



## Newsletter

*"When we are centered in joy, we  
attain our wisdom"*  
- Marianne Williamson

**Our intent is to inspire and integrate aspects of Yin - the feminine -  
into our lives through articles, inspirations, tips and tools.**

### **Welcome to our December Edition - The Season to Receive**

This month, our focus is on the art of receiving. At the time of year when we are most consumed by purchasing gifts and preparing large meals in the act of **giving**, we can easily lose touch of the support that is around us. The practice of receiving will help increase the connection and pleasure that we all want to experience at this time.

We wish you a joy-filled holiday season and look forward to connecting with you in 2008!

Much Love,  
Rachael Kennedy and Kim Keller



#### **Table of Contents:**

[Featured Article:](#) - The Season to Receive - Written by Rachael Kennedy

[Yin and You:](#) An opportunity for exploration

[Upcoming Events:](#) Join our Feminine Leadership and Coaching program

[Messages from the Men](#)

[Help us share The YIN Project with other women](#)

[Yinspiration:](#) A tip on gift giving

### **Featured Article: The Season to Receive**

" 'Tis the season of giving." In the midst of all the holiday preparations, buying gifts and making sure everyone else is taken care of, this can also be a good time to practice the art of receiving.

There are many ways that we can be open to receiving. We can ask for help, we can accept assistance when offered, we can be open to receiving the prosperity that we want to create, and we can hold ourselves open to

receive a hug from someone.

Most of us are out of balance in the area of giving and receiving, and if we pay attention we can see the impact of that. Think about the ebb and flow of the tides at the beach. If the tides somehow became imbalanced we would be in big trouble. If the tide continued to go out, ebb, ebb, ebb, and not flow; what do we have? . . . a drought. If the tide continued to come in; flow, flow, flow, what do we have? . . . a flood.

In my own experience, if I am not receiving enough time to relax, or help with things in my life, it tends to show up in my body. I get tired or sick. Practicing the art of receiving throughout this holiday season will help us keep our "tank" full, so we can continue to be of service to ourselves and to others. If our well runs dry and we keep trying to give, that creates resentment and illness.

At the end of my trainings and retreats I used to be tired and drained. I realized that after many days of only being on output I had no more to give. With a few changes to the way that I lead groups I am now inspired and rejuvenated at the end of these experiences. After all it is the YIN aspects of life that I am teaching. When you think about your own life, what impact can you see happening when you are only in giving mode - or when you are primarily in receiving mode?

There is an important distinction to be made between being on the receiving end of someone giving to you, and being energetically open so you can fully let that gift "sink in" and reach your heart. If we receive a hug from someone and do not open ourselves to feel the love and support they are giving us, we miss out on an opportunity to fully open to experience all that person has to give. When we receive a compliment or unexpected gift and say thank you with a smile, but do not really let the moment "sink in" and **feel** the other person's love and generosity coming towards us - we are not being energetically open. When we share intimate moments with our lover and enjoy the physical pleasure, but are not totally present to the love being exchanged or the inner beauty of that person - we are not being energetically open. When we truly connect with that love, we may find ourselves moved to tears of joy.

One of the most important reasons to be a good "receiver" is that it allows us to be more real and vulnerable with others so we can develop deeper and more honest relationships. Have you ever experienced a person in your life who is always generous, giving, and capable, but when you are around them you get the feeling that's it is hard to get close to that person? Always giving and very rarely open to receiving can be a way to defend ourselves - to **fully** receive we must open our hearts, our minds, and our bodies.

Being open to receiving may seem like an easy and predictable area to practice, but it can be anything but predictable. Often when people are offered compassion and love, they do not know what to do with it and push it away. We all have belief systems around how much we think we deserve, and the practice described here is about expanding our worthiness as women. No matter how much we think we do and don't deserve, there is always room for expansion. As we increase the amount that we can graciously receive, we simultaneously increase the amount we can give and the more we can help others bask in the joy of receiving.

There is as much pleasure in receiving as there is in giving. Enjoy both this holiday season.

**Written by Rachael Kennedy**

---

### **Yin and You: An opportunity for exploration**

In what ways do you find it easy to receive from others?

In what ways do you find it difficult to receive from others?

This holiday season, practice "stretching" out of your comfort zone a little and receive more. Notice your resistances to receiving and write them down in your journal.

---

**Upcoming Events: YIN Women's Retreat**

**Are you ready for 2008 to be the year for creating more passion and connection in your relationships?**

**Do you want to start the year off with a retreat experience that will rejuvenate, inspire and touch the deepest parts of yourself?**

...if so it's time now to consider attending the next **YIN Project Women's Retreat** which is being held in Ashland, Oregon, between Jan 24 - 27.

During this 3 1/2 day experience we will provide a safe and nurturing environment to:

- More fully understand how your feminine energy can increase the joy and ease in your life.
- **Uncover your blocks to intimacy and attracting supportive relationships**
- Discover new ways to add more pleasure to your everyday moments as well as your most intimate moments.
- **Acknowledge and create what YOU truly want, rather than what you are told - or what you think - you should want.**
- Reveal and examine the fears that arise when you move towards stepping into more of your authentic power.
- **Explore your own unique connection with your femininity, and discern what aspects of feminine power you want to express more of.**
- Have a delicious, fun and rejuvenating time in one of the most beautiful towns in America.

**WHERE:** Ashland, Oregon

**TUITION: Register before Dec 22 - \$395.** (Regular price: \$475)

\* Includes all organic vegetarian meals.

For more information visit:

[www.theyinproject.com/yin/events.asp#retreat](http://www.theyinproject.com/yin/events.asp#retreat)

Call us at **1-541-488-7468** or email [Rachael@theyinproject.com](mailto:Rachael@theyinproject.com) to discuss more details about this experience. It will alter how you feel and love as a woman.

---

**Messages from the Men**

We live in a very interesting world. Our society and social customs have been all over the map, so to speak. One of the more unfortunate impacts of our societal strategies over the last 20 or 30 years has been the animosity between men and women. We have much to learn from each other- in more ways than we commonly take advantage of. For example, one of the conceptions around men doing things for women has been that it carries an implication that the woman is inferior, weak, and unable to take care of herself. I have personally been met with hostility on several occasions when opening a door for a woman- the implication being that it is a sexist thing to do. Most of the time, however, women take that type of thing as a gesture of respect and courtesy - especially when that is the intent of the "door opener". It feels wonderful when a woman is open to "receiving" the gifts that I offer.

Datta Groover

PS. Yes, I open doors for men as well (sometimes).

**Help us share The YIN Project with other women**

**Are you willing to help us connect with women who would benefit from this newsletter and our other resources?**

If so please take 60 seconds and think of up to 5 women in your life who would appreciate information on some of the following:

- Empowering Women
- Bringing more of the feminine wisdom and power to a planet that is grossly out of balance
- Discovering and using more of your natural gifts and talents
- Understanding and enhancing relationships and intimacy with men and the masculine energy

... then simply [click here](#) to send them an invitation to The YIN Project.

**We will NOT keep or use anyone's names or email addresses from this form for ANY purposes.**

---

**Yinspiration:  
A tip on gift giving**

Christmas time is one of those times where we can get overwhelmed with all the things we "should" do. Remember to give the gifts that you really **want** to give this Christmas. Don't just fill up your shopping cart at Walmart - Be creative!

---

**[Share the YIN Project with a friend](#)**