REFLECT OVER THIS WORKBOOK AND ALL THAT YOU ARE READY TO BEGIN RECEIVING MORE OF. DECLARE IT BELOW. START YOUR SENTENCES WITH THE WORDS "I AM WORTHY AND DESERVING OF RECEIVING..." FOR EXAMPLE: "I AM WORTHY AND DESERVING OF RECEIVING MORE MONEY FOR THE WORK I DO IN THE WORLD" OR "I AM WORTHY AND DESERVING OF RECEIVING DEEP LOVE FROM A CARING AND DEVOTED PARTNER."





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CLASS SEVEN REFLECTION

WHAT ARE YOUR 1-3 KEY LEARNINGS AND TAKEAWAYS FROM THIS CLASS?

WHAT ARE 1-3 STEPS YOU WANT TO TAKE FROM THIS CLASS?



WELL DONE!

Once again, some of the questions in this workbook may have challenged you or felt difficult to answer. They may have triggered you, stirred up emotion or created resistance.

Trust that whatever arose for you was perfect. Continue to bring a patient and loving approach to this coursework and your own process of working through it.

Refrain from placing expectations, pressure or judgment on yourself and remember that you are doing the best you can.

I know that at times this work can feel confronting and overwhelming, so just keep taking this journey step by step, and work through it at your own pace and in your own way.

There is no right or wrong way to complete this course; whatever unfolds for you is perfect.

Remember that you can come into our Facebook community at any time to share your experiences, receive support and ask questions. Both myself and your community of women are here for you the whole way.

With love,

Connie x



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