

BECOME POWERFULLY FEMININE

with
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(y)
Powerfully Feminine
INTENSIVE



Having What You Have

Welcome to the fourth module in the Powerfully Feminine Intensive, I'm Candice Oneida.

In this lesson I'm going to be showing you all about "having-ness" and the power of gratitude.

Today you'll learn:

1. *"You can't get what you want until you have what you have"*
2. The power of gratitude
3. Receiving compliments

You Have To Have What You Have!

What is this about?

I call this "having-ness". And it is an active process of applying gratitude in your daily life.

Having-ness is the ability to receive and be grateful for what you already have...now!

Receive what you already have first, before you can get more.

Not take it for granted, not ignore it, not want something or someone better...but receive what you already have.

And in this true and honest acknowledgment and receiving of what you already have you will naturally feel immense gratitude for these things. You won't be able to do anything else but feel the incredible grace that is already there around you.

I've noticed that it is those who are the most grateful are those who get more.

It's like they are always receiving more *because* they are grateful people!

This is the reverse of what most people think gratitude is about...they think that you are grateful *after* you receive something....no no no...it's the other way around...grateful people are the type of people who receive sooooo much!

It's like when you know how to have what you have, when you know how to be grateful for what is in bounty around you, you communicate with the Universe that you KNOW HOW TO RECEIVE! And then the Universe knows that it can give you more because your receiving vessel is BIG and READY!

So, what is gratitude?

There is a way to walk through life really seeing the abundance, joy and grace around us.

Most of the time we are either too busy or too jaded to see the incredible beauty and abundance in our lives. Our friends, our family, the natural world...the trees, the flowers, the animals. The abundance of universal gifts of light and grace. Our friends, our communities, our sisterhood here....oh, so much abundance.

Yes, even, when things may look or feel really bad. Trust me, I've been there. There "seemed" to be only scarcity, crumbs for me, nothing working, not getting what I desired.

And it was these times even more so that in acknowledging what I could be grateful for was a game changer.

I remember a time after I lost everything, that there was a phase where fear struck me down again and again wanting to make me lose all hope and never re-enter life and start again. This fear wanted to "take me down".

But, I had this deep knowing that the only way I could combat this fear was through a constant and thorough inventory of what I was grateful for around me: my incredible friends, my apartment, my bed, the food I was eating, my spiritual life. I made myself look around me, literally in my room, and see what I could be grateful for.

..and at that time..it was hard to do this. Everything looked so bleak..so hopeless.

But I insisted...day after day to look for what I was in abundance around me.

This exercise turned things around for me and has been an ongoing and constant practice since then.

It took will, it took repeating, it took faith, but things turned around by doing this.

Exercise:

Being grateful for what is working, what is wonderful, what is abundant in your life now.

I encourage you to do this as an active, conscious exercise EVEN if you believe that you are already grateful. The act of making space for this, writing them down is a very powerful exercise.

I'll read the question and then you'll turn off the recording whilst you take a few minutes to reflect and write your responses.

You'll want to print out the page from the pdf that accompanies this module.

Now, if you relate to this at all, then beautiful, I love people who seek to be their very best.

However, receiving compliments, credit or acknowledgment from someone is a skill to be learned and the benefits are many fold.

Let's try this together: Somebody comes up to you and says *"You're looking shining today"*. Despite if you are tired, or stressed, or don't feel your best....

...you gracefully say *"thank you"*

Somebody acknowledges a dinner that you've cooked for them....despite the fact that you feel that it wasn't your best ever...

...gracefully say *"thank you"*

A colleague comes to you and says *"Great job on the way you presented the report"*...and despite that you wished it had *"gone better"*

...you say *"thank you"*

There are two things happening when we receive compliments from others.

1. We take a breath, a little pause in which we internally acknowledge our efforts, our care and our desire to serve.
2. We receive the person who is giving the acknowledgment.

We receive them...this is a gift to the other person to gracefully and gratefully receive their words.

We receive their gift of a compliment, joyfully and gracefully.

Take a breath....and say *"thank you"*

This is YOU receiving their gratitude for you...for how beautiful you look, for your care, for your hard work, for your service.

See how this builds?

Now, these exercises will result in 2 things for you:

1. *It will redirect you away from scarcity toward abundance – in other words this is another way to turn you away from negative desire toward positive desire.*
2. *Make you way more available and hence receptive to new things – by actively engaging gratitude you send a signal to the Universe that you can receive even more!*

I want to finish today by suggesting **8 ways you can receive this week:**

1. Receive help
2. Receive touch
3. Receive gifts
4. Receive inspiration
5. Receive time
6. Receive beauty
7. Receive love
8. Receive compliments

Congratulations!

In Review, what you've learned today is:

1. *"You can't get what you want until you have what you have"*
2. The power of gratitude

Now, head on over to the ***"Powerfully Feminine Facebook Page"*** and share **one key reflection** that you gained from the lesson today.

Great job and I'll see you in the next lesson called ***"Communicating What You Desire"*** which is where you'll discover the power of requests vs demands and how to speak to the elephants!