



MAEA

WORKBOOK

Allowing Yourself To Be Loved

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Use the below spaces to take notes from the videos contained in this module. The below spaces can be written into digitally, simply click on the box and start typing.

Alternatively you can print this workbook and take handwritten notes

Video One Insights

Finding Your Feminine

Video Two Insights

Opening Your Heart To Love

Video Three Insights

Building Intimacy

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This module is all about love. Relationships are all about the exchange of love and for many of us the idea of giving love is much easier to embrace than the idea of being loved. Because being loved requires us to be vulnerable and when you have been hurt in the past those walls around your heart can be impenetrable by others. This week is all about dismantling those walls.

Below is an activity that you can complete to apply the knowledge from the videos to you and your relationships.

Good luck!

YOUR MISSION

Choose your own adventure and explore your feminine energy!

Two aspects of the feminine energy are flow and receiving, both of these are important in healthy relationships. Flow allows us to let go of control and let our partner lead. Receiving allows us to fully feel all of the good things being sent our way by another person.

Both of these aspects enrich our relationship experiences.

Choose between one of the two adventures detailed on the following page and complete it this week.

I'd also love you to share your experience in the group to inspire others to lean into their feminine energy.

And remember.....have fun!!!!

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ADVENTURE OPTION ONE

THE NO PLAN PLAN

Choose one day of your week and block it out, set it aside as a day of no plans. That's right from the moment you wake up to the moment you go to bed you are going to flow, you are going to tap into what you feel like in each and every moment and then you are going to move through your day based on what you feel you need in the moment.

- x No alarms
- x Eat when you feel hungry and eat what you feel like.
- x No plans ahead of time
- x No appointments booked
- x Nowhere to be

Wake up and lay in your bed, feeling into your body, is it ready to get up or does it need to be still for longer. When you are ready to move then feel into your body again, what is next? You want to eat, great, what does your body feel like?

You see the pattern here. Tap into your body, feel into what is next, just flow from moment to moment.

At the end of the day reflect in your day using the below questions.

- 1. What did I love about today?*
- 2. What resistance (if any) did I feel today?*
- 3. What lessons can I take from today?*
- 4. How can I apply my learnings from today to my relationships?*

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ADVENTURE OPTION TWO

PLACING YOUR ORDER

To practice receiving you will ask a friend to pay for something for you. That's right I want you to openly ask a friend to buy you something.

- x no favours in return
- x no paying them back
- x no exchange
- x no 'I've got you next time'

You could ask them to buy you a coffee, or lunch, or a special treasure you have had your eye on. Maybe you could ask them to shout you to the movies or pay for tickets to an event.

To make you feel a little more comfortable you can explain that you are working on learning how to receive without expectation of doing something in return.

Once you have asked and received I invite you to reflect on the experience using the below questions.

- 1. What did I love about today?*
- 2. What resistance (if any) did I feel today?*
- 3. What lessons can I take from today?*
- 4. How can apply my learnings from today to my relationships?*

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