

I love giving gifts and I love receiving them. I really like giving little kids extravagant gifts. You see their little faces light up and they get excited. If it's a really good gift, I love receiving it, like jewels, small islands.

-- Gina Gershon, Actress

SECRET: TAKING APPRECIATIONS ALL THE WAY TO YOUR TOES

Your ability to receive love, abundance, and joy is directly related to how much you can receive.

Here's a fun way to stretch your receiving muscles.

Zachary was around six. He constantly received compliments from people around him, even strangers. "You have such a great smile." "You are so smart." "I like how helpful you are."

Zach's mother noticed people appreciating her son and sensed that he didn't fully appreciate what they said. She began asking him, "Now, Zach, how far into your body did you take that compliment?" "Well, about here," he would reply shyly, pointing to his throat. "Take it all the way down into your toes," she would invite him. "O.K.," Zach replied, stopping what he was doing for a moment. He concentrated and let the appreciation drop all the way to his toes. When the appreciation landed fully in his body down to his toes, it was palpable to everyone around him. He beamed.

Begin practicing Zach's "taking appreciations all the way down to my toes" on a regular basis. Invite your friends and clients to do so as well. All it takes is practice to get good at receiving positive energy!