

Receive

Oracle Cards



Receive Your Fulfillment
by Unlearning Struggle™

COMPANION WORKBOOK

Sonia M. Miller

This is an Interactive Workbook.

The Table of Contents and all URLs are live links – just click and go.

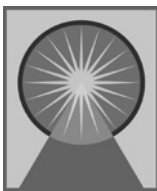
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- **Type directly onto the document pages wherever there are prompts, or**
- **Enjoy the handwritten experience by printing and saving the workbook into your favorite binder.**

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To the flowers and trees.

Thank you for reminding me
of the power of being.



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INTRODUCTION



Most People Don't Know HOW to Receive

We've been validated with messages like *no pain no gain*. We've been told we have to *pay our dues*. And we've learned to put our faith in the hard-work ethic. So, when we find ourselves tired and dissatisfied after much labor, we repeat what we know – *and we work even harder*. There's a kinder, easier, and more successful way to welcome your joyful fulfillment! It's the concrete, tangible, and results-producing skill set of *receiving*.

Models of Power

While receiving is the most natural thing in the world, and every human being was born with this ability, for many of us it's an aspect of our personal power that has been neglected or malnourished. This is because receiving is based on the *Being* Model of Power. But it is the *Doing* Model of Power that has gotten us approval, attention, compensation, acknowledgement, and a sense of self-worth.

Transactional Receiving

Do you feel worthy of receiving what you want? If you don't, do you have any idea *why* you don't feel worthy? And more importantly, do you have any idea *how* to feel worthy and why it's important?

If you do indeed feel worthy, what do you think is required for you to receive what you want? Do you think you need to earn it? Work for it? Be patient enough for it? Do you think that there's a price to pay? If any of these ideas ring true for you, whether you realize it or not, there's a good chance you've come to believe that your self-worth comes from what you *do*.

This perspective limits your ability to receive what you most want in life because you will only allow yourself to receive *in exchange* for some kind of productivity. This is known as *conditional or transactional receiving*. Yes, it works and is good and necessary under certain conditions. However, if you're *unfamiliar*

with the Being Model of Power, which requires *no* transaction, you will struggle unnecessarily. This is because in the absence of the receiving skill set, when your fulfillment still eludes you, you'll return to what you know: *more doing*.

Sometimes doing is NOT the right tool for the job.

Sometimes you need to stop all of the mental and physical activity ... and just be. *Simply be and receive.*

Which brings us back to the dilemma at hand. What if you have no idea how Being could possibly be useful, productive, or powerful? What if like so many of us, you were *taught* to believe that Doing is where all of the power exists? In other words, what if much of the struggle you experience is something you *learned*?

Well then, I'm here to say you can unlearn struggle.

And the way you unlearn something is by replacing old habits with new habits. The Receive Oracle Cards™ can help you experience this exact possibility. As you play with, experiment with, and explore the messages available through this card deck and guidebook, you'll tap into an opportunity to bring life to a power within you that has been lying dormant.



***The Being Model of Power values presence.
The Doing Model of Power values productivity.
Being is the counterbalance to Doing.***

As we develop both of these expressions of power, we expand in our capacity to know our wholeness and experience our fulfillment. However, when we have blind spots, or lack curiosity about the less familiar aspects of ourselves, the fulfillment we seek can remain out of reach.

Are You An Over-Doer?

Not everyone over-relies on Doing. Yet, if the following descriptions strike a chord, chances are good that your Being skill set is absent or malnourished, and you've compensated by over-functioning with your Doing skill set.

Do any of these descriptions sound like you?

- You're a hard-working, goal-oriented person, but find yourself still waiting for your long overdue rewards.
- You're *not* necessarily goal-oriented, yet you struggle, and have a feeling deep inside that life doesn't have to be so hard.
- It feels like you keep hitting an inner glass ceiling, a permanent plateau, or like there's some invisible obstacle between you and the things you most want.
- You've worked hard most of your life, and take pride in your hard-work ethic, yet you'd like to find a way to experience greater ease while still feeling able to take care of yourself and your loved ones.
- It feels like you live in "survival mode" more of the time than not, yet you don't know how to shift from surviving to thriving.
- You consider yourself a relentless seeker and have been practicing mindset, law of attraction, and manifestation tools, but permanent and lasting results still elude you.
- You've sacrificed for others for as long as you can remember and wonder, "When's it gonna be my turn?"
- You know that you're over-functioning (and might even be a workaholic), but every time you slow down or stop, you feel lost. You keep feeling that

you should be *doing* something. While you've stopped working so hard, you don't actually feel any better.

- You've come a long way in finding balance, yet you sense there are still ways you struggle unnecessarily and are ready to experience more ease and grace in how you live life.

Release Judgments to Receive More and Better

One of the casualties of over-relying on a hard-work ethic in pursuit of your goals and dreams, is that you may have become *biased* in the way you see power, productivity, and effectiveness. It's as if you're wearing a pair of glasses that only let you see things as Doing or Not Doing. Which means that if you're doing – that's good. If you're not doing – that's bad.

So when you are *not* doing, or you witness someone else *not* doing, you may judge this in any number of ways ... *passive, lazy, unmotivated ... etc.*

Furthermore, as you start to tap into the true power of Being, which includes: stillness, feeling, experiencing, surrendering, opening, and unpredictability ... your Doing glasses may instead cause you to judge what you see as *passive, unproductive, weak, messy, chaotic, late, indulgent ... etc.*

But these judgments and biases are utterly inaccurate and keep you disconnected from the very power within that allows you to receive your joyful fulfillment beyond what you could ever imagine. As you tap into the Being Model of Power you surpass transactional and conditional receiving to experience *unconditional or reasonless* receiving. In other words:

You discover how to receive the kindness of life simply because you exist.

In order to receive the full benefit of the Receive Oracle Cards™, it will benefit you to be curious about your own internalized judgments. Judgments arise

when we assign meaning to something. We judge thoughts, ideas, feelings, behaviors ... all sorts of things. We also judge words. And so before I proceed, I want to address a common set of words about which we often hold judgments – consciously and unconsciously. These words are related to our associations with gender – specifically the words: *masculine and feminine*.

Words are limiting in nature. And so, moving forward, I invite you to think of words as neutral containers that carry whatever meaning you've assigned to them. If, in the Receiving Messages, you encounter a certain word that bothers or triggers you, practice being curious about the possible value the bigger message has for you.

In the next section, I'll be using metaphors that reference he/him and she/her pronouns. They are used both for ease of communication, and also in honor of the duality that all of us navigate in this physical world such as light and shadow, love and fear, positive and negative, etc. Rather than judging any particular words, I invite you to practice remaining open to discovering new possibilities for your life.

Intention vs. Invitation

From a manifestation point of view, the Doing Model of Power relies on *intention* and the Being Model of Power relies on *invitation*.

The Hunter

When you seek to manifest something from intention, you adopt the know-how of The Hunter. You identify a target that you can conceive of with your mind, and you seek, hunt, and pursue this target out in the physical world. When you're in "hunter mode", you rely on thinking, doing, problem-solving, analyzing, action, and your five physical senses to interact with the physical world. When you've

manifested your intention, it is a *finite* experience. You have caught, captured, achieved, accomplished, done and displayed something you wanted.



When you over-rely on the Hunter's way, however, you encounter three distinct challenges:

- 1. It's limited***
- 2. It can be tiring***
- 3. It doesn't provide lasting fulfillment***

The Hunter's way is limited in that a hunter is bound by the limits of what he can conceive of with his mind and execute with his physical body. It can be tiring because until he has manifested his intended outcome, he must conserve his energy and ration his rest. Lasting fulfillment is not guaranteed because *fulfillment is a feeling* that is only possible in the *absence of wanting*. By definition a hunter wants. That's what he does. He seeks. So at best, any fulfillment experienced by achieving his desired outcome will be fleeting, until the next call for hunting arises.

The Majestic Tree

When you seek to manifest from *invitation*, you embody the wisdom of The Majestic Tree. The tree hunts nothing. The tree examines nothing. The tree seeks nothing. Instead, the tree stands as a constant invitation and receives everything life offers her. She receives everything as sacred and battles nothing. She defends against nothing. She is open and welcoming. And she receives discomfort and blessings unconditionally.

The Majestic Tree receives everything she needs and – for the sake of this metaphor – we'll assume much of what she wants. We may not know what a Majestic Tree wants (if she wants at all). Yet, when we allow ourselves to fully acknowledge the peace, beauty and power such a tree inspires, it wouldn't take much to imagine that she must feel fulfilled.

The Majestic Tree exists in a harmonious relationship with all of life. She fully embodies what she is. She experiences what she is. She expresses what she is. In so doing she is FULL-FILLED with all that she is. Her power, impact, influence and contribution come from standing, staying and sharing. The Majestic Tree's gifts are spread and multiplied across the lands by way of all that come to her. Even in death, she is a contribution, for all that she was nourishes the soil, fuels warmth, and provides shelter for creatures and builders. All that she receives – the winds, the rains, the animals and the humans – circulate her offerings. The tree does nothing, receives everything, and as she flourishes in all that she is, expands in her contribution.



When you open up to the way of The Majestic Tree, you expand upon the Hunter's way by tapping into ...

- 1. Limitlessness***
- 2. Ease***
- 3. Lasting, joyful fulfillment***

The Tree's way is limitless because life – in its eternal abundance – provides ways for things to manifest *beyond* what the mind can conceive or the body can achieve. The Tree's way is much easier because no rest or action is required. There is no mental energy exerted. No battling of any kind. All of its power rests in letting everything be as it is. Fulfillment is the natural by-product, because it comes from a *relationship* with life, which always offers kindness.

ABOUT THE RECEIVE ORACLE CARDS™ AND GUIDEBOOK



The Receive Oracle Cards™ and Guidebook are designed to help you receive good and better things by unlearning struggle. This is done by illuminating The 3 Step Receive Method™ taught in The Receive Course™. (For more information, go to: www.receivecourse.com.)

The 3 Step Receive Method™ is incredibly simple, powerful, and produces concrete results: from inner-world fulfillment such as a greater sense of peace, joy, love, abundance, freedom and inspiration, to outer-world manifestations like homes, job offers, sales, unexpected money, romance, pregnancies, promotions and more.

Despite its effectiveness, The Receive Method™ is so simple that it could easily be dismissed. This, again, is a symptom of our over-reliance on the Doing Model of Power, which has taught us to validate, value, and reward the hard-work ethic. Our well-trained, problem-solving minds will persistently whisper to us, “It can’t be this simple.” Yet for students who stick with it, the proof is in the pudding.

While receiving is as uncomplicated as it gets, it’s not necessarily familiar or obvious. Unlearning struggle, therefore, requires that you show up, experiment, and practice new Being habits to replace old, deeply ingrained Doing habits. The Receive Oracle Cards™ were designed to provide a fun and simple way to do this – *ideally every day*.

A.L.I. – The 3 Step Receive Method™

A.L.I. is the acronym I use to teach The Receive Method™. It stands for:

- Awareness
- Let It Be Here
- Invitation

These 3 States of Being are highlighted throughout The Receive Oracle Cards™

and Guidebook. The deck consists of 56 cards. Each card illuminates a receiving topic and a willingness mantra. The topic corresponds to a teaching in the guidebook and the willingness mantra is designed to help you activate the power of invitation in your life.

The 4 Suits

RECEIVE WITH EASE

This suit focuses on the How To's of Receiving. As you encounter each of these cards, you'll have an opportunity to explore what receiving is, what receiving is not, and exactly how to experience it.

RECEIVE YOUR NEEDS

Whereas the Doing Model of Power focuses on solving problems and fixing things in order to manifest outcomes, the Being Model of Power focuses on nurturing and growing to reveal fulfillment. This suit illuminates the essential idea that you cannot receive your wants, if you don't know how to receive your needs. Each card in this suit offers a teaching to help you meet your needs.

RECEIVE YOUR WANTS

This suit gets to the nitty-gritty of helping you to receive what you most want. You'll find 14 of the most common human desires we seek and pursue. These include inner-world feelings and outer-world manifestations such as joy, peace, love, purpose, support, beauty, wealth, things, and more.

RECEIVE SOOTHING

As you expand upon and balance the Power of Doing to explore the Power of Being, you'll discover that your relationship with your physical body is essential to receiving your fulfillment by unlearning struggle. The shift from Doing to Being includes shifting from mind to body and from thinking to feeling. As you explore and practice ways to self-soothe, you'll become better able to receive your needs and feelings. This in turn opens you up to receiving your joyful fulfillment with greater and greater ease.

HOW TO USE THE RECEIVE ORACLE CARDS™



There's no right way to use The Receive Oracle Cards™ and Guidebook. Above all else, have fun and follow what feels good to you. Beyond that, below are some recommendations that you may enjoy experimenting with.

Create Your Receiving Space

The Receive Oracle Cards™ and Guidebook help you to connect with the wisdom that already exists within you. You know you're tapping into your wisdom because you can feel it. As you experience relief, comfort, soothing, and relaxation, it means your Being is saying, "You're on the right path. You're connecting with your truth." In order to be open and receptive to this inner guidance, it helps to create a space of uninterrupted time just for you. If you like, you can make this time and space feel extra special or sacred by lighting a candle or incorporating other elements that feel good to you, like music, incense, flowers, water, prayer, a journal, or meditation.

Sit, close your eyes, take a few deep breaths, hold the cards, and shuffle them. Settle into your sacred space.

Select Your Card of the Day

Once you feel settled in, depending on what inspires you, below are 3 suggestions for ways you may select your card of the day:

A – Awareness of What is Here Now

Awareness is the key to everything. This is the theme of The Receive Course™. As you explore the cards and guidebook you will hear me say that the question is not, "How do I receive?" The question is, "What am I receiving?" The reality is that you are receiving all day, every day. But if you are not aware of what you receive, you'll be limited to your mind's default setting. The mind is designed to

seek and solve problems. This means that left unattended, most of the time, your mind will receive problems.

This card spread supports you in receiving by training your awareness to *notice what you notice*. Spread the cards. Say to yourself or out loud, “Reveal to me an opportunity to Be Aware.” Pull a card. Find and read the topic and teaching in the guidebook. Notice what you become aware of. Whatever you notice, *this* is what you are receiving right now. Then consider how you will take the message or the willingness mantra into your day.

As you move through your day, *notice what you notice*.

L – Let Your Struggle Be Here

As you receive messages from The Receive Oracle Cards™ you’ll encounter a recurring message of *Let It Be Here* (from the A.L.I. Method). This is the practice that makes unlearning struggle possible. The Doing Model of Power wrestles with struggle. The Being Model of Power receives struggle and *lets it be here*. This allows struggle to soften, rest, relax, and move on through your awareness, your body, and your experience.

If you’re struggling with something, you can use the cards to help you to soften the struggle. With your struggle in mind, open the guidebook and see which of the 56 topics speaks to you. Find this card in the deck. Turn it face up and proceed to read the message in the guidebook.

Take some deep breaths. Become aware of which key words or phrases most speak to you. Consider how you will take the message and/or the willingness mantra into your day.

I – Invite Good Fortune

Once you’ve shuffled the cards for a while (whatever amount of time feels good to you), put the cards down on the table and spread them out.

Think about an area of life into which you'd like to invite good fortune. Once you've identified that area of life, say to yourself or out loud, "How do I invite good fortune regarding *(fill in the blank)*"? Pull a card. Turn it over. Find and read that topic in the guidebook.

Sometimes the message will seem direct, clear, and obvious. Receive the message and consider how you will take that into your day.

Sometimes the message will seem indirect, unclear, or downright "off". This is an opportunity to practice being *unselective* about what you receive (one of the receiving principles from the Receive with Ease suit), and relax more deeply into your body. Read through the message and see if there is ONE key phrase or message that strikes a chord in your body.

As you'll discover, receiving is an experience in the body and something you feel. Your mind may not know what this card means, yet your Being has an opportunity to open up to receiving something more deeply.

How to Use the Willingness Mantras

Willingness is a very powerful way to activate the power of invitation. Over time, as you explore the Receive Oracle Cards™, your understanding of the creative power of invitation will deepen and expand. The key principle behind willingness mantras is this: Your consciousness creates your reality.

When you're unaware of how you're directing your attention, you manifest unconsciously. The consciousness that creates your reality is not just *what* you think about. The consciousness that creates your reality is much more *how* you think about what you're thinking about. So when you're struggling with something, resisting something, defending against something, battling something, or worrying about something ... all of that can give life to what you *don't want*. But as you learn to receive – as opposed to struggle – and activate the power of willingness, you begin to tap into the power of fortunate

receiving. Willingness focuses your consciousness on what you want, in the most expansive, easy, and effective way.

Each time you receive a willingness mantra from a Receive Oracle Card, say it a few times, to yourself or out loud. Take a few breaths. Let it sink in. Then, before you get up to do what's in front of you, consider the times when you will most need this mantra throughout your day. Think about situations that trigger uncomfortable feelings, situations where you feel reactive, scenarios or people that represent difficulty or struggle for you. As you recognize these situations BEFORE you go into your day, you'll be prepared to NOTICE opportunities to use this mantra *ahead of time*. Then, as best you can as you move through your day, notice these opportunities and say the mantra to yourself. Say it, sing it, eat it, breathe it, sleep it. These mantras can only help you!

Experiment, explore, play with and notice what you receive into your life – in both your inner world of feelings and your outer world of manifestations.

HOW TO USE THE WORKBOOK



How the Workbook Enriches Your Experience

The Receive Oracle Cards™ and Guidebook are designed to help you start receiving good and better things by illuminating A.L.I. – The 3 Step Receive Method™.

This workbook is designed to help you deepen your practice of A.L.I. so that easy Receiving and the Power of Being reawakens and grows within you as the most natural thing in the world.

Practice Makes Permanent

Receiving your fulfillment is a state of Being.

You are receiving all day, every day. Becoming a Fortunate Receiver™ is less about *how* to receive and more about *what* you're receiving right now. As your Awareness expands, the flow gates through which life provides your fulfillment remain open more and more consistently.

When you're less aware and have *learned* to rely on Doing, your flow gates will often close the moment you aren't receiving what you want. This is because as soon as you feel discontent, your mind will see it as a problem to solve and – slam! – you are now receiving the experience of problem-solving and can receive nothing else until you stop, shift from Doing to Being, and open the flow gates again.

Does this make sense?

If not, don't worry. Here's the great thing about Receiving:



***You will feel the results before you understand
how you got them!***

One of the most fun aspects of this whole journey is that you don't need to understand how it works. All you need to do is show up for yourself, pull a card, read it, notice what you become aware of, and practice A.L.I.

It's simple.

It's fast.

It works.

If you stay in Doing mode and only *think about* the Receiving Principles nothing will change. Yet, if you shift into Being mode and *practice training your awareness*, you'll expand in your capacity to receive the fulfillment that is here for you with much greater ease and speed.

How to Use the Workbook

Here is a summary of the three practice areas you'll have an opportunity to explore:

1. PLANT THE SEEDS OF INVITATION

Instead of identifying goals or setting intentions, you'll claim what you're ready to receive in the next 6-12 months. These will be your Life Invites.

2. START RECEIVING AND GROW IN FULFILLMENT

This workbook provides a 30-day space in which to nourish yourself, grow, and expand as a Fortunate Receiver™. You'll have a journal section to reinforce your practice with A.L.I., unlearn struggle, and acknowledge what you're receiving.

3. CELEBRATE YOUR HARVEST

At the end of 30 days you'll have an opportunity to hit the pause button, review the last 30 days and celebrate how you've grown and all that you've received on the journey, both in relationship to your Life Invites and in ways you may not have expected. You'll also have the opportunity to gather seeds of clarity regarding

what you're ready to receive next. As you're inspired, you'll be ready to claim the space to either plant new seeds, or further nurture the plantings that have taken root. This workbook is available in PDF format so that you can print a new one for any given 30-day space you would like to claim.

Below is a deeper dive into how these practice areas enrich your receiving journey.

Section 1 – Plant the Seeds Of Invitation

As a Human Doing, you embody the Hunter's way of living or existing.

You manifest your fulfillment by hunting and conquering.

- You set your goals. (The hunter sets his intention on a target.)
- You prepare for the required work. (The hunter sharpens the tools, gathers the supplies and makes a plan.)
- You pursue your goals and implement your strategy. (The hunter seeks, finds, and closes in on the target.)
- You achieve your goal. (The hunter catches the prize or conquers his claim.)
- You celebrate your manifestation. (The hunter exhibits, displays, or arrives.)

As a Human Being, you embody the Majestic Tree.

You manifest your fulfillment by receiving and revealing.

- You become aware of a possibility that exists and you claim your space. (Like the seed that already embodies its fullest potential as the tree, you already are all that you seek to be, do, and have and are now ready to experience and express it in your life.)

- You receive nourishment to grow and expand. (In the same way life provides the sun, the water, the air, and the soil, you practice A.L.I. by receiving everything life gives you as sacred.)
- You nurture what you're growing by showing up for yourself. (Like the tree that is planted intentionally, the gardener (you) fertilizes and weeds to ensure the fullest potential can flourish. The Receive Oracle Cards, Guidebook and this Workbook are designed to help you with this.)
- Allow life to express itself through you. (The tree receives simply because it exists. This is the Power of Being.)
- Fulfillment is revealed and experienced. (The tree grows, blooms, flourishes and expands as an eternal embodied invitation.)

The Doing Model of Power allows you to manifest with a *plan*. It's linear and organized. You travel as The Hunter ... one step at a time with your sights on a target. You think. You do. You're in charge. You're the provider. Most of the time nothing happens unless you make it happen. Not because it's actually up to you, but as a provider you hold yourself accountable. This causes you to work really hard, which means you're not in receiving mode, which means that even if life is offering you some kindness, you're not likely to be very receptive, unless it happens "by accident". You see, The Hunter strives to anticipate problems, avoid accidents and control things as much as possible because if he were to lose control, the Woolly Mammoth he's hunting could kill him. In other words, you rely on your will, your intention, and you seek to avoid messiness and unpredictability at all cost.

With the Being Model of Power there is no plan. This kind of power is all about what you experience, embody, and express in every *moment*. This model is non-linear and unpredictable. It can be messy. For you as The Tree, sometimes it rains and the soil becomes muddy. Sometimes you receive insects, birds and animals and they poop on you or near you. Sometimes environmental stressors

cause you to adapt and change unexpectedly. While this wasn't "the plan," these unintended events can cause you, as The Tree, to become hardier and evolve in a unique way.

This points to an essential Receiving Principle:



Receive Everything as Sacred

One of the most transformational concepts that you'll have an opportunity to explore and experiment with is the idea that *everything* that you think, feel and experience is sacred.

When you operate as a Human Doing you view life through a variety of either-or lenses: right or wrong, black or white, left or right. This logical thinking is necessary to navigate the physical world and to accomplish tasks.

When, however, you operate as a Human Being there is no right or wrong, black or white, left or right. Instead everything that arises is sacred, important and valuable.

In The Receive Course™ we explore what the dictionary has to say about the meaning of sacred:

- Worthy of awe and respect
- Highly valued and important
- Secured against violation, infringement
- Properly immune from violence, interference

We then practice relating to our thoughts, feelings and experiences in the following way:



***We welcome them, regard them with great respect,
let them be, let them in, protect them, legitimize them,
honor them, and allow them.***

This wisdom is part of what allows you to receive good fortune in your life with greater speed and in ways better than you ever imagined possible. The Tree receives the things it wants *and* the things it might not want. It's unselective. The Receive Oracle Cards™ help you to understand exactly how to make peace with receiving the Don't Wants of life, feel safe doing it, how it produces tangible results, and why it's so powerful.

You see, it is those very same animals that visit unannounced that also help you to grow as they fertilize the soil. They carry your seeds to the world around you, allowing the beauty and power of your impact and influence to spread across the lands. Instead of executing a linear plan, you grow in presence. You'll practice a way of Being *over here* and something unpredictable will seem to manifest *over there*. Often you don't see it coming, or you won't connect the dots in a traditional cause-and-effect sort of way. As we often say around the Success for the Soul campus, "Miracles happen in the messy!"

So, we give up the habit of seeing ourselves as the provider and let Life become the provider. We shift from intending to control an outcome to inviting an aspect of life that we'd most love to experience. Instead of attaching ourselves to an outcome with a plan (i.e. $a+b=c$), we become freer from our attachments and relax more and more into the ever-deepening knowing that while pain is inevitable, suffering is optional, and life always offers kindness. As you feel safer and relax into the flow of life, you experience joyful fulfillment more and more as your learned struggle dissolves.

Your Opportunity

In this section you'll have an opportunity to approach your goals in a way that is unfamiliar to most people. Instead of declaring an *intention*, you'll extend *invitations* for Life to show up for you. Your Life Invites will be your opportunity to connect with and fully claim what you're *ready to receive* in the next 6-12 months.

You could receive good and better things very quickly and much sooner than 6-12 months. *Most students do*. But your Life Invites will extend a s-p-a-c-i-o-u-s invitation which spans 6-12 months as a way to take off the pressure that we normally feel when we're in Hunter mode.

You see, when you're in Hunter mode, scarcity is the natural assumption. After all, the only reason you're hunting is because you need food that you don't currently have. This means that at any given moment when the prize *isn't here yet*, there's a fear in the background that sounds something like, "If I don't catch the beast soon, it might mean I never will and everyone will starve!" This scarcity-oriented perspective puts you in survival mode and leaves little room for simply Being.

The Receive Oracle Cards™ and Workbook are designed to provide a supportive perspective and structure for you to feel safe when you're *not doing anything*. Not only can you feel safe by simply Being, but you'll have an opportunity to explore how you can receive simply because you exist. Being IS Receiving.

Section 2 – Start Receiving and Grow in Fulfillment

Journaling

The journaling section is a very powerful way for your *mind* to begin to see and understand how receiving works.

You see, because Being is non-linear and invisible, the cause-and-effect that is in fact occurring will escape your analytical mind. Oftentimes, the mind is incapable

of connecting the dots regarding how your state of Being could have produced an outcome. This is because when you are Being, you're in your body instead of your mind. You are feeling versus thinking. You're experiencing versus taking action.

This is unfamiliar terrain for the mind. The mind wants to be in charge because it feels safe when it is in control. But when you're Being, your mind and body are *not doing anything*. Furthermore because your mind is designed to seek, anticipate, and solve problems, it will view your good fortune as coincidences or miss the blessings, "miracles", and manifestations because they were effortless (i.e. you didn't work for them).

This journaling section provides a structured space that supports you to SEE your progress, your growth, and your manifestations. I often tell my clients that a big part of my job is to help them see their progress. In Hunter mode, you will only feel successful when you catch the prize. In Tree mode you ARE always successful – *right now*. A tree is always a tree. It simply expands in its capacity to receive and circulate the fulfillment life is always offering. Our minds simply need a little help to see how this is so.

As you capture your awarenesses, struggles and celebrations in your journal, you will SEE all that you are receiving!

Your Opportunity

For each day that you select a card, *you'll have two pages* to inspire your Receiving. Follow the instructions and fill in the prompts.

1. Select your Card for the Day and read its corresponding message in the Guidebook.

2. Practice A.L.I. using your card as the prompt.

A – Awareness

L – Let it Be Here

I – Invite More or Better

3. Expand your receiving with more prompts.

- What else are you receiving?
- Struggles
- Celebrations

Section 3 – Celebrate Your Harvest

Most People Don't Know What Receiving Is, and Is Not

You've heard me say that most people don't know HOW to receive. This is in part because most people don't know what Receiving is and what it is *not*.

The Human Doing thinks that receiving is about *getting* something. This is what we experience when we get the job, get the sale, reach our weight loss goal, get the boyfriend, get the girlfriend, get the wedding, hit the target, or cross the finish line.

It can be very fun, satisfying and exciting!

And then what?

The feeling passes, and we start hunting again.

Getting can never provide any lasting feeling of fulfillment.

Furthermore, if you think that Receiving is about *getting*, you will struggle. Because you'll be operating from the assumption that if you get the thing, you'll finally be happy and fulfilled. And when that feeling passes you'll think things like:

- This isn't what I thought it would be.
- I'm still seeking, longing, yearning.
- I don't know what I want.

- There's something wrong with me.
- What's the answer???

Getting is *finite*.

Achieving goals and outcomes is finite.

When you get the thing, you're done.

However, Receiving is a way of Being. It's not something you get, achieve, or do. It's something you feel, something you experience, something that moves and flows through you.

Receiving is never done because Life is never done. Life IS. Life exists. Life is *experienced*.

You don't THINK alive.

You FEEL alive.

You don't THINK fulfilled.

You FEEL fulfilled.

Fulfillment can occur when you shift from trying to figure out life, to receiving and experiencing life fully.

For this reason, as you will discover through the Receive Oracle Cards™, in order to be a Fortunate Receiver™ you must learn how to receive not only what you *do want*, but what you *don't want* as well. You must fully receive not only your celebrations, but your struggles as well.

As you learn how to feel safe and powerful receiving your struggles, you will become able to receive everything life offers as Sacred and become more *unselective* about what you receive.

This allows you to stay *open* and *receptive* to the *flow* of life, which in turn opens you up to experience your joyful fulfillment in ways you never imagined possible!

Your Opportunity

With that said, this workbook section is your opportunity to press the Pause Button on your receiving journey, review the past 30 days of journal pages, and harvest (i.e. write down in the Celebrate Your Harvest Section) all that you've received.

Follow the prompts and take a little time to experience fully and celebrate the fulfillment that is right here, right now.

START RECEIVING



SECTION 1
Plant the Seeds of Invitation
Your Life Invites



What Are You Ready to Receive in the Next 6-12 Months?

Notice that I didn't ask, "What do you want to receive ... " OR "What's your goal for the next 6-12 months?" These alternative questions can stir your Inner Hunter. This can trigger your mind into problem-solving mode, causing you to look at your life through right-wrong judgments, fear, lack, or survival mode. All of this can cause resistance and resistance stops the flow.

Instead, as you ask yourself, "What am I ready to receive?" Take a few breaths, bring your awareness into your body, and sense the answers that feel good to you. When it feels good, it means you are relaxed, resistance can soften, and the flow gates can open to receiving.

INSTRUCTIONS: Write your answers using the prompts below. You can come back and review this any time. This will be especially helpful when it's time to Celebrate Your Harvest.

Your Sense of Self-Worth, Peace & Personal Power

- What are you ready to receive in the area of your sense of self-worth, peace & personal power?

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- How fulfilled are you currently in this regard? (On a scale of 1-10)

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- Where do you struggle?

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- How much do you struggle? (On a scale of 1-10)

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Your Relationships

- What are you ready to receive in the area of relationships?

- How fulfilled are you currently in this regard? (On a scale of 1-10)

- Where do you struggle?

- How much do you struggle? (On a scale of 1-10)

Purpose, Work or Career

- What are you ready to receive regarding your purpose, work or career?

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- How fulfilled are you currently in this regard? (On a scale of 1-10)

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- Where do you struggle?

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- How much do you struggle? (On a scale of 1-10)

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Physical Wellness or Self-Image

- What are you ready to receive regarding your physical wellness or self-image?

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- How fulfilled are you currently in this regard? (On a scale of 1-10)

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- Where do you struggle?

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- How much do you struggle? (On a scale of 1-10)

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Money and Finances

- What are you ready to receive regarding your money and finances?

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- How fulfilled are you currently in this regard? (On a scale of 1-10)

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- Where do you struggle?

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- How much do you struggle? (On a scale of 1-10)

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Other Areas of Life

- What else are you ready to receive in the next 6-12 months?

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- How fulfilled are you currently in this regard? (On a scale of 1-10)

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- Where do you struggle?

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- How much do you struggle? (On a scale of 1-10)

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SECTION 2
Start Receiving and
Grow in Fulfillment



Instructions

In the following section you'll find space to explore and journal for 30 days.

There are two pages per day with writing prompts designed to enrich your experience.

Feel free to follow the guidelines below, or use the space provided in any way that feels good to you.

- 1. Select your Card for the Day*
- 2. Follow the prompts*
- 3. Close your journal*
- 4. Do what's in front of you*
- 5. Practice A.L.I. throughout your day*

Card of the Day: **Date:**

A Awareness

Write what stands out for you from this card.

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L Let It Be Here

Write these words below: "I let this all be here."

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Say it out loud. (More than once if you like.) Close your eyes. Breathe your awareness into your body. Simply be.

I Invitation

Below, write down the willingness mantra from your card. Experiment with creating your own willingness mantras based on what would feel most soothing and/or inspiring. Here are some prompts to experiment with: *I am willing to believe, discover, feel, receive ...*

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What else am I receiving?

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Struggles

If you're experiencing struggle, write your Awareness of it here. Let it Be Here. Invite more or better by asking, "What else is possible now?" or "How does it get even better than this?"

Celebration

Are you noticing fulfilling feelings and experiences? Write your Awarenesses here. Let it Be Here. Experience these occurrences fully. Breathe it in. Give thanks and invite more or better. How does it get even better than this?

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Below, write down the willingness mantra from your card. Experiment with creating your own willingness mantras based on what would feel most soothing and/or inspiring. Here are some prompts to experiment with: *I am willing to believe, discover, feel, receive ...*

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What else am I receiving?

Write down your awarenesses, experiences, questions, expectations, judgments, resistance, manifestations, inspirations, clarity ...

Struggles

If you're experiencing struggle, write your Awareness of it here. Let it Be Here. Invite more or better by asking, "What else is possible now?" or "How does it get even better than this?"

Celebration

Are you noticing fulfilling feelings and experiences? Write your Awarenesses here. Let it Be Here. Experience these occurrences fully. Breathe it in. Give thanks and invite more or better. How does it get even better than this?

Card of the Day: **Date:**

A Awareness

Write what stands out for you from this card.

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L Let It Be Here

Write these words below: "I let this all be here."

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Say it out loud. (More than once if you like.) Close your eyes. Breathe your awareness into your body. Simply be.

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SECTION 3

Celebrate Your Harvest



A series of 25 horizontal dotted lines for writing.

A series of 25 horizontal dotted lines for writing.

Handwriting practice area consisting of 20 horizontal dotted lines.

**MORE POSSIBILITIES
IN THE WORLD OF RECEIVING**





Would You Like My Support?

I am so excited for you! It's been incredibly rewarding to witness the joy and relief students experience as they open up to the kindness life always offers with much greater ease.

If this journey inspires you to grow and flourish even more as a Fortunate Receiver™, consider joining me in The Receive Course™ where you can learn how to open the flow gates to even greater fulfillment regarding:

- your experience of personal power and self-worth
- your relationships
- your work or career
- your life purpose
- money and wealth
- well-being and beauty
- leadership
- and more!

It would be my joy to help you expand in your capacity to receive joyful fulfillment with even greater ease! To be inspired by Student Success Stories and learn more about what's possible for you go to: www.receiveprograms.com

A handwritten signature in black ink, appearing to read 'Sonia'.

Success Stories

Explore what's possible for you as you read some inspiring stories from Receive Course students. For more information, case studies, and inspiration go to: www.receivecourse.com

“The results with my career and relationships are proof positive that the Receive Model works.”

Erin Essenmacher, Former President and Chief Strategy Officer, NACD
Board Member, Eileen Fischer

“I was able to start seeing results almost immediately. I'm now expecting a baby I've long waited for, “found” unexpected money, and received a provisional job offer.”

Debbie, California, USA

“Within the first 3 modules I've received \$20K in business revenue with ease, and a living situation resolved itself and saved me money.”

Marshall Burtcher, Founder of *Thrive Beyond Codependency*

“I started to feel more confident and connected to my value. My work relationships improved and my director gave me a choice of assignment and said that he valued me. The ripple effect has spread to my marriage.”

Dr. Shannon Tran, Executive Coach and Trainer

“In only 2 modules of The Receive Course my muse returned and a song appeared fast, much less stress at home, clear solutions for my business and clients appeared out of nowhere.”

Geoff Goodman, Philadelphia, PA

“Money, music and my short film all came to me. I didn't have to chase any of it!”

Lisa Petrucci, Singer-Songwriter