



Sibella Circle Member & Visionary Leader

**CREATING YOUR LIFE**

*Ask and You Shall Receive*

*By Corinna Stoeffl*

**Have you had the experience of asking and nothing happened?** I have and I have been wondering what it is that I am not getting. Here are some things I learned and using them had quite an effect.

I have been asking for things I felt I needed. "Universe, I need ...." The Universe gave me exactly what I was asking for, I just had not been aware of what I was actually asking. It gave me more need. How often do we ask the Universe for small things, having conclusions of what we are allowed to ask for.

What would you like your life to be like? Would you be willing to perceive the energy of it and ask the Universe for it? Focus on the energy, not details. For instance, "I would like a house that nurtures me and supports the work I do" is different from "I want a 4 bedroom house that has x sf of space".

You are an infinite being, the Universe is ready to support you. Are you willing to ask for something big enough, something that is fun for you, that makes you excited, that makes you jump for joy if you would have it? That results in a different energy than something small and / or necessary.

The other part is, are you willing to receive what you are asking for? When we ask for something we are supposed to have, yet it is not something we are interested in, then are we willing to receive it? No. This is the obvious one of not being willing to receive. Do we have any beliefs that we do not deserve to receive? Those would be harder to detect. One way to find out is to observe yourself where you are refusing to receive.

I had this belief that 'self is the woman' and did not receive any offers of help. I became aware of it and decided to change it. Yet it is not so easy for me to get out of my own rut. I have caught myself refusing to receive the help a few times since I decided to allow the offer of help.

Receiving is a difficult one, especially for us women. We are so entrained to give, give, give. When I work with someone and I notice that there is a difficulty in receiving, I ask them a question: When someone is thirsty, does it help them if you give them an empty cup? They usually get then, that receiving is filling one's cup. How is your receiving? Are you able to just receive or is there, at the same time, the desire to give something back? What if receiving is gifting at the same time? If you are not willing to receive, the other cannot gift.

I have a radio show called Dancing Your Life where I have spoken about many of the subjects in this series of Creating Your Life.

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**Being in Awareness**

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*The road toward manifesting your healing, validating yourself and finding your own personal truth is what DOING THE WORK is all about! — Sibyl English, Founder of Sibyl Magazine: For the Spirit and Soul of Woman*

