

Title:

The Importance of Receiving

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649

Summary:

Receiving is just as important as giving. It sets the flow of abundance and helps others to at

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CommunicationTraining, Gift, Receiving, LawOfAttraction, ConflictResolution, Beliefs, SelfImprovement

Article Body:

Receiving is just as important as giving. It sets the flow of abundance and helps others to at

There are many reasons that people have for not receiving.

They believe that:

It is bad or selfish to receive

They'll feel guilty

They may take from someone else

There may be strings attached

They will owe someone a favour, and hate to be in debt.

What if they can't return it.

If you feel as that you have taken someone else's good from them, you cannot do this. The Univ

In many societies, the belief that we shouldn't receive can start to reach extremes. There are

For example, a person may say:

That is a nice outfit you are wearing

and they reply, "What this old thing" or

 "Oh, it's just something that I threw on.

It can make the person giving the compliment, feel like they were stupid for saying anything t

Alternatively, when you have helped someone and they say thank you, if you start saying, "Oh,

was nothing", It undermines the value and worth of the help and some people feel it undermines

I remember when I was in college, I had a hard time at accepting compliments. One year when I

I had one friend get mad at me. She said, "Why can't you take a compliment? When you say it w

I had never thought about it that way. I definitely didn't want to imply that theirs wasn't an

I have been more careful just to say thank you. And you know what; It feels good to say that.

So, if someone gives you a compliment, just say "thank you"

If someone is thanking you for helping, just say, "your welcome"

I also love to ready and study, quantum physics and neurosciences. Many studies, with the help

Consider a healthy lake, it has both an intake, receiving, (river or underground spring) as we

We are like the lakes. We must continue to have the flow in order to be successful, prosperous

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