

**Month 5, Week #4**

Giving and Receiving

Hi!

**We are full speed ahead into Month 5 of our Gutsy Goddess Society training program. Yup,** we are into the 4th chakra, the heart level of your happiness. When you reside in your heart, you see all of life through the eyes of L-O-V-E. Sweet! Food tastes yummier, music sounds better, even the sky seems bluer, baby. Your health even improves with the awakened heart.  Think: Peace, serenity and being at ease with yourself and life. Cooperation and win/win dealings with others.

The training call on this topic was really powerful. If you missed the call or want to listen in again, head on over to our GGS Success Library: [http://jennyfenig.com/ggs-success-library-woo-hoo/](http://www.on2url.com/lnk?VjA34cGQIUc%3D)

Okay, onto the weekly assignment ...

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

INSPIRATION IN ACTION ASSIGNMENT

When you awaken at the heart level, you may go through periods of depletion and exhaustion. Remember that the heart level is all about generosity, and this is good as long as it's not a full-on depletion model. You're in trouble if this statement is true for you: "I'm more comfortable giving than receiving." (This used to be true for me - it sucks!) If you are more comfy giving than receiving are saying exactly that in your energetic arrangement with life. Over time, this depletion model leads to exhaustion.

If you can give, but can't receive then you have a fire hose going out from your heart and a straw coming back in. Don't shrink the fire hose, but rather expand that little straw to become a big, giant straw (like something a courageous lion would drink out of!).

Your assignment this week ...

**=============**

**ACTION STEPS:**

1. Learn to be gracious in receiving compliments, help, and returned favors.

2. Notice your tendency to decline, and then open up the straw and receive and appreciate the energy coming to you. This helps you restore balance to your giving and receiving of energy so you can get as much from the universe as you give to it.

3. Play with this mantra: "I joyfully give, and I joyfully receive." :)

**=============**

Depletion sucks the life out of you, Darcee. Know how to receive and watch your world change for the better!

Share your experiences on our GGS forum and/or our private Facebook page. Keep your heart open.

xoxo

Jenny

P.S. Have you seen my big announcement about my new FREE video series and webinar (happening TOMORROW!) about getting what you want in 2012? Check it out here and hop on board. This is some GOOD stuff, Darcee!

[http://jennyfenig.com/daringtodream](http://www.on2url.com/lnk?VzA34cGQIUc%3D)