

EPISODE

1.03

# RECEIVING GRACE

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## STEP 1

BOW ON THE FLOOR (CHILD'S POSE WITH FOREHEAD ON THE GROUND).

## STEP 2

FOCUS ON HUMILITY. EXPAND IT. GET IN TOUCH WITH FEELING AS HUMBLE AS POSSIBLE.

## STEP 3

REPEAT THE FOLLOWING MANTRAS OVER AND OVER. DO NOT MOVE ONTO THE NEXT ONE UNTIL YOU REALLY FEEL THE ONE YOU ARE SAYING.

"I AM NOTHING."

"I ACCEPT I AM NOTHING."

"I FORGIVE I AM NOTHING."

"I AM GRATEFUL I AM NOTHING."

## STEP 4

OBSERVE WHAT HAPPENS NEXT, HOW YOU FEEL, WHAT YOU SEE. EXPAND IN GRATITUDE.