

THE ART OF RECEIVING



A GUIDED JOURNAL FOR
welcoming what comes



MONTHLY
REFLECTION
journal



There's a quiet shift that happens when you stop trying to hold everything on your own.

Beneath the constant doing, planning, and figuring things out, there's a different way of moving through life. One where not everything has to be earned, managed, or carried alone.

You might notice it in small moments – when something comes easily, when support shows up without effort, or when you allow yourself to pause instead of push. Receiving often begins there.

This month, you're invited to explore what it means to let more in. Not by doing more, but by noticing where you're already being offered something – attention, care, opportunity, rest.

The Akashic Records speak of receiving as a natural state, not something reserved for when you've done enough. It's part of how life meets you, just as much as how you move toward it.

And yet, many of us have learned to tighten around it. To question it. To feel like we need to justify what we're given or prove we're ready.

This journal creates space to look at those patterns gently. To notice where receiving feels easy, where it feels blocked, and where it simply hasn't been considered.

There's no need to force openness or become someone different. Sometimes, receiving begins with something as simple as not closing yourself off.

As you move through these pages, let yourself stay curious. Let the experience be simple. Let what's already available to you become more visible.

Nothing extra is required.

Just a willingness to allow.

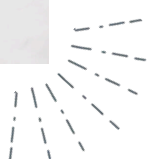
Lisa Witzel
AKASHIC RECORDS CONSULTANT





As you move through these questions, let things come to you and be open to receive them.

You don't need to reach for the right words or make anything happen. Let your responses come as they are, and stay open to what arrives without effort. Sometimes what matters most isn't something you create, but something you allow.





In what areas of my life do I find it easiest to receive?

Where do I tend to rely only on myself, even when support is available?

What does receiving currently mean to me?





What thoughts or reactions come up when I receive help, attention, or care?

Where do I feel resistance to receiving, even in small ways?

Do I feel I need to earn what I receive? If so, where does that show up?





Where in my life am I already being supported, even if I overlook it?

What would it look like to receive something without questioning it?

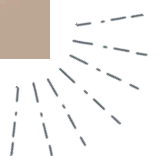
What is one small way I can practice receiving today?





Let these affirmations serve as reminders that receiving doesn't have to require effort.

You don't have to earn everything that comes your way. Let these words support you in allowing more in, without resistance or over-effort. Return to them when you notice yourself holding back, questioning, or trying to manage everything on your own.





I allow myself to
receive without
overthinking.



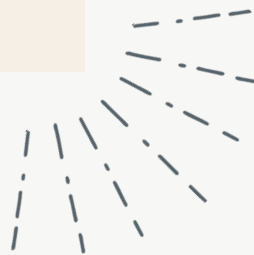
It is safe
for things to feel
simple.

I am open
to what comes
easily.

I don't have to do
everything alone.



Not everything
needs to
be earned.





I let
support reach
me.



I can
receive
without guilt.

I am allowed to
receive more.



I release
the need to
manage and
control everything.

I allow myself to
accept without
resistance.





THE ONE AFFIRMATION THAT SPOKE TO ME

Of the affirmations you just read, which one is echoing in your heart right now? Write it below or even rewrite it in your own words.

◆

◆

THE ONE QUIET TRUTH I'M HOLDING THIS MONTH

What feels quietly true for you right now, even if it's small, even if you can't explain why? Let it be just one line. A soul note to carry.

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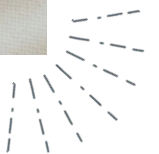
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A space to gather what has come your way, what you've welcomed, and what remains outside.

Over time, things come toward you in different forms – support, ease, attention, opportunity. This page is simply here to help you recognize how you've met them.





MY SOUL INTENTION FOR THIS MONTH

What am I open to receiving this month? Let it be simple, a word, a feeling, or something I'm ready to allow.

LOOKING AHEAD: WHAT I'M OPEN TO NEXT MONTH

Without deciding or planning, what feels ready to come toward me?

Check-in

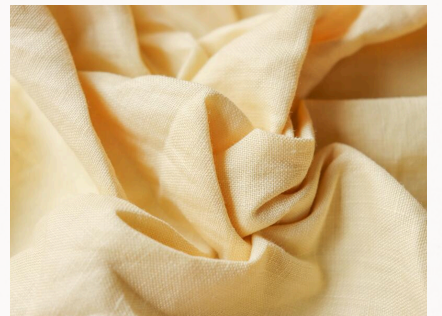
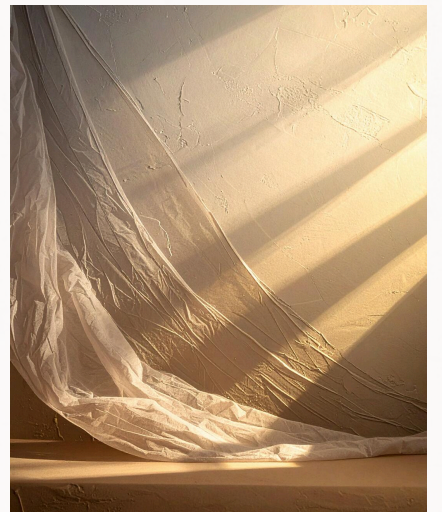
This month, I noticed...

- Something reached me
- I let it land
- I allowed help
- I noticed hesitation
- I softened my response
- I received, even a little





Not everything needs to be worked for.
Some things are meant to arrive.





If something in you has begun to soften — a sense of letting go, a moment of ease, a feeling that you don't have to hold everything on your own — this may be your capacity to receive expanding.

A one-on-one Akashic Records session is a space to explore that more directly. Not by searching for more, but by looking closely at how you receive what's already present in your life.

Where do you allow things in?

Where do you hold back, question, or feel like you need to earn what's being offered?

Together, we enter the Records with openness and clarity, creating space to understand these patterns and how they shape your experience.

You don't need perfect answers, but it helps to come with honest questions — about what you're ready to receive, and what might still be standing in the way.

BOOK A 1:1 AKASHIC RECORDS SESSION

With love,

Lisa Wetzal

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