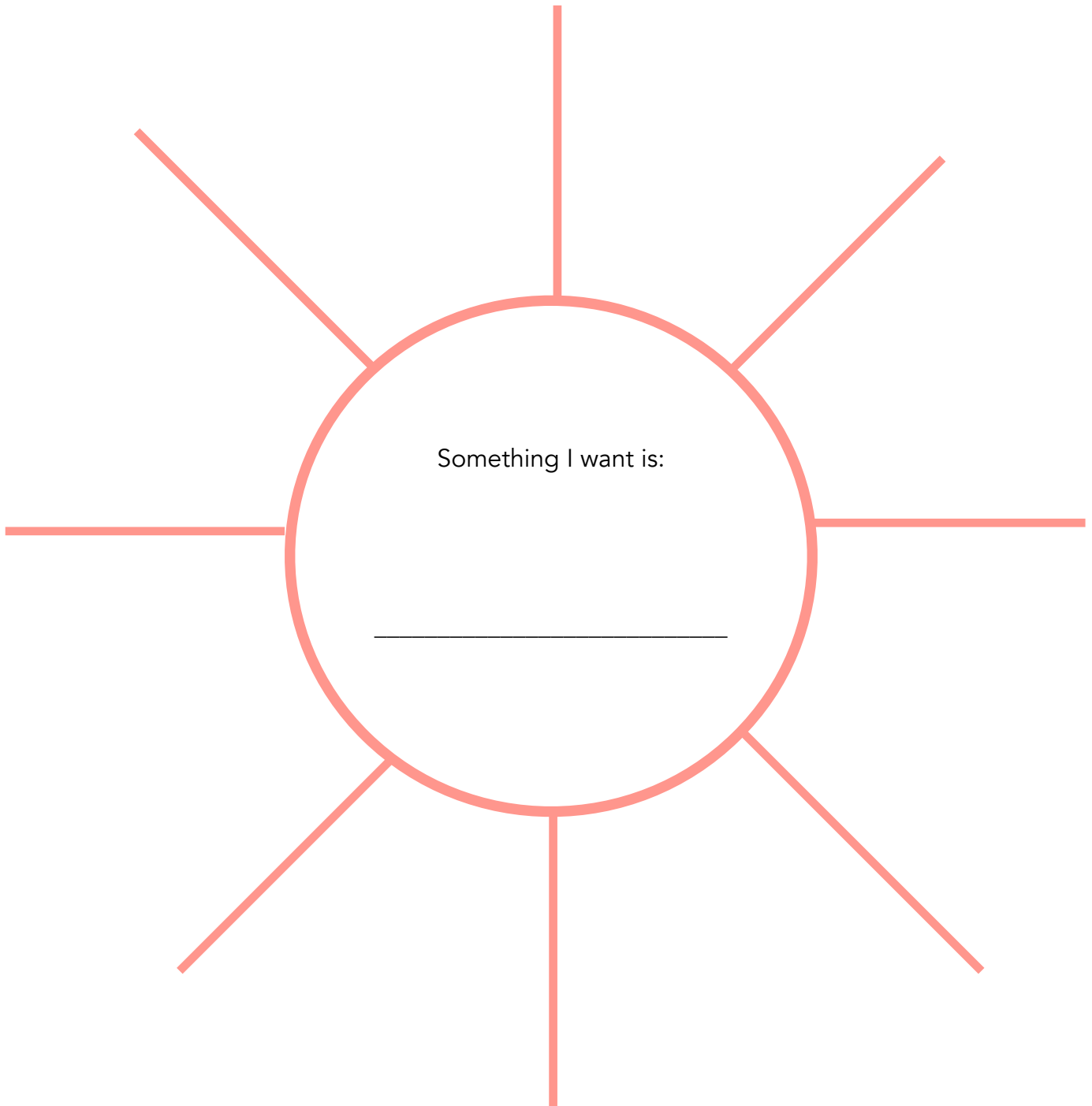


Tuning Your Receiver: Pt. 1

Directions: In the center, write down something you want/desire. On the outer spokes, write down how receiving this would make you feel.



Tuning Your Receiver: Pt 2

Directions: On the left side: list all of the things that prevent you from having that thing. On the right side: write down all of the inner truth about receiving that thing. What feelings do you notice coming up for you in this exercise?

