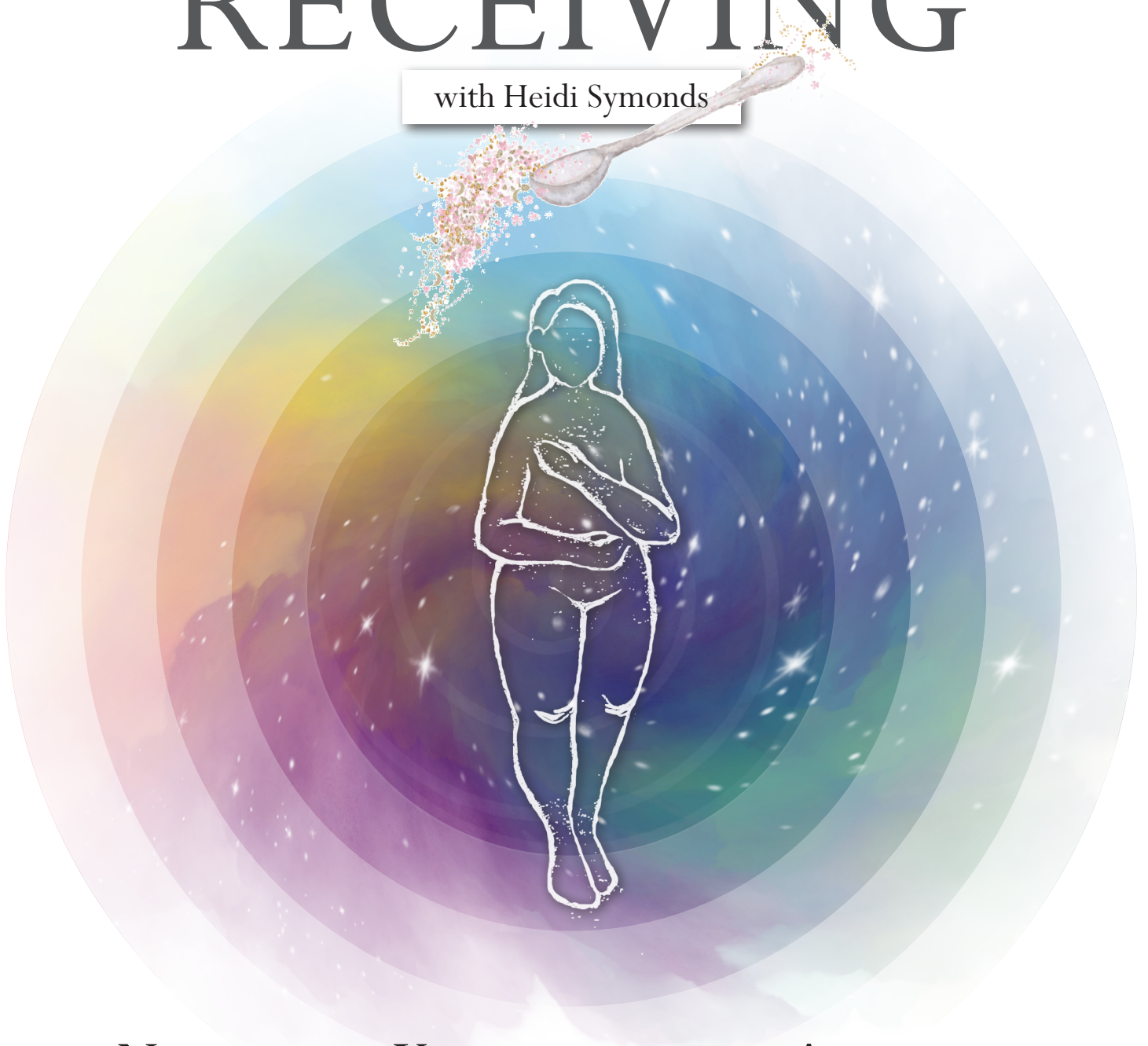


The Alchemy of RECEIVING

with Heidi Symonds



NOURISHING YOURSELF FOR AN ABUNDANT
& MAGICAL LIFE (AND BUSINESS)

The Divine Law of RECIPROCITY

(Let's preheat the oven here...)

We must receive in order to give.

Most of us are expert givers... but do you really know how to receive?

The crux of the alchemy of receiving is the principle that we must receive first and then give. We can't pour from an empty cup and the law of reciprocity moves these energies through the quantum field in multi-dimensional ways.

We have been programmed to think in linear terms, black and white, right and wrong, good and bad, and by all means let's all be in competition with each other about it all. Tit for tat.

That is old news, old ways of being. We are in the Age of Aquarius. We are creating a New Earth and a new way of being where we all remember and fully embody our multidimensional selves (this is where our Light Suits come in... more on that in Class 3) and experience freedom in ways that don't reduce our capacity to receive.

For example, we have been taught that the way goods and services should be exchanged is linear.

What if that isn't actually how it has to happen?

What if you were to run over to let a friend's dog out of the goodness of your heart and because it's the right thing to do without the expectation of a returned favor because you trust that the Universe has your back and will hit you with a free upgrade on your next hotel stay (which you easily receive) or you make an unexpected sale that fills your cup.

Unclench your fists, palms up and receive. Be in the frequency of reciprocity. Let the light move in and through and back out again freely and with the highest frequency so you can manage and open yourself up to unlimited ways of receiving.

What does it mean to RECEIVE?

Ask yourself everyday: How can I be of service to the Universe with my sacred work on the planet (my life, my business, my purpose, my passion) and in doing so receive the abundance that is my birth right through as many ways as possible?

*It is our Divine right
to receive and redistribute abundance.*

The **Alchemy of Receiving** is kinda like quantum commodities trading—abundance is life force, abundance is any resource that fills your cup and fortifies you in some way... energy, time, elementals:

Lots of daffodils in your garden, an abundant apple tree, a crowded and happy table, healthy kids, abundant sleep, free things in the mail, unexpected cash flow, someone buying your coffee in the Starbucks line, a really great coupon code, someone waving you through in traffic and you get all the green lights, new clients, support and gifts from friends like soup, time, a listening ear, design work, compliments, love, feeling seen and heard, sending flowers, sending a handwritten note, making a meal for someone, giving generous tips, going the extra mile for client because she's been having a really hard time, and here's the magical potion...
I had it to give!

The more **LOVE** you give yourself, the more your cup will overflow for others.

The more **TRUST** you have in yourself, the more you can trust in divine timing.

The more **COMPASSION** you have for yourself, the more compassion you'll have for others.

The more **ACCEPTANCE** you have for yourself, the less judgment you'll have for others.



Write down all the ways you currently receive abundance.



What are new ways you would like to receive abundance?

Give examples of how you redistribute abundance.



What are new ways you would like to redistribute abundance?





SELF LOVE

Self-care is never a selfish act-it is simply good stewardship of the only gift I have-the gift I was put on earth to offer to others.

- PARKER PALMER



What does self love mean to you?





What would change in your life & business (purpose, soul contract, passion) if you could have more unconditional love for yourself?



In what ways do you speak to yourself that are the opposite of self love? How can you flip the script and change the radio station playing in your head to something more nourishing?

What are the ways that you can show yourself and your business (purpose, soul contract, passion) self love? Consider the ways that you're talking to yourself, feeding yourself, taking care of yourself, your relationships and your environment.



What is your love language? How can you give yourself more of this? Not sure of your love language? Click [HERE](#) to find out.



Are you ready to receive self love?
Place a hand on your heart and hand on your soft belly and say:
"I receive self love."



SELF TRUST

Self trust is the first secret of success.

— RALPH WALDO EMERSON



What does it mean to trust yourself?





What does trust feel like for you? In your body?



How do others earn trust with you?

How can you take the information from above and reciprocate it?



How can you build trust with yourself in everyday moments?

Self Trust Jar: A few years ago I created a Self Trust Jar as a way to practice self trust. I have written more about it and created a recipe of sorts for this craft over in the [CommUNITY Garden](#). I still practice it today and can feel the fear alchemizing into trust every time I drop a penny in the jar and say, "In God (Goddess, Love, The Universe) I trust, that I am worthy."



Are you ready to receive self trust?
Place a hand on your heart and hand on your soft belly and say:
"I receive self trust."

SELF COMPASSION



*Remember, you have been criticizing yourself for years and it hasn't worked.
Try approving of yourself and see what happens.*

— LOUISE HAY



Tap into self love, and self trust and blend it together
to find self compassion... this is alchemy.





What does compassion feel like in your body?

In what ways do you hold self compassion for others?

How can you reciprocate that for yourself? (Law of Reciprocity)
How can you receive self compassion in your daily living?





Astro Tip: Saturn moved into Pisces on 3/7/23 and will stay there for the next almost 3 years. This is “once in 100 years” level astrology and we will all feel the juxtapositions of Saturn (form, structures, discipline, boundaries, masculine) moving thru Pisces (formless, highly spiritual, watery, feminine) in various ways based on your own individual charts. Collectively we may be asked to face consequences for things we maybe wish we had done differently. So self compassion and self acceptance will be powerful ingredients to help transmute any shadows and shame and alchemize them into self forgiveness.

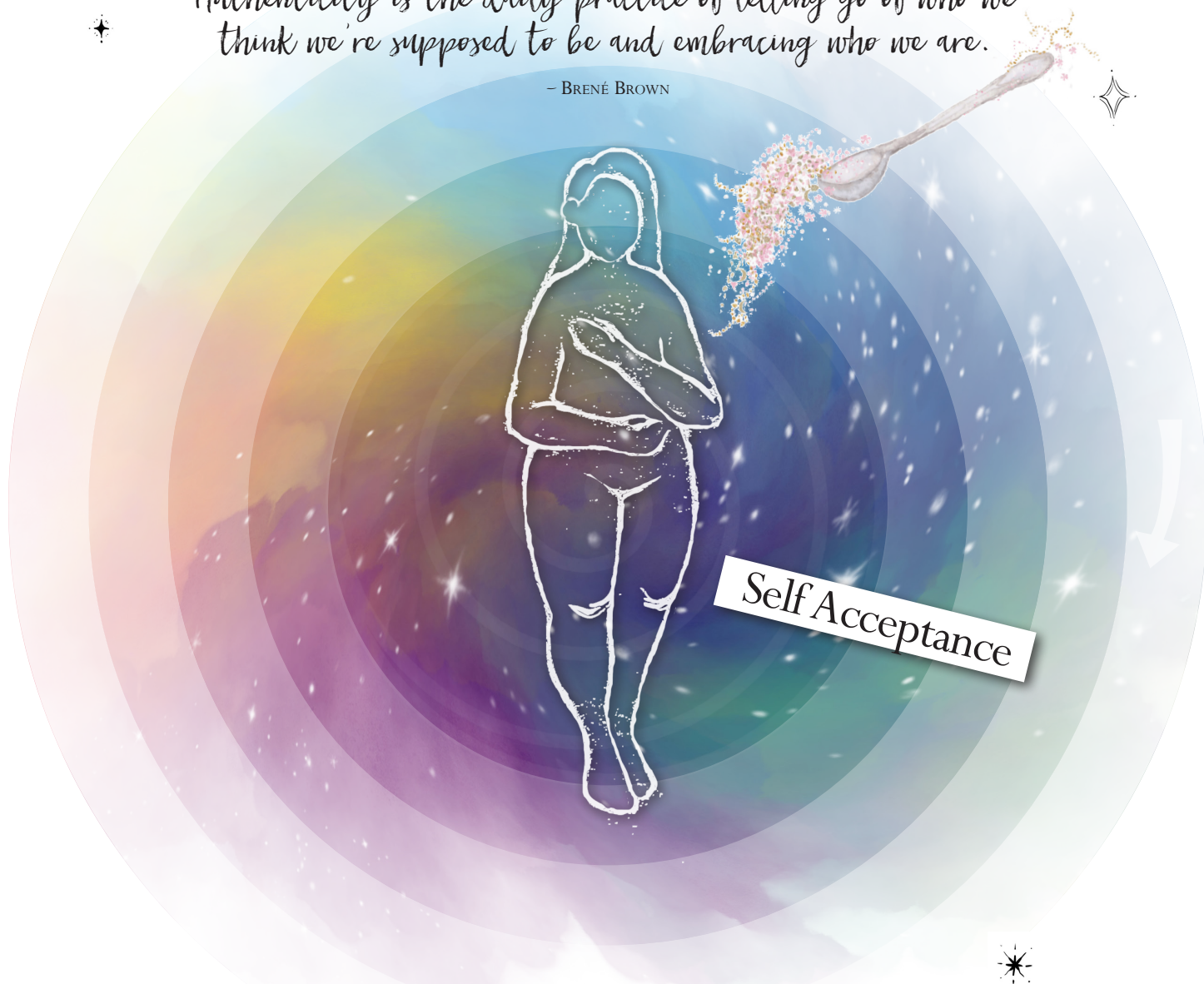


Are you ready to receive self compassion?
Place a hand on your heart and hand on your soft belly and say:
“I receive self compassion.”

SELF ACCEPTANCE

Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are.

— BRENE BROWN




What stories about who you think you're supposed to be do you need to release, in order to embrace who you really are?



Where are the places that you judge yourself?



List 3 things people compliment you on most frequently.
Can you accept these things in yourself?



Write 3 “I am ...” statements about yourself.



Are you ready to receive self acceptance?
Place a hand on your heart and hand on your soft belly and say:
“I receive self acceptance.”



The Alchemy of RECEIVING

A 9 Month deep dive to receiving authentic
abundance for you, your life and your business

I NEED THIS!

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SHAME

Shame is a soul eating emotion.

— CARL GUSTAV JUNG



Shame is a very complex emotion and can run like a current under ice... always there, always flowing, always eroding. It serves us not, yet we carry it around with us hoping that it will somehow help us change our behaviors or make us have more discipline.



How has that been working out for you?

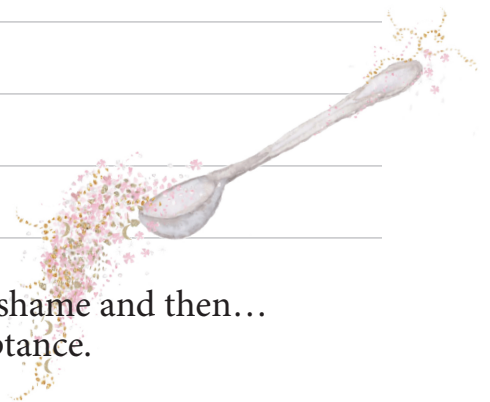
Shame also gets in the way of self love, self trust, self compassion and self acceptance. This is why it's important that we release it... over and over and over and over.

Signs and Symptoms of Shame:

Flushing in face, neck, chest
Head and eyes down
Upper body folded over
Hands covering face
Wanting to disappear
Sense of smallness and powerlessness
Anger
Self blame
Addiction

How does shame show up in your body? Physically? Emotionally?





When you begin to notice these symptoms, identify it as shame and then...
self love, self trust, self compassion, self acceptance.

Release. Release. Release.



SELF FORGIVENESS



At some point in a woman's life, she just gets tired of being ashamed all the time. After that she is free to become whoever she truly is.

— ELIZABETH GILBERT

Let yourself off the hook!!!



The Alchemy of RECEIVING

9 Month Deep Dive Menu

COURSE 1 ~ INTRODUCTION

4/20: Getting to know each other, The Divine Law of Reciprocity & Intention Setting

5/4: The Alchemy of Receiving Mini Course Review



COURSE 4 ~ MAKING SPACE

7/13: How to somersault your way out of a shame spiral and find self forgiveness.

7/27: Releasing to support Emotional Mastery



COURSE 7 ~ GENERATIONAL/ ANCESTRAL HEALING

10/5: Nesting Dolls Meditation

10/19: Embodying Your Soul's Calling

COURSE 2 ~ THE ART BEING (AND LOVING) YOURSELF

5/18: Bio-Individuality & Alignment

6/1: Sacred, seasonal and sustainable nourishing + Sparkle Box Review



COURSE 5 ~ SIGNS & SYNCHRONICITIES

8/10: Crystals, plants, animals, Oracle, Archangels, numerology

8/24 Lunar/Solar Cycles



COURSE 8 ~ GRATITUDE

11/2: Presence, Self Acceptance

11/16: Healing The Inner Child

COURSE 3 ~ VISIBILITY & VULNERABILITY: IT'S YOUR TIME TO SHINE

6/15: Authentically sharing your passion/purpose/mission.

6/29: Be the Lighthouse!



COURSE 6 ~ RECEIVING AND MANIFESTING ABUNDANCE

9/7: Universal Laws

9/21: Sacral Chakra Healing for You and Your Business



COURSE 9 ~ INTEGRATION AND CELEBRATION

11/30: How to Shadow Dance

12/14: Solstice Celebration & Activation

10/19: Embodying Your Soul's Calling

YES! I'M READY!