



Sibella Circle Member & Visionary Leader

**CREATING YOUR LIFE**

*Receiving Without Obligation*

By Corinna Stoeffl

**How is it for you if someone gives you something, something small in value?** What thoughts are crossing your mind? Do you feel you have to give something in return? Are you now obligated to that person? How is it if the value is larger? These thoughts are part of, what I call the 'give and take' program. We all have experienced it. We all had to deal with the attached expectations.

Let's go back. Again, you are given something. Can you receive it without having a sense of obligation? Can you receive it with just gratitude? You are aware that there is no attached agenda, no expectation. Can you receive that? It's called 'gifting and receiving'.

Let's change the scenario a bit. Someone is angry with you, is judging you. Can you receive this without a felt need to defend yourself, without getting angry or judgmental yourself? Can you receive this while being keenly aware of where the other person is coming from; that it has nothing to do with you, and everything with the other? There are people who teach not to take anything personally since everything said comes from the perspective in which the other sees the world around them. They see you through their lens, not you as you are. Only someone who is without judgment can see you for you. I usually feel naked in that case, and appreciate it.

How do you receive yourself? Can you be really honest with yourself, not judge yourself? We learn from early on that we have to judge ourselves or be judged by others, so we can improve ourselves. First of all who decides how I am supposed to be. How much judgment does that involve and does that version of me have anything to do with who I am? Judging ourselves never allows us to be as great as we actually are. As a result, we consistently play small. Everything else that has to do with us has to stay small too. That means we can't have a really great relationship, a really great job, make / have a lot of money without feeling guilty. It takes the joy out of living.

I wonder, how different our lives might be if we were truly receiving; receiving the contributions of others, of pets, of the earth? How much joy and laughter could there be? How much ease would we have in our lives, how much money that we could use to change realities for others? Would you be willing to learn how to receive to have a life that becomes greater and greater?

We think that we can receive. In my own life, I found out that this is not so. We learn to put up our walls to protect ourselves from being hurt by others. Only, these walls work; they do not let anything in nor anything out. Think about that for a moment.

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<p><b>Being in Awareness</b></p>	
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<p><b>'Out of the Box'</b> LIFE COACHING</p> <p>Being in Awareness gives people the means to change their views of how life works, so they can have the freedom, joy and success they desire.</p>	
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*Wisdom comes only when She is wanted and welcomed.  
Desire Wisdom. Understand, She is always there; waiting for each of us with all the bounty of the Universe in Her arms. But it is only when we surrender to her divine knowingness does She yield Her resources. Ask Her for assistance daily.*

*~ Sibyl English,*

