



The Art of Receiving

Marie Manuchehri, RN

Everything in the universe is made from energy—subatomic particles. Including this page. The subatomic world of energy creates the home you live in, the car you drive, and the clothes you're wearing right now. Beneath the texture, design, and color of your clothing is another formation of subatomic particles—the human body. Your body pulsates with energy. With every breath, your body moves vast amounts of blood to your heart while cleansing carbon dioxide from your lungs. Your body is powered by millions of cellular energetic contacts, which need energy to maintain health or allow for healing.

The fourth chakra receives the highest amount of energy, in the form of abundance, for the human body. Reception occurs at the back mate of the chakra, right in-between your shoulder blades. When this chakra is open—its normal state—and allows energy in, it receives health, love, joy, and wealth. Many people refuse to receive, and energetically block this chakra, withholding deserved abundance and healing.

Some people leak their vital life force from this chakra. The leaking, which is generally subconscious, can devastate the anatomical structures in the chest: heart, lungs, breast

tissue, thymus gland, lymph fluid, and blood vessels. It's very important for all of us to realize that we're worthy of energy and an abundant life—even if others around us do not allow this for themselves.

Thoughts and feelings are energy, too. If our thoughts are consumed by worries and concerns then that is the type of energy that will run through our bodies. Only by adopting a new philosophy that lets us see the beauty in each moment, rather than the suffering, will we be able to stop leaking our own precious energy and ultimately learn how to receive energy—the real job of the fourth chakra.

Empathic individuals, those who can feel the feelings of others, seem to have the most difficulty receiving or maintaining their life force energy. Yet, it is these individuals, with extraordinary compassionate hearts, who are drawn to healing professions. When we leak energy or are unable to receive it, we hope that someone less fortunate will use it instead. However, very few individuals understand the emotional and mental mechanics of allowing universal life force energy into the body. What we don't receive hangs out in the ethers unused.



Empathy is a gift that will lead us to feed, clothe, and support our world in ways we have yet to imagine. The challenge of being empathic is to become comfortable with the feelings of others—even when others are sad, lonely, or distressed – while remaining dedicated to the health and wellbeing of their emotions and life first. It takes

energy to give, and it takes energy to refuse the kindness and giving nature of others. When we allow our beings and souls to be fed by the world around us, then and only then can we give. €

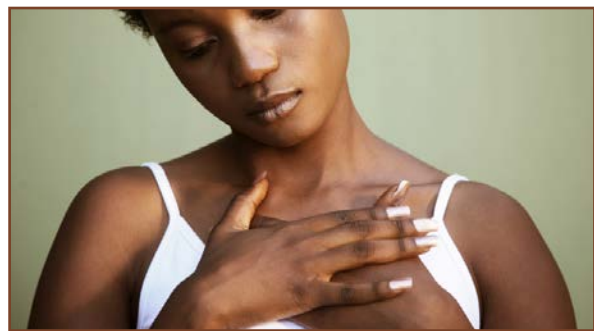
Exercises to Practice the Art of Receiving

Balancing the Fourth Chakra and Stopping any Leaking

Use several fingers to gently tap your mid-sternum for one minute. This reduces or stops any energetic leaking from the fourth chakra while activating the thymus gland, which plays an important role in balancing our immune system, increasing energy levels, and improving blood circulation (if your stress is highly elevated, tap for several minutes).

Receiving Energy

The back of the fourth chakra is between the shoulder blades. This area of the body has the highest receptivity to energy. To balance the heart chakra, visualize or feel energy moving into your back at least five times a day. For example, you could visualize a large flock of birds flying into your back; hear or feel warm rain moving into your back; or hear a wonderful melody vibrating and filling up the heart chakra.



A great way to practice receiving love is to stand in the shower with your back facing the spray of water.

People who can most benefit from this exercise often tend to forget to do it. A great way to remember is to pay attention when others acknowledge you in a positive way— perhaps when someone says, “Thank you!” or “Have a great day!” Let these moments of kindness remind you to receive through the heart chakra.

Once you get the hang of this exercise, it’s important to feel the act of receiving, which can often be an enormously moving experience.