

# 5 Ways To Become More Receptive To Life

When our nervous system is calm, our energy is clear, and our hearts are open and receptive, we can perceive the peace, joy and beauty in every moment. I call this The Shining Feeling.

You are here to **receive more**.

You long to move from exhaustion and overwhelm into **receiving all that your heart desires**.

Whether it's:

New levels of financial abundance

Being able to speak up and feel respected

A loving relationship

Renewed confidence

Becoming pregnant with a long-awaited baby resulting in a new addition to your family

Support and encouragement

Freedom from anxiety

Supportive friendships



## I see you

I see that you give so much and are longing for help and support

That you are exhausted and that it all feels never-ending

I see the frustration when what you ask for doesn't come

I recognize the anger that you have to do it all, closely followed by the guilt and then silently getting on with it yourself

I feel your disbelief wondering whether the things you desire can **ever** arrive for you.

I'm here to tell you that **all you desire is possible**. No matter how long it has been. I found this in my 40's and it has supported me to receive so much.

## I want this for you too!

As we become more receptive to life, we become able to access new experiences which have not been previously available to us.

As a highly sensitive Energy Healer, I am known for my soft voice, gentle care and kind presence as I guide you to becoming receptive to all life has to offer and to welcoming the calming and soothing power of The Shining Feeling into your life.

If you're finding it difficult to know how to get started you're in the right place. I'd love to walk beside you as your guide. Here are 5 ways we can get started together. My encouragement is to simply choose one and give it a try and over time incorporate all of these suggestions into your daily life.

*Becoming Receptive to Life with Jo Kempton* ✨

Energy Healer | Ultimate Self Care Advocate

[www.mylifepotential.com](http://www.mylifepotential.com)

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## 1. Appreciation

To appreciate is to pause and breathe in the amazingness which is already present in our lives. By finding something, no matter how small to appreciate each day, we can begin to turn around the challenging times and expand the good times even further.

I want you to know that there is no shame in being unable to find anything at all to appreciate. Many people can't. Give yourself space, start small and repeat daily. I promise it gets easier. My guidance for when you're stuck is to start with something in nature. Today I am appreciating the birds singing in my garden. What about you.

## 2. Give to yourself

This guidance supports you to redirect the love and care you have been giving to others back into your own heart.

Sit in a quiet place with your eyes closed and your hand on the centre of your chest..

Imagine all your love, care and kindness pouring through your hand and into your heart. You may feel your hand becoming warm. Sit here for 5 minutes. Expand this time to 10 minutes if you can. This will energize and uplift you.



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## 3. Take a slow breath

Holding our tummies in so we can fit into tight, constricting clothing leaves no space for the air to get where it needs, right down deep. Shallow breaths into the top of the chest leave us feeling perpetually stressed and strung out.

Allowing the breath to make it's way right down so our tummy moves out on the in breath feels like a relaxing and nourishing way to breathe.

If you're feeling stressed, notice your breath, slow it down and allow your breath to go all the way down. Can you stop and take 5 deep slow nourishing breaths.



## 4. Calming the mind

Does your mind race from the moment you wake until you go to sleep. This racing mind can leave us exhausted and overwhelmed and with zero time for quiet reflection.

Beginning a practice of calming the mind can come as such a beautiful relief. Peace at last. Guided meditation is the perfect place to start. Listening to a voice with music gives the mind a chance to focus on one thing, quiet, rest and relax even for just 5-10 minutes a day. You may like to try Abraham Hicks Meditation for General Wellbeing on YouTube or search Meditation on the free "Insight Timer" app.

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## 5. Connecting with Nature

Receiving support from nature feels so nourishing. Nature has so much to offer all our senses. Listening to the birds singing or the breeze in the trees, smelling the fragrance of flowers in bloom, feeling the grass on the bottoms of our feet, tasting fresh fruit from the tree, watching fluffy cloud formations or a hawk floating on the warm air.

Nature is right there, in all moments, all we need do is stop and notice. Can you offer yourself 1 minute to stop and take in nature.

"I've never felt such a palpable shift as after a session with Jo. I feel truly lighter, clearer & uplifted"

E

**It's my absolute passion to support others to experience the clarity, calm, lightness and receptivity of The Shining Feeling**

**You can work with me in a number of ways.**

For **Free** Energy Healing and guidance visit me on [Youtube](#)



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# Work with me

## Energy Healing Appointment

One to One appointment

A single appointment. Time for you to receive support where it's needed now.

\$125 - 45 mins

[Book Here](#)



## Flower Essences

Receiving the support of flowers is nature's gift. Flower essences access deep fine energy within, to clear, balance and bring us closer to the receptiveness of The Shining Feeling. Recommended for all.

**Rose** - Loving Support

**Hawthorn** - Heart Healing

**Apple** - Clarity

**Camelia** - Abundance

**Star Magnolia** - Feminine Wisdom

**Plum** - Despair - When it feels all is lost

**Peach** - Relax and Restore

**Pear** - Peace, Calm and Hope

[Buy Here](#)

## The Art of Receiving - The Shining Feeling Series

12 x 45 min 1:1 appointments \$1500

The impact of one energy healing session is profound. The journey of regular appointments acclimatizes you to staying open and receptive in "The Shining Feeling" and allows that to become your new "gold standard" of ultimate self care.

**3 parts**

**Welcoming The Shining Feeling**

**Staying in The Shining Feeling**

**Expanding The Shining Feeling**

12 appointments, each based on a chapter of my book "Living in The Shining Feeling" (in progress).

- Reclaim your health and energy by shifting from over-giving to putting yourself first
- Uncover and embrace your inherent worth
- Allowing yourself to receive the support you deserve to thrive
- Pave the way unbound by past experiences through freeing yourself from trauma
- Cultivate a loving relationship with yourself by caring for your inner child
- Embrace authenticity and step into your true essence without fear or hesitation
- Tap into and trust your inner wisdom as your guiding compass by accessing, trusting, and expanding your intuition
- Identify energy-draining patterns - empowering you to cultivate healthy connections
- Learn effective strategies to honor your needs through beautiful boundaries
- Offer others full responsibility for their lives by staying in your own lane
- Manifest your desires and create the life you envision
- Learn practical techniques for managing and protecting your energy to maintain balance and vitality

[Information & bookings](#)

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