

Get to Give: Assume Love. Give Generously.

Opening

SLIDE: Family Picture Taken just two weeks ago. Showing you in part because I am just flipping grateful that we have a beautiful picture of all of us and because I want you to know my family. My daughter Laurand... **SLIDE: Laurand Picture**

- I was 18 when I got pregnant with her – wow!
- I want you to know my daughter. You may not see her here often – **she's not into organized ANYTHING** – activities, communities, bedrooms...nothing.
- I am so excited for her upcoming journey into the world. She's an incredible human being. She gives her all. She leads the Students for Peace & Justice at OPRFHS. She is active in Theater and a local youth group. And she loves her family very much.
- There is a list on kitchen refrigerator with her birthday wishes.

SLIDE: Laurand's Birthday List

- Tattoo
- Stevie Wonder Tix
- Birthday surprise ruined... ☹️

Objectives

- **SLIDE: Look at my shadow – for defending and withholding.**
 1. **What am I feeling?**
 2. **Where am I withholding? (Time/Money/Attention/Love)**
 3. **What am I afraid of?**
- Work our muscle of giving
- Stretch our muscle of giving

SLIDE: Pain Body (image in Google Drive)

Keywords/Stories/Takeaways

- **Mother-in-law**

- I feel angry. It is impacting my environment.
- I am withholding love, attention and vulnerability.
- I am afraid she will hurt me. I am afraid that I will give more than she. I am afraid of being taken advantage of. I am afraid that I am not supported.
- I am right about this and need to be in order to protect myself.

SLIDE: If I defend myself I am attacked. But in defenselessness I will be strong, and I will learn what my defenses hide. – ACIM Lesson 135

- **IRS**

- I feel angry.
- I am withholding payment. I am withholding my attention.
- I am afraid of being hurt. I am afraid of being mistreated. I am afraid of being taken advantage of. I am afraid of being robbed.
- I am on my high horse. I am not

SLIDE: I am a lover of reality, not because I'm a spiritual woman, but because it hurts when I argue with what is. And I notice that I lose, 100% of the time. – Loving What Is by Byron Katie

- **Bodhi**

- I feel joy. I feel a sense of contribution.
- I give generously. I give joyfully.
- I am grateful that this place exists. I am grateful for the people. I am grateful for the music. I am grateful for the difference it has made in my life.
- I am committed to Bodhi being available for others.

SLIDE: To the world, generosity means "giving away" in the sense of

"giving up." To the teachers of God (Love), it means "giving away" in order to keep. In the clearest way possible and at the simplest of levels, the word means the exact opposite to the teachers of God (Love) and to the world.

The teacher of God (Love) is generous out of self-interest. This does not refer, however, to the (ego) self of which the world speaks. The teacher of God (Love) does not want anything he cannot give away, because he realizes it would be valueless to him by definition. What would he want it for? He could only lose because of it. He could not gain. Therefore he does not seek what only he could keep, because that is a guarantee of loss. – ACIM Manual for Teachers

Synopsis

- **SLIDE: Types of Wealth by Napoleon Hill**
 1. Peace of Mind
 2. Good Health
 3. Positive & Fulfilling Relationships
 4. Work That Has Meaning
 5. Freedom in the Material Realm
- Oregon Shooting – 18 people shot/11 people killed
- Chicago – 8 people shot/day and 1.4 people killed/day
- Where do we experience violence within our worlds/within our families/within ourselves – in the lie of separation
- What can we give to ourselves/our families/our worlds – in the gift of contribution

Closing

Homework of Giving Log (**SLIDE: Giving Log Picture**)

SLIDE: A Buddhist Prayer of Forgiveness (image in Google Drive)

If I have harmed anyone in any way
either knowingly or unknowingly
through my own confusions
I ask their forgiveness.

If anyone has harmed me in any way
either knowingly or unknowingly
through their own confusions
I forgive them.

And if there is a situation
I am not yet ready to forgive
I forgive myself for that.

For all the ways that I harm myself,
negate, doubt, belittle myself,
judge or be unkind to myself
through my own confusions
I forgive myself.