LOVING IS RECEIVING

The Art of Opening to Love



LOVING IS RECEIVING

We often think of love as something we give. But love moves both ways.

For love to flow through us, we also need to be able to receive it.

Not do more. Not give more. Not reach any further. Just open. And allow what is already there to reach us.

When we receive, we are filled. And from what fills us, love can naturally flow onwards – without effort, without depleting ourselves.

Perhaps receiving is not the opposite of giving. Perhaps it is part of the same movement.

I open. I receive. I let life fill me.

This is a simple meditation to become open to receiving and letting life fill you.

We have been taught to give and give but many of us do not know how to receive and accept love. What happens if we keep on giving but do not receive is that the energy of love dries up inside and we feel empty, embittered, frustrated, angry, sad and exhausted. This also creates poverty in our life.

God is love and so All is love. It's really a question of being open to it or not and realizing that in every moment there is a choice.

The key is whether we are open to love and be receptive to it.

In truth, loving is receiving, and when we receive, we become full and the love naturally overflows from us, like an overflowing fountain. Because we are full and constantly filling, this overflowing of love from us to those around us never depletes us.

METHOD

- Sit in a quiet space, where you can be undisturbed. Allow your body to find its own way of sitting. If you are doing the meditation together with someone, you can sit facing each other.

- Close your eyes and allow your body to settle. Feel your breath without trying to change it. Feel your body exactly as it is.

- Breathe in and gently open your arms outwards. Not to seek anything, simply as a movement of openness, allowing yourself to open to love. *I open.*

◇ Breathe out and slowly bring your hands back towards your heart, receiving the love, allowing it to come in. Let love, life and abundance come to you. You do not need to create it, you do not need to earn it. Simply receive *I receive.*

◇ Continue slowly between these two movements - opening on the inhale and receiving on the exhale. Continue for around 20 minutes. If your arms get tired, let them rest and simply keep on going with the breathing and opening consciously.

◇ If you wish, allow a soft Aah to follow the exhale hands return towards your heart. Feel the sound in your body. Feel the vibrations through your chest. This is the sound of the heart and it helps to open it. *I let life fill me.*

◇ As your heart opens, you may cry or feel a need to laugh. There may be aches in the heart or chest as you practice this. You may experience painful memories and feelings as the layers of protection around the heart release and clear. If emotions, memories or physical sensations arise, allow them to be there. Nothing needs to be resolved, understood or changed. You can pause. Breathe. Listen. And allow your body to show you how much it is ready to open right now.

◇ If you are doing this meditation with a partner, you can finish the meditation with an embrace. Stay for a moment and notice how it feels to be filled.

Perhaps, after a while, you begin to notice that the boundary between giving and receiving becomes less distinct. There is simply a movement.

Love comes. Love moves through you.
Love continues onwards.

Not because you have to give.

But because what is full naturally overflows.