

Are You Receiving, or Are You Rejecting?

WHEN ASKED what would you like to wish for, is your spontaneous answer:

I don't want to suffer?

I don't want to be hurt.

I don't want my children to be unkind.

I don't want Covid.

I don't want ... The list goes on.

We are very good at knowing what we do not want.

Do you find it hard to state what you want?

We learn to say 'No' more often than we do to saying 'Yes'.

What are the reasons behind this learning that compels us to reject more than receive?

Being Righteous - we grow up learning to be polite and to not accept everything in the offering. While we are being polite, we do not wish to expose our needs. It is part of our grooming that if you are readily receptive, you come from a place of deprivation.

Feeling Fearful - saying 'yes' changes your position, and change frightens a lot of people. It is much easier to stay in the same situation, as a known devil is better than an unknown friend. It may



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surprise you, but fear of success is much more than fear of failure.

Feeling Vulnerable - Saying 'yes' makes you feel vulnerable to giving away the power to someone else to reject you. To protect yourself from being hurt, you say 'No' as a defence mechanism. You need

courage to face vulnerability.

Lack of clarity - Many times, we are unsure of what we want. So, we start asking for what we do not wish to happen. But little do we understand that we are putting more attention to what we wish to eliminate from our lives.

Law of Attraction works on what we focus on. Suppose you focus on not enjoying ill health. Without realising it, you are attracting ill health into your life. Instead of that you have to look at being healthy. The image of what you see is what you attract.

Memory - You connect more with your pain than your gain. Everyone has a story to tell and an experience they wish never gets repeated. Due to the intensity of the hurt we have experienced, we like to hold on to it and identify ourselves with that hurt unconsciously.

Self-worth - we are brought up in a society that plays with our ability to deserve. You have to be someone or do something to justify receiving. Most people close themselves to receiving because they suffer from low self-esteem. You have to rebuild your confidence to look at your talents and strength.

The biggest hurdle to receiving is our limiting mindset that focuses on want more than abundance. What a huge price we are paying for this.

Asking for what you want requires Clarity, Courage, and Confidence.

Unless we rewire our belief system to receive and feel grateful for the abundance, we will continue to be in the loop of want and rejection. **BW**

The writer is an author and Inner Growth Mentor