

GIFT SIX - GIVING TO YOURSELF

This gift is often overlooked by those of us with shadows around being selfish. But if we don't give to ourselves, our tank becomes empty and then we have nothing left to give.

Pick a something that you would like to experience more of in your life. If a quality, such as love or joy, ask yourself, *If I loved myself completely, or If I am feeling joyful, how would I treat myself?* Then generate that feeling from within.

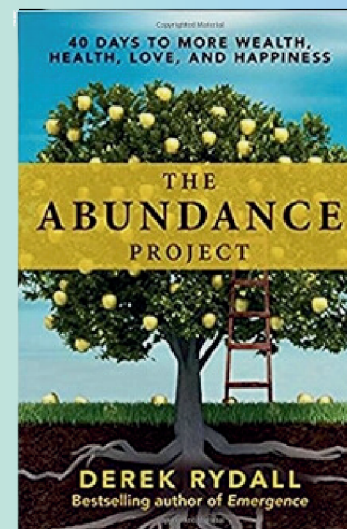
If a tangible thing, like money or a job ask yourself how you would feel if you had it. You're looking for a quality such as happy, safe, creative. Once you discern this, generate that feeling from within.

GIFT SEVEN - FORGIVING

Holding onto grudges, resentments, anger from the past has the same limiting effect on your life as holding on to old possessions, limited ideas, or false beliefs. Simply stated, forgiveness is releasing the energy you hold around the past because it no longer serves you to cling to it.

To practice, write a letter (for your eyes only) specifically forgiving each grievance. Then consciously choose to be willing to change how you think about the matter. Often others did not intend to hurt you. Rather, they were acting out their own negative feelings or misguided understanding. Then move on. The secret to forgiveness is to begin to appreciate how you have grown spiritually as a result of the situation. When you have this awareness, you can take your new wisdom and move on.

The Abundance Project 2024



WEEK THREE

The Seven Gifts That Give You Everything

**Read:
Chapter Three**

**“Any truth that is new to you, if it is to be embodied,
must be acted upon.”**

–David Owen Ritz

GIFT ONE - GIVING OUT

Contemplate the three aspects of giving out: time, talent and treasure and choose one action to take.

What do you already have a desire to give? Start there and then ask how and where could you could express that desire starting now? For example, you want to spread joy and love. Perhaps read to homebound seniors, or help at an animal shelter.

To accelerate your growth, pick something where you're waiting for something to change before you give more. Don't wait until you feel safe, secure or unafraid - go ahead and act so that you can begin to release this stuck energy.

GIFT TWO - GIVING AWAY

Your possessions are spiritual energy. When you cling to things you no longer need or use you create stagnation of the flow.

Start with an area that is creating the most problems - a cluttered desk, unopened mail, stacks of old magazines. Once you complete one area, move on to the next - perhaps going through drawers and closets and releasing clothes that you haven't worn in over a year. Put that stuff you don't use back in to circulation.

If emotions arise - wonderful! Let yourself feel the feelings fully and embrace them so that you can transmute them.

GIFT THREE - GIVING UP

This gift is about releasing our inner clutter - the old habits, criticism, judgement and complaints that we hold on inside.

All real growth is about letting go of something. Being expressions of the Infinite, we are already whole.

As we release our inner clutter we make space for the next stage of our potential to emerge.

Practice releasing one opinion or preference a day. Examine what you think is true and be willing to question it and release it to a higher truth.

GIFT FOUR - GIVING IN

This gift is about surrendering both to what is and what is wanting to emerge. This not about giving in to circumstance, but about letting go of protective, defensive behavior and allowing the flow of new energy through you.

Identify an area where you're holding on to an old way of being while also affirming something new. Imagine what your new life would look like in this area and ask yourself: *If I was living this, who would I be, how would I feel, what would I do or stop doing?*

Practice focusing on this new vibration until it becomes an embodied habit.

GIFT FIVE - GIVING THANKS

Gratitude is the foundation of abundance. It's an affirmation that we have already received that which we desire. Our feelings literally send out molecules into the universe. Fill your world with molecules of gratitude, affirming that that which you desire is already yours. To begin activating this gift, create a gratitude practice. Start by being grateful for something - anything! Your pillow, the roof over your head, a friend, the meal you're eating.

Then graduate to cultivating gratitude for that which is more challenging: ask yourself the following questions about a situation that you're finding difficult:

How might this situation be serving you?

How might this be helping you become or achieve what you deeply desire?

Reflect on these questions and journal about them. As insights occur, give thanks for them and then radiate that gratitude into the challenging situation.