

The Law of Giving & Receiving

Sanskrit Mantra: Om Vardhanam Namah

I am the nourisher of the Universe and the Universe nourishes me – gifts/acknowledgement of gifts/circulate love

The Principle of Giving & Receiving is the Principle we associate with Mondays. Notice here, that we start off the Principles with the Principle of Pure Potentiality and we immediately move to Giving and Receiving – this is no accident.

At its most basic level this Principle has to do with our connection with the environment – we are all a fundamental part of the whole and each of us is as critically important as the next, including everything found in nature. If you think about breathing and the exchange of gases this truly explains the Principle of Giving & Receiving. If it weren't for plants we wouldn't have the right air quality to support our lives, and of course the same is true for plants, as they need us for their use of carbon dioxide. Hence a symbiotic relationship exists. Of course, this is but one example of the hundreds of examples that make up the Web of Life in our Universe.

The basic gist of this Principle is that when we give, we will receive and vice versa. So, the receiving is just as important as the giving. Here is an area where we might have grown up hearing that it is better to give than to receive, but this Principle insists that both the giving and the receiving are as important as each other in our quest to realize our full potential.

This Principle also brings into play the concept of gratitude and how important this is to realizing deep levels of happiness and fulfillment.

The other aspect to this Principle is that of love. In other words, to love oneself is the only way we can love others and other things.

To bring us closer to living this Principle the following are suggested:

Firstly, offer a gift to anyone you come into contact with focusing in the beginning with Mondays, but of course this ultimately is lived daily. Now, this does not need to be a physical gift but the gift of a kind word, of a smile, a

hug, or a compliment. Remember, it's also important to show yourself love too, hence my discussion this week about personal routines as this is one area in which you can honor yourself and show yourself some love.

Secondly, it's also important that you acknowledge any gifts you might be given in the day and accept them graciously. Often, we have a hard time accepting compliments and acknowledging our own personal gifts that we bring to the world. However, with this law, both of these aspects are really important. So, it's important to recognize our own gifts and how they can serve the greater whole as this is what allows us to live out our true, unique gifts (known as Dharma in Sanskrit) in the world.

It also seems that many of us really struggle with accepting compliments, but remember when someone acknowledges you, it can be quite hurtful to the giver when the receiver brushes off the kindness or compliment. Even if you feel embarrassed about receiving compliments and kindnesses from others, it is important that you accept these graciously and then reflect on the 'gift' and be thankful. Sometimes, reflecting on the kindnesses and compliments will give us clarity about our authentic purpose which is both helpful to the world as a whole and of course to our own personal fulfillment and success.

Finally, develop the intention of circulating love to everyone around you and then beyond your immediate circle. The idea being that when we have this intention it radiates beyond our immediate circle of loved ones, friends and colleagues; imagine your intentions spreading outwards like ripples on a pond spreading wider and wider until they reach the farthest corners of the globe. So, when someone cuts you off in traffic instead of being irritated with the person, attempt to send them good thoughts. If you've been wronged, rather than thinking negative thoughts about the person send them a quiet wish of peace or happiness. This brings the positive energy back to you.

I know these actions to enliven the Principle of Giving and Receiving may, at times, be very hard to do, but the more we practice the action of love, the more we will personally be rewarded with the same. If you are at all interested in energy work then this is the basic premise of like attracts like; many cultures have a variety of idioms that express wisdom and the one which springs to mind here is: 'you reap what you sow.' We all are, of course, human and so there is no way that we will be perfect every moment of every day, but this Principle is foundational to our lives and a very important concept for our wellbeing, fulfillment and success.

AFFIRMATIONS TO ENLIVEN THE LAW

I am the nourisher of the Universe and the Universe nourishes me

(Your Name) you offer the gift of your smile/your help to nourish others.

(Your Name) you acknowledge and are grateful for the bountiful gifts you receive every day.

(Your Name) you circulate love by being kind, courteous and caring to all whom you encounter.

VISUALIZATIONS TO ENLIVEN THE LAW

I am the nourisher of the Universe and the Universe nourishes me

Visualize giving gifts to those you love; see their reactions and feel their joy and appreciation for the gifts. Then do the same visualization, but now visualize yourself giving gifts to strangers; see their reactions and feel their joy and appreciation for the gifts.

Visualize getting and acknowledging gifts – imagine different types of gifts – use your senses to experience the joy of receiving and acknowledging these gifts.

Visualize circulating love – what does this look and feel like for you? The heart chakra in the center of the chest is responsible for love, compassion and forgiveness. Visualize the circulation of love emitting from the center of your chest – the heart chakra, notice how you feel and how those to whom you are circulating love feel.