

Receive the Good

A practice for letting a nourishing moment reach you before it passes.



Good moments can move through quickly.

A kind word.

Warm sunlight.

A meal someone made.

Relief after worry.

We notice them and immediately move on.

Receiving asks us to stay one breath longer.

Before You Begin

Choose something genuinely pleasant or supportive.

It does not need to be extraordinary.

Small goodness counts.



Name What Is Good

Say exactly what is happening.

This tea is warm.

She remembered.

The room is peaceful.

I am relieved.

Something good is here.



Let the Body Notice

Where does the moment land?

A softening in the chest.

A smile.

A fuller breath.

Warmth in the face.

Stay with the sensation briefly.

I can let this reach me.



Remain for One More Breath

Do not photograph it, explain it, or turn it into gratitude homework.

Simply remain for one complete breath before moving on.

I do not have to rush past nourishment.



Carry It with You

Receiving does not deny what is difficult.

It keeps difficulty from becoming the only thing the body knows how to register.

Use this when kindness, beauty, relief, or pleasure appears.

Name it.

Feel it.

Stay one breath longer.