

## **Opening Up the Floodgates of Receiving**

1. *Go into silence*

2. *Ask God to take from you all energies, frequencies, and vibrations of any fear, and resistance of fully receiving on all levels of you, whether this is your fear and resistance or someone else's from this lifetime or any lifetime.*

3. *Ask God to take from you all energies, frequencies, and vibrations of any old messages, lies, and misunderstandings that restrict your receiving in any way, whether these messages, lies, and misunderstandings come from you or anyone else in this lifetime or any lifetime.*

4. *Ask God to take from you all energies, frequencies, and vibrations of any thoughts or ideas that receiving in great abundance is not safe, or that it will bring you harm in any way, whether these thoughts or ideas come from you or anyone else in this lifetime or any lifetime; whether you caused the harm or that you were harmed in this lifetime or any lifetime.*

5. *Imagine that you are standing on a very high place, and you are looking down on all of humanity who are smiling back at you. Imagine you have a very powerful microphone which you are speaking into so that everyone in humanity can easily hear you.*

6. *Say to the crowd slowly and loudly, "I am (say full name), and I was born on (say birthday and year). I am here and I do exist for all to see. OR*

7. *I am an Angel in body, and I have come here to give a great message to humanity. (Say what the message is.). OR*

8. *I am a great (artist, writer, engineer, etc.), and I have come to share my talents with this world to enrich all of life!*

If you have done this correctly, then you should feel immediately different, more open, excited, relaxed, emotional, etc.

If you don't feel any of this, do the exercise again, and this time with conviction!