



True Natural Abundance © Carrie Triffet 2021

LESSON 3 - Giving and Receiving

Homework on giving:

Exercise and worksheet:

Give something freely, spontaneously, that you wouldn't normally give. Try to do it without agenda, or preplanning.

*Did you feel any fear or resistance creep in?

*How did your mind & body feel, as you gave?

*What was your day like afterward?

Homework on receiving:

Audio Meditation: Opening up to infinite goodness (5:19)