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THE SACRED ART OF RECEIVING – December, 2009

We've all heard the old saying "It is better to give, than to receive". While that seems like a noble position, I'm inclined, as usual, to challenge.

Receiving is an art form, truly. We've all given gifts to people and watched them struggle to respond in a way that doesn't seem to make them sweat. I love my Mother, deeply, but it has taken us, her children, **YEARS** to teach her how to receive from us gracefully. "Just say **thank you**, Mom", she's heard it a million times. My Father, is no better at it, and accordingly, the same words of advice are forwarded to him, "Just say **thank you**."

We're all fairly good at giving. We give, others receive, we feel good about ourselves, etc. etc., but what happens when we have to receive from others. Think about the last time you received a gift from someone. How gracious were you? Did you do the usual, "oh, you shouldn't have", or take my parents approach and give the mini lecture on how they don't need anything and we should spend our money on ourselves, you have parents, I'm sure you all know this drill. When we receive we are doing multiple things. First of all, we're giving validation to another person, for whatever it is they've gifted us with; a present, their time, a compliment, a meal prepared when we were sick, holding the door at the mall when our hands were full, there are loads of examples. But, at the same time, we are faced with a question of our own value. In that moment in time when we receive, we automatically go inside ourselves and ask if we're worth it. How you *feel* when you receive from someone else? Is it comfortable for you? Do you joyfully accept what is offered, or do you sheepishly accept with a note of unworthiness clanging through the air? To receive and feel valued is a gift to the giver and to the receiver. When we receive from another we create a bond that lifts up the giver, and also allows us to raise our vibrational level as well. Gracious receiving provides us an opportunity to experience our own value, to feel good about who we are on this planet, and in the lives of someone else, even the person that is simply holding the door at the mall. When we experience the joy and limitlessness of our own worth, we naturally are inclined to pay it forward, to create good feelings in those around us; perhaps it our turn to deliver a meal, or let that parking spot go to another person. When others give to us, even in simple ways, it is a way of saying, soul to soul, "I see you, I see how beautiful you are". Accept it, graciously. Enjoy the sense of value, and respond to each giver in a way that returns that same sentiment to them, "I see you, I see how beautiful you are".

I am truly grateful for the people in my life, even the ones that provide occasions for me to stretch who I am, and how I perceive things. I have had to work on how I receive from others as I've grown older, and I still at times have to acknowledge that little poke in the gut that makes me question my own worthiness. I'm human. But I remember my parents, and I say thank you, and I see the spirit in front of me and I want them to know, I want you **all** to know.... I see you, I see how beautiful you are.

Happy Holidays to you, and I wish you the very best in the New Year.

Peace, Love and Light

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