

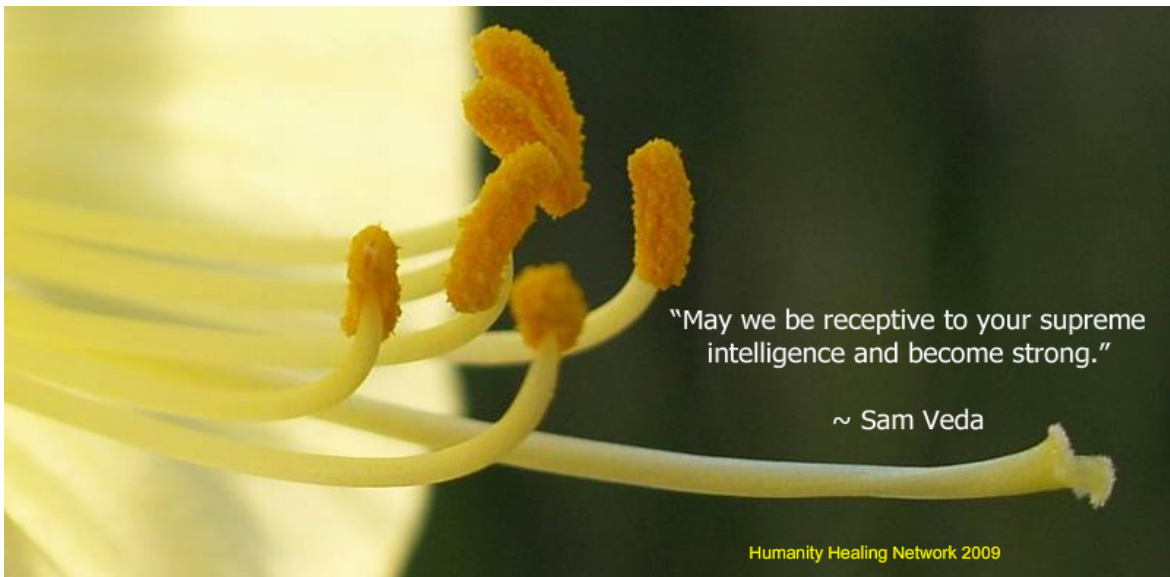


Healing the hearts of humanity, one Soul at a time

Humanity Healing Self-Mastery Program Attitudinal Tools

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Receptive



"May we be receptive to your supreme intelligence and become strong."

~ Sam Veda

Humanity Healing Network 2009

*"Congealed thinking is the forerunner of failure...
Make sure you are always Receptive to new ideas."*

~ George Crane



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The Little Boy and Friendship

There was little boy who thought that friends are meant for each other. There was nothing mine and yours in friendship. Whatever they had was theirs, and not mine and yours.

As he grew up, he was shocked to realize that was not true. The shock was an inner one as it did not appear in his outer characteristics. He had started to accept the fact that most people made friends so that they can share and talk ideas when there were less important things to do. First my security and power, thereafter the thing called friendship, seemingly prevailed widely.

This led him to the question of adapting to this widely accepted way of life, or to carry on with the inner feeling he had. The first one seemed more comfortable as it fitted with what most were doing. The other had its own dangers and insecurities.

He decided for the later one, regardless of its dangers and insecurities. Despite the difficulties he had to face for this selfless thinking, the feeling grew from friends to human beings and living beings. All the difficulties only made his soul stronger and he could feel an invisible force coming in forms of stories, words, incidents. The invisible force than could be felt subtly and in various forms a mind can conceive.

He knew that he had something which is sadly with so less people in the world. At the same time his presence was bringing about a change in people around.

~ Author Unknown

Learning How to Be More Receptive

A Receptive attitude puts us straight in contact with the feminine qualities of our internal polarities. Receptivity inspire us to listen more, to perceive more, and to silently nurture diverse situations, people, objectively and subjectively. Developing a Receptive attitude allow us to receive, embrace, and



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absorb everything that is around us in perfect harmony and alignment. Sometimes to adopt a Receptive attitude will mean to follow, instead of assuming leadership of a situation. In an internal Receptive environment, we create the space necessary to be perfectly clear of what our consciousness reveals and permits us to perceive what lessons we are still to learn.





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General Considerations

*"A very receptive state of mind...not unlike a sheet of film itself
- Seemingly inert, yet so sensitive that a fraction
of a second's exposure conceives a life in it."*

~ Minor White

There are many situations that can be manifested in our lives that show us opportunities of progress. Things start flowing and they are ready to assume new directions. In those moments, we are called by the voice of our souls to keep a correct internal attitude and be Receptive, going towards the situations with a posture of acceptance, independently of them being good or bad. Only this way we will find internal and spiritual strength to control and solve possible difficulties; through facing them.

When the weights of certain situations present themselves as unbearable, it means that the pressure has built up within you and this can directly pose a threat to our inner balance. It may be that we feel compelled to be influence by those factors.

To be Receptive is to be open to feel every situation that is designed in our lives as an opportunity of learning and improvement. As we face situations as they present themselves, with a clear Receptive heart and without fear, we do not incur the risk to feel taken in by doubts. We are more capable of acting in accordance with our inner guidance than just reacting.

Every time we change directions in our lives, we will feel a clear resistance coming from our Egos. This resistance can be translated with a lack of emotional stability, weak sense of independence, and our self worth.

The only remedy for this is to stop trying to anticipate events, occupying your mind with measures and procedures, trying to control the situations, and to gradually return the control of the circumstances to a higher power.



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In another facet of being Receptive, we deal with our fears when they relate to the relationships we have with others, especially if these people are regarded as powerful or influential. Again, the ego pressures us when facing these situations to give up modesty and patience. We CAN resist this challenge, when we choose to be Receptive, while remaining internally independent, and allow transformations and changes of directions to occur naturally, without resistance, when they represent for the good of all. We must be detached of the result of the outcome of these situations.

To be Receptive many times means to exercise the qualities of modesty and reserve. We inspire respect in others when we cultivate these qualities, through our words or modest lifestyle, being accessible, cultivating a Receptive nature and keeping internal independency.

Affirmation

"I am open & Receptive to ALL the good that is manifesting in my life through all the different angles and from different people, now."

Note: Affirmation is an Art. It takes practice.

Key Expressions

You need to work on developing this attitudinal tool if you hear yourself saying something like the following:

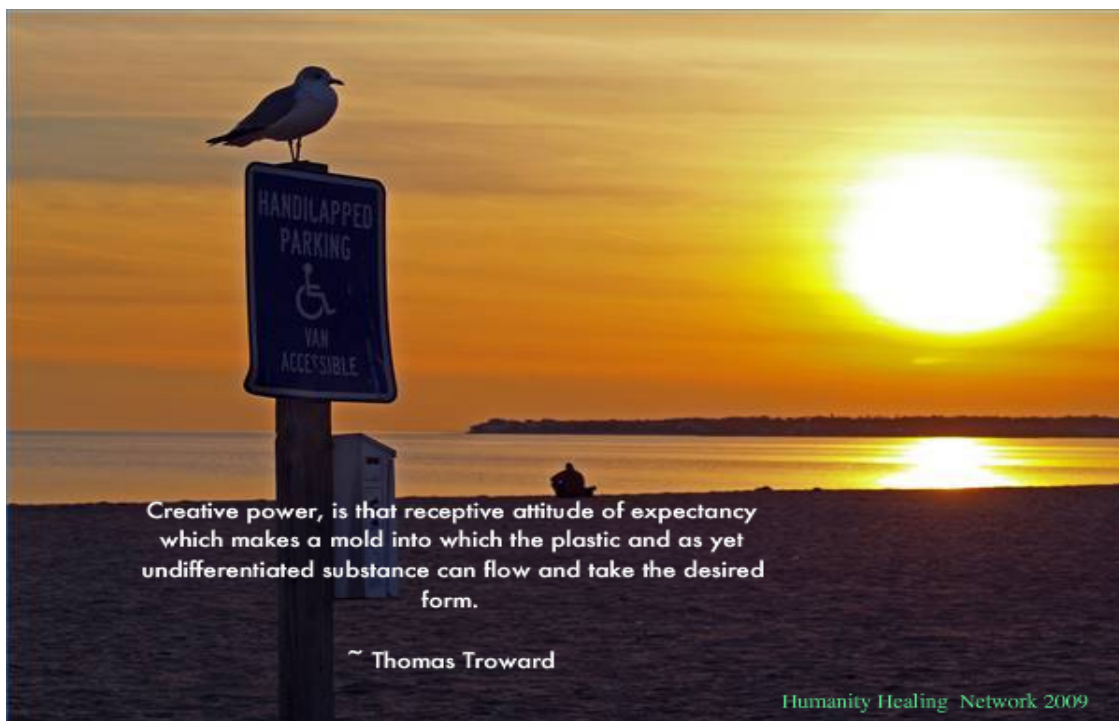
"Instead of making my own decisions, and facing my own demons, it is easier for me to keep dreaming of the future, because in my dreams life always presents itself more favorably to me. When I really need help and I look for assistance, more and more people run away from me. When I am needy, I can only think and talk about myself, I can't help it."



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Concrete Actions

"Seeking means to have a goal; but finding means to be free, to be Receptive, and to have no goal"
~ Hermann Hesse

1. Practice regularly and give value to the moments where you can be alone with yourself, to reflect and to listen to the voice that genuinely comes from your heart.



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2. Take note and observe quietly your reactions of unexpected situation. The more you learn how to be Receptive, the more will be easy for you to reflect upon diverse state of affairs, and the easiest will be to adapt to new situations as they present themselves; they will no longer be a challenge to your inner equilibrium.
3. Practice physical exercises that would make more possible to you to relax all your muscles, allowing the breakage of energetic blockages in your body.
4. Keep an inventory of what you did during your daily routines; try to remember everyday, at least three moments in which you were attentive, gentle and kind with someone.
5. Try consciously to listen more and speak less; especially do not interrupt the speech of others.
6. It is possible that in the process of anchoring a more Receptive approach in your life that you may feel that you are developing a tendency to magnify an illnesses; observe if you tend to develop hypochondria.
7. Endeavor to be involved in collective projects. Be a volunteer in social activities and community gatherings, and try to help your neighbors.
8. Make a list of all your talents and skills. Feel inside yourself how much pleasure these activities bring to your life and understand how light it is the responsibility to make them grow and expand.
9. Work on your maternal/paternal relationships, revisit the good times you had with your parents, and how you brought those moments inside the relationship with your own children.
10. If you feel you have some work to do with Forgiveness in your life, start with your parents, make a list of everything you need to release in your life, thank them for the opportunity for those



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learning experiences and release them to the Universe, to be recycled into good energy and to be applied to the healing of those that need forgiveness in their lives¹.

Energy Points: Manipura, the Solar Chakra



The Solar Plexus Chakra is located midway between the navel and the base of the sternum. It supports the spleen, pancreas, stomach, and liver. Each of these vital organs in addition is associated with its own chakra, just as the heart, lungs, and kidneys are.

The Manipura center is responsible for the ability to reason, to find purpose in life and our capacities to adapt to new situations, and the empowerment of ourselves to become who you need to be. The awareness of this third center can help us understand the internal dialogue of our feelings. This will consequently strengthen of our minds to develop a permanent inner state of stability, courage, faith, hope, humor and joy. This vortex brings about a balanced mental state of responsibility, objectivity and wisdom.

By the energetic work on this center, we can dissolve prejudice, judgment and criticism, especially inner ones. In accessing this energy, we are able to work anger, and identify where its roots are, and unplug all the rational and irrational fears.

¹ Make a list of all the facts events and feeling that you need to release. Write them down along with a loving letter to yourself, and then burn the letter. In the next day, release those ashes to the winds and the Universe.



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This center is also associated the left hemisphere of the brain and its activities. Mental unbalance or psychosomatic illnesses can be relieved by healing work in this center.

Associated Psychological States²:

Open and Balanced: You have a deeply fulfilling emotional life .You take an expansive, outgoing, and sociable attitude to the world. You are able to feel the sweetness of life and have a sense of belonging and fitting in perfectly in the universe. You feel daring and confident and able to take risks. Hence this is the chakra associated with the leader, the explorer, and the charismatic extroversive individual.

Overactive: You are ruled by ambition, pride, fear, love of fame, desires and passions, and likes and dislikes you are overly concerned with their place in life and their relation with others; you may crave the company of other people and be unable to cope or amuse yourself on your own.

Malfunctioning: You are easily overwhelmed by emotions or caught up by astral forces and may suffer from delusions and schizophrenia.

Blocked: You tend to block your emotions, or feel only superficial emotions or you may feel only negative emotions such as anxiety, panic, or worry you may be closed to spiritual energies and unable to experience the sweetness and joy of life. You have a fear of change and are incapable of opening to greater things in life.

² Information on Associated Psychological States: <http://www.kheper.net>



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Benefits of Developing a Receptive Attitude

*"What helps me go forward is that I stay receptive; I feel that anything can happen."
~ Anouk Aimee*

When we finally install in our conscious matrix the Receptive attitude, we are able to forget and forgive more easily our own concerns and direct our sincere attention to help others. Though this behavior, we develop the capability to be more altruistic, understanding, adaptable and more proactive in all our relationships.

As we accept and embrace our ability to be Receptive in the various aspects of change in our lives, we also open ourselves to guidance and guardianship from Angelic realms. We also become more aware of Karmic connections beyond earthly dimensions.

We experience an increase in our level of awareness, in our ability to be approachable, in expressing our human love; empathy; ability to listen and feel others experiences.

In keeping this attitude, we also develop the capability to maintain our inner sense of balance and keep psychic stability as intuitive faculties are opening. Ultimately, one can develop the aptitude to hear your inner voice with more clarity and be able to comprehend more fully the messages from your Higher Self.